



Reeling

"More Canine Fun"

by Film Critic Betty Jo Tucker, Pueblo

More Canine Movie Fun
Tim Allen must really like dogs. It was his idea to remake Disney's "The Shaggy Dog," released way back in 1959, and to star in it. But he wanted the father in the new movie to undergo the canine transformation instead of the son, so this new version - available as a home entertainment offering on

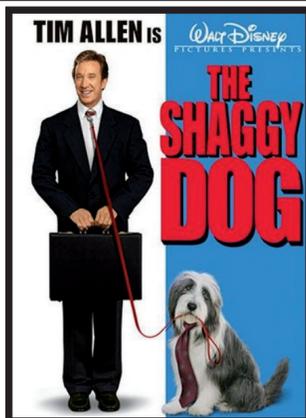
August 1 -- features considerable script changes. The most entertaining scenes show Allen's character trying to act normal while being enticed by other animals and by various canine urges.
"I loved the idea of updating a true classic, of taking something from a long time ago and bringing it to life in a fun and exciting way," Allen

explains. "The challenge of really reinventing this story had a very strong appeal to me. . . What was important to me was throwing in a bit of heart and soul. As the story lets Dave (the father) go where only dogs can go and hear what only dogs can hear, Dave actually starts to realize that he can be a better human. So it's hilariously funny, but it's also a great family story."

Allen plays an ambitious lawyer who's so obsessed with his cases that he's lost touch with his wife and children. When he turns into Shaggy, a huge Bearded Collie, he finds out how rejected they feel and vows to change. Why did Allen's character become the Shaggy dog? Well, he's accidentally infected with a top secret genetic-mutation serum that morphs his body into the canine one. And who's doing all this mysterious morphing research? None other than Dr. Kozak, an evil scientist played to the hilt by Robert Downey Jr. In one particular courtroom scene, Allen and Downey almost caused me to double over with laughter by growling at each other.

Of course, the dog playing Shaggy upstages everyone. His real name is Coal, and although five other canines appear in various scenes, he's the one who does most of the work. Trainer Mark Forbes says, "Coal was always the one who was the quickest to train, and he just had more drive than most dogs I've seen." He's also immensely photogenic -- and I want a pet just like him!

Filled with clever slapstick antics and humorous special effects, this updated "Shaggy Dog" is a winner, but I can't help thinking it might have been even better with a more athletic Jim Carrey in the lead and without its silly ending scene at the beach. A Bearded Collie surfing? Puh-leez. (Released by Walt Disney Home Entertainment and rated "PG" for mild rude humor. DVD bonus items include



COMING TO THE BIG SCREEN IN AUGUST

Here are the theatrical releases that look most promising to me this month:

THE NIGHT LISTENER. A radio host, played by Robin Williams, and a young fan who calls him on the phone (Rory Culkin) is said to become quite intense in this drama written by Amistead Maupin. (August 4)

WORLD TRADE CENTER. Oliver Stone directed this first major motion picture dealing with the attack on the World Trade Center's Two Towers. Nicolas Cage stars as one of the Port Authority Policemen trapped in the rubble and then rescued. (August 11)

STEP UP. Ballet, hip-hop and romance! Count me in. (August 11)

THE ILLUSIONIST. A magician living in the Victorian era falls in love with a woman outside his social class in this eagerly-awaited period drama. Tricks and illusions ensue. Edward Norton and Jessica Biel co-star. (August 18)

SNAKES ON A PLANE. Samuel L. Jackson tangles with reptiles loose in an aircraft while in flight. Yikes! 'Nuff said. (August 18)

HOW TO EAT FRIED WORMS. First snakes, now worms. Must be the "Fear Factor" influence. This family comedy with the yucky title is based on Thomas Rockwell's book of the same name. It's about what happens when a fifth grade boy challenges the school bully. Be careful what you purchase at the concession stand during this one. (August 25)

Happy August viewing! But remember, release dates are always subject to change.

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



Senior Beacon

IF YOU ARE 50 OR OLDER YOU SHOULD READ IT!
August, 2006 Vol. 25: No. 1 Established Aug., 1982 289 Consecutive Months!

Senior Beacon Reaches Benchmark - Begins 25th Year!

by James R. Grasso, Publisher
In August of 1982, a dream and career were born. Living in Pueblo for about four years, it was determined that given the demographics of the area there seemed to be a void in disseminating vital information directly to the Senior Community.

After speaking with various organizations and government entities it was decided that a monthly newspaper with items for the consumption of the older generation might just be a good idea. And so, the *Senior Beacon* was born.

Our first edition was a modest 12 page effort with 4,000 total copies distributed in approximately 25-30 "no charge" racks throughout Pueblo and Fremont Counties. Currently we stand at an average of 24-32 pages with 10,000 circulation and *Senior Beacon*

is distributed to about 100 locations throughout Southern Colorado. We are the second oldest Senior newspaper in Colorado and proud of it.

Our first edition in 1982 contained news from finance, travel and health that pertained to the Senior Community. That's a tradition that continues to this day. We've added a few features over the years like the popular *Social Security & You* column, *News of the Weird* entry, news on fashion and a *Senior Community Update* that gives a partial list of happenings from the area in any given month.

Within a couple of months we were publishing the SRDA menu and the Fremont County menu and they have been a staple ever since.

This edition marks the beginning of our 25th year and is the 289th

consecutive month that we have published the *Senior Beacon*. We have no intention of quitting anytime soon as we feel the *Senior Beacon* is a valuable asset to the Senior Community.

The Guide (Long Term Care Resource Booklet) which is the first of its kind, is a wonderful adjunct to the monthly newspaper, housing exhaustive information on all the Senior Community needs to know about what's available for them as it pertains to Long Term Care.

We'd like to give a giant **THANK-YOU** to every one of the advertisers whoever ran an ad in our newspaper throughout the years because without their faith in this project there wouldn't be a newspaper. Their advertising dollars make it all possible and it is what keeps *Senior Beacon* a "no-charge" commodity.

With the advent of the electronic revolution, beginning with last

month's edition (July, 2006) we will be archiving each edition on our website at www.seniorbeacon.info so if the hard-copy newspaper is "sold-out" at the racks, the reader can get on the internet and not miss a beat. The rebuilt website was designed by Robin Lynn Grasso and we think you'll like it as we intend to keep it updated every week or so. Of course, this is still a "no-charge" proposition.

The old saw, "God-willing and the creeks don't rise" is appropriate here because it is our intention to continue publishing far into the future.

Our promise is to bring as much information that is pertinent to the Senior Community as we can for as long as we can.

Thanks so much for your support as readers and a huge thank-you to our advertisers, some of whom have been with us since we began.

Godspeed!

Town Hall Meeting Set Aug. 8th On Bird Flu Preparedness

PUEBLO - A panel of experts from the Health Department, Sheriff's Office, Police Department, Department of Emergency Management, Colorado State University- Fort Collins Veterinarian and School Districts 60 and 70 will participate in a town hall meeting about pandemic influenza, bird flu, and preparedness (at home, work and our community). The town hall meeting, titled "Planning for Pandemic Influenza", will be held Tuesday, August 8 from 7:00 p.m. to 8:00 p.m., and is free and open to the public. It will be held at the Rawlins Library in the Ryals Room (4th floor) located at 100 E. Abriendo Avenue. Seating is limited.

The Public is invited to:
· Learn about the importance of planning for home and work
· "Ask the Experts" - get answers to your questions about pandemics
· Visit the Resource Table and learn about Medical Reserve Corps
· Watch home preparedness video in the InfoZone Theater following the meeting

This community meeting will be recorded and aired on City Channel 17 and County Channel 18 throughout the month of August.

For more information about the Town Hall meeting please call (719) 583-9901 or visit www.pueblohealthdept.org for more information about pandemic flu.

Dorcy Cancer Center Creates Cookbook: Needs Recipes

Pueblo, Colo. - If you enjoy baking scrumptious treats or cooking a delicious meal, we have just the thing for you! The Reverend Roger Patrick Dorcy Cancer Center at St. Mary-Corwin Medical Center is preparing a memorable, taste-tempting recipe collection that is sure to be treasured for years titled "Food for Life's Journey." We are calling for recipes from cancer survivors, cancer patients, friends, family, community members and St. Mary-Corwin associates.

You can even personalize your recipe by submitting it in memory of someone special who has lost their life to cancer. To benefit current cancer patients, we're including a special nutrition section with recipes that are tailored toward people living with cancer.

Proceeds from the cookbook sales will support vital patient services and programs offered at the Dorcy Cancer Center, and may also help patients directly with their hospital or medication costs.

Recipes will be collected until August 31, 2006. Please see the following options for submitting a recipe:

Pick up a recipe form at the Dorcy Cancer Center located at 2004 Lakeview Avenue; fill in your recipe and return it to the Cancer Center Call Janelle Kidd, R.N., radiation oncology, at 719-560-5533 to have a form mailed to your home.

Download the recipe form at www.dorcycancercenter.org; type out your recipe and e-mail it to janellekidd@centura.org.

For more information, please refer to the recipe form or contact Janelle at 719-560-5533.

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Just One Guy's Opinion

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



Crohn's, Colitis And Robin Lynn

As you know if you are a long-time reader of this publication, my wife and I experienced every parent's nightmare, a physically "at-risk" child. Our youngest, Robin Lynn, has been fighting an intestinal bowel disease since January, 2000. Not to belabor her "cross" but she has had 100's of procedures, endured seven major abdominal surgeries and had one major and crushing setback but through it all has kept a smiling face and upbeat attitude that belied her age. She is truly an inspiration.

Being a product of Catholic schools, I unburdened our family's nightmare on our readers so as to petition the Lord on Robin's behalf. Believing in the power of prayer and getting nowhere with the medical profession, especially early on, I turned to all my readers for help. You all came through for us with prayer, good thoughts and even gifts of all sorts. Robin's ordeal will never be over but it can be mitigated. As of her last check-up at the Mayo Clinic in Rochester, MN, we are heartened like never before. It was the first time in six years that the doctors were unanimously pleased. Robin is now 16 (this disease started when she was 9) and feels comfortable about discussing her disease.

On a trip to New York, she and her mother, Jeanne, stopped at the Crohn's and Colitis Foundation of America (CCFA) and spoke with a very nice lady there named Jessica Brubaker. It is Robin's intention to make appointments over the next couple of years to speak to organizations, civic groups, service entities and the like to get everyone up to speed on these insidious diseases. Her reason for doing this is to raise awareness and educate our community and if possible, raise money to be given to CCFA for research. She is absolutely determined to help beat these diseases so no other young child will ever have to deal with what she has had to deal. The medical field has come a long way in treatment so a bout with colitis especially, doesn't have to be an ostomy bag lifetime sentence. This was something unheard of just 20 years ago.

Crohn's and Colitis typically strike older individuals percentage-wise more often than youngsters so she will be performing a service for all ages.

Robin would like to use these opportunities to raise money to find a cure, if not a drug or some such, that will help stamp out these diseases.

So if you have a group no matter how big or small that allows speakers and you'd like to find out more about Crohn's and Colitis please contact Robin's dad, James R. Grasso, at 406-4539. We'll take it from there. We are also selling ball caps and pieces of a 70-year-old stamp collection as an incentive so you can have something tangible in return for your helping the fight against Crohn's and Colitis. All the proceeds, every nickel, goes to CCFA. Cost of making the ballcaps and stamps has been donated so every penny goes to CCFA.

Finally, if you have \$1, \$50, \$1000 or whatever and have been looking for an organization that needs support, please make a check payable to CCFA (tax deductible) and send it to Senior Beacon, P.O. Box 7215, Pueblo West, CO 81007-0215. This money will be sent to CCFA and perhaps together we can make a dent in these horrible diseases. And thank you one and all for your prayers and support. Please don't stop!

Middle East Blowing Up?

Hezbollah, the terrorist group formed by Iran's mullahs and Syria's Monarchy in the early 1980s, decided to declare war on Israel to ostensibly help Hamas (the Palestinian terrorist group) which was given land in Gaza last year but which used this land to get closer to Israel so as to lob Kassam/Katyusha rockets at unsuspecting Israelis as they slept, worked and went to school.

The world, led by the wonderful United Nations, has decided that Israel is the bad guy in this situation, as always. It's like the U.S. gives New Mexico back to Mexico, who then position rockets there so as to destroy cities in Texas and Arizona and the United States responds by defending itself and going after those responsible in New Mexico and elsewhere, and the U.N. condemns us for defending ourselves. There is a huge disconnect here.

Arabs, Muslims, Islamo-fascists and fanatics from around the Arab world are now descending on tiny Israel, the only democracy in the area. Senator Joe Biden, a Democrat, immediately goes to the floor of the Senate and blames GWB for getting the U.S. involved in Iraq and because of same is unable to intervene in the escalating mess evolving around Israel. What?

If anything, it's a stroke of fortune that we are in Iraq at this precise time. Can you imagine the problems any President would have had with Saddam Hussein, who sent money to the families of suicide bombers, still in place in Iraq at this time?

When is the Left going to realize that these Islamo-fascists don't want to play nice with Israel? Their reading of the Koran says 'death to the infidels.' They don't care about peace. They don't care about democracy. They don't care about markets. They don't want to have treaties. They want the world to think like they do and they want to dominate the four corners of the earth and establish a caliphate that will control everything. Guess what Senator Biden, that includes you! It's pitiful to what depths the Left will sink to blame GWB for anything that goes wrong in their perceptions.

We will now have an energy crisis and GWB wanted to have a comprehensive energy plan that would begin addressing our dependence on foreign oil since he came on the job. But the Democrat Party and their minions screamed, "NOOOOOOOOOOOOO!" We mustn't use nuclear power. We mustn't have off-shore drilling. We mustn't have shale oil drilling. We mustn't drill in ANWR (that God-forsaken piece of land in Alaska). We mustn't. We have to pander to the enviros who want America on its knees, riding horses and communing with nature." Have you seen enough? Have you finally come to the conclusion that the Democrat Party doesn't have Americans' best interests at heart? How else do you

SEE "Op-Ed" PAGE 15.

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 \$15.00 for one 12-month period. Send your order to the mailing list below.

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

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Second Time Around: Grandparents Raising Grandkids!

Caring for spouses, caring for aging parents, raising grandchildren: all of these roles are part of the responsibilities we may assume as we understand the meaning of "family". SRDA has a program called Family Caregiver Support which, according to Program Coordinator, Karen Akin, seeks to stand alongside caregivers in their often new and challenging roles.

This program will sponsor a special free workshop for grandparent caregivers, "A Second Time Around",

on Friday, August 11 from 9-1. At this event, Dr. Teresa Marshall, a local psychologist, will help unravel some behavioral concerns which often are seen in children who have experienced upheaval or neglect in their early years. Ideas on improving communication and parenting in a different generation will also be addressed. With grandparents who have unexpectedly taken on the role of raising their grandchildren, there are often feelings of being ill equipped for the

task. Acceptable discipline practices such as spanking, have changed since these older parents raised children a first time. Frustrations such as limited finances and having to be the disciplinarian rather than the one to spoil grandchildren will be addressed by Michelle O'Connor, a staff member from Hope For Children. Karen Akin, Coordinator from SRDA, will talk about the importance of caring for oneself in this new and expanded role. "Connecting with other grandparents raising grandchildren is a valuable part of this workshop," says Akin. "Many times grandparents feel like they are the only ones in this situation, and sharing their experiences with others is a great opportunity."

"A Second Time Around" will be held at the Wild West Cowboy Church located across from the State Fair Events Center on the corner of Prairie and Amherst. Childcare and a meal will be provided at this event as well as school supplies for grandchildren. Reservations can be made with Akin at 545-8900.

Besides SRDA's Caregiver Support program, this grandparent event is being co-sponsored by the CSU-Extension Service, Hope for Children, the Pueblo Area Agency on Aging, and Pueblo STEP UP.

