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Senior Beacon

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

JUNE, 2010 Vol. 28: No. 11 Established Aug., 1982 335 Consecutive Months!

Members of Congress Launch Landmark CPI For Seniors Act - Win Praise From Older Americans Seeking Fairness

Washington, DC (May 17, 2010) - Today RetireSafe, representing 400,000 senior-citizen supporters across America, praised U.S. Representatives John "Jimmy" Duncan, Jr. (TN-2), Daniel Lipinski (IL-3), Marcia Fudge (OH-11), Michael Arcuri (NY-24), and Gregg Harper (MS-3) for introducing H.R. 5305, the CPI for Seniors Act. H.R. 5305 would establish a new Consumer Price Index for Seniors (CPI-S) so that annual Social Security Cost-of-Living-Adjustments (COLAs) can be fairly determined. H.R. 5305 would direct the Bureau of Labor Statistics (BLS) to finally determine a new CPI-S formula

for seniors, one based exclusively on the costs actually incurred by older Americans. RetireSafe, an advocacy organization for older Americans, supports this legislation to correct the faulty formula now used by the BLS, one that has resulted in a "zero" COLA for 2010.

RetireSafe President Thair Phillips noted, "The BLS now calculates annual Social Security COLAs using the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W)." Phillips emphasized, "Clearly this is wrong, as older Americans use different products and have different expenses, including much higher health care costs."

Phillips also noted that "while the experimental index for the elderly (CPI-E) provides more accurate reflections of senior inflationary pressures, it too has proven flaws. While there may be other approaches to address this problem, we believe the critical first step should be a truly accurate CPI-S that can finally be used to provide a fair and accurate Social Security COLA each year," he stated.

"The annual Social Security COLA is critical to maintain a decent quality of life for our seniors," Phillips said, noting, "When retirees face double-digit increases in Medicare costs and

see no increase in their Social Security checks, they know something is wrong." He added, "Thanks to the introduction of H.R. 5305 by these five Members of Congress, we can begin to correct this long-standing wrong that has harmed retirees for decades. Like RetireSafe, Representatives Duncan, Lipinski, Fudge, Arcuri, and Harper are standing up for seniors, and we commend them for that," he continued. "We are proud to work with Congressman Duncan and his House colleagues to enact H.R. 5305, the CPI for Seniors Act into law," Phillips concluded. www.retiresafe.org

Arts Center Presents: Cruisin' Into Pueblo: Rock "N" Rods

RELIEVE THE ART OF ROCK-AND-ROLL MUSIC AND CLASSIC CARS THIS SUMMER AT THE SANGRE DE CRISTO ARTS CENTER

Sponsored by Mahlon Thatcher White Foundation

(PUEBLO, Colo.) It's all about rock-and-roll and hot rods this summer at the Sangre de Cristo Arts Center. Cruise through custom cars and delve into the art behind some of the best designs. Explore the progression of auto design from initial drawings to the actual finished vehicle. Then discover some of the best art on the rock 'n' roll scene - the rock 'n' roll poster. Vintage collectors are hip to this art form that creates a visual canvas for the tunes that have

carried us through the decades.

Cars and rock-and-roll music have permeated American culture and art for decades. They became forever intertwined in the 1950s when rock-and-roll skidded onto the music scene, the perfect accompaniment to hot rod cars. Helped by the rising popularity of drive-in theaters and juke boxes, these two art forms became a unifying force in America.

A free public reception with the artists, in conjunction with the opening of the Rock 'N' Rods exhibits is on Thursday, June 10 from 5-7 p.m. in the Helen T. White Galleries.

Metal Marvels: Art Inspired by the Car - White Gallery—through August 28

Get weak at the knees when

you see a beautifully striped hot rod or custom car? Artists have been focusing their attention on cars for decades. Yet they receive little attention from the art world for their work and are rarely shown in fine art institutions. Since the 1950s, car culture has become ingrained in American life and permeated the art world. Artists have focused their attentions on everything from representing the car, using car parts to create art, and creating art to adorn the car. Artists and collectors represented in this exhibit include: John Largent, Eddie Potestio, Keith Kaucher, Jack Giachino, Steve Kafka, Von Dutch, Ed Roth, Babbo, Von Hot Rod, Steve Vandemon, Gary Moore, Todd Gold, David Malcolm, Ricky Willits, Ed Willits, Bates Wilson, Darrell Mayabb and others.

On Tour: 30 Years of Rock 'N' Roll - King Gallery—through August 7

Rock-and-roll music originated from a combination of blues, country and gospel music in the late 1940s, but didn't get its name until the 1950s. The music surged in popularity in the '50s and '60s, perhaps due to the topics that it covered such as cars, school, love and sex (never before tackled in popular music). Rock-and-roll united generations of teens from a variety of economic, social and racial backgrounds. This new music also crossed former boundaries by expressing emotions people felt but normally didn't discuss, and certainly didn't sing about.

Since then, the art of rock-and-roll has become more than the music itself: the marketing behind the music has evolved into its own art form. Things like concert photos, posters and album covers have become works of art, highly valued and collected in many circles. This exhibit explores those other art forms surrounding rock-and-roll.

Colorado Springs photographer, Larry Hulst presents black and white photographs that were taken at rock concerts that span over 30 years. Classic bands like the Who, the Rolling Stones,

the Beatles and Pink Floyd are captured through Hulst's energetic lens. Concert posters and albums collected by Pueblo residents Jimmy Valentine and Jack Lee and guitars available for purchase from Elledge Music of Pueblo as well as custom made and painted guitars by Sam Swartwood and his grandfather complete this rockin' exhibit.

Pedal to the Metal - Hoag Gallery—through August 14

Pedal to the Metal examines the need for speed through a variety of objects. Pedal cars, midget and sprint race cars, race art and memorabilia, and a film about racing explore how different generations have chased the thrill of acceleration. Items from the Museum of American Speed in Lincoln, NE comprise the bulk of this exhibit. The racing museum was created by "Speedy Bill" & Joyce Smith to present a chronology of automotive racing engine and speed equipment development. The collection results from the Smiths' personal involvement in racing and hot rodding, and their lifelong passion for collecting and preserving racing and automotive history.

Colorado Scenic Byways: Taking the Other Road-Photography by Jim Steinberg - Regional Gallery—through August 21

Colorado has long been admired for its vast open plains and towering mountains bursting with scenes just waiting to be admired for years to come. Imagine a road trip through Colorado during all four seasons. Perhaps the time to stop and smell the wildflowers in Colorado's own backyard is some-



Rock-and-roll music meets classic hot rods with Darrell Mayabb's Rockin' Down the H'way

Bent County Rehabilitation Receives Grant from USDA Rural Development

LAS ANIMAS, CO - Outpatient clients at Bent County Healthcare Center will soon be able to enter the therapy clinic through a new entrance thanks in part to a grant from USDA Rural Development. The entity received a \$24,999 Community Facility Grant through the American Recovery and Reinvestment Act (ARRA).

Colorado State Director Jim Isgar was in town to attend a presentation at the facility. This clinic is the only one of its type in the area and patients would have to travel at least 20 miles one way to receive therapy elsewhere. Therapy patients currently access the clinic through an entrance in either the nursing home or the childcare center. The increased traffic in these locations has created a safety issue for the elderly and children. The funding provided by USDA Rural Development will allow the center to construct a hallway between the main building and the new clinic space. Additionally, there will be some remodeling to the interior of the building to accommodate therapy services.

"We are thrilled to move the therapy clinic into an area that is more accessible to rehab clients from the community. This project will allow outpatient clients to access the clinic without entering the HealthCare Center or Kountry Kids Learning Center. In addition, elders in the HealthCare Center will have easy access to the clinic through the new hallway. It is a win-win situation for our facility."

Rural Development provides investment and technical assistance to finance and foster growth in homeownership, business development and critical community and technology infrastructure. In Fiscal Year 2009, over 400 million dollars were invested in Colorado through 40 programs. Further information on rural programs is available at any of Colorado's six local USDA Rural Development offices or by visiting the web site at <http://www.rurdev.usda.gov/co>



SEE "ARTS" PAGE 9.

I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



2009 Darwin Awards (from the Internet)

I have heard of the Darwin Awards. They are a tongue-in-cheek award given as a reminder of how human beings make very bad decisions. It is a sad reminder of the human condition.

Eighth Place: In Detroit, a 41-year-old man got stuck and drowned in two feet of water after squeezing head first through an 18-inch-wide sewer grate to retrieve his car keys.

Seventh Place: A 49-year-old San Francisco stockbroker, who "totally zoned when he ran", accidentally jogged off a 100-foot high cliff on his daily run.

Sixth Place: While at the beach, a young man, 21, dug an 8 foot hole for protection from the wind and had been sitting in a beach chair at the bottom, when the hole collapsed, burying him beneath 5 feet of sand. People on the beach used their hands and shovels trying to get him out but could not reach him. It took rescue workers using heavy equipment almost an hour to free him. The man was pronounced dead at a hospital.

Fifth Place: Another young man, 24, was killed as he fell through the ceiling of a bicycle shop he was burglarizing. Death was caused when the long flashlight he had placed in his mouth to keep his hands free rammed into the base of his skull as he hit the floor.

Fourth Place: A man in his mid-twenties, was killed as he won a bet with friends

who said he would not put a revolver loaded with four bullets into his mouth and pull the trigger.

Third Place: After stepping around a marked police patrol car parked at the front door, a man walked into H&J Leather & Firearms intent on robbing the store. The shop was full of customers and a uniformed officer was standing at the counter. Upon seeing the officer, the would-be robber announced a hold-up and fired a few wild shots from a target pistol. The officer and a clerk promptly returned fire, and several customers also drew their guns and fired. The robber was pronounced dead at the scene by Paramedics. Crime scene investigators located 47 expended cartridge cases in the shop. The subsequent autopsy revealed 23 gunshot wounds. Ballistics identified rounds from 7 different weapons. No one else was hurt.

HONORABLE MENTION: A man, 47, and his wife were bored just driving around at 2 A.M. so they lit a quarter stick of dynamite to toss out the window to see what would happen. Apparently they failed to notice that the window was closed.

RUNNER UP: A young man had been drinking with several friends when one of them said they knew a person who had bungee-jumped from a local bridge in the middle of traffic. The conversation grew more excited and at least 10 men trooped along the walkway of the bridge at 4:30 AM. Upon arrival at the midpoint of the bridge, they discovered that no one had brought a bungee rope. Bingham, who had continued drinking, volunteered and pointed out that a coil of lineman's cable lay nearby. They secured one end around Bingham's leg and then tied the other to the bridge. His fall lasted 40 feet before the cable tightened and tore his foot off at the ankle. He miraculously survived his fall into the icy water and was rescued by two nearby fishermen. The man's foot was never located.

AND THE WINNER IS.... Zookeeper Friedrich Riesfeldt (Paderborn, Germany) fed his constipated elephant 22 doses of animal laxative and more than a bushel of berries, figs and prunes before the plugged-up pachyderm finally got relief. Investigators say ill-fated Friedrich, 46, was attempting to give the ailing elephant an olive oil enema when the relieved beast unloaded. The sheer force of the elephant's unexpected defecation knocked Mr. Riesfeldt to the ground where he struck his head on a rock as the elephant continued to evacuate 200 pounds of dung on top of him.

17.2% AND \$13.4 Trillion

To follow is a conversation between two old and dear friends, but first a quick reminder that the effective unemployment percentage rate in the United States is 17.2%! (Effective unemployment percentage is figured by adding the current unemployment rate - some 9.9% - to the percentage of people who have stopped looking for work. It is something the Left would always go bonkers over anytime a Republican was in office even if the unemployment rate was below 5%. The \$13.4 trillion is the amount we are now in debt. The Left, during GWB years, his father's 4 years and Reagan's 8 years, were constantly railing how bad the deficit was and how terrible these three Presidents were doing *vis-a-vis* leaving our children and grandchildren the bill. I don't seem to hear anything from the Left anymore on these two points. I guess they were angry because the two numbers weren't big enough? Anyway, here are the two emails.

A little set-up. The original email that brought about this exchange concerned how many times BHO has seemingly told the world that he is Muslim and that the Muslim faith is certainly viable. The email bundled perhaps 20-30 clips spoken by BHO. The reader was urged to take a look and respond

"NO I didn't watch the video, because after I read the intro I felt it was beneath me to participate in such garbage. You, a ditto head, and your right wing buddies that you seem to adore are really *expletive deleted*. First birthers, then death panels, always the muslim card, and the hitler and nazi comparisons. The whole fox news thing along with what's being said on the air by g. beck and

SEE "OP-ED" PAGE 13.




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June Is Ultra-Violet Ray Safety Month

by Kathy-Lyn Allen-Rocky Mountain Eye Center

Skin cancer. Wrinkles. Premature aging. Now you can add cataracts and macular degeneration - eye conditions that can lead to blindness - to the list of dangers the sun can inflict. According to the American Academy of Ophthalmology (AAO), recent studies have shown that prolonged exposure

to the sun's ultraviolet rays without protection may cause serious eye conditions that can lead to vision loss and blindness.

Because June is National "UV Safety Month," eye doctors across the country are taking this opportunity to urge Americans to wear sunglasses and wide-brimmed hats whenever spending prolonged time in the sun.

Wear sunglasses that block 99 to 100 percent of UV-A and UV-B rays. Buying a good pair of sunglasses is not enough. You must remember to wear them whenever you're outside.

Don't be fooled by a cloudy day. The sun's rays can still burn through the haze and thin clouds. And please, don't forget the kids. Children should also wear hats and sunglasses

and try to stay out of the sun between 10:00 a.m. and 2:00 p.m., when the sun's ultraviolet rays are the strongest.

Have fun in the sun, but remember to protect your eyes!

For more information, please call 719-545-1530 (toll-free at 1-800-934-3937) or visit www.rockymountaineyecenter.com

Tenth Annual Boats & BBQ - Riverwalk

Presented by Loaf N' Jug

The Riverwalk's Signature Summer Event Features Great Entertainment in 2010!

