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Senior Beacon

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

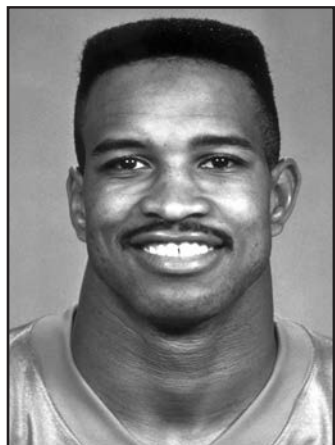
May, 2007 Vol. 25: No. 10 Established Aug., 1982 298 Consecutive Months!

Retired Broncos Sewell, Brunson, Thompson, Lang Highlight Event

Southern Colorado Senior Life/Health Festival

by James R. Grasso - Publisher

The 10th Annual, (has it been that long already?), Southern Colorado Senior Life & Health Festival will take place at the Events Center in Pueblo at the Colorado State Fairgrounds on May 11, 2007. (See pages 13-



Steve Sewell will be there. Will you?

17 this issue).

According to Kathilee Champ-lin the name has been changed from the Pueblo Seniors Life Festival to its present name because "the Festival has been drawing seniors from all over Southern Colorado and we wanted to reflect that fact."



"We have sent invitations to agencies, organizations and facilities throughout the Arkansas Valley and

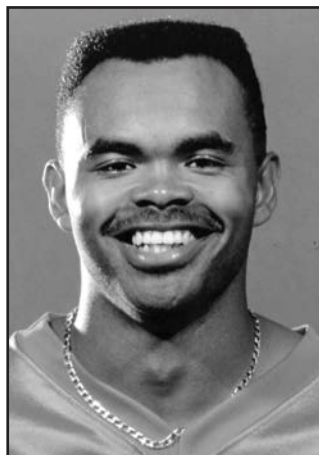
south to as far away as Trinidad and Alamosa and the San Luis Valley urging one and all to come to Pueblo for this year's Festival," she said. "It is our hope to make this a truly Southern Colorado happening increasing the fun and information each year to include the entire southeast quadrant of the state."

This year's fare includes the Senior Citizen of the Year Award (see inside page 13), the Grandparent of the year (also on page 13) and the Community Service Award (page 16).

Don't forget the Senior Lunch-

eon, which is free to the first 100 seniors. Of course the retired Broncos will be on hand. Meet LeLo, Steve, Billy Thompson and Larry Brunson.

Enjoy music, magic, ice cream social giveaways, prizes, golf information and oodles of booths with excellent information you need. So come on out!!!!



Le-Lo Lang will be there. Will you?

See The Southern Colorado Senior Life & Health Festival Program Section On Pages 13-17 Inside And Come And Enjoy The Fun, Plus Meet The Broncos Of Yesteryear Up Close And In Person!!

Event Helps Sustain The Boys & Girls Club

Steak & Burger Event Takes Place At The Arts Center

Pueblo, CO - - Boys & Girls Club/Girls Inc. of Pueblo County & Lower Arkansas Valley will host its annual Steak n' Burger, Friday, May 18, 2007 from 6:30 p.m. - 11:00 p.m., at the Sangre de Cristo Arts & Conference

Center. Proceeds will go towards prevention, education and recreation programs that help our girls and boys, ages 5-18, gain the knowledge and skills they need to say "No" to at risk behaviors and

"Yes" to a healthy productive lifestyle.

Meet the Club's Youth of the Year and enjoy dinner, cocktails and entertainment in the Bob Jackson Conference Center. Guests are invited to participate in a live and silent auction. Outside

on the paseo area partygoers may enjoy dancing to the music of "Little Ricky and the Roosters."

For more information about Steak n' Burger, please call Charleen Lamphear at (719) 564-0055.

Pat Gash & The "2-1-1" Team Help Holly Victims

by Trish Orman-Special to the Senior Beacon

When Pat Gash went to work on Friday, March 30, little did she know that she and her staff of volunteers would handle more than 200 telephone calls seeking supplies and services for the victims of the Holly tornado.

Gash, director of 2-1-1 for Southeast Colorado, admitted that the tragic weather event of Mar. 28 put her staff into emergency mode for days as they provided around the clock service to callers who needed help and to volunteers who wanted to provide labor and materials to the storm victims.

"The storm put us on call 24-7," Gash explained recently. "In that regard, it meant that a staff member was taking calls all day and night. Nevertheless, as long as we were in touch at the volunteer center (In Holly), we could provide updates about what was needed and where

people could go for help."

2-1-1 is an easy-to-remember telephone number that persons can call to reach a person trained to help them assess their needs and put them in touch with the community services available to meet those needs.

2-1-1 for Southeast Colorado is based at the Senior Resource Development Agency in Pueblo, but it serves and links to 11 counties in southeastern Colorado—including Prowers County and Holly in particular. It is one of many programs available to help seniors, and others, work through the often complex maze of community service agencies and government programs.