Caring for an ailing parent or spouse also presents its challenges,



according to Akin. "Increased isolation and weariness are often experienced as a spouse or parent's health becomes worse. Having someone understand the helplessness caregivers often feel is one of the benefits of the monthly home visits and phone contacts our program is able to offer," notes Akin. An assessment of needs and resources in the community is also offered to caregivers who are often unaware of what may be available. "It feels like a small victory every time we can connect caregivers with services and people to help widen their circle of care." Assistance with respite care intended to give both the caregiver and the homebound person a break, is often also available. If you are a caregiver, there is help for you!

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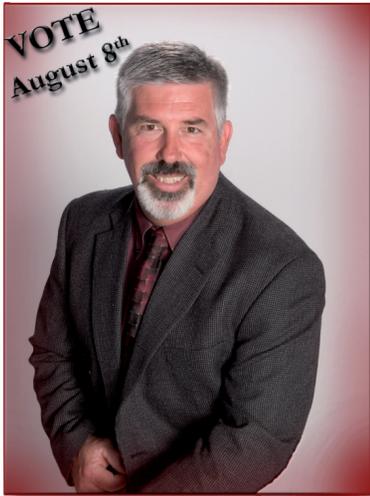
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Damon Runyon Repertory Presents '06-'07 Season

The musical South Pacific formally opens the Damon Runyon Repertory 2006 – 2007 theatre season on October 13. Opening night includes a gala evening of theatre with music in the lobby, magicians and an after show reception with the actors. “We’re very excited about this year’s season,” said Rep Board president, Beverly Moore. There’s theatre to please everyone”.

The Rep’s season includes five musicals, one concert, three comedies, several dramas, some special holiday events, children’s theatre and a series of readers’ theatre performances. “There are 25 different shows or events,” said Rep spokesperson Catherine Spangler. “If you want live theatre, we have it three nights a month.” The Rep will be performing revivals of several shows they have done in the past: Love Letters, family favorite A Year with Frog and Toad, and Forever Green. All evening performances of major shows include a dinner theatre with dinners themed to the show. “At least as much as possible,” says Spangler. “We won’t be doing frogs’ legs at Frog and Toad.”

The season is varied with big musicals, comedies or dramas with casts of seven or eight actors, and several small cast shows; for example: A Coupla White Chicks Sitting Around Talking and Same Time Next Year. Several

shows have only two performances, and Wizard of Oz has nine.

In addition to Damon Runyon Repertory, in residence at Runyon Theater are: The Pueblo Poetry Project, The Cat’s Meow Jazz Band, and SCAM aka The Southern Colorado Association of Magicians. Magicians Mr. E, Marty Wayne and Cliff Tiffany will be performing regularly at the Runyon as well as doing pre show stage and post show lobby magic.

Season tickets are now available. “I think it’s the best theatre deal in town”, said Rep CEO, Sean Briggs. Season tickets for matinees are \$40.00 for 9 performances and tickets for other seats range from \$50.00 to \$135.00 for dinner theatre. Season tickets for Readers’ Theatre are \$22.00 for seven performances.

“Right now we’re in process of cleaning and organizing for next season so office hours vary. If someone calls for tickets or information, please leave a message,” added Spangler. Damon Runyon Repertory may be reached at 719 564 0579. Information can also be found on their web site: www.runyontheater.org

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CCFA – A Remarkable Organization

by Robin Lynn

On June 16 I had the opportunity to visit the national headquarters of the Crohn’s and Colitis Foundation of America (CCFA) in New York City. I was diagnosed with ulcerative colitis six years ago. I had my colon removed and have been struggling with inflammation within my small intestine since. I know the turmoil of a bowel disease. Because of my experiences, I was extremely interested in visiting CCFA to find out what it was all about.

CCFA was established in 1967. It is the only private and national non-profit organization determined to find the cure for inflammatory bowel diseases (IBD). CCFA is on a mission to give hope to the many people suffering from Crohn’s disease and colitis. It sponsors support services, educational programs, and research at major medical institutions.

When my mother and I walked into the CCFA office, we were greeted by a friendly receptionist. Within a few minutes, the development manager came to see us and took us in the conference room to tell us about the organization. Her name was Jessica Brubaker and she was very nice and outgoing. She told us exactly what CCFA has to offer. It has several different departments within the national headquarters including development and funding, web page design, family support, executive, and of course, research. Her job as development manager is to organize fund raising events and work with donors who wish to give money to CCFA. She also works with families like us who wish to know more about CCFA.

We also learned that there are many different chapters throughout the nation. The chapter in Colorado is located in Denver. Every month, there are chapter educational and fund-raising programs that anyone can attend. The educational meetings involve doctors and CCFA representatives speaking with people about the latest news and advances in IBD. Families who attend can get together, talk, and share ideas on easing the problem of having a bowel disease.

That day my mom signed up our family for a CCFA membership. We wanted to be a part of this amazing organization. Each month, members receive Take Charge the official CCFA magazine that has articles about treating and dealing with IBD. Members also receive chapter newsletters and information about chapter support services, among many other things.

We left our meeting with a vast amount of information, not only from listening to Jessica Brubaker but also from pamphlets and recent Take Charge magazines. CCFA provides pamphlets for everything, including parent guides and teacher guides to help the younger people afflicted with the disease. We also received the address for the CCFA website, ccfa.org. I visited it shortly after our meeting at the CCFA national headquarters. I must say it is wonderful. There is even a link to a special site just for teens. This site makes IBD seem less intimidating with its helpful tips and stories from other teens who are living with Crohn’s and Colitis.

Our visit at CCFA was a great experience. My mother and I learned everything about the organization and just how much it has helped over the thirty-nine years it has been in existence. The people who work for CCFA find it to be a very rewarding experience and I can understand why. It has helped immensely in supporting patients and their families, educating the public, and funding research. What a superb program!

Now, my dad and I are trying to help out CCFA ourselves. Through the sale of hats, stamps, and generous donations, we have raised \$130 for research. (Senior Beacon is sponsoring a golf tournament on Sat. Oct. 14 to raise money also) I would also like to speak with local organizations to raise awareness of IBD and possibly to raise more money to help find the cure. Ulcerative colitis made my life difficult and I want to be a part of the battle to stop it from harming anyone else.

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EXPERIENCE: I have almost 19 years of experience in County Government with 10 years here in Fremont County. I hold a Colorado State Appraisal license.

COMPETENCE: There will be no learning curve. I can step in and do the job right away. Currently Deputy Assessor, I am doing the job and am good at what I do. This is the career I have chosen and enjoy it very much.

LEADERSHIP: In the last two months I have been given the opportunity to be a leader and make a difference in the office. There have been some changes made and I have a plan to ensure that there is equity and conformity in your tax base so it is shared by all properties.

All my work is based on ethical and fair practices. As a public servant, I will be the hard working, available and knowledgeable Assessor that Fremont County deserves. Your vote at the Primary election on August 8th for PAM GAUNT as Fremont County Assessor will make all the difference.

ON THE RIGHT: “LET HIM LIVE”

When I was very young I would play with my younger sister weighty moral games. I remember one of them which said ... Suppose by pushing down just here (I touched my thumb down on a spot of grass) we could kill one Chinese at the other end of the world and we’d get \$1 million. Should we do it?

No, Tish said. That would be murder.

I tried to prolong the grand inquiry by pointing out that there were different kinds of murder, some more sinful than others. “It wouldn’t be as though we pulled out a pistol and shot the man.”

She lingered for a moment, but came back. No, she said.

“Caeteris paribus,” (all things being equal) we understand President Bush to be talking about the same thing. The circumstances are different, but, he insists, there is someone down there and we can’t just do him in, whatever the benefits.

We dig in and learn the first lesson, which is that there is a difference between adult stem cells and embryonic stem cells. In vetoing the one bill, while signing another one more limited in scope, Mr. Bush made the point that he could not in good faith direct public money to embryonic stem cell research. Such research accepts the temptation of using embryonic stem cells to support experimental work, never mind that such work is designed to intervene in the development of cells in such a way as might hinder, or even eliminate, malformations that

produce sundry human afflictions.

Much of the public has taken to using Alzheimer’s disease as the symbolic corpus vile in the picture. It became universally known that Ronald Reagan had contracted Alzheimer’s when he wrote his famous public note announcing his withdrawal from public life. As a matter of rhetorical convenience, advocates of stem cell research started advertising their work as the beginning of a cure for that disease. Early on, the explicit sanction of Mrs. Ronald Reagan was solicited, and she gave it. Understandably -- one dead Chinese vs. one live Ronald Reagan?

President Bush makes several points. The first is that it was he who initiated the very idea of federal subsidies for stem cell research by scientists bent on improving human health. What he did, in 2001, was authorize the use of stem cell lines that had already been extracted from embryos.

But he distinguished sharply between the use of these cells, which had zero prospect of developing into human life, and embryos that might conceivably serve as way stations to human life.

Last year, when Congress was considering a bill similar to the one he has just vetoed, President Bush held a ceremony at the White House honoring 21 families. The babies brought into the East Room were manifestly alive and healthy. They had been adopted as frozen embryos and implanted in the wombs of their new mothers, who had successfully brought them to term. The president’s point was that he would

never be instrumental in the use of public funds for research that began by destroying organic material which might conceivably result in such children as were in the White House that day.

There is no law on the books, and Mr. Bush does not seek one, that would make it criminal to kill embryos in order to use their cells experimentally for scientific work. And we know that research that entails the use of embryonic stem cells is going on, not only in foreign medical centers, but here in the United States, notably California. Mr. Bush hasn’t asked for a declaration of war against those scientists, but he does ask the public at large to acknowledge that there is a moral line

The Writer’s Art

The Critical Meaning of 'Like'

Anthony Tommasini, who reviews classical music for The New York Times, commented in March that most concert programs focus on masters 'like' Bach, Haydn and Schumann, while others turn to musical theater figures 'like' Irving Berlin.” (My emphasis. A point approaches.)

Patrick Healy, a reporter for the Times on its City Hall beat, informed us in April that critics of Mayor Giuliani had put together a two-hour movie about his leadership during the 9/11 crisis. The film will be released in New York and also “in cities 'like' Los Angeles, Seattle and San Francisco.” (Please stick around. One more paragraph.)

Patricia Leigh Brown, a reporter in the Times’ West Coast bureau, filed a feature in May about a reorganized newspaper in Marin County, Calif. Its former editor attracted readers through skillful reporting and “popular features 'like' a comic strip.”

So, what’s the point? The point is that through constructions such as these, the good gray Times locks itself into the gauzy “like” instead of the specific “such as.” Yes! In its Manual of Style & Usage, the Times decrees that “like” is “the preferred expression

by William F. Buckley

here that requires attention. At some point, never mind the praiseworthiness of the design, scientists need to stay their hands, guided by different criteria from those that Adolf Hitler was guided by.

Critics of the president, in high fury, say numerous things, among them that embryos by the millions are fated to die as a matter of course, so that to single out those that die, so to speak, under the researcher’s knife is arbitrary and morally meaningless.

Well, so the argument goes, but we can take whatever satisfaction we wish from the knowledge that there is one Chinese there, whose life has been saved.

Well, bah! Horsefeathers! Only the most slovenly writers will abandon an honest, unassuming “such as” in favor of a deceptive “like.” Who are these masters 'like' Bach? Where are these cities 'like' Los Angeles and Seattle? Last April the Times’ reporter in Omaha wrote about politics in “states 'like' Montana, Ohio and Rhode Island.” Tell us, O Timesperson, how is Montana 'like' Rhode Island? A few months earlier, a business writer reported that the popularity of anti-impotence drugs will gradually increase as diseases “like diabetes” become more common. If there are many diseases 'like' diabetes, mister, you don’t want to have them.

A hundred Horrid Examples could be culled from 10 days of the Times. Typically, the Sunday book section puffs “writers 'like' Martin Amis.” An education writer discusses the special problems of foreign-born students, “in subjects 'like' engineering.” At random, one may turn to celebrities 'like' Harold Pinter, famous photographers 'like' Diane Arbus, and chief executives 'like' Dennis Koslowski.

This syntactical constipation is so unnecessary! A year ago the Times’ gifted Manola Dargis commented in the Arts Section on “such leading world auteurs as Hou Hsiao-Hsien.” She did not write, “auteurs LIKE!” She wrote “auteurs SUCH AS!” Bully for her!

Try it, you writers! Everybody else prefers the modest “such as.” In The Washington Post, for example, one may read about cities SUCH AS Playa del Carmen, strong women SUCH AS Audrey Garnett and Google rivals SUCH AS Yahoo. In the Economist magazine in May, we could read about “a new generation of playwrights SUCH AS Arnold Wesker and David Hare” and “war-torn places SUCH AS Congo and Cambodia.”

Everybody else gets it right. In USA Today, one reads about “combat films SUCH AS ‘Bataan.’” USA’s man

VOTE!!!

Experience - Knowledge

Patricia A. McFarland
 Fremont County Treasurer/Public Trustee
 Republican Candidate

Committee to elect Patricia A. McFarland, Dana Payne, Treasurer

Please join us for the
5th Annual Teddy Bear Clinic
 Saturday, August 5, 2006
 11 a.m. to 2 p.m.

PUEBLO MALL
 Welcome children of all ages and their families!

Featuring

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- Freestyle bicycle helmet giveaway!
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- Weather Safety
- Sun Safety
- Water Safety
- Helmet Safety
- Health Issues

Steps to a Healthier Pueblo

- Fitness Safety
- Disaster Safety
- Fingerprinting
- Fire Safety
- Vehicle Safety
- Gun Locks
- The FAST Campaign

Children’s Playhouse Raffle

Raffle tickets will be sold for a Children’s Playhouse (valued at \$1700)! Drawing will be held August 5 at 1:30 p.m. – Pueblo Mall, near JC Penney. Purchase your tickets (\$1 each) at the Teddy Bear Clinic. Call 584-4526 to purchase your tickets ahead of time.

Call 584-7324 for more information

news of the weird

COMPILED BY CHUCK SHEPHERD FOR 'YOUR' SENIOR BEACON



Compelling Explanations

In Yorktown, N.Y., in June, one spouse who was roughed up by the other during a domestic eruption tried (as sometimes happens) to talk police out of filing charges. However, the battering spouse this time was Emily Hanlon-Tarasov, a novelist, and the explanation of her husband (who was knocked unconscious when Hanlon-Tarasov angrily threw a book) was fittingly creative: "A few things began flying at the wall," he said, "and one of them was a telephone book. And unfortunately, my head moved into the space that the book was flying (into)." Hanlon-Tarasov was nevertheless charged with assault.

The Litigious Society

-- Max Foster, 18, complained

to a London Daily Telegraph reporter in June that two police officers in Bath, England, had told him they were under instructions not to pursue a man who had been spotted on Foster's stolen moped, because the man was not wearing a helmet. According to Foster, the town's rules of engagement for officers discourage such chases because the suspect might fall off the moped, hit his head and sue the police.

-- Jay and Laura Flynn of Lilburn, Ga., filed a \$111 million lawsuit in June against Home Depot and the maker of Tile Perfect Stand'N Seal GROUT Cleaner, charging that a defect caused toxic fumes that permanently destroyed half of Jay's lung capacity, which, among other effects, according to Laura, ended the couple's "extremely active love life." She added, "I mean every day. But now that is over."

-- There Must Be Somebody We Can Sue: (1) Daughter Carriel Louah, 25, is suing her parents for at least \$75,000 for the broken ankle she suffered in a fall on their property when she paid them an unexpected visit in Darlington, Wis., in 2005. The mother said she appreciated the surprise birthday visit, but denied any negligence. (A judge refused to toss out the lawsuit in July.) (2) Jaime Pinedo filed a lawsuit in Hackensack, N.J., in June against the estate of his late brother's late girlfriend. Daniel Pinedo and Xiomara Ortiz were murdered in May 2004, execution style, by Ortiz's jealous former boyfriend, and Jaime Pinedo alleges that that was Ortiz's fault.