On Friday, June 4, and Saturday, June 5, The Historic Arkansas Riverwalk of Pueblo (HARP) will host the 10th Annual Boats, Bands & BBQ presented by Loaf N' Jug. The Headlining Entertainment, Foghat, begins

Colorado Symphony

COLORADO SYMPHONY ORCHESTRA JUNE CONCERTS
JUNE 4-6 (FRI 7:30, SAT 7:30 & SUN 2:30) - Mozart, Mahler - CSO Masterworks, Jeffrey Kahane, music director and piano

Concert Preludes and TalkBack* MOZART-Piano Concerto No. 27 MAHLER-Symphony No. 5 Continuing the CSO's historic multi-season Mahler Cycle, this program showcases Mahler's stunningly passionate and immense Symphony No. 5, a special work that Maestro Kahane specifically chose to perform with the CSO to conclude his tenure as music director. Also for his farewell performance, Maestro Kahane plays and conducts Mozart's Piano Concerto No. 27. Don't miss this opportunity to hear Kahane at the keyboard as music director one last time!

"Kahane then turned around and led the Dallas Symphony Orchestra in a gripping account of what remains one of the greatest 20th-century symphonies. It was wisely paced and lovingly formed. The last three minutes or so of the slow movement were heart-rending; the finale's peroration was electrifying."
- Dallas Morning News

Saturday at 8 pm and is presented by Freedom Financial Services. Foghat was made famous in the '70s with their smash hit "Slow Ride."

This Kansas City Barbeque Society sanctioned event brings over 50 competitive barbeque teams from across the nation to compete for a \$15,000 prize purse. The Boats, Bands & BBQ will still be located on the Riverwalk and at the intersection of Main St. and Grand Ave. Visitors will enjoy a large beer garden, kid's carnival, great shopping, and all the BBQ you can handle! The Riverwalk's excursion and pedal boats will be available for cruises, as well as the new gondola!

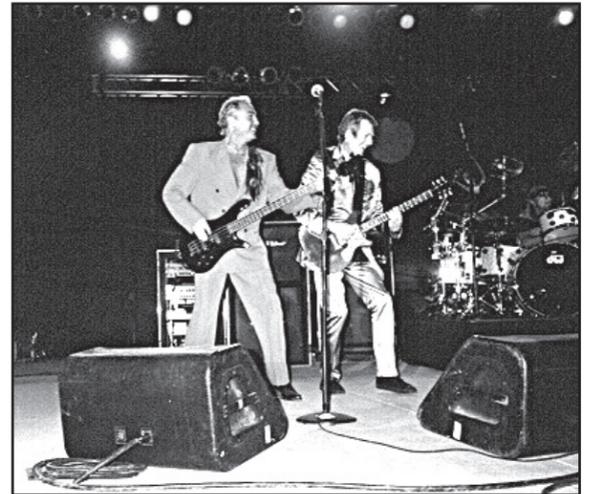
The gates open at 5 pm on Friday, with a wing eating and an ice-cream eating contest, Kid's Q Cook-off, "Anything Butt," Salsa, Sauce and Dessert Competitions, and Triple Nickel performing from 6 to 9 p.m.

On Saturday, the event continues at 10 a.m. and includes a People's Choice Barbeque Competition presented by Safeway Rancher's Reserve. Enjoy Coca-Cola and Budweiser beverages, as well as live

music sponsored by Colorado Technical University. Featuring The Rock Creek Road Band, Jon Wayne and the Pain, and Patrick Kratzer will be performing from 11 a.m. until 7:30 p.m.

Admission is only \$3.00 for adults and free for kids 12 and under. You'll receive a free commemorative admission pin and be automatically entered into prize drawings held all weekend. Prizes include free Loaf 'N Jug gas for a year valued at \$1,300 (\$25 a week for 52 weeks), and much, much more! Boats, Bands & BBQ is an exciting, fun-filled family event on the Historic Arkansas Riverwalk of Pueblo! For more information, contact the HARP Authority Office at (719) 595-0242. www.puebloharp.com

Other sponsors of the event include The Pueblo Marriott, Outboard Marine and Ski, Colorado Technical University, Pueblo Sam's Club, Hub International Insurance Services, and



Pueblo Crime Stoppers.

The Historic Arkansas Riverwalk of Pueblo is a 32-acre urban waterfront experience located in Pueblo, Colorado located on the Front Range corridor of I-25. Pueblo's Riverwalk brings the Arkansas River to its historic channel that flows through the center of downtown Pueblo. The Riverwalk integrates the power of water with trails, dining experiences, commercial and retail development opportunities, and public spaces for art and entertainment.

Women's Lives Loved: "The Girls from Ames"

(NAPSI)-An intriguing book provides insights into women's lives and friendships that many women--and the men who care about them--may find revealing.

It's the story of 11 ordinary women with an extraordinary bond. The Wall Street Journal's "Moving On" columnist Jeffrey Zaslow, co-author of "The Last Lecture," chronicles their lives from their early days in the

town of Ames, Iowa.

They moved to eight different states, yet managed to maintain an enduring friendship that would carry them through college and careers, marriage and motherhood, dating and divorce, illnesses and even a mysterious death. The "girls" have a lifetime of memories, some evocative of their generation and others that will resonate with any woman who has ever

had a friend.

That's important, according to research at the University of Missouri. It found that women who have a strong support system--a network of friends and family they call on for help--are more likely to have high self-esteem. This book can almost serve as a manual on developing, keeping and reviving friendships.

Now available in paperback from Gotham Books, "The Girls From Ames" captures what it was like to be girls in the '60s, to come of age in the '70s and '80s and enter middle age in the new millennium.

To learn more, visit www.girlsfromames.com.

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Thomas Jefferson

3rd. President, Democrat
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January 20, 1781

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

news of the weird

COMPILED BY CHUCK SHEPHERD
FOR SENIOR BEACON



Government in Action!

-- The local government of Bolton, England, responding in March to a citizen's report of a discarded mattress on the side of a road, sent an official to assess the scene. He wrote a work order for four men (a driver, an assistant and two supervisors) and a 1.7-ton construction vehicle, and the pickup was scheduled for the following week, according to a report in the Daily Telegraph. (When a Bolton councilman saw the schedule, he, with the help of a friend, drove a council van to the scene and hauled the mattress to a dump site.)

-- A Hollywood, Fla., leukemia patient on Medicaid had endured six months of grueling chemotherapy in order to be healthy enough for a long-awaited bone marrow transplant when, in March, a Social Security Administration caseworker called her up out of the blue to inform her that her son was eligible for disability payments, which the woman immediately signed up for. However, almost as immediately, Medicaid removed her from its rolls because the disability check raised her income beyond the qualifying maximum, and her transplant was, life-threateningly, canceled. (In April, the hospital persuaded Medicaid to cover the transplant.)

-- In April, officials in Hudson, N.Y., proudly unveiled their state-of-the-art water fountain for the disabled in the county courthouse, a fixture whose installation was agreed to in a 2003 settlement with federal officials enforcing the Americans with Disabilities Act. However, the fountain was installed on the courthouse's second floor, which is accessible only by stairway. In defense, county officials said the fountain had several features for handicapped people

other than those in wheelchairs.

-- Apparently, the death penalty is so important to Californians that they spend \$125 million a year administering it, plus \$400 million recently for a new death row and execution chamber even though the state is notoriously nearly bankrupt and even though, in a death-row population of more than 700, only 13 have been executed in the past 30 years. (As News of the Weird mentioned last year, one killer demanded the death penalty instead of life in prison because death row has better facilities and because, like nearly everyone on death row, he expects to die of disease or natural causes before the state can execute him.) Said the outraged mother of a raped-and-murdered teenage boy, of her son's killer, "(Scott Erskine) is (in) there watching television knowing I am going to die before he does."

Great Art!

-- Susan Collis' conceptual art, "Since I Fell for You," debuted at the Ikon Gallery in Birmingham, England, in May, consisting of an empty room with pieces of lumber on the floor, along with a broom propped against a wall and an empty laundry bag. Though the Birmingham Mail quoted several annoyed visitors, Collis defended her work. "Often a work that looks very careless ... takes a long time to produce."

-- Just finishing up in May at New York City's Museum of Modern Art is a tribute to performance artist Marina Abramovic for her lifetime achievements in making patrons uneasy. Videos played, including one in which the artist screams at the top of her lungs until such time as she loses her voice, and visitors faced unsettling live demonstrations, including being asked to enter a room by squeezing between

a naked man and woman facing each other in the doorway. The artist herself planned to attend the entire run sitting at a table in the museum's atrium, silent and motionless, all day long, during which time patrons could stare back at her.

Police Report

-- A 2009 Minnesota law gives local police the authority to make traffic stops to enforce the stand-alone offense of failure of a passenger to wear a seat belt. According to a report in the Pioneer Press, police in the St. Paul suburb of Maplewood take it seriously. An undercover cop, posing as a homeless man with a "will work for food" sign, roamed an intersection, peering into cars and secretly signaling colleagues, who subsequently pulled over violators, and all unbelted passengers were issued \$108 tickets: \$25 for the violation, \$75 for a brand-new "surcharge" for petty misdemeanors, and an \$8 general state fee (none of which, according to the legislative history, represented a "tax increase").

-- Veteran Dallas attorney Sandra McFeeley, 67, was arrested in April after refusing to stop pruning the excess vegetation and dead tree limbs at her neighborhood's Wynnewood Parkway Park, which she had been doing regularly for three years, thus violating a municipal trespass ordinance. McFeeley remained upbeat. "I met some neat people (at the police station). I'd never been in a perp walk before. It was cool." Said a supporter, "It's hard enough to keep that neighborhood nice without having the police haul people off for felonious gardening."

Chutzpah!

-- Galena Park, Texas, high school teacher Fernando Gonzalez, 35, was sentenced to seven years in prison in March as a result of his being caught using his classroom computer to watch child pornography from his many disks. He tried to explain that he had no other choice, in that his wife had already banned him from watching child porn

at home.

-- Mary Merten, 43, pleaded guilty in March to four felonies in connection with an eight-year-long spree in which, as bookkeeper for a two-lawyer firm in Kingston, N.Y., she stole over \$800,000 via embezzlement and theft of the lawyers' identities. However, as she awaited sentencing, she wrote her former bosses: "I would ask that you consider keeping me employed. ... I truly enjoy my job and want to continue to work for the both of you to make up for my imperfections." (At press time, she was still awaiting sentencing.)

Everyday Prophets

(1) James Fall, 58, told police in Mound, Minn., in March that his "marriage" to his 10-year-old niece was perfectly acceptable in that he is a "prophet of God," citing Corinthians 6:12. (2) Terrill Dalton, 43, who refers to himself as the Holy Ghost, moved his small congregation to Fromberg, Mont., in March as the latest stop in avoiding law enforcement investigations in Utah and Idaho. He credits his holiness to his collection of rocks, several of which he said are powerful "seer stones." (3) Adam Disabato, who said he is "the Messiah," was arrested in Pittsburgh in April after he drove his car into the Poale Zedeck synagogue, causing about \$30,000 in damages. "I'm not crazy, and I don't hear voices. I just got a feeling sent by God to drive real fast for some reason."

A Weird News Classic (June '95)

In December 1994, the Air Force Times reported that Army soldier Joseph Cannon had recently ended his six-year career having not received a single military paycheck after boot camp. Officials said Cannon's records were lost at his first duty station, but that he had never complained, though he missed 144 paychecks totaling, in 1994 dollars, about \$103,000. Apparently, Cannon lived only in the barracks, ate only in the mess halls, and borrowed money from relatives whenever he had special needs.

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For A Healthier You



Need Help For Elder Relative? Here Are 10 Tips

by Eileen Doherty

Denver, CO. Panicked? Anxious? Angry? Frustrated? Unable to make sense of what the doctors are saying about your mother or father? Confused about where to turn for help? Not sure who to trust for information and referrals? Not sure of the how the legal, housing and financial pieces fit together? Being asked to sign a lot of forms and not sure what you are agreeing to?

Even the most prepared individuals and families experience many of these feelings as they face difficult elder care decisions. Elder care is one of the most complex and difficult stages of life. Knowing what to do and how to do it correctly depends on the individual's circumstances and their wishes, but some guidelines and tips can be helpful in decision making and helping you to advocate for a loved one.

Tip 1. Does someone have a financial power of attorney? Do you know what bills need to be paid? Are you a signatory on the bank account?

Tip 2. Does someone have a medical power of attorney (or The Five Wishes) and/or a designated beneficiary form that is signed and recorded with the county clerk and recorder?

Tip 3. Has your loved one signed a Living Will, "Do Not Resuscitate" order or a Medical Orders of Scope of Treatment form?

Tip 4. Choose the right type of care: retirement community, continuing care retirement community, assisted living, adult day care, home health care, dementia care, hospice care, rehabilitation care and/or nursing home care. Ask for an extension of stay if you are unable to locate an appropriate care provider.

Tip 5. Once you have selected the right type of care, (even if you only have limited time), do some comparison shopping of prices, services offered, licensure, survey results, occurrences, and complaints. You are not required to use the referrals for care that are made by the health care setting that is discharging you. You can select your own care provider (some limitations may exist if you are receiving Medicaid or if you are a member of a Medicare Advantage Health Plan).

Tip 6. Make a site visit, ask questions. Do you think your loved one would be comfortable with the care that is being proposed by the provider? Many checklists exist to help you make these decisions including several at www.senioranswers.org or www.medicare.gov or www.healthfacilities.info.

Tip 7. Before making the placement, read the admission documents that you are being asked to sign. Seek legal advice if you are uncomfortable with some of these documents. Understand your rights and responsibilities.

Tip 8. Payment for care can be very complicated depending on the income and resources of the individual. Medicare, Medicaid, long term care insurance, and private pay are the most common sources of payment; however, these payer sources must follow state and federal laws. Application procedures can be complicated and cumbersome.

Tip 9. Family members should attend care conferences with care providers to ensure that your loved one is receiving the care they need in the matter that best meets their needs. The care conference is the best way to share personal information about your loved one with the staff and to develop a good working relationship.

Tip 10. Advocate for and monitor the care that is being provided to ensure your loved one is happy with their care and report any concerns to the management.

The Colorado Gerontological Society has several tools that can be helpful to individuals who are making these difficult decisions. The Society has an interactive searchable tool at our website at <http://www.senioranswers.org/Default.aspx> that gives information on services, costs, and licensure status. Users can identify facilities that are closest to them that meet their needs in their search for care. Some agencies listed in the data base have also purchased links that give you more information about their services.

Another tool is the Senior Resource Guidebook, a hard copy booklet that provides similar information as the online database. Copies of the Guidebook are available for free at local libraries or by visiting the CGS office, 3006 East Colfax, Denver Colorado 80206. Copies can be mailed with a pre-payment of \$8 to cover postage and handling.