The Laws of Irony
-- (1) In July, former peace activist Christiana Briggs, 30 (who had gone to Iraq in 2003 to protest the im-

pending U.S. attack), was arrested in Islington, England, and charged with knocking a man out (leaving him in a coma) in a fight after he allegedly hit on the man's girlfriend. (2) The British watchdog Environmental Agency, which prosecutes pollution violators, was fined the equivalent of nearly \$14,000 in May for allowing toxic waste to flow from its monitoring station along the River Exe in Somerset. (3) In July, municipal officials in Provincetown, Mass., held a community meeting to air numerous complaints by heterosexuals that they are targets of hate speech by the town's large gay and lesbian population.

-- What Goes Around, Comes Around: Colin Watson, 63, one of Britain's most notorious illegal collectors of rare bird eggs (having been convicted six times and having had nearly his entire collection confiscated by the government), fell to his death in May from a tree he had climbed in south Yorkshire to check out a nest.

-- In June, the Ministry of Higher Education of Saudi Arabia (home of 15 of the 19 Sept. 11 hijackers), along with the country's civil aviation authority, jointly announced scholarships for Saudi men and women for bachelor's and graduate-school study in the United States in such fields as "air traffic control," "flight safety" and "other majors related to the airline transport industry."

People With Issues
(1) In June, Betty Jean Barachie was sentenced to 27 months in prison for embezzling \$1.5 million from her employer so that she could indulge a mindless compulsive-shopping habit; among her inexplicable, 1,500-item haul were 58 coats, 16 chain saws, more than 3,000 books, and a John Deere tractor.)

Least Competent Criminals
A federal appeals court in June affirmed the conviction of Aaron Fraser (aka Asante Kahari) for defrauding a Michigan woman he had met in an Internet chat room and had eventually taken for \$38,000 in a counterfeit check scam. (Kahari had sent the woman bogus checks for deposit into her account, and then met her to collect the cash, and was gone by the time the bank realized the checks were counter-

feit.) Kahari had denied the charges, but the prosecutor introduced portions of a book, "The Birth of a Criminal" by Asante Kahari, which describes in precise detail the very scheme Kahari was accused of pulling on the Michigan woman. "I would get online," he wrote, "meet a broad and be mailing her the (computer-generated counterfeit) check the next day."

Signs of the Times
-- A July poll of American attitudes on lying, conducted by the Associated Press and the market research firm Ipsos, revealed that many of the respondents could not bear to give poll-takers straight answers from one question to the next. For example, 40 percent said they "never" lied, but in the next question, about 10 percent of that 40 percent said they might even have lied just within the previous week. More than half said lying was "never" justified, but two-thirds then said lying is OK sometimes.

-- British fitness trainer Liz Stuart conducts "powerpramming" classes for new mothers, the centerpiece of which is the women's use of their own infants as weights for such exercises as bicep curls and chest presses (adding a kiss to each rep), as well as resistance in "power walks," according to a May Reuters dispatch from London. Said one mother, of her newfound quality time with her babies, "If I had to go to the gym and put the twins into a (nursery), it would cost me a fortune."

Fighting the Good Fight
(1) A 47-year-old man was arrested in Milwaukee in June and charged with stabbing a 54-year-old man in (according to the police report) an argument about not having an argument. (2) Marine veteran Christopher Marlowe, 25, was arrested in New Orleans in June and charged with shooting Army veteran Erik Beelman after an argument over which branch of service is tougher. (3) Pamela Majdan, 23, was charged with domestic battery in Wood Dale, Ill., on Memorial Day after allegedly repeatedly beating her sister, Joyce, 31, in a dispute over who had caught the most pieces of candy tossed during the town's holiday parade. (Visit Chuck Shepherd daily at <http://NewsoftheWeird.blogspot.com> or www.NewsoftheWeird.com.

Do you suffer from ringing of the ears?
Pueblo- Ringing, buzzing, crickets, frying sounds, sirens in the night. These and other bothersome noises are heard constantly by millions of Americans, according to the American Tinnitus Association.

DigiCare® Hearing Health Network is now utilizing a multi-disciplinary approach to assist those with hearing loss and tinnitus. This program is available DigiCare® Hearing Research & Rehabilitation, 6685 Highway 165 @ I-25, Colorado City (across from Day's Inn). Free private consultations available by calling (719)676-3277.

"As a result of ongoing advances, many hearing impaired people enjoy positive outcomes utilizing wide-band digital hearing aids, auditory rehabilitation counseling, and collaboration with area professionals," said Glenys A. Chartrand, OTR, occupational therapist and director of the program.



-ADVERTISEMENT-

SENIOR CLASSIFIEDS

VOLUNTEER NEEDED for outpatient therapy clinic. Free fitness membership included! Get fit and have fun for free! Contact us at (719) 553-2209. #0806

DOUBLE CRYPT, Imperial Memorial Gardens - Pueblo. Located in the Pieta Mausoleum - Section B, Level 4 #34F. Call 303-410-8487. #0906

FOR SALE BY OWNER: Perfect retirement home. Historic location. Elizabeth St. Low maintenance. Convenient location. Call 583-2516. **Permanent Residence Only!** #0906. **JAZZY POWER WHEELCHAIR** gel seat, extra footrest, two gel batteries. Originally \$5000, asking \$1500. Used very little. 719-547-3073. #0806

HOUSECLEANING I will clean your home. Very reliable. Years of experience. Shari, 214-4335 or 545-

1137.#0806
THREE LOTS - Singing Towers Imperial Memorial Gardens. Two lots \$2200. (save \$600), single lot \$1900 with vault (save \$300). 719-676-3663.#0806

BICHON FRISE Puppies - AKC, DNA Tested. Fluffy white loyal companions. Socialized, born in home. Happy, smart. Delivery possible. \$650/up. 719-275-5469 or 719-269-0843. #0706

ALTERNATIVE TO NURSING HOME, 16 years experience. 24 hour live in my home - TLC. Excellent food, care, reference, all types of care. 719-545-1448. #0706

VOLUNTEERS WANTED. Love Horses? Enjoying learning something new? Then come join us at TREC in Pueblo West and we'll teach you everything you'll need to know (with the help of a horse) to help the disabled members of our community. CALL Rachel at 647-1441 or just send an email back. #0806

HOST PARENTS WANTED. Six students to place in Pueblo homes. July 20 - August 19. Open your heart to a foreign student who wants to learn English in Pueblo, CO. High School Foreign Exchange Students from Mexico, Thailand, France, China and Japan. Call JoAnne Murray, 719-320-2769 or 719-544-8741. #0606

BEAUTIFUL LIGHTED CHINA cabinet with matching table and 6 chairs. In great condition, \$1,200. 719-275-3587. #0606

OUT OF STATE OWNER needs to sell 2 cemetery lots at Imperial Memorial Gardens. \$1125 each. 544-6129#0606.

ACME CARPET CLEANING. Truck mounted steam cleaning. Available 7 days a week. Reasonable. Guaranteed clean. (719)201-1334, (719)334-0771.#0606

RASCAL SCOOTER. Excellent condition. Used only 10 hours of driving. New batteries included. Original price, \$3,078. SELLING FOR \$1,900. (719)481-4038.#0606

SENIORS 55 AND OLDER we have part time assignments. Call 545-8900, ask for the Senior aide program.#0606

Jeri Fry
for
Clerk & Recorder
→ Vote August 8th ←

"I have volunteered, worked, and fought for Fremont County."

Now I want to serve as our Clerk and Recorder."

Energy for the future with A New Perspective!

Paul by Courtesy to Elton J. Fry
Donna Murphy Manager
JoAnn Grenard Treasurer
Elaine Greenlee Volunteer
Colleen Kunkel Youth-Int. Manager
Natalie Kaufman Scheduler

Pueblo Senior Safety Triad

Safety for seniors is our goal

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 - Senior Resource Directory
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 - Senior Advocates
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 - Assists Senior Victims & Seniors At Risk
 - Promotes Safety To Reduce Fear Of Crime
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"As an active 50+ adult myself, I understand the ever-changing needs of our generation. Whether you are seeking a vacation home, would like to down-size or prefer a townhome, I can help you find the home that will make living easier and more enjoyable."

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Century 21

Nancy Kattvig
Century 21

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.

FOR SALE Six cemetery lots. Catholic section Pueblo Via Crucis. Section 80,81. \$1150 each. Call Paul Laub 405-659-3637.#0606
CAREGIVER OR RESPIRE CARE AVAILABLE. 24-hour care 16 years experience. Your home or mine. Reasonable, references, full or part time. Call Laura, 719-544-3281. #0606

LOW VISION Telesensory Atlas 600. for reading ability to see pictures. 20" CCTV monitor. Easy to use levers. One color lever - One magnifying lever. On and off switch. \$900.00 Call 719-544-9915. 0606
PERMANENTS! \$30.00 - Hair Cuts. \$8.00. Curl Corner - 544-9160. Open Wed. - Sat. 0606

MASSIVELY REDUCE YOUR TAXES Learn how to: • get the IRS to subsidize any vacation you want to take, anywhere in the world. • deduct most of your fun such as movies, play and season tickets. • deduct your golf, golf balls and lessons • properly document every deduction and make yourself audit-proof. For details: ReduceYourTaxes.tv #0406

VACATION INSURANCE for SNORING. Is someone's snoring keeping you up at night? Don't let snoring ruin your vacation or business trip. Try Snorelief - a natural lubricant that really works. For details: QuitSnoring.com #0406

FOR THE FIRST TIME IN HISTORY you can use "investing" and "effortless" in the same sentence. For more information: EffortlessInvesting.com #0406

ALTERNATIVE TO NURSING HOME! Qualified CNA will provide care for nice Elderly couple in my

home. Meals, transportation, plus provided. Must love kids and dogs. 719-778-9194 #0406
CUSTOM SEWING AND Alterations. Reasonable rates and friendly service. Free pick-up and delivery. Call Michele at 544-3379. #0506
FOR SALE. Electric scooter lift. Vehicle mount, electric motor, 12 volt w/attachments. Never used. \$600. 561-2064 or 469-2378. #0306

HELP US HELP OTHERS
There's never been a better time to reach out to those in need. We're seeking quality people who wish to make a difference by helping seniors in their homes.. No Phone Calls Please. We are located at 503 N. Main St. #110LL#0406

IS LIFE PASSING YOU BY?! Don't let your family legacy slip away! Pass it on before it's too late! Local author Lori Burner will help you put your memories into words for your children and grandchildren. Call Lori at 647-0991 or 250-0144 for all the info. #0207.

COMPANION/CAREGIVER available Monday-Friday. 30 plus years experience. References. Call Sally, 544-1491. #0606

LOOKING FOR A CHARITY TO GIVE TO TO REDUCE YOUR TAXES OR JUST BECAUSE YOU WANT TO HELP PEOPLE.

Look no further. Why not help Robin Lynn Grasso on her quest to STOP CROHN'S & COLITIS Diseasea. Make a check out for any amount to CCFa(Crohns & Colitis Foundation of America) and send it to: Senior Beacon P.O. Box 7215 Pueblo West, CO 81007-0215 You'll be happy you did!

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All Day - Every Day Large Pepperoni Pizza

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Palisade Peaches Are Here
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Look for the blue building - Open 7 days a week

Senior Community Update

OLDER, WISER, LIVELIER, SENIORS

Join the OWLS. We're a HOOT! Bridge: Party Bridge 547 1822. Duplicate Bridge 562-0937. Christian Singles (PW): 547-9787. Creative Writing 547-0250 or 583-2885. Creature Comforts 671-2030 or 543-4750. Day Trips 547-8181. Dominoes 543-6926. Dream Appreciation 583-2885. Fine Dining 546-6189. Genealogical Society 545-6326. Theater...Music 545-2803. Movies 543-6657.

OVER THE HILL GANG

Don't Think of Us as Being Over the Hill.. Think of Us as Picking Up Speed!

Camping 545 3787
Cycling 545 3787
Fishing 545 2803 or 647 6479
Hiking 545 3787 or 547 8181
Riverwalking 545 3787
Trail Cleaning 545 3787
Call Caroline Luellen 545 3787

HEALTH DEPARTMENT

CONTINUES HEALTH WARNING ALONG THE FOUNTAIN CREEK

Pueblo – The recent storms that have passed through our area have caused the water level of Fountain Creek to rise significantly due to increased stormwater runoff. Results

of tests conducted on samples taken on July 5, 2006 by the Pueblo City-County Health Department (PCCHD) indicate that the levels of E. coli in the Fountain Creek are above the state health standard. Based on the large volume of surface water input over the last week, it is anticipated that E. coli levels will remain elevated for some time. Therefore, the health department is keeping its health advisory in effect and asking everyone to please stay out of Fountain Creek.

For more information contact Scott Cowan, Environmental Health Specialist assigned to Fountain Creek Education 583-4341.

FUND RAISING DINNER

WHO: Friends of the Cathedral of the Sacred Heart, Pueblo
WHAT: "Dreams Do Come True" Dinner to benefit preservation of the stained glass windows at Cathedral of the Sacred Heart, Pueblo
WHERE: Pueblo Country Club, 3200 8th Ave., Pueblo
WHEN: September 1, 2006 6 p.m. Cocktails 7 p.m. Dinner

WHY: Friends of the Cathedral are sponsoring a dinner with keynote speaker, Most Reverend David Ricken, Bishop of Cheyenne, Wyoming
HOW: Call Gussie Potter at 719-542-5090 by August 28 to make reservations.

LIFELINE SCREENING

Life Line Screening provides preventive ultrasound screenings to help detect (1) plaque in the carotid arteries (2) abdominal aortic aneurysm (AAA), (3) blockages in the arms or legs (Peripheral Artery Disease), AND blood testing for (4) Total cholesterol, HDH, LDL, triglycerides (LIPID panel), (5) High-sensitivity C-reactive protein (CRP), (6) Glucose (blood

sugar for diabetes). Participants will receive blood test results at the event in about 10 minutes.

Call Bobbie Hoover at 719-380-1378 for more information.

HYDE PARK COMMUNITY CENTER CLASSES

2135 W. 16th Pueblo, CO. \$20 Community resident & \$25 non-community resident.
Beginner and Advanced Courses Available
-Basic PC skills
-Basic Internet and Email
-Beg./Adv. Microsoft Word
-Beg./Adv. Microsoft Excel
-Beg./Adv. Microsoft PowerPoint
-Beg./Adv. Microsoft Front Page (Web Page Development)

To register or for class information please call Mark Gonzales 406-2262"

CENTER FOR GRIEF & LOSS

The Center for Grief & Loss Counseling and Education, a Colorado non-profit organization, is offering the following groups:

The ongoing widows' recovery support group is now being held every Tuesday evening from 6:00-7:15 p.m. The groups are held at the Center for Grief & Loss Counseling and Education, 509 Colorado Avenue, Suite B, Pueblo, CO 81004. Karla Cordova and/or Jaelee Fetrow will be leading this group.

A new group is being offered called, "The Friendship Connection." It is for anyone who is experiencing a loss of any kind and who feels isolated from others. The Friendship Connection hopes to provide both support and a base for social connection with others. Call for information about dates, times, and place of future meetings. Lenore Senior, Karla Cordova,

and Jaelee Fetrow will be the group facilitators.

Registration is required. The Center groups are free, with donations appreciated. To register or inquire, please contact Lenore Senior at 719.252.0433 or email: counselors@centerforgrief.com.