Staff can also provide counseling and assistance to families about care for their loved ones. For help, call 303-333-3482.

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

FREMONT/CUSTER County Menus

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

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

- JUNE 1:** Split Pea Soup, Hamburger/bun/cats/must/onion, creamy coleslaw, banana.
- JUNE 3:** ROAST TURKEY/GRAVY, Cornbread stuffing, Cauli/Broc/Cheese Sauce, Cranberry Mold, Pumpkin Bar.
- JUNE 4:** COMBO BURRITO, Let/Tom/garnish/Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.
- JUNE 8:** MOW ONLY - ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Roll/marg.
- JUNE 10:** SPINACH LASAGNA, Tossed Veggie Salad, Green Beans, Tangerine.
- JUNE 11:** Salmon Patties/Cream Sauce, Steamed Brown Rice/Parsley, Mixed Veggies, Tangerine/Raisin Nut Cup.
- JUNE 13:** VEGGIE SOUP, Cold Roast Beef Sandwich/Wheat/Mustard/ Mayo/Sliced Tom/Let, Waldorf Salad, Banana.
- JUNE 17:** BEEF/SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.
- JUNE 18:** TURKEY SANDWICH/ Provolone Cheese/Mustard/Sliced Tomato On Lettuce, Orange, Waldorf Salad.
- JUNE 20:** SCALLOPED POTATOES/HAM, Chopped Spinach Salad, Hard Boiled Egg, Perfection Salad, Peaches.
- JUNE 24:** Swiss Broccoli Pasta, Mixed Veggies, Peaches, Plums, Sweet Potato, Roll/marg
- JUNE 25:** TUNA SALAD/let/tom, Pasta Salad, Orange Juice, Peaches.
- JUNE 27:** TOMATO SOUP, Turkey/Wheat/Mustard/Salad Dressing, Green Beans, Tangerine, Almond Peaches.

GOLDEN AGE CENTER 728 N. Main St.-Canon City M-W-F

- JUNE 2:** Taco Salad/Salsa/Tom/Let. strawberry applesauce, cornbread, marg.
- JUNE 4:** Chicken Cordon Bleu, rice pilaf, asparagus, apricots.
- JUNE 7:** Spinach Cheese Squares, tossed salad/pears, yellow squash, tropical fruit.
- JUNE 9:** Tuna Macaroni Salad, cool cucumber salad, sugar-free orange juice gelatin, salad/banana.
- JUNE 11:** Meatloaf/Brown Gravy, cheesy potatoes, green beans, pineapple tidbits.
- JUNE 14:** Chicken Salad Sandwich/Wheat/sliced tom/let., confetti slaw, pudding.
- JUNE 16:** Combo Burrito/Chicken/Green Chili, tom/let/salsa, black beans/cilantro, diced pears.
- JUNE 16:** BIRTHDAY MEAL! Oven Fried Chicken, spinach mandarin orange salad, potato salad/cornbread, peach.
- JUNE 21:** Sloppy Joe/Bun, scalloped pota-

* KEEP THESE COUPONS *

BIG O TIRES

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<p>BIG O TIRES</p> <p>\$25 OFF</p> <p>Any Set of Big O Brand Tires</p> <p><small>Must present coupon. Ex: 7/15/10</small></p>	<p>BIG O TIRES</p> <p>10% OFF</p> <p>Any Brake Service</p> <p><small>Must present coupon. Ex: 7/15/10</small></p>
<p>BIG O TIRES</p> <p>FREE</p> <p>Rotation (\$20 Value)</p> <p><small>Must present coupon. Ex: 7/15/10</small></p>	<p>BIG O TIRES</p> <p>Full Service Oil Change Special</p> <p>\$29.99</p> <p><small>(Includes 5 qts.) Must present coupon. Ex: 7/15/10</small></p>

Taking Care Of Families!
719-269-8000
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* KEEP THESE COUPONS *

- toes, broccoli/carrots, apple.
- JUNE 23:** Scalloped Potatoes/Ham, chopped spinach salad, hardboiled egg, peaches.
- JUNE 25:** Crunchy Baked Fish, whipped potatoes, mixed veggies, PA/mand orange.
- JUNE 28:** Turkey Salad/Lettuce/sliced tomato, steamed brown rice, california medley, raisin applesauce.
- JUNE 30:** Baked Pork Chops/Gravy, hot bean casserole, whipped potatoes, cinnamon applesauce.

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

- JUNE 1:** ROAST BEEF, Whipped Potatoes/Gravy, Greens, Orange, Roll/marg.
- JUNE 3:** ROAST CHICKEN/MUSHROOM SAUCE, Steamed Brown Rice, Caulir/Broccoli Mix, Apple Pear Salad.
- JUNE 7:** BRATWURST/BUN/Sauerkraut, Mustard/Onion, Scalloped Potatoes, Peas/Carrots, Peach Halves.
- JUNE 8:** TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.
- JUNE 10:** ENCHILADA PIE, Sliced Toma/Let, Sliced Yellow Squash, Mixed Fruit
- JUNE 14:** Roast Beef Sandwich/Wheat, Roasted Garlic Mashed Potatoes, Cali/ Veggie Medley, Confetti Slaw, PA Tidbits.

- JUNE 15:** HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.
- JUNE 17:** Salmon Patties/Cream Sauce, Steamed Brown Rice/Parsley, Mixed Vegetables, Tangerine, Raisin Nut Cup.
- JUNE 21:** It Sausage/Marinara Sauce, Spaghetti, Squash, Tossed Salad, Pizzelle, Pears.
- JUNE 22:** BEEF/BROCCOLI STIR FRY, Steamed Brown Rice/Carrots, PA Tidbits.
- JUNE 24:** CREAM OF POTATO SOUP, Tuna Salad Wrap/shredded Let/Tom, Hard Boiled Egg, Grapefruit Half.
- JUNE 28:** PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage/Red Pepper, Banana, Fortune Cookie.
- JUNE 29:** OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread/marg.

FLORENCE 100 Railroad St. - Florence Tu-Thur-Fri

- JUNE 1:** MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, PA Tidbits
- JUNE 3:** HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread/marg.
- JUNE 4:** BEEF/SWEET PEPPERS, Steamed Brown Rice, Cut Broccoli, Raisin Applesauce.
- JUNE 8:** CHICKEN CACCIATO, Whipped Potatoes, Chopped Spinach, Banana.

- JUNE 10:** PORCUPINE MEATBALLS, Whipped Potatoes/Gravy, California Vegetable Medley, Almond Peaches.
- JUNE 11:** CHILI RELLENO CASSE-ROLE, Parslied Carrots, Tossed Veggies Salad/Lemon.
- JUNE 15:** SPAGHETTI/MEATSAUCE, Tossed Salad/Italian Drsg, Green Beans, Orange.
- JUNE 17:** CHICKEN/NOODLES, Green Beans, Baked Acorn Squash, Apricot PA Compote.
- JUNE 18:** Tuna Macaroni Salad, Cool Cuke Salad, Orange Juice Gelatin, Salad/Banana, Peaches, Cheddar Drop Biscuit.
- JUNE 22:** SWISS STEAK/MUSHROOM SAUCE, Whipped Potatoes, Greens, Tropical Fruit.
- JUNE 24:** TERIYAKI BEEF, Whipped Potatoes, Cali. Veggie Medley, Banana.
- JUNE 25:** TACO SALAD/SALSA, Tom/Let Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread/marg.
- JUNE 29:** CALISBURY STEAK, Whipped Potatoes/Gravy, Italian Green Beans, Tropical Fruit.

PENROSE CENTER 1405 Broadway-Penrose (Tues/Thur)

- JUNE 1:** SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Veggies, Strawberry Applesauce.
- JUNE 3:** Scalloped Potatoes/Ham, Chopped Spinach, Mixed Veggies, Apple.
- JUNE 8:** TATOR TOT CASSEROLE, Tossed Salad/Lite Italian Drsg., Squash, Banana.
- JUNE 10:** ROAST TURKEY/GRAVY, Whipped Potatoes, California Vegetable Medley, Pineapple Tidbits.
- JUNE 15:** CHICKEN/NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.
- JUNE 17:** CHICKEN FRIED STEAK, Whipped Potatoes/gravy, California Vegetable Medley, Raisin Nut Cup.
- JUNE 22:** TACO SALAD/SALSA/Tom/Let. Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread/marg.
- JUNE 24:** Baked Pork Chop/Country Style Gravy, Whipped Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.
- JUNE 29:** Hamburger/Catsup/Mustard/Onion, Sliced Tom/Let, Baked Beans, Potato Salad, Apricots.

**ALL MEALS SERVED
WITH MILK
(Coffee or Tea optional)
Most meals served/bread/marg.**

Fashion: Looooking Gooood!

Shower Your Way To Younger Looking Skin

(NAPSI)-Not just a pretty face: There's more to having a youthful appearance than soft, smooth facial skin. Your neck, décolletage, hands, arms and knees are also prone to visible signs of skin aging.

"As body skin ages, it loses moisture and elasticity, which can make skin appear older as well as lead to dryness," says beauty scientist Rolanda Johnson.

A disparity between face and body skin care can exaggerate the signs of aging, according to evolutionary biologist Dr. Bernhard Fink. He recently conducted a study on the effect of body skin's appearance in relation to perception of age. It found that in terms of age and attractiveness perceptions, people are sensitive to the appearance of body skin. In addition, the study indicated that when judged independently from the face, body skin, if maintained, is perceived up to 10 years younger and adds to the overall perception of youthfulness.

"The study indicates that skin around the neck and chest, arms and hands are important areas for women in terms of age perception," said Dr. Fink. "Keeping your skin moisturized is one of the most basic things you can

do to prevent visible signs of aging. Using products that go beyond basic moisturization to provide additional anti-aging benefits can be a further help."

To that end, there's now a product that helps you shower your way to younger-looking skin. It contains a proprietary technology that goes beyond cleansing and basic moisturizing to remove dry skin cells and improve skin cohesiveness for younger-looking, more radiant skin. It fights seven signs of aging, brightens dull skin, evens skin tone and improves elasticity in seven days.

The product, Olay Total Effects 7-in-1 Advanced Anti-Aging Body Wash, comes in two formulations: Deep Penetrating Moisture, with jojoba butter and VitaNiacin; and Exfoliate & Replenish, with microderm beads and VitaNiacin to remove dry skin cells and replenish your skin with moisturizers.

"We lavish attention on faces and bodies but necks get no respect," said author Charla Krupp, who examines over 1,000 smart, easy ways of hiding fat without dieting in her book "How To Never Look Fat Again." "The neck often ages faster than the face. A lot of women who began using a sunscreen

on their faces a decade or two ago continued to tan their neck and bodies and the contrast between neck and face is unsightly."

Krupp recommends daily use of a broad-spectrum SPF 15 or higher sunscreen. Reapply it every two hours

Want A Comfortable Injection Experience? Try Dermal Fillers

(NAPSI)-There's encouraging news for anyone looking to instantly smooth the wrinkles around the nose and mouth but is concerned about pain. Now available nationwide, JUVÉDERM® XC from Allergan, Inc. contains lidocaine for enhanced comfort during treatment of the "parentheses" lines between the nose and mouth.

"The 'no pain, no gain' mentality has definitely played a role in the way women over the years have thought about aesthetic treatments. However, that is changing with recent advancements in aesthetic medicine," said Amy Wechsler, M.D., board-certified dermatologist and psychiatrist. "In the clinical trial leading up to the U.S. Food and Drug Administration (FDA) approval of JUVÉDERM® XC, 93 percent of

patients reported less pain when treated with JUVÉDERM® XC compared to the non-lidocaine JUVÉDERM® formulation¹. Patients can now receive the same smooth results as demonstrated with JUVÉDERM® but enjoy a more comfortable injection experience."

For more information, visit www.oly.com or call (800) 285-5170.

JUVÉDERM® XC with 0.3 percent lidocaine numbs the treatment area within seconds, potentially reducing the need for an additional anesthetic. Before the introduction of JUVÉDERM® XC, it often took up to 30 minutes for an anesthetic block to take effect. The new formulation provides the same smooth, long-lasting results as demonstrated with existing formulations of JUVÉDERM® and now offers a more comfortable treatment experience and potentially less time spent in the physician's office compared to the non-lidocaine JUVÉDERM® formulation.

"JUVÉDERM® is the first and only hyaluronic acid dermal filler approved by the FDA to last up to one year from initial treatment²," said Dr. Wechsler. "My patients are satisfied with treatment results, and JUVÉDERM® has steadily gained popularity since its introduction."

For more information about JUVÉDERM® dermal fillers and to find a local physician, please visit www.juvederm.com and become a fan of the official JUVÉDERM® Facebook page. **Important JUVÉDERM® Information**

JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC, and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Side effects were usually mild to moderate lasting 7 days or less and included temporary injection site reactions like redness, pain, firmness, swelling and bumps. JUVÉDERM® is not for people with severe allergies. For more information, please click on the "About Safety" link at www.juvederm.com or call the Allergan Product Support line at (877) 345-5372. JUVÉDERM® injectable gel is available by prescription only.

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1. Weinkle SH, Bank DE, Boyd CM, Gold MH, Thomas JA, Murphy DK. A multicenter, doubleblind, randomized controlled study of the safety and effectiveness of JUVÉDERM injectable gel with and without lidocaine. *J Cosmet Dermatol.* 2009 Sep;8(3):205-10.

2. Pinsky MA, Thomas JA, Murphy DK, Walker PS; for the JUVÉDERM vs Zyplast Nasolabial Fold Study Group. JUVÉDERM Injectible gel: A multicenter, doubleblind, randomized study of safety and effectiveness. *Aesthetic Surg J.* 2008; 28(1): 17-23.



They're baaaaaack!

Dave & Dan in the Morning

Pueblo has its own Radio Stations again!




Social Security & You

by Melinda Minor, District Manager - Pueblo



A NEW "TWIST" IN THE LAW MAY HELP YOUR MOM

Mom has always been there to nurture and take care of you. This is the perfect time to give back and look out for her. If she's having a hard time paying for her prescription drugs, tell her about the Medicare Prescription Drug Plan and the extra help available through Social Security.

If your mother, or any special woman in your life, is covered by Medicare and has limited income and resources, she may be eligible for extra help to pay her monthly premiums, annual deductibles, and prescription co-payments. The extra help is worth an average of \$3,900 per year.

Perhaps you've looked into the Medicare Prescription Drug Plan for Mom before, and discovered that she did not qualify due to her income or resources. In 2010, the law has changed. As Chubby Checker will tell you, a new "twist" in the law makes it easier than ever to qualify for the extra help.

It's easy to figure out whether Mom is eligible for the extra help. To qualify, she must be receiving Medicare and:

- Have income limited to \$16,245 for an individual or \$21,855 for a married couple living together. Even if her annual income is higher, she still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples in which income may be higher include if she or her husband:

- Support other family members who live with them;

- Have earnings from work; or

- Live in Alaska or Hawaii;

and

- Have resources limited to \$12,510 for an individual or \$25,010 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. We do not count her house or car as resources.

Thanks to this "twist" in the law, we no longer count any life insurance policy she has as a resource, and we no longer count as income any financial assistance she receives regularly from someone else to pay her household expenses like food, mortgage or rent, utilities or property taxes. Don't take our word for it, see Chubby Checker's rocking message at www.socialsecurity.gov/prescriptionhelp.

While you're there, you can fill out an easy-to-use online application for

your mom at www.socialsecurity.gov/prescriptionhelp. To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020). Or go to the nearest Social Security office.

If you'd like to learn more about the Medicare prescription drug plans and special enrollment periods, visit www.medicare.gov or call 1-800-MEDICARE (1-800-633-4227; TTY 1-877-486-2048).

Maybe it's been a few years since Mom has taken to the dance floor to do The Twist. But saving an extra \$3,900 a year on prescription drugs may cause her to jump up and dance. What better gift could you give her this Mother's Day?

DISABILITY BENEFITS ARE NOT JUST FOR GROWN-UPS

When you hear about disability benefits, you probably think about adults. But disability benefits are not just for grown-ups. In some cases, children can receive benefits too.

If your child who lives with you has a disability, and you also have limited income and resources, your child may be able to receive Supplemental Security Income (SSI) disability benefits. SSI is another program run by Social Security. SSI is a needs-based program funded through general tax revenues.

To qualify for SSI, your child must meet the following requirements:

- Under age 18

- Not be working and earning more than \$1,000 a month in 2010. (This earnings amount changes every year.) If he or she is working and earning that much money, we will determine that your child is not disabled.

- Have a physical or mental condition (or a combination of conditions) those results in "marked and severe functional limitations." This means that the condition(s) must very seriously limit your child's activities.

- Have a condition that has lasted, or is expected to last, at least 12 months, or is expected to result in death.

Once your child reaches age 18, SSI disability benefits might still be payable as an adult. Also, an adult who was disabled before reaching age 22 might be eligible for Social Security benefits as a "disabled adult child." For a disabled adult to become entitled to this "child" benefit, one of his or her parents:

- Must be receiving Social Security retirement or disability benefits; or

- Must be deceased and have worked long enough to be covered under Social Security.

Are you ready to get started with an application for your child? The best way to begin is by checking out the Disability Starter Kit at www.socialsecurity.gov/applyfordisability.

You can apply for Social Security or SSI payments for your child by calling Social Security toll-free at 1-800-772-1213 (TTY 1-800-325-0778) or by visiting your local Social Security office.

If you are applying for SSI payments for your child, you should have his or her Social Security number and birth certificate with you when you apply. We also will ask you for your Social Security number.

Learn more by reading Social Security's online publication, Benefits For Children With Disabilities, at www.socialsecurity.gov/pubs/10026.html.

PEOPLE AGREE: APPLYING FOR MEDICARE ONLINE IS QUICK AND EASY

We've been telling people how quick and easy it is to apply for Medicare benefits online — even if you're not ready to apply for retirement benefits.

And our celebrity spokespersons — the television family of The Patty Duke Show — have been spreading the word in a series of public service announcements. Reunite with television's favorite identical cousins, and the whole family, at www.socialsecurity.gov/medicareonly.

But perhaps the best advocates we have for the online Medicare application are the people who are using the application and discovering that it really does take less than 10 minutes. Just ask your average John.

John from Wisconsin told us, "filing for Medicare online was simple and I couldn't believe what little time it took to complete."

John from Indiana said, "This month I filed for Medicare at www.socialsecurity.gov. Filing online took less than five minutes from start to finish. Finding the place to start my application, answering its simple questions, and submitting my claim was an easy process. I will recommend using Social Security Online to others who want to apply for Medicare."

You don't have to be named John to appreciate the application. Kim of Wisconsin said, "I am so impressed with your website. It was possibly the easiest website I have ever navigated. I had put this off for a few months thinking it would be difficult with it being the federal government, but I am stunned and amazed at how quick and easy this really was."

Even if you decide to wait until after you're age 65 to apply for retirement benefits, most people should apply for Medicare coverage at age 65. If you'd like to begin your Medicare coverage,

you should apply within four months of reaching age 65.

It's important to note that people who already receive Social Security retirement or disability benefits do not need to apply for Medicare; they will be automatically enrolled.

If you're within four months of age 65 or older, you can apply right now. Visit www.socialsecurity.gov and select the "Retirement/Medicare" link in the middle of the page.

Go online to apply for Medicare benefits, even if you're not ready to retire. It takes less than 10 minutes!

SOCIAL SECURITY HELPS SURVIVORS OF FALLEN MILITARY SERVICE MEMBERS

Families of fallen military service members bear significant burdens from the loss of their loved one. Lives are changed forever. Aside from the emotional devastation, the financial hardships placed on such families can be difficult. Often, if a death occurs, a two-income household must make do with one income.

Social Security provides income for surviving families of military service members.

Monthly Social Security benefits may be paid to widows or widowers and unmarried children who are younger than age 18 (or up to age 19 if they are attending elementary or secondary school full time). Benefits may be payable to biological and adopted children, stepchildren, grandchildren, or step grandchildren. In addition, under certain circumstances, dependent parents also may qualify.

Almost 2 million children receive Social Security survivors benefits with an average benefit payment of about \$750 a month. That's nearly one and a half billion dollars a month in survivors benefits for children.

More than 4.3 million surviving spouses and parents receive survivors benefits with an average monthly payment of about 1,100. That's more than 4.7 billion dollars a month in survivors benefits for spouses and parents.

You can apply for survivors benefits by telephone or at any Social Security office. To learn more about survivor's benefits, read our publication, Survivors Benefits. You can find it online at www.socialsecurity.gov/pubs/10084.html or call 1-800-772-1213 (TTY 1-800-325-0778) and ask that a copy be mailed to you.

We at Social Security can never replace the love and life that has been lost. But we can and do honor armed forces members who have made the ultimate sacrifice, and in many cases, we're able to help families financially. On Memorial Day and every day, Social Security holds the highest respect for all who have given their lives in defense of our nation.

Bruce McCandless Colorado State Veterans Home

Residents are treated with honor, dignity and respect.

Residents are empowered to make more choices.

We're committed to our Vision of eliminating residents' feelings of loneliness, helplessness and boredom.



Now Proud Members of the Eden Alternative Registry!

A better way of providing long-term care.

Florence, Colorado. Call 784-6331 for more information.



Caring for America's Heroes!

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The Legacy Commons

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719-547-2538

Dengler: Get Fit With Fat?

by Charlene Dengler

In about four short weeks summer will emerge, and so will bare arms and legs. Along with the summer heat and golden sun, often the desire to trim a few pounds and to slim a few inches arises. However, now is the time to consider what you can do to achieve those summer slimming goals and enrich your overall health as well. Part of being vitally healthy, needless to say, is being at a proper weight. Currently, sixty-six percent of Americans are overweight, with thirty-three percent actually obese (30% over recommended weight).

If this article sounds familiar then you have been reading this column for a long time! The reason I am recapping this article from two years ago, in an abbreviated form, is that first of all, it bears repeating, but also in revising it for a class I am teaching to a handful of young moms, I discovered an error that I must correct. I will explain the correction along the way.

I want to detail some of the great benefits of consuming healthy fats not only to the body in general, but also how they just might help you get bathing suit ready for summer. Much maligned fat has gotten a bad rap, but the media has been doing a very good job, I believe, of rectifying that, particularly with the recent emphasis on eliminating hydrogenated oils and trans fats, yet recommending certain essential fats that everyone needs.

Saturated fats have little place in a healthy nutrition plan; however, if you consume any form of animal products you will have some saturated fat in your diet. In fact, even a totally vegan diet will yield a small amount of saturated fat. The goal is to keep saturated fats to a minimum since they are the artery clogging, plaque forming fats. Polyunsaturated fats, thought at one time to be the weight loss key, still have their place and are derived from plant sources, but they alone don't fulfill the metabolic requirement for fat in the human body.

Now scientists have discovered that monounsaturated fats (MUFAS) have earned their place in the health community as, not only valuable, but essential in the fat equation. MUFA is a term coined by the wildly popular, Flat Belly Diet, co-authored by the editor

in chief of "Prevention" magazine, Liz Vaccarella. Therein lies the error I made 2 years ago and I now stand corrected. It is monoUNsaturated fat that is so coveted and beneficial for the body; so let me continue. Sources of monounsaturated fats are found in plant foods such as nuts, seeds, avocados, olives and some fatty fish, such as wild harvested Alaskan salmon. These foods provide the essential fats necessary for the body to function like a well-oiled machine.

MUFAS reduce and heal inflammation at the cellular level, which is a primary cause of disease and aging. Any of you baby boomers want to stave off aging? Read on and discover healthy ways to proactively make a difference in your future. Dr. Nicholas Perricone, M.D., has written several books with all the details to accomplish a more beautiful, healthy second half of your vital, century-long life!

Organic extra virgin olive oil is the absolute best source of monounsaturated fat to incorporate into your diet. You want to look for a low acidity of 0.8% or less, and by ensuring that you buy organic EVOO you will be ingesting liquid gold. Extra virgin olive oil can do all of the following: Lower blood pressure, reduce pain and inflammation, protect against cancer, decrease LDL (bad) cholesterol, increase HDL (good) cholesterol, prevent osteoporosis, combat stomach ulcers and gastritis, lower glucose levels in diabetics and help intestinal absorption of nutrients. When substituting olive oil for butter you may reduce the amount by ¼ of what the recipe calls for, and therefore save some calories. If you are focusing on weight loss, remember calories do count so be reasonable with the amount you consume. Store olive oil in a cool, dark place in an airtight container.

Let's move on to the benefits of flax seed or flax seed oil. Flax seed has all three of the essential omega fatty acids. Omega 3, omega 6 and omega 9 in proper proportions contribute to vibrant health and when embarking on a weight loss program, the addition of this valuable substance will almost ensure success. Part of achieving that proper balance is to include fish oil as well in the diet, but that is a subject for another time.

Flaxseed oil is becoming known in nutrition circles as an anti-fat. It can prevent and even reverse obesity, cardiovascular disease, stroke, and other degenerative diseases. Flaxseed works with the body's physiologic and metabolic processes to normalize weight and allow for easier maintenance. By providing the body with these essential fatty acids, which it cannot manufacture on its own, the body will not continue to crave fatty foods and sweets since proper fat metabolism is established. It also provides increased satiety or fullness and a slow, sustained rise in blood sugar correlating to prolonged satisfaction and increased stamina. The most beneficial form is high lignan liquid flax seed oil that has been cold pressed expelled and has an expiration date not beyond four months. It is heat sensitive and should be shaken very well and stored in the refrigerator.

The foregoing recommenda-

WHERE ARE THEY NOW?

by Marshall Jay Kaplan

PAT HARRINGTON

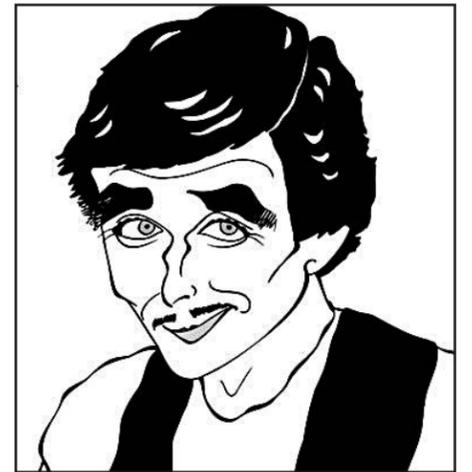
"One Day at a Time's" favorite superintendent is still acting, still telling funny stories and still as vibrant as ever!

Pat Harrington Jr. was born on August 13, 1929 in New York, New York. His father, Pat Harrington Sr. was a song and dance vaudevillian. Pat Jr. would hang out with his dad's friends - crooner, Bing Crosby and Irish actors James Dunn, Pat O'Brien. Eventually, Pat Jr. would follow in his father's entertainment footsteps.

After completing college and military service, Pat returned to New York City where he took a job at NBC during the day and began getting small parts in plays at night. He recalls his first break, "I loved speaking in different dialects - it started with my Dad and his Irish buddies. That was part of my act - different voices. Jonathan Winters saw me doing a character called, 'Guido Panzini' - an Italian immigrant, and got me a gig on The Jack Paar Show."

tions must also incorporate other elements of proper eating and exercise to add up to weight loss. Portion control, eating whole foods, as close to the way they are found in nature, eliminating white flour, white sugar, and white potatoes, and reducing high fat animal and dairy will contribute to your weight loss cause. And on your way to a slimmer you, eliminating or reducing other fats, particularly trans fats or partially hydrogenated oils from your nutrition plan, and adding extra virgin olive oil and flax seed oil to your diet will help you to nutritionally strike it rich.

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



Many appearances on Jack Paar let to Pat becoming a member of the famous 1950's Steve Allen Show segment, "Man on the Street" comedy team - where Pat was part of a group that included Don Knotts, Tom Poston and Louis Nye.

The 1960's saw Pat become a prolific character and voice actor on almost every television show of the time. From "McHale's Navy" to "Get Smart" to "F-Troop". He was also the voice of Inspector Clouseau in the animated cartoon series, "The Inspector". However, Pat's greatest character was just around the corner.

In 1975, Pat was cast as building superintendent, Dwayne Schneider in Norman Lear's "One Day at a Time". His role as the sleazy, let loveable handyman lasted 10 seasons and earned pat a Golden Globe Award and Emmy Award. His relationship with all members of the original cast continues to this day. He considers Valerie Bertinelli like a daughter to him.

Over the past twenty years, pat has continued to work steadily in character roles in both film and television. His personal life includes weekly Wednesday lunches with his buddies - including actors James Karen and Kevin McCarthy. He loves to golf, spend time with his second wife, his four children and grandchildren.