AIR MUSEUM NEWS

WHO: The Pueblo Weisbrod Aircraft Museum
WHAT: Will present a Special Open Cockpit Day featuring the B-29 Superfortress

WHERE: In the Aircraft Museum at the Pueblo Memorial Airport
WHEN: On SATURDAY 5 August 2006 from 10 AM to 2 PM

WHY: In recognition of the dropping of the atomic bombs on Japan during WW2 by a B-29 Superfortress named the ENOLA GAY. Historically, the last B-29 raids on Japan were flown on 14 August 1945 and were instrumental in causing the Japanese to surrender.

DETAILS:
1. The Museum's B-29 named "PEACHY" will have an OPEN COCKPIT for inspection by the public.

2. The Museum's B-29 Superfortress is one of 15 B-29's on exhibit in the world and the only one which is open for inspection by the public on Special Day during the year.

3. Mr Rudy Eskra, Immediate Past President of PHAS, will present a talk about B-29 and it's use in WW2 at 11AM and 2PM on Saturday 5 August, during the Open Cockpit Day.

5. Mr. Eskra was a Master Sergeant in the U. S. Army Air Force and flew as flight chief and flight engineer on B-29's.

6. He was a member of the 357th Bomb Squadron of the 330th Bomb Group on the islands Guam and Iwo Jima.

7. After his talks there will be a question and answer period.

8. Also, at 1 PM Mr. Mark Morris, a member of PHAS will present a talk about the famous low-level air raid on the Ploesti oil fields and cracking plants on 3 August 1943.

9. Mr Morris flew a port side machine gunner in one of the B-24 Liberators on that raid.

10. Other PHAS members who served in WW2, Korea and Vietnam will be on hand.

11. Be sure to bring your camera.
12. The price of admission is \$6.00 for those 10 years of age and older.

Covering The Courts: On The Right To Be Left Alone

by James J. Kilpatrick

When does a trespass upon private property amount to a permissible trespass upon private property? The Supreme Court passed up a chance to ponder that recurring question just before it quit last month for the summer.

The case involved the hunting of game birds in South Dakota. The facts were not in dispute. Robert and

Judith Benson own a ranch in Tripp County, down on the Nebraska line. There they raise mostly livestock and a variety of crops, but they also devote a substantial part of their property to a private hunting preserve for pheasant.

For good or ill, hunters lawfully engage in road hunting along several miles of the Bensons' land. The family has experienced buckshot

200 feet inside their property. On one occasion hunters shot out a window of their home. Fed up, in October 2003 they filed suit in state court alleging violation of both state law and the federal constitution. They complained, in sum, that the state is effectively taking their property for public use without payment of just compensation.

The Bensons won in the trial court, but lost on appeal to the state supreme court. Now they have lost their appeal to the U.S. Supreme Court and must try their luck back home with civil suits. It promises to be a difficult job.

The high court should have taken this one. Under South Dakota law, hunters are now free to hunt small game from public roads. The law expects certain zones protecting schools, churches and private homes, but otherwise it is bang-bang-bang. Total strangers are free temporarily to lay down their guns, climb over fences into a private game preserve, and there recover privately propagated birds that inadvertently fly their way. True, game birds, even hatchery chicks, are public property once they fly away, but all the same it doesn't seem right.

Justice John K. Konenkamp of the South Dakota Supreme Court obviously felt uneasy about concurring even in the result of his colleagues' opinion. Their rationale was "worrisome." By agreeing that there had been no actual "taking" of private property, he concurred only in the result. The state had struck a difficult balance, he said, between the interests of hunters on one side and landowners on the other, but the balance fell within constitutional limits. If hunters obey all the rules of road hunting, "the interference to landowners from shooting from or across a public road at wild game in flight will be minimum."

Besides, he added, "the huge benefit the state obtains through tourism and recreational hunting outweighs any transient and marginal interference to landed interests." The state had not "permanently" occupied any property.

At worst, the interference here will be episodic and seasonal. Shooting over the Bensons' property is a minimal intrusion and therefore not compensable. But after all that, finally, he had a warning: "Those who hold greater designs on private property for public recreational uses would do well not to be emboldened by today's ruling."

Justice Judith K. Meierhenry dissented clearly and emphatically. The state legislature had taken away a landowner's right to exclude road hunters from hunting over his private property. This is "a taking without just compensation," which the U.S. Constitution clearly forbids. As the lower court had ruled, "the right to exclude others is one of the most essential rights that are commonly characterized as property."

That makes sense to me. In their appellate brief, with support from the Mountain States Legal Foundation, the Bensons argue that a "right to exclude" has been identified repeatedly before the Supreme Court. The right is supported by ordinary prudence: "Obvious conflicts and potentially serious injury could ensue when property owners confront armed 'civil trespassers' and assert responsibility over that for which the state taxes its citizens, yet does not provide -- the physical expulsion of trespassers from private property."

When such confrontations develop, as the Bensons believe inevitably they will, "the so-called police power will have become only an excuse through which to redistribute political favors rather than a means to thwart armed invaders, to protect property rights, and to obviate the need for self-help that will lead to bloodshed."

A personal note: A very long time ago, I served happily as outdoors editor of the Richmond (Va.) afternoon newspaper. I have nothing against the harvesting of game, or for humane hunting either. I say only that other values are more important still, such as the right to own property and the right peacefully to possess it.

Writer's Art

FROM PAGE 3.

In Santa Fe writes about "less expensive places SUCH AS Albuquerque." Joan Biskupic, that newspaper's first-rate reporter at the Supreme Court, analyzes "issues SUCH AS abortion and affirmative action."

And without any coaching from me, Hearst columnist Marianne

Means writes about "unpopular aspects of birth control, SUCH AS ..." If Marianne likes "such as," that settles it. Doesn't it?

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

The SRDA Foster Grandparent Program has immediate openings for seniors 60 years of age or older, who enjoy volunteering with children in schools, head start classrooms and day care centers. Individuals must meet income guidelines to receive a tax-free stipend.

For additional information please call Julie Valdez at 545-8900.

ATTENTION DIABETIC METER RECALL ALERT

So far in 2006 there have been 14 manufacturer notifications. There were over 20 different Class I High Risk Recalls for diabetic meters issued by the U.S. Food and Drug Administration in 2005.

A Class I recall means that there is a reasonable chance that the product will cause serious health problems or death. Most major diabetic meter manufacturers have had a recall in the past 2 years! YOUR CURRENT METER MAY BE INVOLVED IN A RECALL.

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RADIATION EXPOSURE COMPENSATION ACT

By Keith Killian & Staff

Q: I filed a claim under the Radiation Exposure Compensation Act (RECA) and was denied. I heard the law has changed. Should I refile?



A: In November 2002, new technical amendments were proposed under which many uranium miners whose claims were previously denied may now qualify for RECA benefits.

The new technical amendments change the employment and radiation exposure requirements for uranium miners. Miners, like millers and one transporters, may now qualify based upon the length of time they were employed. If a miner with a compensable radiation exposure disease was previously denied benefits due to insufficient documented radiation exposure levels, we may be able to assist with documenting your claim.

No attorney fees are charged for unsuccessful claims. Our firm arranges for attorney fees to be paid from the proceeds of the claim.

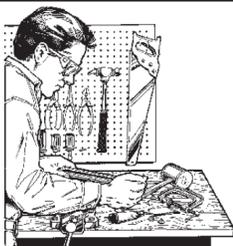
If you were a uranium miner, miller or ore hauler between 1942 and 1971, or if you are the surviving spouse or child of such an individual, you may qualify for the RECA benefit.

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Social Security & You

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

NEARING RETIREMENT? VISIT SOCIAL SECURITY ONLINE

As much as the Internet has become part of daily American life, the age group that has been slowest to adapt to Internet use for everyday business and information needs has been Americans age 65 and older. According to a recent report by the PEW Research Center, only about a third of those over age 65 use the Internet, compared with more than twice that number of those age 50 to 64. Most of this latter group are baby boomers, and they will be retiring (and planning their retirements) in large numbers over the next few years.

If you are one of these Internet savvy baby boomers, Social Security wants you to know that we are open for business at www.socialsecurity.gov. Whether you are just planning your retirement, or are actually ready to apply for Social Security retirement benefits, here are the Social Security online services you may want to consider:

- **Social Security Benefit Application:** When you decide to take the plunge and actually retire, you can apply for your retirement (or spouse's) benefits online.

- **Retirement Planners:** You can estimate your future benefits and also use links to outside websites that discuss other sources of retirement income and post-retirement concerns such as housing and medical care.

Even if you are not yet ready to use these Social Security online services, I urge you to visit our website at www.socialsecurity.gov and check them out, so that when you are ready you will know just what help is available to you.

WINDFALL ELIMINATION

The Windfall Elimination Provision, or WEP, can affect the

Social Security benefits of tens of thousands of American workers, and it is one of the least understood aspects of the Social Security program.

So here are the basics about the WEP and how it could affect you, a family member, friend or coworker. Who is affected: If you work in a job that is not covered under Social Security (such as some federal, state or local government jobs), any pension you get based on that work may reduce your Social Security benefits.

Why: Your Social Security benefits are reduced because Social Security benefits were intended to replace only a percentage of a worker's pre-retirement earnings. The way Social Security benefit amounts are figured, lower-paid workers get a higher return than highly-paid workers on the wages they earned while working. For example, lower-paid workers could get a Social Security benefit that equals about 55 percent of their pre-retirement earnings. The average replacement rate for highly-paid workers is about 25 percent.

Before 1983, people who worked in jobs not covered by Social Security received benefits that were computed as if they were long-term, low-wage workers. They received the advantage of a higher percentage of benefits in addition to their other pension. Congress passed the windfall elimination provision to eliminate this advantage.

A "safety net": If you get a relatively low pension, the reduction in your Social Security benefit cannot be more than one-half of that part of your pension based on your job from which Social Security taxes were not deducted.

Plan ahead: Many people do not know about WEP and could experience the unpleasant surprise of

learning that their retirement income will be reduced at a time when it is too late to adjust for it. In the future that is unlikely to happen because, as of last year, public employers are required to notify each new employee about WEP, and get each new hire's signature on a document attesting to having been notified. In the meantime, employees can quickly find out if and how their future Social Security benefit could be affected by WEP. Social Security has an easy-to-use online calculator at www.socialsecurity.gov/gpo-wep that allows you to estimate your Social Security benefit if you have a pension from work not covered by Social Security. You'll also see an online fact sheet and other information about WEP at our website: www.socialsecurity.gov.

Anyone who doesn't have access to the Internet can call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Windfall Elimination Provision fact sheet.

THE RELATIONSHIP BETWEEN SOCIAL SECURITY AND OTHER DISABILITY INSURANCE PROGRAMS

Here is a quick run-down on how different government and private disability insurance programs may affect Social Security disability eligibility.

First, Social Security provides disability insurance to insured workers for total disability -- no benefits are payable for partial disability or short-term disability. To be considered disabled (1) you must be unable to do any work and (2) your disability must be expected to last for at least one year or to result in death.

Other private and public disability insurance programs may provide disability benefits for injuries or illnesses that last for only a short time, or for partial disability. If someone should meet the criteria for both Social Security and other disability benefit

programs, this is what the law states:

- Disability payments from private insurance plans do not affect your Social Security disability benefits.

- Also, if you receive Social Security disability benefits and Veterans Administration benefits, your Social Security benefit will not be reduced.

However, workers' compensation and other public disability benefits may reduce your Social Security benefits. Workers' compensation benefits are paid to a worker because of a job-related injury or illness. They may be paid by federal or state workers' compensation agencies, employers or by insurance companies on behalf of employers.

Other public disability payments that may affect your Social Security benefits are those paid by a federal, state or local government and are for disabling medical conditions that are not job-related. Examples are civil service disability benefits, state temporary disability benefits and state or local government retirement benefits that are based on disability.

If you receive workers' compensation or other public disability benefits and Social Security disability benefits, generally the total amount of these benefits cannot exceed 80 percent of your average current earnings before you became disabled.

You may want to contact your private or state disability insurance program for more information about how Social Security could affect those benefits. For more information about the Social Security disability program, visit our website at www.socialsecurity.gov or call toll-free 1-800-772-1213 (TTY 1-800-325-0778) and ask for the publication, How Workers' Compensation And Other Disability Payments May Affect Your Benefits.

Reverse Mortgages Continue To Grow In Popularity

Though the idea of the reverse mortgage is new to some, it has existed as a government regulated program since 1989 and actually first emerged in Europe during the 1800s. The specifics of the reverse mortgage have changed drastically from those of nineteenth-century Europe to the current incarnation in modern America, but the goal of the program has remains the same: to grant older adults the ability to remain in their homes for the duration of their lives, should they so choose.

Prior to the addition of the reverse mortgage option, there were only two ways for seniors to receive money from their homes: opt to sell the property or obtain a home equity line of credit. The option to sell the home allowed seniors to receive the full market value of their property, but it also entailed the process of moving and the associated difficulties of leaving the residence behind.

When the Housing and Urban Development (HUD) presented the Reverse Mortgage program, it became a viable option for seniors who wanted to remain in their homes and either couldn't qualify for a home equity loan or couldn't financially handle the monthly payments associated with one.

A Reverse Mortgage is based on four factors for determining how much each senior could receive.

1) Borrowers age: All borrowers on title MUST be 62 years of age

or older. The higher the age the more funds that are allowed on the reverse mortgage.

2) Value of the home: The higher the value of the home is, the higher the payout to the borrower will be.

3) Geography of the home: Each country in the state has a HUD limit on the amount of FHA (HUD) funds that will be lent in that particular area. This "loan limit" is between \$200,160 and \$339,600

4) Expected interest rate: The expected interest rate will be used to calculate the amount of funds that will be available to the senior. This rate is equal to the ten-year Treasury note plus a margin. HUD is now offering a rate lock that will ensure that the borrower's expected interest rate will be at least as much money as they were offered at the application, and if the rate goes down, they will receive more.

There are no restrictions on how to spend the proceeds of the reverse mortgages. Most seniors use the reverse mortgage to pay taxes, or health care expenses or to pay off their existing home mortgage and credit card debts. This allows them to free up cash that would otherwise be going toward such payments.

Though the aforementioned uses are the most common, they are by no means the only ways to allocate the proceeds of a reverse mortgage. People have proven to be quite creative in using the reverse mortgage as a means to enjoy the money while they are still alive by purchasing second homes, new cars, long term care insurance, life insurance, and vacations with the proceeds of these loans.

The borrower ALWAYS remains in title to the property. One of the most common untruths, is that you "sign over" the title and ownership of your home. The fact is.....after the senior no longer lives in the home, only the amount the senior has used of the funds available to him plus the

interest due. One hundred percent of the remaining equity goes to the senior or their heirs.

If you would like more information on this progressively growing product, feel free to call or e-mail Virginia Berry, Certified Senior Advisor, for free material, or for a one on one free consultation. 866-260-6713 toll free or 719-520-3326, or email vberry4275@aol.com

Virginia Berry is a reverse mortgage specialist with Premier Mortgage Group. She covers 10 offices for Premier through-out all of Colorado. She is a certified Senior Advisor and a partner in the newly formed One Stop Retirement Shop Alliance. She has over 8 years experience in reverse mortgage lending.

ON YOUR TOES

by Charles E. Schneider, M.D.

NEUROMAS - A NERVE GROWTH

A Neuroma is a nerve growth which develops when the nerve between two metatarsal bones is pinched and/or bruised.

It is not a true tumor, but a mass of fibrous tissue.

Neuromas are often caused by abnormal bone structure but become aggravated by improper fitting shoes or by a jolt or blow to the foot. You may become suspicious of this condition if you are experiencing pain in the ball of your foot, numbness between the toes (most commonly between the third and fourth digits) and you may even experience difficulty in walking. Often the pain is confused with rheumatoid arthritis. Early diagnosis by a podiatrist, a foot specialist, can correctly diagnose this condition.

Since an abnormal bone structure causing instability of the foot is frequently the underlying cause of the neuroma, the first recommendation for treatment may be the use of an orthotic device to give the foot stability. Orthotics are especially prescribed for your foot for your foot

and are deigned to compensate for the areas of instability.

If the problem is severe, this measure may not be an alternative. Injections are other alternatives for treatment prior to a surgical consideration. Neuromas do not typically improve without treatment and if pain persists the nerve growth can be surgically removed.

Under a local anesthetic in outpatient surgery, the podiatrist will remove the nerve growth. Keeping the incision dry until the stitches are removed and continuing the follow-up visits for dressing removal is very important for proper treatment.

If you have persistent foot pain, redness or swelling, consulting your podiatrist is highly recommended. Self-diagnosis and treatment, particularly with the over-the-counter remedies or "bathroom surgery" may not only delay treatment but may actually cause further harm.

If you have any questions or comments contact Dr. Charles E. Schneider, 1619 N. Greenwood, Pueblo, 710-543-2476.



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When your car is out of alignment, it can pull to one side, wear out tires more quickly or unevenly and cause shimmies, shakes and creaks. Does any of this sound familiar? And isn't it nice when you get your car fixed and it runs smoothly. Don't you feel good about doing something good for your car?
Well, you guessed it! Your feet, when out of alignment, can cause similar effects in your body and shoes. And when you are wearing GOOD FEET ARCH SUPPORTS you will feel good about doing something good for your feet and body. GOOD FEET ARCH SUPPORTS put your feet back into alignment and effect your entire body. Isn't it time that YOU were running in tip-top shape?
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Finances: Wealth Creation

Mid-Cap Stocks Offer Growth And Stability

by Robert Valentine

Middle of the Road Mid-cap stocks offer a mix of the potential growth of a small cap and some of the stability of a large cap, which could be a welcomed addition to your portfolio.

In the search for the proverbial "Goldilocks" choice of the investment world, mid-cap stocks may be about as close as some investors get when looking at market capitalization. And while they may not be "just right"

for everyone, mid-cap stocks certainly offer a unique, balanced mix of qualities from large and small-caps.

The definition of a mid cap varies greatly depending upon who you ask. Some define mid-caps as being companies with a market capitalization between \$1.5 billion and \$5 billion. Others bump that number up a bit and define them being between \$2 billion and \$10 billion. In the end, it depends on exactly who you ask. Market capitalization, simply put, is the price of the company's stock, multiplied by the number of shares outstanding. It's basically the value the market places on a company. So what makes mid caps so middle of the road?

Large caps are generally more glamorous to some experts because they are perceived to be the safest and most reliable. The prevailing assumption is blue chip stocks are strong and steady. But as Enron and others have shown, that isn't always the case. Risk exists throughout the market, and in some cases, with reduced risk, comes reduced growth.

Meanwhile, some small caps can be a bit too bumpy of a ride for many investors. Smaller, less-established companies mean there may be a bigger chance for growth but also more volatility. Many investors can't handle the ups and downs that small caps offer. Small caps are often ignored by many analysts and thus, don't receive as much attention. Meanwhile, many large cap stocks are frequently highlighted. Mid caps, once again, fall into the middle child category.

Mid cap stocks have become a popular investment of late because of the attractive qualities that many investors see in them. Frequently the companies are primed for poten-

tial growth, at the same time they've already gone through some of the growing pains which small-cap stocks have yet to experience.

Experts say that by the time a company has ventured through life as a small cap, they're often better prepared to handle the market's woes. They've also usually had a chance to put quality management in place, and better refine their product and their message. Thus, room for growth, but with less growing pains.

The size of the market capitalization you choose to invest in, has a great deal to do with your current financial situation and the amount of risk you're willing to tolerate. Meeting with a financial professional to assess your needs and goals, is one of the first steps towards establishing a plan for the future.

While no one investment is perfect for everyone, certain investments do fit well for people in particular situations.

Robert Valentine is a Certified Senior Advisor in Huntington Beach, CA. He can be reached at (877) 732-2637.

This article was submitted by Robert Valentine of Financial and Retirement Management. Robert (CA Insurance Lic #0C23496) is a Registered Representative of and offers securities through Securities America, Inc., a Registered Broker/Dealer, Member NASD/SIPC. Advisory services offered through Financial and Retirement Management, a Registered Investment Advisory firm. Robert is a Certified Senior Advisor in Huntington Beach, CA. Several of his articles on financial planning matters that concern investors have been published. Robert can be reached at (877) 732-2637.

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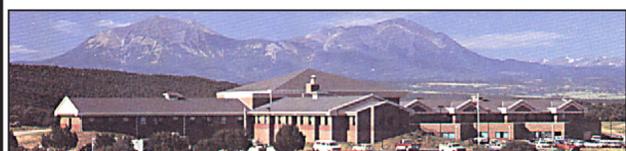
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For A Healthier You

Bornstein To Speak At Winter Break Next Jan.

(June 15, 2006) Gilbert, AZ – On January 9, 2007, in Laughlin, NV, Arthur Bornstein will present his seminar entitled "Memory: How to Improve It" as part of the 5th Annual Winter Break, presented by Humana, Inc.. Since Bornstein founded his unique and highly successful school of Memory Training in 1952, more than a million people have strengthened their memories using his remarkable methods, including executives and employees from major corporations such as IBM, General Motors, Lockheed, 20th Century Fox, Mattel Toys and nine major universities. Those attending this seminar will learn how to remember names, faces, numbers, "where did I put my car keys?", foreign languages, vocabulary and more.

Amazing feats of memory and a skill in demonstrating and teaching his techniques have made Mr. Bornstein a celebrity in this own right. Sometimes called the "Memory Guy" he has appeared with Johnny Carson, Steve Allen, Dinah Shore, Mike Douglas, Merv Griffin, Regis Philbin and David Letterman. For fifteen years, he was a favorite guest expert on the Art Linkletter Show.

In 2006, over 4300 guests attended the fourth annual Winter Break, designated as one of the Top 100 Events in North America for the second consecutive year by the American Bus Association. The week-long festival mirrors a typical spring break for kids, re-lived 30-50 years later. In addition to the Memory Seminar, Humana, Inc. will also present the Sock Hop, the Rock 'N Bowl Tournament, a Golf Clinic, and two Health Fairs during Winter Break. On-site testing

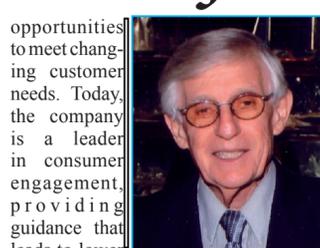
will include height and weight measurements, body composition, blood pressure screening, cholesterol checking, blood glucose testing, skin cancer screening and more.

For more information on Winter Break 2004 call 480-926-5547 or visit www.winterbreak.us. About Humana, Inc. Humana, Inc. Inc., headquartered in Louisville, Kentucky, is one of the nation's largest publicly traded health benefits companies, with approximately 9.3 million medical members. Humana, Inc. offers a diversified portfolio of health insurance products and related services - through traditional and consumer-choice plans - to employer groups, government-sponsored plans, and individuals.

Over its 45-year history, Humana, Inc. has consistently seized

opportunities to meet changing customer needs. Today, the company is a leader in consumer engagement, providing guidance that leads to lower costs and a better health plan experience throughout its diversified customer portfolio.

For more information regarding Humana, Inc. is available to investors via the Investor Relations page of the company's web site at <http://www.Humana.com>.



Margarine Versus Butter: Here Are Some Thoughts

Margarine was originally manufactured to fatten turkeys. When it killed the turkeys, the people who had put all the money into the research wanted a payback so they put their heads together to figure out what to do with this product to get their money back. It was a white substance with no food appeal so they added the yellow coloring and sold it to people to use in place of butter. How do you like it? They have come out with some clever new flavorings.

DO YOU KNOW...the difference between margarine and butter? Read on to the end...gets very interesting!

Both have the same amount of calories.

Butter is slightly higher in saturated fats at 8 grams compared to 5 grams.

Eating margarine can increase heart disease in women by 53% over eating the same amount of butter, according to a recent Harvard Medical Study.

Eating butter increases the absorption of many other nutrients in other foods.

Butter has many nutritional benefits where margarine has a few only because they are added!

Butter tastes much better than margarine and it can enhance the flavors of other foods.

Butter has been around for centuries where margarine has been around for less than 100 years.

And now, for Margarine.

Very high in trans fatty acids.

Triple risk of coronary heart disease.

Increases total cholesterol and LDL (this is the bad cholesterol) and lowers HDL cholesterol, (the good cholesterol)

Increases the risk of cancers up to five fold.

Lowers quality of breast milk.

Decreases immune response.

Decreases insulin response.

And here's the most disturbing fact... HERE IS THE PART THAT IS VERY INTERESTING!

Margarine is but ONE MOLECULE away from being PLASTIC..

This fact alone was enough to have me avoiding margarine for life and anything else that is hydrogenated (this means hydrogen is added, changing the molecular structure of the substance).

You can try this yourself: Purchase a tub of margarine and leave it in your garage or shaded area. Within a couple of days you will note a couple of things:

- * no flies, not even those pesky fruit flies will go near it (that should tell you something)
- * it does not rot or smell differently because it has no nutritional value; nothing will grow on it Even those teeny weeny micro organisms will not find a home to grow. Why? Because it is nearly plastic. Would you melt your Tupperware and spread that on your toast?

Share This With Your Friends.....(If you want to "butter them up")!!

TELL THEM YOU SAW IT IN SENIOR BEACON

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"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"THE PRICE OF UNSHAKABLE FAITH - ROBIN'S STORY"

"Great faith is exhibited not so much in doing as in suffering." Rick finished reading from the "Streams in the Desert" devotional. "The school of suffering graduates exceptional scholars." While he read I realized that within the hour, four times and from four different sources, God spoke to me concerning the value of suffering in a Christian's life. Trials, tribulation, calamity and suffering are all tools in God's mighty hands to shape and conform us into the image of His Son. Romans 8:28, *And we know that all things work together for good*

to those who love God, to those who are the called according to His purpose, is a popular memory verse. It is readily used to counsel those around us who are suffering but is often the last thing on our minds when the suffering is our own. Few people memorize Romans 8:29 or are even cognizant of its meaning. This verse explains why ALL THINGS work together for good. It is because God is conforming us into the image of Christ and trials and suffering are His tools. He builds from within an unshakable faith as we go from "glory to glory" even though sometimes it seems like "gory to gory."

Robin was nine in Jan. 2000 when doctors confirmed she had ulcerative colitis (UC). Because of her age, no doctor in Pueblo would treat her. Her condition worsened over the next two months. She made trip after trip, as much as 25 times in a 24 hour period, to the bathroom with bloody stools and lost 25 lbs. During one of her trips her daddy explained that some people have to wear ostomy bags. She said, "That's not going to happen to me, is it Daddy?" Every avenue was tried from diet to acupuncture to find a solution but to no avail.

The love of a godly father toward his child is a shadow of the heavenly Father's love for His children. Sometimes a daddy doesn't know what

to do. Jim pleaded with God for Robin's life and health. Time after time, Jim's prayer request came by e-mail. "Please pray for Robin. We go to the doctor tomorrow." "Please pray for Robin, she is having surgery again." "Please pray for Robin, she is in terrible pain." "Please pray for Robin, she is embarrassed to go to school" and time after time, I forwarded the prayer requests to many prayer warriors. Many others were receiving Jim's e-mails as well and he added prayer requests to his monthly editorial. Prayers were said for Robin all across the country. Prayer teams in prison prayed for her. Many prayer warriors went to battle for Robin's health and her parents' encouragement, peace and sanity. How much could a little girl take? Could her parents bear this load?

In March, 2000, as she was wheeled away for surgery in Children's Hospital in Denver, Robin whispered to herself, "Well, goodbye mommy, goodbye daddy, I hope I see you again." thinking she'd never see her parents again. However, her life was spared but with an ostomy bag. A week later she underwent emergency surgery because of infection. This left an open wound that needed to be scrubbed 2-3 times a day. The pain was excruciating for her. Robin had her 10th birthday during a six week stay in the hospital. Her devoted mother, Jeannie, was with her every minute of every day, sleeping next to her and being there for her to ease her burden.

Over the coming years, there were many more trips to hospitals for surgeries, skin grafts, Remicade infusions, back and forth to Denver and many terrifying moments for Robin and her family. Life threatening complications developed in July of 2004 and she was air lifted to Children's Hospital for another surgery and woke once again with an ostomy bag. At one point, Robin asked, "Daddy, do you and Mommy wish I was never born because of my disease and all the trouble I'm causing you?" Jim's answer came from the Lord without hesitation, "What? Are you kidding? Out of all the moms and dads in the whole world, God picked your mother and me to take care of you. Wish you weren't our child? NEVER! We feel blessed that the

Lord chose us to take care of His precious child." She smiled and never asked again.

Robin was devastated each time she woke from surgery with the ostomy bag still in place. She feared it would never change. She pleaded to be home-schooled to prevent being thrust into social life at public school. Her parents refused her request. "Why did God pick me?" she asked. Without hesitating, Jim answered "Because He has something in mind for you. Be patient! This will be okay." She never complained again.

Through another miracle Robin was assigned a new insurance case

SEE "LIGHT" PAGE 9.

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Color Is Not The Only Clue For Ripe Blueberries!

by Annette Gooch

I waited all summer for blueberries. They're here! The late-bloomers of the berry patch, blueberries take their own good time to blossom, set fruit and mature, with many varieties ripening during September, long after most other cultivated berries have passed. But given enough moisture and clear, sunny days, the wait's always worthwhile.

Blueberries develop their color a week or more before their sugar has fully developed. So, picked

at this stage, they may look ripe, but they're not as sweet or flavorful as they could be, and they won't improve after harvest. It's not until the berries soften slightly and release from their stems that their sugar is at its peak. If you find locally grown berries harvested at this stage (or you have the opportunity to pick your own), don't pass them up!

Whether you have juicy, marble-sized cultivated blueberries or their smaller, intensely flavored wild-crafted cousins, the best ways to enjoy them turn out to be the most traditional. Pie, followed by sweet bread still top the list for most blueberry lovers, probably because the simplicity of these treats sets off the character of the berries to full advantage.

SUCCESS TIP

-- To prevent blueberries from sinking to the bottom of batter for quick bread and muffins, sift a little flour over them. Then shake off the excess in a colander before folding them into the batter.

Blueberries, pecans and orange juice make a quick bread moist and sweet enough to be dessert. Unlike most quick breads, this fruit-and-nut loaf will improve in flavor after being wrapped in foil and allowed to mellow for a day at room temperature before slicing.

BLUEBERRY QUICK BREAD

- 2 cups flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/4 teaspoon baking soda
- 1/4 teaspoon ground nutmeg
- 1/2 cup sugar
- 1/2 cup chopped pecans
- 2 eggs, lightly beaten

- 1/4 cup milk
- 1/2 cup freshly squeezed orange juice
- 2 teaspoons freshly grated orange zest
- 1/3 cup butter, melted and cooled
- 1 cup fresh or frozen blueberries

1. Preheat oven to 350 degrees. Lightly grease and flour a 4 1/2-by-8 1/2-inch loaf pan.

2. In a large bowl, sift together flour, baking powder, salt, baking soda, nutmeg and sugar. Add pecans to dry ingredients.

3. In a separate bowl, beat eggs with milk, orange juice and zest; blend in butter. Pour liquids into dry ingredients, stirring until barely moistened. Gently fold in blueberries.

4. Spread batter in prepared pan. Bake until crust is golden brown and a toothpick inserted in center of loaf comes out clean (55 to 65 minutes).