More recently, Pat and his writing partner, former "Mork and Mindy" director, Howie Storm are writing a play about two best friends - one Irish, one Jewish called, "Jimmy and Sam". We are sure that any one of Pat's unique characters that he brings to the stage will certainly bring the house down!



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Arts Center

from page 1

thing few actually accomplish, but photographer Jim Steinberg has done just that. He also photographed them for his latest book, Colorado Scenic Byways: Taking the Other Road which he calls his "love letter to Colorado's landscapes."

Steinberg is a 30-year Steamboat Springs resident. He captures Colorado through his photography in exquisite color and detail. His exhibit highlights photographs from his book, giving visitors a chance to see Colorado like they've never seen it before. Traveling through four seasons and inspiring scenery, Steinberg has documented a

photographic memory of Colorado's 25 Scenic Byways. These routes were chosen for their outstanding archeological, cultural, historic, natural, recreational and scenic qualities. His book is on sale in the Arts Center Gift Shop.

Enjoy a Wine & Lecture with Steinberg and author of Colorado Scenic Byways: Taking the Other Road Susan J. Tweit on August 10 from 5-7 p.m. The event is free for Arts Center members and \$5 for non-members and also features select Colorado wines.

DAV3 KURZ-Level 2 Foyer Gallery—August 4

Englewood, Colorado resident Dave Kurz describes himself as "your

basic hot rodder." His automotive interests are varied and he has owned over 60 vehicles including two 1955 Chevies, five Corvettes from 1957 to 1972, fifteen customized Chevrolet pickups from 1935 to 1976, a 1946 Ford pickup, a 1949 Studebaker pickup, a Bug-Eyed Sprite and numerous other vehicles.

Kurz's paintings range from photo-realistic automobiles and portraits to impressionistic landscapes and florals. His unique technique uses pastels on 2000 grit sandpaper. His work has been featured in Road & Track, Hot Rod, Rod & Custom, Street & Custom Rodding Illustrated, Automobile Magazine, Big Twin, American Iron, Vin-

tage Motors Sports, US Art, The Artists Magazine.

Selling the Show-Level 3 Foyer Gallery and Boardroom—through August 21

Selling the Show continues the celebration of the grand tradition of rock n roll posters in America from the King Gallery and combines this with car culture. Car club plaques, pin stripe panels, fine art paintings of classic cars and rock posters featuring the car all combine to create an interesting and fun collection of art designed to advertise rock and rods. Here we continue to display of objects from the Museum of American Speed and the rock posters assembled by Jim Valentine and add unique panels of fine art paintings featuring these two themes.

This collection of posters by renowned poster artists was assembled by Jim Valentine here in Pueblo over a decade. With approximately 20 historical and contemporary posters museum visitors will be treated to a unique glimpse of vibrant, American graphic art that commemorates rock-and-roll. Jim Valentine is a structural engineer and a concert poster fanatic. This Pueblo native decided years ago that concert t-shirts were too expensive, so he decided to scavenge concert posters off walls, kiosks, doors, etc. This "free" hobby soon turned into a love of poster art when he discovered artists such as Coop, Kozik and Forbes. His collection contains posters from the 80's, 90's and 00's of such artists as the Grateful Dead, Rancid, the Cramps, Deadbolt, Iggy Pop, Rocket from the Crypt, Goo Goo Dolls, and Urge Overkill.

High School Artists' Corner - Level 3 Foyer Gallery—Rotates every other month

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

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

About the Sangre de Cristo Arts Center
The cultural hub of Southern Colorado, the Sangre de Cristo Arts Center gives visitors the tools to think and act creatively through a three building complex including seven galleries offering the best in historic and contemporary art by artists of local, regional and national renown. In addition the Arts Center offers the Buell Children's Museum, recognized as the second-best for art by Child magazine, a 500-seat theater featuring a variety of performing arts programs, both local and national, and two gift shops. Over 100 fine arts, dance and leisure classes are available every quarter providing something unique to everyone from children to adults of all skill levels.

Nicki Hart-Marketing Specialist - Sangre de Cristo Arts Center - ph: 719.295.7211 | f: 719.295.7230 | e: nicki@sdca-arts.org - www.sdca-arts.org

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June 2010: Disney Animates New Cruise Ships

JUNE 2010: DISNEY ANIMATES NEW CRUISE SHIPS WITH TALKING ART AND INSIDE PORTHOLES FEATURING FAMILIAR FISH

by David G. Molyneaux - *TheTravelMavens.com*

More than 10 years has passed since Walt Disney Co. made a major splash in the cruise world with its first two ships, Disney Magic and Disney Wonder. Come January (2011), the company known best for its theme parks will roll out a third ship, the Disney Dream. It will feature animated bells and whistles that parents and children will find nowhere else at sea.

Imagine enchanted pictures on the walls – some will interact with passengers

-- and interior cabins with an active porthole view of the ocean and an occasional visit by a starfish from "Finding Nemo." An animated Mickey Mouse may visit your cabin while you get ready for dinner.

When Disney launched the Magic and Wonder in the late 1990s, they were the first ships designed and built specifically to accommodate and entertain parents and children.

While all the major cruise lines now build ships with families in mind, Disney still stands apart with its designs and methods for managing multigenerational family vacations.

Some programs -- such as moving parents and children together with their waiters in a sequence of dining rooms

with different themes and characters – are aimed at family togetherness. Others - segregated swimming pools, entertainment and dining rooms – appeal to adults and children when they choose to be on their own. There are no casinos.

On Disney ships, even the horns are different. They feature trumpets playing the opening notes from "When You Wish Upon a Star."

What's new: The Disney Dream begins sailing Jan. 26 out of Port Canaveral to the Bahamas and Disney's private island on voyages of three, four and five nights. The new Disney Fantasy will debut in 2012.

The first water coaster at sea. Other cruise lines are building fancy water slides. Disney will introduce a high-speed flume ride that goes up and down, with twists, turns, drops, acceleration and river rapids. AquaDuck, at 765 feet long, will span four decks and will swing out 13 feet over the side of the ship in a translucent tube 150 feet above the ocean. The ride carries no extra fee.

A virtual porthole on the wall of all inside cabins. Each inside cabin will have a view of the ocean through a live feed from high-definition cameras placed on the exterior of the ship. Passengers can expect visits to the porthole by animated characters, such as Peach the starfish.

Enchanted art. Around the ship, some of the framed hanging art, disguised as pictures, will come alive with animation when a passenger stops to gaze. Disney might not approve of this comparison, but what comes to my mind is the art hanging in Harry Potter's Hogwarts school where the subjects moved and spoke to passers-by. Disney does Potter one better with a detective adventure on the Dream that will take families all over the ship. Passengers will use a special bar-coded card to unlock secret animations and control motions in the enchanted art to discover clues.

Disney's first floating gourmet restaurant. Remember the rodent in the movie "Ratatouille" and you'll understand the name, Remy. Its French menu is inspired by Arnaud Lallement from l'Assiette Champenoise, a Michelin two-star restaurant near Reims, France. Dinner will be lavish, leisurely and adult, starting with a champagne cocktail and followed by eight or nine small courses. A separate chef's table room for 16 will offer a special multi-course menu. Fees for these are

yet to be announced. Fee for the adult restaurant Palo is \$15 per person.

Another new Disney idea is a policy, now in effect, to allow young children ages 3 and above to select activities and events regardless of age. Disney will continue to recommend activities by age and maturity, but children may choose what they want based on their interests.

One advantage of this new approach, says Disney, is that children of different ages – siblings, extended family and friends – can participate in youth activities together. Siblings in a new environment away from their parents often are more comfortable playing together, says Disney.

The idea is to make the children's vacation place, dare I say it, a small world.

INFO: In April, travel agents were selling advance bookings on the Disney Dream at a discount from brochure rates.

For an inside cabin on the Disney Dream, rates ranged from about \$140 per person per day for two people in a cabin, in spring, to about \$220 in July and August. For an outside cabin, rates ranged from about \$160 to about \$245. For a balcony cabin, rates ranged from about \$190 to about \$300.

Summer cruises, when schools are out, will cost considerably more than trips in spring because the rates are higher and the trips are longer. March voyages are three and four nights costing between \$409 per person, in an inside cabin for three nights, to \$919 in a balcony cabin for four. In July and August, rates range from about \$880 for an inside cabin for four nights to \$1,536 for five nights in a balcony cabin. Disney offers special rates for children ages up to 12, rooming with their parents.

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



AquaDuck, at 765 feet long, will span four decks of the Disney Dream, swinging out 13 feet over the side of the ship in a translucent tube 150 feet above the ocean. (Drawing by Disney Cruise Line)

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It's Tomato Season: This Year, Grow Your Own!

by Marty Ross

If you'll be growing your own vegetables this summer you're probably thinking about growing tomatoes. If you haven't planted them yet, right now is a good time to get started.

Tomatoes are not only the pret-

tiest vegetable you can grow -- and the most delicious -- they are also among the easiest. You don't have to set aside space for a big vegetable garden in the backyard; tomatoes fit into a tight spot and are so decorative you might even want to grow them in a pot on the patio or front porch.

Tomatoes are easy plants for beginners because they really only need three things: heat, light and moisture. They're happy in the ground or in containers, they don't need pampering, and they almost always produce an abundant harvest. Technically, tomatoes

are a fruit, of course, not a vegetable, but it doesn't really matter what you call them. A cherry tomato picked fresh in the garden is a bite-sized snack to savor; a big slicing tomato is a prize big enough to share.

Tomato gardeners tend to be the competitive type, vying with friends and neighbors to produce the first tomato on the block, but regardless of when your first tomato ripens, you win: There's really nothing better than a homegrown tomato right off the vine.

"I was taught not to brag, but I must have the first tomatoes in the neighborhood, and I brag and brag," says Doug Oster, an organic gardener, gardening columnist and gardening radio host in Pittsburgh. "I do every trick in the book to have the first tomatoes," he says, "but you also want a plant that will keep producing."

Oster grows about 50 different kinds of tomatoes in his garden every year; he is the author of "Tomatoes Garlic Basil," a paean to his favorite crops. Fourth of July and Early Girl are two reliable, tasty, early ripening hybrids he grows and recommends. He always plants Limbaugh Legacy Potato Top, a pink heirloom tomato, and he grows Sun Gold, a sweet and prolific golden-yellow cherry tomato -- his wife's favorite. Every year he tries a few tomato varieties he's never heard of before. Right now, he is experimenting with black tomatoes, like Japanese Black Trifele and Cherokee Black.

"I'll read the description in a catalog, and I just have to try," he says. "I like tomatoes that have a story and a

history." During tomato season, Oster eats 10 tomatoes a day.

George Ball, president of W. Atlee Burpee and Co., the owner of Burpee seeds and plants, prefers big tomatoes like Big Boy and Better Boy, 1-pound hybrids developed for their size and flavor. His favorite is Brandy Boy, a relatively new hybrid with the delicious taste of the heirloom Brandywine and the vigor and production of a hybrid tomato. Store-bought tomatoes may look more perfect, but they simply can't match the flavor of these hybrids, Ball says.

Grocery-store tomatoes are hybridized for their toughness and uniformity; they are industrial fruits, Ball says, that can survive mechanical picking and cross-country shipping. "For home gardeners, shipping is carrying a tomato 30 feet," Ball says.

Tomatoes are easy to grow from seed, as any gardener who has ever discovered a volunteer tomato plant in the compost heap can attest. But the easiest way to grow tomatoes is to start with transplants, which are sold at garden shops at planting time. Stan Cope, president of Bonnie Plants, a supplier of transplants, says his company produces 125 million tomato plants for big box stores every year. The company distributes 50 to 75 varieties from 70 growers around the country, and 25 million of them are Better Boy. "It is by far the most popular tomato," Cope says. "We look for hybrids that are bred to meet the challenges that nature provides," Cope says. Solar Fire, a hybrid that keeps producing through summer heat, is one of his favorites. Bonnie offers heirlooms, too, including Mr. Strikey, Brandywine, Arkansas Traveler and a dozen others.

In Pittsburgh, where Oster lives, it's warm enough to set tomato plants out in the garden after about May 15th, but Oster often plants in late April, gambling on an early crop. He tucks his small plants under a double blanket of row covers (available at garden shops) to protect them from frost. Nature sometimes undermines his efforts, but if he loses plants to a late frost he just replac-



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by Katie Carroll-BBB

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National Processing Center is sending the mailers and uses a Pennsylvania Avenue, Washington D.C. address. This name is an alias for America's Recommended Mailers, Inc.

America's Recommended Mailers, Inc. had a suit brought against them in 2006 by the Attorney General of Texas for violations of the Texas Deceptive Trade Practices-Consumer Protection Act. The A.G.'s office had reason to believe that this company had sent misleading and deceptive mailings to elderly persons in Texas and elsewhere.

In the suit, Exhibit A is similar to the one being mailed in our area, and was called "2005 ELDER LAW UPDATE". The suit states that National Processing Center "solicits and obtains the personal information of elderly persons contained in these lead cards, without disclosing the true purpose of the lead card and without identifying an insurance or other financial products or an insurer or agent licensed to engage in the business of insurance."

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Tomatoes

es them and keeps growing. Tomatoes planted in July will still produce a prodigious crop.

Everybody should grow tomatoes, Oster says. If this is your first season, don't be intimidated. "You can do a lot of things wrong," he says, "and you'll still get tomatoes." When your first fruits ripen, eat them right off the vine, he suggests. Until your family discovers what you're up to, you'll have the crop to yourself.

TOMATO TIPS FROM THE PROS

Doug Oster, author of "Tomatoes Garlic Basil" (www.dougoster.com), plants about 50 different kinds of tomatoes in his garden in Pittsburgh every year. Oster is an organic gardener: he uses no chemical herbicides or pesticides. Here are some of his tips and ideas for growing beautiful, healthy, productive tomatoes.

-- Tomatoes need sun; whether you grow them in a pot or in a plot, the spot should receive at least 6 hours of sun a day.

-- Oster grows his tomatoes in raised beds amended with horse manure and homemade compost. If you don't have access to well-rotted horse manure and do not have a compost heap, you can buy manure and compost at most gardens shops.

-- Plant tomatoes as soon as the

soil is warm. Oster digs a hole 12 inches deep, adds a couple of shovelfuls of compost, and sets the plants deep enough to leave a slight depression to catch rain.