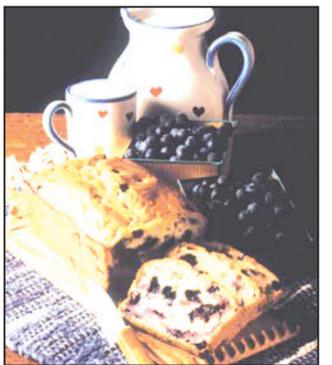
5. Let cool in pan for 10 minutes, then turn out onto a wire rack to cool.

Makes 1 loaf.

This classic pie's all about the berries, a whole pound of them, and conservatively sweetened to let their flavor predominate. Since blueberry pies are notorious for bubbling over the rim of the pan and burning onto the oven floor, consider baking the pie on a rimmed baking sheet.

BLUEBERRY PIE

- 2 (9-inch) prepared pastry crusts, unbaked
- 1 pound (2 pints) fresh ripe blueberries, washed, drained and patted dry with paper towels
- 1/2 cup sugar
- Lemon juice, to taste (optional)
- 3 tablespoons cornstarch



This enticing blueberry tea bread is sweet enough to double as dessert. photo: Lifestyle Media Group

1 tablespoon butter

1. Use one crust to line a 9-inch pie plate, allowing excess pastry to extend over rim. Combine berries, sugar, lemon juice (if used) and cornstarch in a large bowl; toss to coat berries evenly. Fill pie shell with berries, heaping them slightly in center. Dot with bits of butter.

2. Cover berries with top crust. Seal and flute edges of dough. Cut a steam vent in center of pie or cut 3 or 4 small slashes radiating from center of crust. Pie may be prepared to this point and refrigerated several hours before baking.

3. Preheat oven to 450 degrees. Place pie on baking sheet on lowest shelf of oven. Bake 15 minutes, reduce heat to 375 degrees, and bake until golden brown and bubbly (another 25 to 30 minutes). Cool on wire rack before serving.

Serves 8.

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

AUG. 1: Beef Stroganoff/Noodles, green beans, creamy coleslaw, wheat bread/marg., strawberries/pears.

AUG. 2: Salisbury Steak/Gravy, mashed potatoes, let/tom salad/Italian drsg., wheat bread/marg., lime fruit gelatin.

AUG. 3: Baked Ham, confetti rice, peas, wheat bread/marg., apple-sauce.

AUG. 4: Stuffed Pepper, mashed potatoes, cabbage, cottage cheese/PA, wheat bread/marg., peach crisp.

AUG. 7: Roast Turkey/Gravy, mashed potatoes, wax beans, carrot raisin salad, wheat bread/marg., blush pear dessert.

AUG. 8: Burrito/Green Chili, spanish rice, mexican corn, creamy coleslaw, cantaloupe slice.

AUG. 9: Chicken Patty, mashed potatoes/gravy, california blend, pea salad, wheat bread/marg., lemon pudding.

AUG. 10: BBQ Beef/Bun, baked beans, potato salad, cukes/onion salad, orange.

AUG. 11: Breaded Fish, au gratin potatoes, carrots, cranberry/orange mold, wheat bread/marg., fruit cocktail.

AUG. 14: Beef/Tomato Macaroni, green beans, wheat bread/marg., applesauce.

AUG. 15: BBQ Meatballs, parsleyed potatoes, peas, wheat bread/marg., spice cake.

AUG. 17: Spaghetti/Meatsauce, calico corn, claremont salad, wheat bread/marg., banana.

beans, carrot raisin salad, wheat bread/marg., diced peaches.

AUG. 22: Porcupine Meatballs/Tomato Sauce, au gratin potatoes, spinach, wheat bread/marg., watermelon slice.

AUG. 23: Baked Chicken/Gravy, rice pilaf, peas, wheat bread/marg., strawberry/PA dessert.

AUG. 24: Meatloaf/Gravy, mashed potatoes, zucchini & tomatoes, wheat bread/marg., peach crisp.

AUG. 25: Enchilada Casserole, broccoli, veggie salad medley, wheat bread/marg., tapioca pudding.

AUG. 28: Beef Tips/Gravy, noodles/gravy, stewed tomatoes, pickled beets, wheat bread/marg., pears.

AUG. 29: Veggie Lasagna, mixed veggies, let/tom salad/Italian drsg., wheat bread/marg., watermelon slice.

AUG. 30: Corned Beef/Cabbage, mashed potatoes, carrots, wheat bread/marg., lime fruit gelatin.

AUG. 31: Pork Chow Mein/Rice, green beans, wheat bread/marg., cantaloupe slice.

SEPT. 1: Salisbury Steak/Gravy, mashed potatoes, cauliflower, carrot raisin salad, wheat bread/marg., chocolate pudding.

When Was The Last Time Somebody Said, "Sorry, Kiddo, But I'm Going To Have To See Some ID.?"

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AUG. 16: Oven Baked Chicken/Gravy, mashed potatoes, ranch beans, let/tom salad/french drsg., cherry coffee cake.

AUG. 18: Sweet/Sour Pork Over Rice, broccoli, pickled beets, wheat bread/marg., fruit cocktail.

AUG. 21: Mac & Cheese, green

2% MILK With ALL Meals!

Lidia's Italian Table: "It's Tomato Time Again!!"

by Lidia Matticchio Bastianich
I love summer food. Everything tastes so fresh. There is nothing better than picking vegetables from my garden at home and putting them together to make great meals.
PAPPA AL POMODORO (TUSCAN-STYLE TOMATO AND BREAD SOUP)
5 (1/2-inch-thick) slices Italian bread with crusts removed, approximately 3 cups
3 tablespoons extra-virgin olive oil, plus another 3 tablespoons for drizzling
1 cup finely sliced summer onions
1/2 cup shredded carrots
4 garlic cloves, crushed
2 pounds ripe plum tomatoes, cubed
4 cups water
Salt and freshly ground pepper
10 basil leaves
1 cup Parmigiano Reggiano
Soak the white part of the bread in a large bowl of water for ap-

proximately 5 minutes. Squeeze the bread with your hands until all of the water drains out.
In a 4- or 5-quart pot, heat the 3 tablespoons of olive oil over medium heat. Add the onions, carrots and garlic and cook together until golden, about 5 minutes.
Add the tomatoes and their juices to the pot and bring to a boil, stirring occasionally. Then add the 4 cups of water and cook for approximately 1/2 hour. Then add the bread. Season lightly with salt and pepper, add the basil leaves and then adjust the level of heat so that the soup simmers. You should cook the soup for another 1/2 hour, whisking occasionally to break up the pieces of bread until the soup becomes dense. Salt and pepper to taste.
Serve in warm bowls, drizzled with the remaining 3 tablespoons of extra-virgin olive oil and the Par-

migiano Reggiano.
Makes 8 servings.
GRANITA DI PESCA (PEACH GRANITA)
2 cups water
1 pound unpeeled ripe peaches
1/3 cup sugar
2 tablespoons fresh lemon juice
1 drop vanilla extract
Mint leaves for garnish
Bring the water to a boil in a medium saucepan. Add the peaches and sugar, and simmer gently for 30 minutes. Allow the peaches to cool thoroughly in the liquid, and pass the contents of the pan through a fine-mesh strainer, scraping the solids to extract as much pulp as possible. Add the lemon juice and vanilla extract, and freeze for 45 minutes to an hour, scraping the ice crystals that form around the edges into the center every 10 minutes with



Bread and Tomato Salad makes an excellent appetizer on its own, or served with mozzarella or prosciutto.

photo: Lantech Studios

a spatula. The mixture should be of an even, grainy consistency when ready.
To serve, scoop the granita into chilled serving glasses and garnish with mint leaves.
Serves 6.

Grandparenting: "Inherited Wealth"

INHERITED WEALTH: THE BUFFET EFFECT
Dear Grandparenting: I've heard that the money America's Baby Boomer generation stands to inherit will be the greatest transfer of wealth in the history of mankind.

I was interested to learn about billionaire investor Warren Buffet's decision to give most of his money to the foundation set up by Bill Gates and his wife, whose purpose is to make the world a better place for everybody.

Buffet didn't become the world's second richest person by making dumb bets about the future, so I was happy to learn he's decided it was in the best interest of his children -- and grandchildren -- not to inherit an obscene amount of money.

I'm not rich, but I've seen plenty of rich people and their spoiled little kids running around. It makes me sick that some have been given so much, while the rest of us struggle to get by.

Do you think the news about Buffet will start wheels turning in the heads of other rich people, and they'll give it away to help others less fortunate? --

Avondale, Colo.
Dear Friend: You're right about one thing; the 50 million Americans born before World War 11 now control two-thirds of America's wealth. By 2050, estimates of the sum that will change hands range from \$40 trillion to \$130 trillion, depending on the rate of annual growth. But the rising tide of inherited wealth will not lift all Baby Boomers, those Americans born between 1946 and 1964. For many, there's likely to be little remaining for them to inherit.

Perhaps you've sighted bumper stickers that read "Retired: Spending My Children's Inheritance." Grandparents live longer, and increasingly tap into their nest eggs to pay expenses, including rising health costs. The inability of Americans to save for retirement is reflected by the modest size of the median 2004 inheritance -- only \$29,000.

The only American grandchildren likely to cash in to a great extent are those whose grandparents' estates are in the top 5 percent, encompassing about half of all inherited wealth. The

good news is that the really rich, like Buffet and Gates, are trending toward attaching meaningful strings and conditions to their bequests. Instead of writing a blank check to their heirs, they intend to leave the world a better place for all.

Meanwhile, most grandparents, those in the 95 percent category and with that low median inheritance, should concentrate on leaving good examples for their children and grandchildren to follow -- along with heaps of love.

The value of grandparents is not measured in dollars and cents; it is found in the measure of the young men and women under their wings.
Dee and Tom, married more than 50 years, have eight grandchildren. Together with Key, they welcome questions and suggestions. Send to 830 W. 40th St., Ste. 304, Baltimore, MD 21211, or grandparenting@aol.com.



LIGHT FOR THE JOURNEY

FROM PAGE 8.

worker who also battles UC. The decision was made to procure a second opinion from Mayo clinic in Rochester, MN. After bypassing the first doctor who refused to help, the case worker found another one who agreed Robin should get a second opinion at Mayo Clinic. Six weeks and thousands of prayers later, surgery to reconnect was performed successfully. One year later, June, 2006, Robin, now sixteen years old had her first scope after the surgery which revealed another miracle. There was absolutely no inflammation in her small intestine. Praises erupted around the world at the news of a clean bill of health and the power of answered prayer to a miracle-working God. Through it all, Robin has gained an unshakable faith that comes from trusting Jesus to bring her through every trial and hardship. Robin's faith is strong and she prays regularly.

Prayer is a precious and powerful gift from God. Simply calling on the name of Jesus is the most effective tool in a Christian arsenal. Jesus said, "... I will do whatever you ask in my name, so that the Son may bring glory to the Father. You may ask me for anything in my name, and I will do it." (John 14:13-14)

Robin was nine when she had her ileostomy, the dreaded surgery most adults feel is dehumanizing and intolerable and even refuse to discuss. Because of the severity of Robin's condition and many surgeries, her abdomen is filled with scar tissue; it is problematic. She is aware of this and will live with it every day of her life. However, her faith remains strong and she wants to raise awareness and money for Crohns and Colitis Foundation of America (CCFA) research. She would like to volunteer with CCFA even while she works in whatever career path she takes, perhaps research science for Crohns/Colitis.

True sympathy comes from understanding another person's hurt by suffering the same affliction. Afflictions are the price we pay for our ability to sympathize. Those who wish to help others must first suffer. Jim's words to Robin in the midst of her pain and his heartache were, "Because He has something in mind for you." Robin is equipped to help others and has faith to believe in a God who heals in His way and His time. In God's word, He promises, "In this world you shall have tribulation." And then mercifully adds, "But be of good cheer! I have overcome the world."

*Streams In The Desert by: L.B. Cowman (Zondervan)

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

Ed. Note: Robin also was blessed with holy water from Lourdes which had immediate positive results. Thanks to JoAnn at TripsRUs.

FREMONT/CUSTER County Menus

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

CUSTER SENIOR CTR

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

- AUG. 1:** Combo Burrito w/Salsa, Let/Tom Garnish, Green Beans, Cilantro Lime Rice, Sliced Peaches.
- AUG. 3:** Chicken Fajita, Let/Tom Garnish, Cilantro Rice, Cooked Cabbage w/Diced Red Pepper, Red Grapes.
- AUG. 7:** Beef & Broccoli Stir Fry w/Rice, Steamed Carrots, Pineapple Tidbits.
- AUG. 8:** Chicken Salad Sandwich, Sliced Tom/Let, Confetti Slaw, Orange Juice ~ Peach, Coconut Cream Pie.
- AUG. 10:** Lemon Baked Fish w/Tarter Sauce & Lemon, Rice Pilaf, Green Beans w/ Mushrooms, Fruit Salad.
- AUG. 14:** Hamburger w/Catsup, Mustard & Onion, Sliced Tomato on Lettuce, Baked Beans ~ Potato Salad, Watermelon.
- AUG. 15:** Tuna Stuffed Tomato, Spinach, Mandarin Orange Salad, Plum, Peanut Butter Oatmeal Cookie.
- AUG. 17:** Honey BBQ Chicken, Oven Browned Potatoes, Chopped Spinach, Diced Pears.
- AUG. 21:** California Veggie Bake, Spinach Salad w/Egg, Fresh Pear, Citrus cup, Oatmeal Raisin Cookie.
- AUG. 22:** Pot Roast w/ Brown Gravy, Baby Carrots/New Potatoes, Green Beans, Cantaloupe.
- AUG. 24:** Italian Sausage w/Marinara, Spaghetti, Baked Acorn Squash, Tossed Salad, Pizzelle ~ Fresh Pear
- AUG. 28:** BBQ Beef Brisket, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.
- AUG. 29:** Spinach Lasagna, Tossed Vegetable Salad, Seasoned Green Beans, Mandarin Oranges
- AUG. 31:** Oven Fried Chicken, Spinach, Mandarin Orange Salad, Potato Salad, Fresh Peach ~ Cornbread.

- Amandine, Pineapple Mandarin Orange Compote.**
- AUG. 24:** Hamburger w/Catsup , Mustard & Onion, Sliced Tomato on Lettuce, Baked Beans & Potato Salad, Watermelon.
- AUG. 25:** Lemon Baked Fish w/Tarter Sauce & Lemon, Rice Pilaf, Green Beans w/ Mushrooms, Fruit Salad
- AUG.29:** Spinach Lasagna, Tossed Vegetable Salad, Green Beans, Mandarin Oranges.
- AUG.31:**Chicken Fajita, Let/Tom Garnish, Cilantro Rice, Cooked Cabbage w/Diced Red Pepper, Red Grapes.

- 18:** Italian Sausage w/Marinara, Spaghetti, Baked Acorn Squash, Tossed Salad, Pizzelle ~ Fresh Pear.
- AUG. 21:** Baked Ham w/Raisin Sauce Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.
- AUG. 23:** Turkey Sandwich w/Provolone & Mustard, Sliced Tomato on Lettuce, Mandarin Oranges, Waldorf Salad.
- AUG. 25:** Pot Roast w/ Brown Gravy, Baby Carrots & New Potatoes, Seasoned Green Beans, Cantaloupe.
- AUG.28:** Combo Burrito, Let/Tom Garnish, Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.

- Lime Rice, Sliced Peaches**
- AUG. 22:** Beef & Broccoli Stir Fry w/Rice, Steamed Carrots, Pineapple Tidbits.
- AUG. 24:** Honey BBQ Chicken, Oven Browned Potatoes, Chopped Spinach, Diced Pears.
- AUG. 29:** Baked Ham w/Raisin Sauce, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold
- AUG. 31:** BBQ Beef Brisket, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.