-- Staking or caging tomatoes is not necessary, but it saves space, and it is easier to find and pick the fruit on an upright plant. Sturdy bamboo poles or tomato stakes from a garden shop should be hammered into the soil when you plant. Use strips of cloth, stockings, green garden tape, or twine to tie the tomato plant to the stake as it grows.

-- Mulching the soil with compost or straw will help prevent soil-borne diseases from splashing up onto the tomato plants. Mulch also helps control weeds and retains moisture in the soil.

-- Tomatoes need regular moisture. If it doesn't rain, water them once a week -- at the base of the plant, not on the leaves, soaking the soil thoroughly.

-- If you're growing tomatoes in a pot, use a big pot (18 inches or larger). Big pots hold more soil, so the plants can grow larger (and produce more fruit), and they will not blow over. Oster recommends using a good organic potting mix. Stake the plants or grow them up on a decorative tepee or obelisk. Mulch to help keep the soil moist, Oster says, and fertilize every two weeks.

MORE GREAT TOMATOES

If you're not sure which tomatoes to grow this year, try several. Oster recommends planting six plants: two early fruiting varieties, two midseason tomatoes and a couple of heirlooms, which tend to produce their fruit late in the season. Here are a few to keep in mind:

-- Tye-Dye is a colorful new hybrid with heirloom sweetness.

-- Orange Wellington is a meaty orange hybrid.

-- Sweet Seedless was hybridized for people who love tomatoes but can not eat tomato seeds.

-- Eva Purple Ball and Rose de Berne are among Oster's favorite pink tomatoes.

-- Black Krim and Black Pearl are two deep burgundy heirloom to-

matoes.

-- Health Kick is a paste tomato that has 50 percent more of the antioxidant lycopene than other tomatoes.

-- Sources for seeds and plants: www.burpee.com; www.bonnieplants.com; www.tomatogrowers.com.

OP-ED

from page 2.

your leader Rush Limb(augh) is nothing more than a cancer on our society. Creating and spreading outright lies for the purpose of creating hate and fear in people is their genre. I don't know what happened to you, but you have become an embarrassment to yourself.....maybe its time to get de-programmed."

Reply: "Yes, 'name of person,' don't ever watch or read about or even consider the other side, it's beneath you.... I get it..... there was no need for you to be so causticyou hammer me for something you didn't even see?embarrassment to myself? need to be de-programmed? what does that mean?you put yourself on a pedestal to judge me and my intellect?what credentials do you have that makes you superior to me? I'm 'expletive deleted' because I don't agree with your view on the world?.... that's rich!you guys that attack me personally when shown something that doesn't fit your eye, well, you really are confoundinginstead of taking the time to calmly point out where and how my opinions are wrong I get ad hominim attacks from so-called lifelong friends.... Yeah, I listen to Limbaugh, so what!? I also read E.J. Dionne and the folks from the Huffington Post as well as *The Nation*, God help me... I read about 600 columns a month from everywhere (2/3rds of those columns are from the Left.. it's so pervasive that many of the pieces in SI, Discover, Smithsonian, etc are slanted Left). Can you say the same? When you deprogram me please don't make me listen to Olberman please, I'm begging you."

"Maybe I should turn this around on you..... 'you sure have changed'..... 'what happened to the guy with whom I grew up?' 'You used to have a strong conservative belief system (never drank, never smoked, etc).' 'When did you change and how did you get so screwed up?'.... do you hear yourself? Do you see the words you are saying? You're allowed to have your opinion, you're allowed to say what you like but I can't and since I don't agree with you I must get de-programmed and I support a cancer on society? (Um, does a totalitarian state sound familiar?) Good Grief, you didn't even view the thing to point out its "lies and distortions"..... yeah, yeah, I know the drill, only contact you about the family... no politics, nothing that can even come close to offending you.... I'll do my best to continue this one-way friendship, but minimally. Just because you believe you own the high ground doesn't make it so."

"Please don't project what you think my belief system is, e.g.... birthers (rubbish); death panels(the healthcare bill provides for panels on everything - it's irrefutable and it's dangerous to let bureaucrats handle everything); always the muslim card (if BHO acts muslim throughout the world and here, why doesn't he just say he is? Don't lie about it or prevaricate - I don't care what his religion is - you should have watched the video); comparing BHO to hitler and nazis (rubbish) were you asleep during the 20 years of Reagan, Bush, Bush?.... that stuff (hitler, nazi, various cards, etc.) that stuff is the *modus operandi* of the Left (and you've already conceded I'm a right wing guy) so I question his politics and his policies, so what? You should too. You should scrutinize BHO and his policies as thoroughly as you did both Bushes and ReaganI'd like to have a give and take but it always comes down to me being called namesplease don't answer this because I can no longer suffer fools... I get the picture..... as stated earlier, JUST BECAUSE YOU SAY AND THINK YOU HAVE THE HIGH GROUND DOESN'T MAKE IT SO!"

I wonder if the first guy even read the return email? Probably not! I believe, my friends, that this scenario is happening throughout the United States. The hysteria of the Left is palpable and they are actually getting everything they want. It's impossible to understand what makes their minds work and why they want to take away our freedoms and make us march to the beat of their drum as convoluted as it is. If we don't, we are a "cancer!" It's ludicrous.

A shrug of the shoulders, Godspeed!

Ed. Note: (If you are Catholic and live in Pueblo West, come on out to morning Mass on Wednesday, Thursday and Friday at 8:00 am sharp. It's a great way to start the day!)

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El Pueblo: Picket Wire History Lecture By Bill Convery

by Kathleen Eriksen - El Pueblo History Museum

On June 12, Saturday, State Historian Bill Convery will present a memorable program on the history of the Picket Wire - the canyons and plains of the Purgatorie River basin which are currently embroiled in controversy between landowners and the U. S. Army. However, the region's in-

teresting history stretches back many eons. Learn more about this fascinating area with Mr. Convery's program from 11:00 a.m. to 12:30 p.m., and then take a tour of the exhibit, "Contested Lands: Photographs Around the Picket Wire." Cost is \$5 per person, call the museum to register.

Frontier Toys Week-long Workshop

It's play time on the frontier! Children 8 years of age and older can learn how to make the toys of frontier children from June 14, Monday, through June 18, Friday, from 10:00 a.m. to 12:00 p.m. Jacob Ladders,

cup and ball, clay marbles with their leather bags, bull roarers, tops and games are some of the toys participants will make. Cost is \$25 for the week or \$6 each day, which includes supplies. Call the museum to register.

Song of Pueblo Concert

The "Song of Pueblo" returns on June 18, Friday, where music and history are combined in a live and intimate performance. View Pueblo's historic images while you listen to an original musical composition by Daniel Valdez along with narration. Enjoy the musical talents of Tom Munch, Johnny Watson, Linda Amman and

David Enke. Doors open at 6:30 p.m., concert is at 7:00 p.m. Tickets are \$15 each.

Mercado

Experience a nighttime Mercado on June 19, Saturday, from 6:00 p.m. to 9:00 p.m., with living history interpreters as they go about their evening tasks and enjoyments on the frontier. Fully use your senses as you smell a savory dinner cooking, eat some tortillas, do some chores, hear some stories and try your hand in a Monte card game. Call the museum for costs and more information.

Energy Assistance Funds Available for Pueblo County Xcel Energy Customers

PUEBLO - Energy assistance funding for limited income Pueblo County families who are natural gas customers of Xcel Energy is currently available through Catholic Charities Diocese of Pueblo.

Catholic Charities has thousands of dollars available to help qualifying Xcel Energy customers in Pueblo County pay a portion of their natural gas bills. For more information, please call Catholic Charities at 719-544-4233. Applicants must show proof of identification and income.

The energy assistance funding is provided through Energy Outreach Colorado, a nonprofit organization that distributes funds throughout the year to 130 emergency assistance sites across the state, including Catholic Charities.

Energy Outreach plans to contribute at least \$9.5 million this year for energy assistance statewide. EOC also funds grants for energy efficiency upgrades for affordable housing and nonprofit facilities and administers a multi-family energy efficiency program for the Governor's Energy Office.

Additional funding is critically needed, and tax-deductible donations can be made to Energy Outreach Colorado by going to www.EnergyOutreach.org or calling toll free 1-866-HEAT-HELP (1-866-432-8435). Coloradans needing energy assistance should also call toll-free 1-866-HEAT-HELP for information about an assistance organization near them.

Treating Osteoarthritis Knee Pain Without Surgery

by Arnold Weil, MD - Nonsurgical Orthopedics, P.C.

(NAPSI)-If you're among the millions of Americans suffering with knee pain from osteoarthritis (OA), finding relief may be your number one concern. Knee osteoarthritis is a leading cause of disability and can dramatically impact everyday life. OA can cause normal movements such as walking, bending and climbing steps to become painful and it may seriously limit a person's ability to function.

If you are living with knee pain from OA, you may assume that it warrants surgery. Indeed, knee replacement surgery may be needed in advanced cases, but it may not be your only option.

With all of today's medical ad-

vances, sorting through your treatment options can be overwhelming. It's important to consult your doctor for help; physicians specializing in orthopedics or rheumatology are especially knowledgeable about the latest treatments.

In cases of mild to moderate OA pain of the knee, doctors often prescribe over-the-counter pain relievers. If your knee pain continues or worsens, your doctor may recommend prescription anti-inflammatory medications.

Corticosteroid injections are sometimes administered to reduce inflammation; however, they provide only short-term pain relief.

Another type of injection is hyaluronic acid (HA) therapy. HA therapies, like EUFLEXXA® (1 percent sodium hyaluronate), are used to lubricate

the knee joint. They serve to replenish synovial fluid, which normally cushions the knee. Combining treatments like EUFLEXXA with weight loss and exercise can be especially effective in helping to relieve OA knee pain.

As for exercise, it is essential for building strength in the muscles around your knee and promoting knee joint health. It is important to find activities that do not put additional stress on your knee joint. You may need to avoid high-impact exercises such as jogging or tennis and substitute low-impact workouts such as swimming or yoga. Ice and supportive devices can provide some relief as well.

For additional information on osteoarthritis, talk to your doctor and visit www.euflexxa.com to learn more about this treatment.

Important Safety Information: Euflexxa® (1 percent sodium hyaluronate) is used to relieve knee pain due to osteoarthritis. It is used in people who do not get enough relief from simple pain medications such as acetaminophen or from exercise and physical therapy.

You should not receive this product if you have had any previous allergic reaction to Euflexxa® or hyaluronan products. You should not have an injection into the knee if you have a knee joint infection or if you have skin disease or infection around the injection site.

Euflexxa® is only for injection into the knee performed by a qualified doctor. After you receive this injection you may need to avoid activities such as jogging, tennis, heavy lifting or standing on your feet for a long time (more than one hour). The safety and effectiveness of repeat treatment cycles of Euflexxa® have not been established. The safety and effectiveness of Euflexxa® have not been shown in people under 18 years of age.

Side effects sometimes seen when EUFLEXXA® is injected into the knee joint are pain, swelling, skin irritation and tenderness but these are generally mild and do not last long. Visit www.euflexxa.com for full prescribing information.

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The Director of Golf at Hollydot is Prim Ivan. He is a 1980 graduate of Colorado State University-Pueblo where he was a member of the golf team and was named an All-American his senior year. He is a three time Pueblo City Champion. He was also named to the All-conference team three years. As a professional, Prim won the PGA Western Division Championship. Prim is known for his hospitality throughout the region.

The Pro Shop is well stocked with the newest golf equipment and attire for both men and women. Prim and his pleasant, experienced staff are eager to assist you with all of your needs. Prim enjoys teaching players of all levels.

The course is maintained by experienced greens keepers and staff, who strive to keep Hollydot challenging and in top condition all year long. Hollydot is happy to introduce our year around Twilight rate of \$25.00 for 18 holes with cart. This rate is honored Monday through Friday after 12pm and Weekends after 2pm. We do not charge an improvement fee and you do not have to be a resident to become a member.

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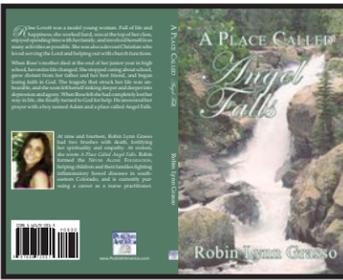
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Coulter: “Republicans On Track?”

by Ann Coulter

REPUBLICANS ON TRACK TO SNATCH DEFEAT FROM JAWS OF VICTORY

Republican consultants are doing a wonderful job raising expectations sky-high for the November elections, so that now, even if Republicans do smashingly well, it will look like a defeat (and an across-the-board endorsement of Obama's agenda). Thanks, Republicans!

That's what happened in the 1998 congressional elections, nearly foiling Clinton's impeachment. It's what happened to the Conservative Party in Britain a week ago. And that's what happened this week in the 12th Congressional District of Pennsylvania, formerly represented by Rep. John Murtha.

Note to Republicans: Whenever possible, victory parties should be held after the election, not before it.

The result of the election in Murtha's old district on Tuesday was that the rabidly anti-ObamaCare, pro-life, pro-gun candidate won! Yippee!

But the news on Wednesday morning was that the election "dealt a blow to Republicans," as The New York Times reported.

The reason the Times' description was not utter madness (in violation

of New York Times' official policy) is because the anti-ObamaCare, pro-life, pro-gun candidate was a Democrat and, for the past two months, every Republican on TV has been predicting a Republican victory in Murtha's district.

Thanks to all the happy talk, if the Republican actually had won, it would have been Page 16 news. But when the Democrat won, it seemed like an against-all-odds, come-from-behind Hoosiers victory!

Why were Republicans predicting victory in a district where Democrats outnumber Republicans 2-1? Given a choice between two candidates who both hate ObamaCare, why would lifelong Democrats not vote for the Democrat?

Republicans are playing the same raised-expectations game with the November elections. Republican House Minority Leader John Boehner is ludicrously predicting Republicans will pick up 100 seats in the House in November. Newt Gingrich puts the figure at an equally insane (and weirdly precise) 78. He also predicts the Cubs will win 132 games this season and six games will be rained out.

Keep it up, Republicans, and I'm going to keep naming names. I

have Nexis.

For more than half a century, the average midterm pickup for the party out of power has been 24 seats.

Your job, Republicans, is not to go on Fox News and whisper sweet nothings in conservatives' ears. Your job is to repeal the Obama agenda. Raising expectations so high that a 30-seat Republican pickup will seem like a loss is not helping.