SALIDA CENTER

(Tues/Thur/Fri) - 539-3341

- AUG. 1:** Italian Sausage w/Marinara, Spaghetti, Baked Acorn Squash, Tossed Salad, Pizzelle, Fresh Pear.
- AUG. 3:** Chicken Fajita, Let/Tom Garnish, Cilantro Rice, Cooked Cabbage w/Diced Red Pepper, Red Grapes.
- AUG.4:** Pot Roast w/ Brown Gravy, Baby Carrots & New Potatoes, Green Beans, Cantaloupe.
- AUG. 8:** Combo Burrito, Let/Tom Garnish, Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.
- AUG. 10:** Spinach Lasagna, Tossed Vegetable Salad, Green Beans, Mandarin Oranges.
- AUG. 11:** Honey BBQ Chicken, Oven Browned Potatoes, Chopped Spinach, Diced Pears.
- AUG. 15:** Beef & Broccoli Stir Fry w/Rice, Steamed Carrots, Pineapple Tidbits.
- AUG. 17:** Chicken Salad Sandwich, Sliced Tomato & Lettuce, Confetti Slaw, Orange Juice, Peach, Coconut Cream Pie
- AUG. 18:** Lemon Baked Fish w/Tarter Sauce & Lemon, Rice Pilaf, Green Beans w/ Mushrooms, Fruit Salad.
- AUG. 22:** California Veggie Bake, Spinach Salad w/Egg, Fresh Pear, Citrus cup, Oatmeal Raisin Cookie.
- AUG. 24:** Turkey Sandwich w/Provolone & Mustard, Sliced Tomato on Lettuce, Mandarin Oranges, Waldorf Salad.
- AUG. 25:** Baked Ham w/Raisin Sauce, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold
- AUG. 29:** Tuna Stuffed Tomato, Spinach Mandarin Orange Salad, Plum ~ Apple, Peanut Butter Oatmeal Cookie.
- AUG. 31:** BBQ Beef Brisket, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.

FLORENCE CENTER

100 Railroad St. - Florence Tue/Th/Fri

- AUG. 1:** Combo Burrito w/Salsa, Let/Tom Garnish, Green Beans, Cilantro Lime Rice, Sliced Peaches
- AUG. 3:** Turkey Sandwich w/Provolone & Mustard, Sliced Tomato on Lettuce, Orange, Waldorf Salad
- AUG. 4:** Baked Ham w/Raisin Sauce, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold, Wheat Roll.
- AUG. 8:** Taco Salad w/Salsa, Let/Tom Garnish, Black Beans w/Cilantro, Orange Juice, Watermelon, Cornbread.
- AUG. 10:** Chicken Salad Sandwich, Sliced Tom/Let, Confetti Slaw, Orange Juice, Peach, Coconut Cream Pie.
- AUG. 11:** Pot Roast w/ Brown Gravy, Baby Carrots & New Potatoes, Green Beans, Cantaloupe.
- AUG. 15:** Italian Sausage w/Marinara Spaghetti, Whipped Potatoes, Asparagus

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- AUG. 4:** Honey BBQ Chicken, Oven Browned Potatoes, Chopped Spinach, Diced Pears.
- AUG. 7:** BBQ Beef Brisket, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.
- AUG. 9:** California Veggie Bake, Spinach Salad w/Egg, Fresh Pear, Citrus cup, Oatmeal Raisin Cookie.
- AUG. 11:** Chicken Fajita, Let/Tom Garnish, Cilantro Rice, Cooked Cabbage w/ Diced Red Pepper, Red Grapes.
- AUG. 14:** Taco Salad w/Salsa Let/Tom Garnish, Black Beans w/Cilantro, Orange Juice, Watermelon ~ Cornbread.
- AUG. 16:** Chicken Salad Sandwich, Sliced Tom/Let, Confetti Slaw, Orange Juice, Peach ~ Coconut Cream Pie

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- AUG. 1:** Taco Salad w/Salsa, Let/Tom Garnish, Black Beans w/Cilantro, Orange Juice , Watermelon, Cornbread
- AUG. 3:** Spinach Lasagna, Tossed Vegetable Salad, Green Beans, Mandarin Oranges.
- AUG. 8:** Tuna Stuffed Tomato, Spinach Mandarin Orange Salad, Plum, Peanut Butter Oatmeal Cookie.
- AUG. 10:** Hot Turkey Sandwich, Whipped Potatoes, Asparagus Amandine Pineapple, Mandarin Orange Compote.
- AUG. 15:** Pot Roast w/ Brown Gravy, Baby Carrots & New Potatoes, Green Beans, Cantaloupe.
- AUG. 17:** Combo Burrito, Let/Tom Garnish, Salsa, Green Beans, Cilantro

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Realstyle: Laurie Graff Calls It Magic Shopping

by Patricia McLaughlin

Can the right dress change your life? Can clothes make the man? Or -- poof! -- summon him?

Fairy tales are full of clothes that turn out to be magic -- cloaks that make you invisible, rings that make you invincible, boots that take you seven leagues in a single stride, glass slippers that make you Cinderella. The idea is so familiar it seems halfway plausible -- unless you stop to think.

The girl next door elevated by a lucky change of clothes is a Hollywood staple: Claudette Colbert, transformed from penniless Eve Peabody to the worldly Baroness Czerny by a trunk full of Paris clothes in the screwball comedy "Midnight." Melanie Griffith in "Working Girl," a gum-snapping secretary revealed as a businesswoman of genius once decked out in her boss's high-powered executive drag. And then there's Cinderella herself, a scullery maid equipped at the wave of a wand with ball gown, tiara, coach, coachman, carriage horses and a full complement of footmen. Not to mention all the clerks and librarians who turned out to be goddesses when Fred Astaire or Clark Gable removed their glasses.

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No wonder we expect to be transformed by what we put on -- or take off.

Laurie Graff argues that it isn't even unreasonable.

Early in her new novel, "Looking for Mr. Goodfrog," Graff, an actress turned PR rep turned chick-literateur, confronts her heroine with a sidewalk sale rack in front of a nifty boutique. The clothes are "marked down so low they were practically free." (Chick lit is all about wish fulfillment.) And there among the amazing bargains, admitted sales-rack addict Karrie Kline, an unhappily single 45-year-old New York catress, finds the perfect dress: It's a strapless cocktail dress, almost a sundress, but done in a wool plaid with velvet ribbon trim -- a summer dress for fall. In the dressing room, she steps back from the mirror to get a better look, "and in that second I knew it was a winner."

She sees herself wearing it for Thanksgiving as Mr. Right takes her home to meet his folks. She sees herself helping out in the kitchen, graciously scooping cranberry sauce out of a can to the murmured admiration of all: "She has such style!" (Which, by the way, is not exactly what my folks would be thinking about somebody who showed up for Thanksgiving dinner in a strapless dress with a can of Ocean Spray.)

"I would buy this dress," Karrie Kline thinks, momentarily, in the subjunctive. "Why, this dress in my closet was practically a guarantee that the next six months would be better than the first ... Surely a girl in a great

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outfit had someplace great to go. If you buy it, he will come. Won't he?"

In a chick lit novel? You bet -- and, if not, the heroine will at least end up achieving insight and meanwhile writing a best seller or getting named to the Supreme Court or building a career as a Hollywood stylist. Something great, one way or the other.

In "Looking for Mr. Goodfrog," for instance, Karrie writes and stars in "Frogaphobia," a wildly suc-



Laurie Graff, author of "Looking for Mr. Goodfrog," believes the right dress can work magic: "If you buy it, he will come."

cessful off-Broadway show based on years of heartbreaking/hilarious bad dates and awful relationships. (Which sounds a lot like Graff's first Karrie Kline book, "You Have to Kiss a Lot of Frogs," which chronicled 15 years of her character's disastrous dates and bad relationships.)

Literary heavy-hitters tend to brush off suggestions that their fiction is autobiographical. Graff, not so much. "I bought that dress, and then I had Karrie buy that dress," she says. "I think I changed the color of the ribbon, brown instead of black."

When she bought it, she remembers, "I pictured myself in that big West Side kitchen," the one in Woody Allen's "Hannah and Her Sisters,"

scooping the sauce and dazzling Mr. Right and his relations. She thinks it's "a lot of why people buy." You aren't buying the dress; you're buying the whole future that you imagine it leading to.

It's "like visualization," she says: "Every time I go shopping and I look around, I just don't see the clothes; I see me in the clothes, and I see me in the clothes in places -- and sometimes they're places I haven't been yet, but places I could look good in these clothes in." It's "very empowering," she says.

Right now, she's visualizing herself talking up her book on "Gerald." When she heard there was a chance she'd get on the show, she immediately got a haircut, had new streaks put in her hair, figured out which dress she'd wear. Saw it all happening. It's positive thinking.

I know people who claim that visualizing the perfect parking space improves their parking karma, but I'm dubious. Over the years, I've bought too many things that I could see myself wearing for New Year's Eve at the Vienna Opera or for breaking the bank at Monte Carlo or for yachting off Hyannisport -- but that's as far as it ever went. Buying a Stetson doesn't make you a cowboy; it takes more than a tutu to dance "Swan Lake."

Graff takes a more optimistic view: "You try on an item, you look in the mirror, you see all these aspects of your life improve," she says. And "if you go ahead and buy it, you send out a different vibe."

And life responds to that? "I think we do bring in what we visualize," she says. "I do feel that if you buy it he will come!"

She admits that the strapless wool plaid dress didn't work out quite that way for her: "I went a year without having a place to wear that dress." And then she ended up wearing it for that most daunting of occasions, an ex-boyfriend's wedding that she attended by herself.

But, life imitating chick lit for once, she had a perfectly wonderful time: "I walked around that wedding in that dress, with a fox fur my aunt had given me. I romped around in that dress: My book was out, I felt I was Karrie -- Carrie Bradshaw (the single-girl heroine of 'Sex and the City') or Karrie Kline."

A successful woman in a great dress: It's a 21st-century fairytale happy ending.

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

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Last Minute Odds And Ends For You To Peruse

A Representative of the Railroad Retirement Board will be at The Social Security Administration building at 201 W. 8th St. - Suite 700 in Pueblo on Wednesday, August 16, 2006 from 10:00 am until finished. Please call for an appointment to make sure the representative is able to see you. Bring all the papers in your case. Call 303-844-4311 between 9am and 3:30pm, Monday through Friday except holidays for your appointment.

The Pueblo County 4-H Program is sponsoring a Fashion Revue in the Creative Arts Building at the Colorado State Fair Grounds. See all the latest in the world of fashion modeled by members of the 4-H program. The program begins at 7:00pm sharp on July 31, 2006.

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Showcase Sale will be held on August 5th, 2006 in the Events Center at the Colorado State Fair Grounds.

The Buyers BBQ will start at 4:30 pm and the Showcase Sale will start at 6:00pm. Tickets for the BBQ may be purchased by calling 583-6566. Witness the best sheep, goat, swine, beef and rabbits in Pueblo County

The Moonlight Dance for the Pueblo County 4-H Program will be held on August 4, 2006 from 9pm to midnight in the Creative Arts Building at the Colorado State Fair Grounds. Dance the night away at a family friendly, alcohol-free activity

A Community Open Class home economics program will be the fare on August 1, 10am - Noon with no entry fee or pre-fair entry required at the 2006 Pueblo County Fair at the Colorado State Fair Grounds.

Entries will be accepted in the following departments:

Pantry - Food prep & Food preservation.

Needle Arts - Hand knit/crochet, hand embroidery, miscellaneous needlework, sewing and handwork/craft.

Call 583-6566 for all the info.

Does your cat have what it takes to become a champion? If so bring the him/her to the Pueblo County Fair Cat show on Sunday, August 6th at 1pm in the 4-H Auditorium at the Colorado State Fair Grounds. There will be a costume contest for the felines as well. Prizes and ribbons will be awarded.

For more info call 583-6566.

Thought you might like to know that George Soros the billionaire tycoon who bankrolls the ultra-liberal MoveOn.com group actually has an

offshoot to his kingdom called the Open Society Institute. Not really sure what it does but you all can guess.

Anyway, the Open Society Institute receives about \$6 million a year from U.S. government agencies.

How's that for a kick in the teeth.

Did you ever wonder why MoveOn.com, named because they didn't want to answer any more Clinton Administration questions, is and will continue to fund Hillary Clinton's aspirations to be the next U.S. President. Should change their name if that happens to NotAgain.com!

MORE OP-ED

FROM PAGE 2.

explain the folly of not becoming energy independent for the sake of fringe-group votes?

So the Middle East explodes without Hussein there to throw more gasoline on the fire. The Israelis realize that they are fighting for their very existence. It is wounded and sick and tired of being the scapegoat for the world. This could be Israel's Armageddon about which everyone has been talking. I know one thing. The cancer of the Middle East will continue to fester if there is no outright winner there. I ask one question, who would you rather see win in that neck of the woods, Israel or the Islamo-fascists? It's going to be a bumpy ride.

Embryonic Stem Cell Bill Vetoed

Well it took ole GWB almost six years to finally veto a bill, but his first veto was outstanding. All the other bills he might have vetoed were pretty much money-based and you know what, in America we can always find and make money despite all the caterwauling from all corners of the debate.

If GWB does nothing else in his administration, one that I think will go down in history as one of the best administrations in history and the media, Hollywood and all you Leftists take note, he will have done more than enough. I know I'm in the minority, but lately the so-called experts are on a losing streak.

This killing of embryos and abortions is an abomination, period. It is a black stain on our country far worse than slavery, the mafia and the fleecing of the taxpayer. How and why this otherwise compassionate nation continues to want to kill the most innocent among us is far and away the most perplexing of all conundrums this life has to offer. With all the challenges we have, like drug abuse, the fact that Islamo-fascists want to kill us, little tyrants want to nuke us and the Left wants to brow-beat us, our Congress decides to pick on the most helpless among us. Fetuses, embryos, "unviable" tissue masses, big ugly lumps, no matter what you call them to make yourself feel better about allowing the killing of same, it doesn't change the fact that these "its" are human!

I trumpet GWB for his stand against embryo mutilation. The other side says *embryonic stem cell research could be a boon to all our medical problems*. It is held out like some sort of fountain of youth so we can all live longer and longer and in great health. Can you imagine if the population of earth never died? How long would it take before we would run out of everything? But I'm off on a tangent.

I trumpet GWB and his unwavering support of the most innocent of our society. The operative word in the above bold italic sentence is "could." There has been not one report or finding that any embryonic stem cell has ever produced any panaceas for those of us in need. Yet, adult stem cell research has produced over 70 breakthroughs that have proven to increase the likelihood of beating some of the more insipid diseases the human population has to endure. Wouldn't it seem that it would be far wiser to put our money into the development of stem cell research? Adult stem cell research comes from umbilical cords, tissues and cells from newly deceased adults among other things. In other words we don't have to kill humans to see if we can keep others alive. We have all we need from the aforementioned sources. What's wrong with people who are our leaders that want to destroy the life of the most innocent to prolong the lives of us who have not been aborted but are living? Why are we hell bent to do this? It makes no reasonable sense to me. Way to go GWB!!!

Godspeed!

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Traveling: There's Nothing Like A Holiday!

Sports Fans Rock And Roll In Auburn, Alabama

by Jay Clarke

AUBURN, Ala. -- Say Auburn, and everyone thinks football. Yet, would you believe, Auburn is rated as the No. 1 golf city in the country?

It's true. Golf Digest last year ranked Auburn and twin city Opelika as having the best in public golf in America among 330 metro areas.

Having good playing weather, high-quality golf and eight courses within 15 minutes of downtown helped win the title for Auburn-Opelika. Most renowned of the courses are the 54 holes at Grand National, part of the famed Robert Trent Jones Golf Trail. Jones himself once declared the Grand National layout the best for golf he'd ever seen.