Moreover, we're not going to pick up any seats this November if Republicans keep chumming around with the Democrats' pals on Wall Street.

Roughly since the Harding administration, Wall Street has overwhelmingly favored Democrats. According to a recent report from ABC News, for example, the five largest hedge funds gave "almost all their donations to Democrats."

For the past year, the Democrats' Wall Street BFFs have had lower public approval ratings than Hitler. (When I say "Hitler," I don't mean Dick Cheney or George W. Bush; I actually mean Adolf Hitler.) While Hitler continues to enjoy great personal popularity, there is a growing dissatisfaction with his policies.

How could Republicans possibly screw that up? We try harder.

No sooner had the news come out that Goldman Sachs (Joseph Goebbels in this metaphor) had given Obama an astronomical \$1 million in campaign donations, than Republican John Boehner decided that this was the time to suck up to Wall Street! So Boehner flew to New York to meet with Wall Street bankers and ask them to be Republicans' friends.

Boehner is like the guy who just got raped in prison and doesn't know what happened to him. *Hey -- what was that? Should I have thanked the guy?*

As Pat Caddell says, Democrats are whores, but they expect to be paid; Republicans' names are scrawled on the bathroom wall: "For a good time, call the GOP!"

As depressing as it is to watch the Republican Party dive headlong off

a cliff, at least we have Dick Blumenthal.

Connecticut's attorney general, pompous, freakishly ambitious, self-righteous, hold-a-press-conference-every-day Blumenthal, was a shoo-in to take Chris Dodd's Senate seat this fall.

After all, he was a Medal of Honor, Distinguished Service Cross, Silver Star and Purple Heart winner from his days as a four-star general in Vietnam. (And captain of the Harvard swim team to boot!)

But now we find out from a front-page article in The New York Times that, despite Blumenthal's repeated references to serving "in Vietnam" -- he was never in Vietnam. He got five draft deferments and then joined an elite unit of the Marine Reserves to avoid going to war, serving in their heroic "Toys for Tots" brigade.

He also wasn't on the Harvard swim team. (Oddly enough, though, the story Blumenthal likes to tell about owning a necklace of human ears? That one's actually true.)

Blumenthal may as well have shown up for a press conference in a dress. Suddenly, Connecticut is in play!

Naturally, therefore, Republicans are planning on running a World Wrestling Entertainment "impresario" against Blumenthal. Yes, in Connecticut ... a state that is among the wealthiest and most highly educated in the nation ... a state that isn't Minnesota. The average Nutmegger doesn't even know what a turnbuckle is, and that includes me.

Republicans could run Rob Simmons, a Connecticut legislator with a distinguished record of service in the House of Representatives, the CIA, and as a Yale political science professor -- who actually did serve in Vietnam, winning two Bronze Stars and retiring as a colonel.

But defeat is so close! Republicans can almost taste the bitterness of yet another crushing loss!



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- JUNE 8:** Polish Sausage, Cabbage and Carrots, Wheat Bread, Garlic Mashed Potatoes, Cherry Crisp.
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- JUNE 10:** Breaded Fish/Lemon Juice, Tator Tots, Sugar Snap Peas, Waldorf Salad, Wheat Bread, Chilled Apricots.
- JUNE 11:** Herb Baked Chicken, Au Gratin Potatoes, Carrots, Mixed Green Salad, Wheat Bread, Ranch Dressing, Chilled Applesauce, Tomato Juice.

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- JUNE 25:** Turkey Wrap, Broccoli and Cauliflower, Lime Pear Gelatin.
- JUNE 28:** Country Style Steak, Au Gratin Potatoes, Sweet & Sour Carrots, Blush Pear Salad, Apple Brown Betty.
- JUNE 29:** Cheese Manicotti, Harvard Beets, Italian Mix Vegetables, Wheat Bread, PA upside down cake, CranGrape Juice.
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Finances: Create And Keep Wealth

Sell In May And Go Away? "What's It All About Alfie?"

by Gary Neiens - Raymond James

The markets certainly have the look that supports the old Wall Street axiom that says, "Sell in May and go away". The axiom supposes the historically supported proposition that this often is not the best season in which to be invested. Greece instability has been the primary cause of recent market consternation. The dilemma has many tentacles. Most of the problems involve currency, credit, and moral hazard observations, all of which have been widely discussed. The little discussed side of the so-called Greece bailout is that it is really just another bank bailout. The venues of socialism and Keynesianism (macroeconomic theory that promotes government/public controls on the economy) are failing the crucible. This did not go unnoticed by gold traders as the metal recorded a new high. The metal ran into some problems (late May) due to liquidations that were made to bailout other investment positions that were in trouble.

A lot has happened the last couple of years. Perhaps most importantly, at the conclusion of autumn (2009) over \$34 tril-

lion of global wealth had been destroyed by asset declines. This was more than the gross domestic product of the U.S., Europe, and Japan in 2008. The U.S. stock market capitalization fell almost \$8 trillion by March of 2009 (LIU at Asia Times). This was/is serious stuff. Additionally, this did not count the \$6 trillion (or so) Americans had lost in real estate values. The net effect was that the country/world got downsized financially. Despite this downsizing though, many of us live approximately as we did two years ago. How can this be? ("Are we meant to take more than we give?"...Alfie)

Part of the answer is that world equity markets have improved. Though not near the level of October 2007 (\$63 trillion), by February 2010 the world equity market value stood at \$46 trillion. This reduced losses that had been about \$35 trillion (March of '09) to today's approximate figure of negative \$17 trillion. Also, real estate seems to have stabilized, benefiting from government subsidy.

Another part of the answer could be that global governments have masked

the effects. Government balance sheets now "house" huge amounts of toxic debt that were never cleansed by the free market place. I think we will soon see if this was a solution or not.

Some estimate that at a 5% growth rate (quite optimistic perhaps) it would take the U.S. ten years to revisit the 2007 levels of prosperity. However we'll have something else that people didn't have (in 2007) going forward—at least \$20 trillion in worldwide government bailout/stimulus debt. The monetary near-collapse can be traced to easy government money policies (global) which led to unsupportable asset bubbles. Despite all the recent infused liquidity, credit markets seem somewhat tepid compared to what could be expected.

So, has anything been learned? Apparently not. The engine of government continues unbridled. While private employment is down the last couple years, public employment has again grown. The expectations are for the Obama fiscal deficit to perhaps reach \$1.5 trillion in 2010. In Washington, much as the word million

morphed into billion—now the word of the D.C. budget gurus is trillion.

The markets have had and will have a lot to digest. Expect increased volatility. Many of the indexes that track volatility have again begun to percolate. Market bulls point to certain improving economic measurements and improving corporate earnings. The bears point to some of the afore mentioned items. Perhaps you should also expect that investment strategies that formerly worked—do not now. To me, it seems doubtful that short-term Keynesian fixes will remedy structural economic problems.

Good luck and good investing.

Gary Neiens-Financial Advisor / Investment Broker, Raymond James Financial Services, Inc., Member FINRA/SIPC Phone: 719-545-2900E-mail: Gary.Neiens@RaymondJames.com

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Live Like Rockefeller For Just \$5,000

by Ron Phillips

I have to apologize for the headline. I didn't find any cheap mansions or yachts or hidden-away European villas for that price. What I did discover was a way we can imitate the generosity of the Rockefellers. The family contributed to just about any cause you could think of, including higher education, health & medicine, national parks and other causes.

It's an American tradition to be generous. According to Giving USA Foundation, Americans gave \$307 billion

to charitable causes in 2008. As reported by the World Bank, the US is also the largest giver as a percent of GDP than any other country in the world.

How did the famous Rockefeller family structure their gifts? Mainly through foundations that perpetuate giving and grow with markets...to further perpetuate giving. But how do ordinary folks accomplish that without the high-maintenance, high asset requirements and high costs of a private foundation? Use a donor advised fund (DAF).

Donor Advised Funds are like Quasi-

Foundations

They have very similar characteristics and are more private, easier to maintain and are easier to start than a foundation. Like the headline suggests the asset minimums start at just five thousand dollars although some funds require ten thousand dollars. Total management and administration expenses are relatively small, ranging from 0.15% up to about 1.8% annually. The differences are determined by which companies manage the account and how much in assets are contributed.

There are many large financial companies that assist in these accounts. Some are Fidelity, Vanguard, T. Rowe Price and Eaton Vance. All of these companies have no set-up fees. They are all "one-stop shops," offering a complete suite of services. They provide the administrative oversight, trust duties and investment management.

What's in it For the Giver?

According to Eaton Vance the donor advised funds allow you to:

- Be eligible for an immediate tax deduction
- Avoid capital gains on appreciated securities used for funding the account

- Avoid estate taxes and
- Create a legacy of giving

For example, if a couple were to set up a DAF they could contribute their

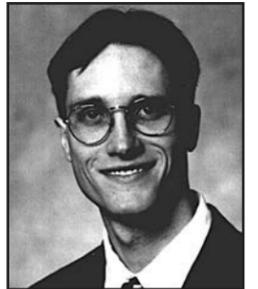
\$10,000 worth of appreciated stock that they purchased for \$3,000. They would avoid the capital gains tax on the seven thousand dollar increase and get the money out of their estate. At the 15% gains rate they would have saved \$1,050 in taxes. They can now direct the fund to make grants of as little as \$50 to the tax-exempt charities of their choice.

These are all very significant benefits in addition to the joy the giver gets from helping their favorite charities. As always, check with your tax preparer or accountant for specific tax implications for your situation.

To help inform the community I have written a special report. It's called The Insider's Guide to Donor Advised Funds. You can request a free copy by calling or emailing using the information below.

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

RonPhillipsAdvisor@gmail.com.



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

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

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

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Senior Community Update



FLORENCE NEWS

The Florence Chamber of Commerce and The Florence Senior Community Center are sharing Pioneer Park, Saturday, June 5, 2010.

The Florence Chamber of Commerce sponsors the Annual Merchants Appreciation Day. A BBQ will commence at 11 am in the Pioneer Park Pavilion. This is the 31st year.

In conjunction with the Appreciation Day The Florence Senior Center is offering "Yard Sale Treasures in the Park" from 6am to 4pm. Those interested in reserving a space or with any questions please call, 275-3482 or 784-6493.

BLOOD DRIVES

June Blood Drives are being held all over the area. Please contact Jessica Lang or Julie Scott at 1-800365-0006 ext2873 or go to www.bonfils.org

STROKE SURVIVORS SUPPORT GROUP

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

Call Chuck at 583-8498 for all the information.

PUEBLO WEST SENIORS

You and a friend, if you like, are cordially invited to meet Pueblo Police Detective, Pat Heine, following the Thursday, June 10th potluck luncheon of the Seniors/Retirees of Pueblo and Pueblo West. We meet from 11:30 to 1:45 at the Pueblo West Memorial Recreational Center.

Detective Heine is from the Crime Prevention division and will be informing on dangers to seniors of Pueblo West."

To get to the center, two signs on Joe Martinez Blvd will alert you to Byrd Street. Turn south on Byrd and east on George to E230.

Consider our lovely spring

weather when you plan your covered dish to share. Please bring your own table service as well. Coffee and tea will be provided.

For more information call Membership committee 647-8969 or 404-4413

LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

The OWLS (older-wiser-livelier-seniors) invites new members for their social group that has activities including dining out, bowling, movies, picnics and others. For more information please call Joe or Marie @ 545-2803

RIDE TO CHURCH?

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

GENEALOGICAL SOCIETY

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

SRDA CALENDAR

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

LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an

estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis?

How can they ease the pain, deal with the limitations it causes, and support their doctor's treatment? With the help of some of the world's leading spine specialists, the American Arthritis Society has compiled twelve practical tips for self-care that are effective and easy to follow. Please visit the Society's website at: www.americanarthritis.org.

AARP SCHEDULE OF ACTIVITIES

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

Pueblo, Colorado 81005

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

TOASTMASTERS

What: Pueblo Toastmasters #179 Public Speaking Class

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

When: 2nd & 4th Mon., of every month, 6:15 - 7:15PM

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

STEP-UP PROGRAM

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

ALZHEIMER'S SUPPORT

The second Tuesday of each month at 7 pm at the Ecumenical Church located at 434 S. Conquistador Room C an Alzheimer's Caregiver Support

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Group will meet Call 544-5720. Tom Reyes, Facilitator.

COMMUNITY BLOOD DRIVES

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

JOB SEEKERS

Southern Colorado Job Seekers meets the third Tuesday of each month. Contact Bill Smith, 719-583-1837, Patrick Hurley 719-561-1134 or email them at SCJSNETWORK@hotmail.com

PUEBLO CEMETERY ASSN

The Pioneer Cemetery Association is having a clean up, May 15, 2010 at the Old North Side Cemetery at 20th and Montezuma, we will start at 8:30. Bring your own tools and refreshments will be provided. This clean up will be for our annual Memorial Day Service which will be held on May 31, 2010 at 9:00am; the public is invited. For more information please contact Marge Patterson at 561-1072 or email

QUEEN ANN ACTIVITIES

Sunda

SPIRITUAL VOLUNTEERS

"There is more to life that just retirement!" Are you looking for something to do during the week? Are you looking for a way to extend your religious beliefs and practices? Are you looking for a way to "give back" to others and frankly, to have a reason for getting up in the morning?

We are in need of willing volunteers to help mentor other seniors, young adults, and children so that they too can find meaning in their lives.

Please contact Pastor Adrian Washington, Westminster Presbyterian Church, 10 University Circle, Pueblo, Colorado 81005 Sunday Worship - 10:15 A.M. (719) 561-8031.

WIN A GIFT CARD BY TAKING SURVEY ABOUT LOCAL BOOK

You can win one of 10 \$25 gift cards by taking a quick on-line survey to evaluate a local book Living Healthier and Longer—What Works, What Doesn't by Drs. Carl Bartecchi and Robert Schrier.

The book is part of an innovative public health initiative to disseminate timely, accurate, and understandable health information on a wide scale to initiate behavior changes.

Thanks to generous contributions, the book was provided, free of charge, to 60,000 households in Pueblo.

To be eligible for one of 10 a \$25 gift card the survey must be taken by Friday May 28, 2010. The authors are eager to receive feedback on the book.