Of course, nothing matters more in Auburn than football, not even prime golf. With a stadium that seats more than 86,000 spectators and a passion that inflates the entire town, Auburn goes slightly mad on autumn football weekends.

"We go tailgating, bring sofas, have two or three televisions and do themes -- like I guess we'll eat gator meat when we play Florida," says longtime resident Cindy Chancellor.

A huge orange paw print -- symbol of the Auburn Tigers -- covers the intersection of College and Magnolia (Toomer's Corner), the center of

town. Before every home game, Auburn players parade to the field through a cheering phalanx of Tiger-rooters there. And if the team wins, delirious fans "roll" Toomer's Corner with toilet paper after the game.

"They roll everything that doesn't move -- cars, trees, lampposts," Chancellor says. "The next morning it's white all over and they have to use pressure hoses to clean up."

On campus, the Lovelace Athletic Museum is a must for Auburn sports fans. Among Auburn University graduates featured in exhibits are Heisman Trophy winners Bo Jackson and Pat Sullivan, baseball's Frank Thomas and basketball's Charles Barkley. Downtown also honors Auburn sports stars with its Tiger Trail, a series of 26 granite blocks imbedded in sidewalks.

Also downtown, 107-year-old Toomer's Drugs is famed for its lemonade, made while you watch plump lemons being squeezed. Across the street, the Bodega Bar is a popular hangout for students, and there are more than a dozen restaurants on or just off College Street.

But the real hangout for Auburn fans is the War Eagle Supper Club. Open only on Thursdays, Fridays and Saturdays, it recently expanded with a large outside deck to accommodate its hundreds of imbibers. The club also

provides a shuttle van to take home those who have had too much to drink. It's nicknamed the Drunk Bus.

No doubt about it, sports is big here. But it isn't the area's only attraction. Auburn University's Jule Collins Smith Museum of Fine Art has an outstanding collection of works by American naturalist and painter James Audubon as well as a collection of post-World War II art by American artists that was originally amassed by the U.S. State Department.

In neighboring Opelika, many buildings from the turn of the 20th century populate the quaint downtown and the Northside Historic District. The town also stages a performing arts series.

A few miles south of Auburn, in Tuskegee, the legacy of two remarkable black educators is showcased at Tuskegee University, formerly known as Tuskegee Institute. Booker T. Washington, founder of the school in 1881, won national acclaim for his work. It was he who in 1897 persuaded George Washington Carver to come to Tuskegee.

At Tuskegee, Carver developed crop rotation and more than 300 uses for peanuts, including peanut butter. He also created hundreds of industrial products made from soybeans and other crops, including cosmetics and paints. Exhibits and samples of these products are on view at the George



Samford Hall, with its clock tower, is the iconic building on the Auburn University campus. photo: Jay Clarke

Washington Carver Museum on the Tuskegee campus.

Also close to Auburn is the tiny settlement of Loachapoka, a historic district known for its Syrup-Sopping Festival, which draws more than 15,000 soppers in October. Across from the festival site is the Rattling Gourd Gallery, an eclectic shop that sells unusual gourd creations and such ceramics as spirit jugs.

Auburn is an hour and 15 minutes on Interstate 85 from the Atlanta airport. Birmingham is 115 miles away, Montgomery 40 miles and Columbus, Ga., 30 miles. Auburn's population is about 51,000, of which about half are students.

Information: Auburn and Opelika Tourism Bureau, (800) 880-8747 or www.aotourism.com.



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Candid Evaluation Of Driving Skills Could Save Your Life!

by Patricia L. Polk

According to the National Highway Traffic Safety Administration, crash rates for drivers 75 and older are second only to the rates of drivers under 24. Granted, many of these crashes are caused by other drivers, however, declining defensive driving skills certainly add to the list of causes. Yes, any age is susceptible, but slower response times in older adults are a rising factor as well.

Unfortunately, these aren't the "good old days." There are more traffic hazards present today than ever; more traffic, road signs, yields, 4-way stops, roundabouts, obstructed corners, speed-bumps, one-way streets, drunk drivers and red-light-runners! Oh, enough to make anyone cringe behind the wheel!

Speaking seriously, I asked my dad this question as he barely crept

around the corner, "Do you realize you just made a right-hand turn after barely stopping at the sign...right in front of a vehicle coming from your left?"

He was oblivious to the oncoming car as the angry driver swerved off. This wasn't the first time something of this nature had happened. I repeatedly noticed his driving ability waning.

"I was just sitting there when the back-hoe ran into me from the rear," mother told me. Oh boy, now both of my elderly parents were having "incidents" in the traffic. Mother wasn't injured, but I wondered if this mishap was preventable.

Recent observation of several close calls behind older drivers sparked my desire to generate awareness as to the importance of evaluating the driving skills of our parents and ourselves.

The tendency not to speed up but to slow down...way down, was noticed on numerous occasions, (this in itself could cause an accident). Other occurrences were sudden, jerky stops or starts; left-

My dad became ill and too weak to drive any longer. It would have been extremely difficult for him to admit that his driving was not only becoming unsafe for him, but for others around

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hand turns barely clearing an intersection in front of an on-coming vehicle, or slowing down after the turn is made so the next vehicle barely clears the intersection; erratic veering from lane to lane; haphazard crossing of lanes to make a turn; backing out of a parking space without glancing behind them or in the rear-view mirror; obvious confusion as to their whereabouts and looks of extreme agitation.

Are any of us immune from these behaviors? Certainly not, but it seems more pronounced in the older driver. Slower, spontaneous reaction times are part of the greater picture of aging. Becoming visually and hearing impaired is additionally part of the equation. Medications are a huge contributing factor to accurate comprehension and motor skills.

I was fortunate. My mother finally expressed her apprehension behind the wheel and forfeited her driver's license. Although it was a traumatic event, she knew it was best.

Okay, we know the hazards, now what can we do? If our aging parents are driving, accompany them to help evaluate their skills. Frankly discuss with them their feelings about being "out there" in the driving jungle. If we are the older adult who's behind the wheel, it would be advantageous to have a close relative or friend observe our driving proficiency.

If the need is felt for some "fine-tuning," be aware that AARP has a driver safety program that could help (www.helpguide.org/life/senior_citizen_driving.htm). It would also be a good idea to pick up a Driver's Manual at the Department of Motor Vehicles to reacquaint ourselves with the latest rules and regulations.

Safe and defensive driving saves lives...perhaps our very own, that of a stranger or someone we dearly love! Pay attention! Be alert! Stay alive!

BBB Launches Liaison Program

The Better Business Bureau® of Southern Colorado has created a new program to get feedback about the Bureau's services from both member and non-member companies.

Called the BBB of SC Liaisons, the program will be executed by several Bureau members who plan to call on about 250 companies a month to get a sense of what the Bureau is doing right and determine where it can improve. The team has developed a check list ask-

ing companies the following questions:

- What do you know about the BBB of SC?
- What is the BBB of SC doing for you?
- How can the BBB of SC serve you better?

The information gathered from the surveys will be used to improve the Bureau's services to its members and the community. The program was scheduled to begin in July, 2006.

Traveling Safely In Cyberspace

• Don't ever share your account password(s) with anyone, even an individual who claims to be a representative from your online service provider. Your account could be hijacked, and then you could find unexpected charges on your bill.

• People aren't always who they seem to be in Cyberspace. Be careful about giving out credit card numbers or other personal information including your Social Security number, phone number and home address.

• Email is relatively private — but not completely. Don't put anything into an electronic message that you wouldn't want to see posted on a neighborhood bulletin board.

• Chat rooms can be fun, but "Sweetheart Swindles" happen every day. Never send money to someone you have only met online. You have no way of knowing anything about who the person really is.

• Check with your online service provider for ways to reduce unsolicited commercial email. Learn to recognize junk email and delete it. Don't read it first. Then, delete it from your deleted folder.

• Never download (open) an email attachment from an unknown source. Opening a file could expose your system to a virus. 1-800-222-4444. www.aarpelderwatch.org. Amy Nofziger, Assistant Director - AARP ElderWatch 720-947-5306

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Veggies Stake Their Place In Ornamental Gardens

by Marty Ross

Ellen Ogden didn't want to look out her living room windows at a bare stretch of lawn, so she designed the prettiest garden she could think of: a vegetable garden.

Ogden is co-founder of The Cook's Garden (www.cooksgarden.com), a mail-order business specializing in salad greens. Her catalog and garden both offer much more than just lettuce; she has strawberries, flowers and lots of fresh herbs.

A neat garden, planted with straight rows of vegetables, is a thing of beauty, Ogden says, but for her own home, in Manchester, Vt., she wanted something fancier.

"I'm planning this as a work of art," she said in June when she planted 60 types of herbs and greens in her four-square garden. The space is divided into four 10-by-10-foot beds, each outlined by low boxwood hedges.

In the center of the space is a tree-form verberna. In a formal garden like this, she says, "everything has to be neat and straight and orderly. I have to plant with an eye for what it's going to look like. Each square is my palette."

Ornamental vegetable gardening is not a new idea. The Egyptians are said to have cultivated leeks and lettuce in checkerboard patterns as early as 2300 BC.

The potager, or kitchen garden, at Villandry, a chateau in France's Loire Valley, consists of nine large squares filled with vegetables planted in geometric patterns. The design was

drawn from 16th-century engravings, but the ideas remain fresh for 21st-century gardeners.

Sheila Sanford, a gardener in Chadds Ford, Pa., turned to the great British plantswoman Rosemary Verey for ideas for her kitchen garden. Verey, who died in 2001, was famous for her four-acre garden at Barnsley House in the Cotswolds.

The potager she designed for Sanford relies on a geometric grid dividing the space into a number of smaller gardens. The whole plot is about 30 feet by 50 feet, which might seem intimidating, but Sanford says the space is perfectly manageable.

"It's very easy to garden when you have beds that are divided into small sections," she says.

Verey would have liked to plant figs, oranges and lemons as ornamental accents in Sanford's garden. But such plants are too tender for Pennsylvania, and Sanford instead grows artichokes in pots at the corners. She erected handsome arches and trellises to support beans, sweet peas and morning glories, all of which give the garden height and dimension.

"The whole garden is very much about order and beauty," Sanford says. "The structure of it is so beautiful."

Strong design does not appear to have any effect on productivity. Sanford grows two vigorous tomato plants in each bed and still has room for peppers, cucumbers, beans, lettuce and spinach.

"We get a huge harvest," she



A well-designed vegetable garden, with carefully defined spaces and color-coordinated crops, is a feast for the eyes. photo: Marty Ross

says. She also raises onions, garlic, cabbage, squash and gourds. An asparagus bed produces fresh spears for her family for six weeks every spring.

To keep the design sharp, Sanford pinches and prunes regularly. Around each bed, she grows annual and perennial edging crops. Where Ogden has boxwood hedges, Sanford plants low-growing marigolds or ribbons of basil or parsley. About half of her edges are perennial herbs, such as marjoram and chives, and the rest are annual flowers or herbs.

"It gives me a nice opportunity to experiment," says Sanford, who also allows a few surprises in her garden.

"There are wonderful things that volunteer," she says. Sunflowers have self-seeded, and she planted around them this spring.

"Beauty and order are in the eye of the beholder," she says. "Sometimes there is a little disorder that makes it beautiful."

Ogden doesn't grow tomatoes in her vegetable garden.

"They take up so much room, and they grow so well in containers, why give them garden space," she asks. She uses her precious space for colorful greens with contrasting colors and textures.

For her fall garden, she'll plant a mixture of fancy-leaf kale varieties, and more lettuce. Deep red Rouge d'Hiver and ruffled Winter Density Romaine are both crops that can be planted around Labor Day in Vermont. Calendulas, nasturtiums and other edible summer flowers will continue to bloom until frost and can be tossed into the salad bowl with the lettuce.

Sanford always plants a few rows of sunflowers, zinnias and other cutting flowers in her vegetable garden. In the fall, she rips out the annuals and replaces them with hundreds of tulip bulbs.

"Rosemary always said, 'Make it your own, do something fun,'" she recalls.

Want Time-Tested Decor? Look Back 50 Years!

by Claire Whitcomb

If you want decorating ideas that won't lose their sparkle over time, simply go back 50 years. In the work of legendary decorator Dorothy Draper, you'll find pure champagne.

Born to upper-crust New York society in 1889, Draper used her social connections to launch a decorating business that got the city's attention.

She decorated floors with overscaled black-and-white checks, covered sofas with oversized cabbage roses and hung huge chandeliers for aerial drama.

She was modern. She was traditional.

And she designed everything from the restaurant at the Metropolitan Museum of Art to the Greenbrier resort in West Virginia to the dream house at

the 1964 World's Fair.

Until her death in 1969, Draper was one of the most famous women in America. The subject of a retrospective exhibit at the Museum of the City of New York, Draper and her creative genius also can be seen in a glamorous new coffee-table book, "In the Pink: Dorothy Draper -- America's Most Fabulous Decorator" (Pointed Leaf Press, \$95).

Written by her protege, Carleton Varney, who still presides over Dorothy Draper and Co., it offers a fabulous lesson in how to use bold scale and dramatic colors with eye-catching results.

Here are some of Draper's favorite ways to add imagination to life, culled from Varney's book and her own "365 Shortcuts to Home Decorating," dog-eared copies of which can be found at libraries and on www.amazon.com.

-- Don't lack black. Draper considered black and white the ultimate modern color combination. Though she often treated her floors to oversized black and white stripes or checks, she loved the way small doses of these two colors eliminated "the look of the ordinary."

To layer black into a room, she advocated using black lampshades, black hardware on cabinet doors, ebony-colored clocks -- anything that gave a room flashes of black. She even advised using black oilcloth as valance for kitchen windows.

"It looks like patent leather used over crisp gingham check or bandana print cafe curtains," she wrote.

-- White is a delight. Draper didn't have any patience with housewives who considered white a hard-to-care-for hue.

"One swish of a damp sponge and gone are the telltale fingerprints sticky with jam," she wrote.

To indulge in the delights of white, she suggested white narcissi in

a white bowl, white corduroy pillows on a black tweed sofa and white picture frames on plum or dark-colored walls. Draper liked the way white floors set furniture afloat -- and how smaller touches of white gave rooms "that snow-capped top-of-the-mountain freshness."

-- Color should be clear and bright. Draper had no use for dusty blues and "namby-pamby cream." She liked daffodil yellow, tangerine, hyacinth, raspberry, allspice and purple iris. Mix any of these colors with white "and your room will kick up its heels with joy," she wrote.

To figure out what colors work for you, experiment with pillows or vases in bright hues.

"See how these color exclamations points can help punctuate the everyday look of your rooms," she wrote.

-- Don't be afraid to paint wood. If you've inherited a carved four-poster Italian bed, as did a friend of Draper's, don't feel depressed by the dark and ominous wood. Paint it with flat white paint. And while you're at it, paint the bricks around your fireplace or anything that distracts from the clean, clear spirit of a room.

"There is no correct," insisted Draper.

-- Have fun with felt. Simple to sew (no hemming needed), felt is as chic today as it was in the 1960s. Draper advised using it to cover pillows, mat pictures, transform cornices and even slipcover wastebaskets.

-- Know what you're about. In Draper's opinion, "no one makes a



Draper decorated her New York apartment with her signature oversized florals. She believed bedrooms should have armchairs with matching ottomans and furnishings in a mix of styles. "Don't buy a bedroom suite," she advised. photo: Pointed Leaf Press

worse hodgepodge out of a house than a trend-follower. You have to know what you are about."

And that's where Draper was at her best. In her syndicated columns, she fearlessly advised women to trust their instincts, to unlock their creativity and do the very thing Draper had learned to do, without an iota of formal training: create rooms that sparkle with personality and imagination.

"I believe in doing the thing you feel is right," she wrote. "If it looks right, it is right."

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