Members of the public that have read the book are encouraged to take the short survey through May 28, 2010 at this link <http://www.surveymonkey.com/s/T3M36VF>

CSU EXTENSION (PLANTS)

Have you ever wanted to learn about the beautiful plants that grow in nature? Consider becoming a Native Plant Master! Award-winning Native Plant Master courses are offered at various open space parks and public lands during spring and summer. Courses are taught in the field using living examples of Colorado flora. Instructors have extensive field experience and are certified Native Plant Masters and/or have advanced degrees.

CSU Extension/Pueblo County is currently accepting registration for the June 12, 19, 26 course. Cost is \$90 per course or \$50 per course for participants who report public contacts. Registration deadline is June 2. Call 583-6566 for details.

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SENIOR CLASSIFIEDS

ARE YOU CHALLENGED by your **INSULIN** balancing, cholesterol or weight management? Let me introduce you to Bios Life Slim. Go to HealthCanBeEasy.com and see 2 short videos and listen to a 6 minute audio. Or call 1-760-569-1140 and listen to a 6 minute recording. My friends CJ and Tori have lost a total of 92 lbs in 90 days. My name is Maureen and I'm a seasoned private caregiver for brittle diabetics and people with Alzheimer's. Diabetes is so prevalent and I'm making it my personal quest to help people live a longer life and have a decent chance to outlive their parents. I can be reached at (970) 361-0400(cell) or (970) 433-7207(office) or HealthCanBeEasy@gmail.com. The science is strong behind these products and I can provide published clinical information for you and your doctor to evaluate. #0710

FOR SALE: Robot roomba vacuum cleaner. Brand New. \$150.00. 7' folding aluminum ramp. \$225.00. 719-542-4955. #0710

WANTED: Certain record albums and 45's from 1950's and 1960's. Jazz, R & R, R & B, C & W. No Classics, Orchestras or polkas. Also 10 cent comic books. 719-566-7775. #0710

HEARING AIDS: Starkey Destiny 1200 Behind the Ear with directional microphone and multimemory button. Less than 3 years old with one year warranty left. Purchased in Pueblo. (303) 324-7149. #0710

ALASKA MAN: 52! Seeks female 50-60 years old. Christian. Would love to love companion, friendship forever. 719-980-4342. We can meet. #0710

HOME CARE PROVIDER: Have experience. Dependable, Run errands. Doctor Appointments. Companion. Call Carmen, 564-2157. #0610
CNA & CARE PROVIDER. Dependable, flexible hours - 30 years experience and references. Call Edna, 566-

7775. #0610
POWER CHAIRS - Pride Jet 3 ultra and Jazzy 1100. Choice \$495.00 Pride Legend Scooter, 4-wheel with two (2) baskets. \$595.00. #0610

24/7 LOVING CARE in Christian home. Over 30 years experience. Space for one client only! Hurry. Call now. 719-542-3496. #0610

30 YEAR EXPERIENCE, CNA. Will care for you in your home. Cooking, errands, doctor appointments, shopping, cleaning, laundry. Will make your day comfortable. References. 719-543-5446. #0610

"I FORGAVE MYSELF" CD: 15 inspiring, humorous, breathtaking songs by spiritual songwriter. \$15 (including shipping). Check, Money Order: Eric Schneider, 1817 Carson Ave., La Junta, CO 81050. #0610

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\$75 HOLDS A CLASSIC colored long and short haired chihuahua for that special occasion. The dogs are hand raised, house and crate trained have first shots. (307) 634-1177 or www.Wyomingchihuahuakennel.com #0510

FAMILY TREE? My time and experience is available to help you start, build or research your family tree within the USA. pre-1930. Call Tom at 719-566-7975. #0510

ALTERATIONS/MENDING: Reasonable prices. Quick turnaround. Have pincushion will travel. Call 719-225-0425. Let's talk and set an appointment. Thank you. #0510

DUAL SPACE: in military court of honor section. \$750.00. You pay transfer fee. 719-225-6671. #0510

FOR SALE: Timeshare. Stormy Point, Branson, MO. Sleeps four. Furnished, \$12,000. 719-583-2042; 248-5479. #0510

"LOOK" - Caucasian man, 73, seeks female live-in friend, companion. Woman should be past middle age. Man is in good health, good physically. Expects similar. Rural home, nice,

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.

not fancy. Has separate bedroom. Also has horses. Must be a U.S. citizen. Driver's license essential. This is a sincere effort. Being alone is no fun. If interested, call Bill - 719-406-5754.

#0510
FOUR GRAVE SPACES, in Hillcrest section at Imperial Gardens. \$1500 plus transfer fee. Call (719)649-2478 or (719)946-5214. #0310

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

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

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

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

#0310

JAZZY SELECT power chair. Excellent condition. Used only once. One-year old. Call, Tony for price at home (719) 947-1142 or cell (719) 778-7481.

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

#0310
ONE BEDROOM SPACIOUS. Southside complex. Rent - \$420 deposit - \$250 includes water, trash, parking, laundry room, close to bus stop and shopping. Rustic Villa (719) 564-8899. #0810

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

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

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

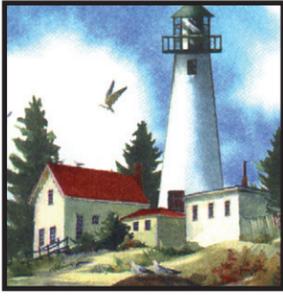
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**BEAUTY FROM BROKENNESS
JUNE 2010**

Tossing and turning in the twin bed, I couldn't relax. The bed wasn't uncomfortable but I am accustomed to sleeping with my husband, Rick, who was already snoozing in the twin bed next to me. We had left Daytona Beach that afternoon to drive to Sanibel Island. The cute little beach cottage we rented right on the shore was delightful with a nice screened porch and everything we needed for our brief stay: Perfect except for the twin beds. Having been the only vacant cottage, we took it.

"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



Our plan was to walk the beach before anyone else on the island was awake in order to find the best shells. As I tossed and turned, my mind spun with the upcoming prison services and our long trip the next day to the women's prison at Brooksville. In order to be at the prison on time we would have to leave by 1:00 PM the next day and we wanted to take in as much of the island as possible during our brief visit.

Finally, my thoughts settled gently on the beach and I pictured glistening white sand, the pattern of broken shells along the shore, sandpipers, gulls and little stork-type birds that are so much fun to watch. Confident there would be many shells to gather in the morning, I drifted to sleep.

Rick and I had flown to central Florida for a two week mission outreach to prisoners and were staying one week in a Daytona Beach condo, a generous gift from a friend in Hawaii. There were nine prison services scheduled and the Lord granted this pocket of time between them for rest. I had heard wonderful reports about Sanibel Island and was excited to finally visit this lovely place with its magnificent white beaches. This was a sweet surprise from the Lord.

My eyes popped open before the alarm rang at 5:30 AM. In short order, we were both ready to go to the beach. It was dark when we left the cottage and we picked our way along the shore wishing we had flashlights. Not able to actually see the shells never occurred to me even if we were the first on the beach. As it turned out, several other shell seekers were on the

beach, some carried flashlights. Someone said, "If you want to find sea shells in the dark.... just take off your shoes!" Shells crunched under our feet as we strained to see and walked gingerly along the sand. The horizon slowly lit and we picked up many beautiful shells but most of them were broken. The few not broken were like tiny treasures and I carried them in my pocket instead of putting them in the bag with the rest.

The sunrise was gorgeous and I praised the Lord for prompting us to be up early. We walked the beach for several hours gathering shell after shell. I picked up a beautiful clam-type shell with extraordinary coloring. I gasped. "It's beautiful." I cradled it in my hand, admiring the unique coloring. Then I saw the broken place on the edge. "Oh, it's broken." I sighed disappointedly and threw it down.

The Lord spoke very clearly to my heart. "Jan, you will speak to women tonight who have been terribly broken: Broken hearts, broken lives, broken homes and broken relationships. I never throw them down. I pick them up, cradle them in my arms and heal their brokenness. Tell them! Tell them no matter what they have done or been through, I will never throw them down and I am always here for them."

I quickly picked up the shell and pondered what I had just heard. I considered my own years of brokenness and how He healed me in so many areas of my life. I would not be the person I am today had I not experienced the brokenness of my past. What an incredible gift to share with the women at Brooksville that evening.

Rick and I left Sanibel Island on schedule and, I may be crazy, but if Jesus took us there for no other reason than to give me that message for the ladies, it was so worth it. That evening the message was clearly expressed in the eyes of precious women. The Father touched deep hurting places in their hearts and healed some brokenness on the spot. They came one after the other in lines for specific prayer for healing.

The next evening, I shared the same story in a men's prison and one of the men said, "Jan, I just want to tell you, I am so glad God didn't throw me away when he saw how broken I was and the things I've done. I am so glad

He held on to me. I would have never made it if He hadn't."

The women at Brooksville are growing into beautiful women of God and He is using the broken things in their lives to mature them. Just as the women of WCCC in the Oahu women's facility* and other prisons around the globe, they recognize the gift of brokenness. For some their lives were saved and many were rescued from the pit of hell. They find joy in their brokenness and praise the Lord for picking them up and for the promises in His Word.

He has promised them a garment of praise for a spirit of heaviness and beauty for ashes. These precious women are brushing away ashes to behold incredible beauty as new creations in Christ Jesus. He is setting them free on the inside. It is such an awesome privilege to share a moment in their lives and to see our Lord fulfilling His prophecy from Isaiah. He is making them oaks of righteousness, a planting of the Lord for the display of His splendor and it is an amazing thing to see. Rejoice with me in their freedom from bondage.

Isa 61:1-3 The Spirit of the Sovereign Lord is on me, because the Lord has anointed me to preach good news to the poor. He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from darkness for the prisoners, to proclaim the year of the Lord's favor and the day of vengeance of our God, to comfort all who mourn, and provide for those who grieve in Zion — to bestow on them a crown of beauty instead of ashes, the oil of gladness instead of mourning, and a garment of praise instead of a spirit of despair. They will be called oaks of righteousness, a planting of the Lord for the display of his splendor. NIV

* See Light For the Journey, April 2010 Senior Beacon - www.seniorbeacon.info (archives)

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Reeling "Action Times Two!"

by Film Critic Betty Jo Tucker, Pueblo

ACTION TIMES TWO

Some exciting action films usually arrive during the summer movie season. This month, fans of the action genre will be able to see "The A-Team," "Killers," and "Knight and Day" on the big screen. "The A-Team" is a film version of the popular television series; "Killers" features Ashton Kutcher and Katherine Heigl as a married couple who may be targeted by assassins, and "Knight and Day" co-stars Tom Cruise and Cameron Diaz as fugitives on a wild race across the globe. For small screen

viewers, two recent action movies, "From Paris with Love" and "The Green Zone," will be released on DVD in June -- one a hit, the other a miss.

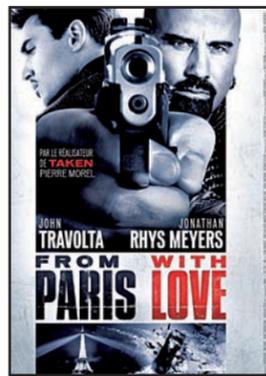
"From Paris with Love" introduces Charlie Wax, a spy who acts like Jack Bauer on amphetamines. As played by an almost unrecognizable John Travolta, Charlie seems to enjoy rampaging through Paris as he and his new partner rush from one dangerous situation to another on their mission, which involves drug dealings as well as an upcoming terrorist attack. Jonathan Rhys

Meiers portrays James Reece, the bewildered yet ambitious U.S. Embassy employee who must accompany Charlie during his time in Paris. Although Travolta and Meiers make an unlikely duo, they get into their roles with gusto. And the fast-paced action here is exciting to watch.

We've seen Travolta successfully camouflage his appearance before. When I saw him playing a woman in "Hairspray," I completely forgot he was the famous movie star. In "From Paris with Love," he's bald, heavy-set, and bearded -- and Travolta lets his character go over the top in a way that convinces us he's probably a bit insane. Meiers ("August Rush") delivers an equally believable performance in the role of James Reece, a man who wants to move up in the intelligence field. Reece is not happy simply playing chess with the U.S. Ambassador and running errands for him. But he never expected anything like Charlie Wax, and Meiers does a great job showing Reece's concern over Charlie's unorthodox methods plus his distrust of Reece's beautiful live-in love interest (Kasia Smutniak). It's interesting to see how both men learn to respect each other as a result of being thrown together on this perilous assignment.

"From Paris with Love" boasts surprises, suspense, welcome humor (for example, Travolta singing "Close to You" as only Charlie would do) in addition to its high octane action and fine performances. There's even a little homage to "Pulp Fiction" -- but if you blink, you might miss it. Personally, I'm happy to report that after disappointing many fans in "Old Dogs," Travolta redeems himself with his take-no-prisoners turn in this entertaining action flick released by Lionsgate. (Rated "R" for bloody violence throughout, drug content, pervasive language and brief sexuality. DVD available on June 8.)

Wish I could have seen all of "Green Zone," but speedy, jerky camera shots hurt my eyes, so I'm forced to close them during most sequences featuring that kind of photography -- and "Green Zone" includes plenty of it. My husband calls this filmmaking technique "lazy cinematography," for he believes it lacks careful attention to the choreography of action scenes. He might be right. While Matt Damon's latest outing as a hero on



an important mission evokes suspense and empathy, the movie -- as directed by Paul Greengrass -- suffers from the chaotic way it's filmed. I realize the type of cinematography used so much here is supposed to help us feel the intensity of what's happening, but a little of it goes a long way.

Damon portrays Chief Warrant Officer Roy Miller, a dedicated U.S. soldier assigned to find Weapons of Mass Destruction at the beginning of the Iraq war. Because of faulty intelligence, none of the sites he and his men visit reveal evidence of the deadly WMDs. As Miller investigates this situation, he becomes more and more concerned about the information he's been given and finally decides to take matters into his own hands. Naturally, Miller's rogue behavior upsets U.S. officials in charge of the occupation efforts in Iraq. Delivering a highly believable performance here, Damon makes us admire his character's sense of right and wrong -- plus his courage to continue with a mission despite enormous obstacles.

However, besides the cinematography problem, "Green Zone" is hard to watch because it reminds us of the mistakes our government has made in connection with the Iraq war. Based on Rajiv Chandrasekaran's nonfiction book, "Imperial Life in the Emerald City: Inside Iraq's Green Zone," the fictional film version was written by Brian Helgeland, and I can't help wondering if the deplorable incidents depicted in the movie are a fair depiction of what actually happened. (Released by Universal Pictures and rated "R" for violence and language. DVD available on June 29.)

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

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