Partly as a result of the emergency, 2-1-1 service volume increased to a new high of 1898 calls for the first quarter of 2007.

The storm hit Holly at mid-evening on Wednesday, Mar. 28, but for

nearly 24 hours, electricity and other services were unavailable. The 2-1-1 collaboration of agencies deployed volunteers immediately. Four to six volunteers maintained phone lines at the Holly volunteer center, and Gash's crew handled calls in the Pueblo center.

From Friday through Sunday following the storm, the Pueblo center fielded calls for supplies—nails and bolts to tarps and lumber as well as food and clothing. Roofers were needed. Other agencies, such as the Pueblo Association of Home Builders came on board to offer assistance.

"Most of the calls were from people who wanted to know ways they could help," said Gash. "At that point, we were referring them to the Holly Volunteer Center because we had to make sure the donation list was appropriate to their needs."

Although Gash credits her volunteer team—Rose Teel, Lee Ann Van Del, and Shirley Harrison—for their skillful handling of the emergency, Gash herself



Pat Gash (above) and the 211 for Southeast Colorado were an integral part in aiding the people of Holly during their devastating tornado in late March.

had the evening and weekend calls transferred to her cell phone so that she could provide information and assistance outside of regular business hours.

"It quite an experience. A first time experience for us. Positively, I think we did a really good job of keeping on top of everyone's needs—linking people with services and taking care of people's needs," Gash said.

WANTED: Volunteer Ombudsman

Wanted, Volunteer Ombudsmen to share their time, talents and caring hearts with the elderly residents of Long-Term Care and Assisted Living facilities. This would be a great opportunity for retired Nurses, Social Workers, and Individuals who love and want to work with some of the most vulnerable members of our society. In this capacity, you would advocate for these residents and when necessary investigate and obtain proof of deviation from nursing home care standards. If interested please call 583-6123. This Volunteer position is with the Pueblo County Long-term Care Ombudsman Program. YOU MUST BE ABLE TO PASS A CRIMINAL BACKGROUND CHECK BEFORE BEING ACCEPTED.

INTERESTED IN HELPING SENIORS MODIFY THEIR HOMES TO THEIR CHANGING NEEDS?

If you are interested in forming a group of people who would like to help Seniors with building ramps, installing hand rails, modifying doors, etc. to fit their changing needs, won't you please contact us?

Persons interested in forming this group to help Seniors should call 2-1-1 and give your name, address and phone number.

This need is going unaddressed all over Pueblo County and Southern Colorado. Why not call us today?

Just One Guy's Opinion

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



Life Fest 2007 - Don't Miss This One!

Final chance for you all to mark your calendars for Friday, May 11, 2007. From 8:00am when the Health screenings begin to 4:00pm when the doors close the Tenth Annual Southern Colorado Seniors Life and Health Festival is really something none of you should miss. Like to golf? Golf Tec is one of our sponsors and they'll give you a swing assessment along with other tidbits to improve your game. Is genealogy your passion? Come to the Senior Beacon (Life Fest 2007) Booth where you can not only get started on your family tree but you can also pick up this year's Senior Housing '07 pamphlet and TheGuide '07 as well as purchase for a donation something really neat canceled postage stamps already framed. The donations go directly to Crohn's and Colitis Foundation of America (CCFA) for research.

Feted at the event will be the Grandparent of the Year and the Senior of the Year. An ice cream and cake social, free lunch (limited to the first 100 people), prizes, giveaways, booth presentations, health fair, magic show, beautiful and talented young ladies from the Pueblo Teen organization and so very much more awaits your arrival to this Free event held at the Events Center on the Pueblo State Fair grounds.

Check page one in this edition of Senior Beacon and read about some favorite retired Broncos that are coming to Life Fest 2007 and then read pages 13-17 giving you all the information you need about this yearly happening and you'll see why I tell you, "Don't Miss This One!"

algore Is Not A god.....

.....on the contrary, algore is a huckster! People ask why a kid like Cho who murdered all those innocent students and teachers at Virginia Tech would do such a dastardly thing. Now, stay with me here. My belief is that we are a Christian nation that has lost its way.

Do you remember your Bible story about the Jews wandering aimlessly in the dessert before they reached the Promised Land? Now I don't know if this is actually accurate or if it is an allegory teaching us we must, as human beings, be tested before we can reach our rewards or if it really happened to "the chosen people" exactly the way it is stated in the Good Book but there is a point coming.

Myriads of polls and studies have been done showing the United States to be a super-majority Christian, God-fearing nation. The atheists, agnostics, satanists and Hollywood Left with their various "buzz-word" beliefs of the day notwithstanding, all of the Western world was founded on the teachings of the Bible. From its adherence to the Ten Commandments to the Latin words prominent on cathedrals and government buildings, our underpinnings are there for all to see.

And, as in the Bible, when the Jews strayed from their Creator, the wandering commenced. We are wandering ladies and gentleman. When we wonder how our society can spawn such creatures as Jeffrey Dahmer, Dylan & Kleibold, the newly minted Cho and on and on *ad nauseum* (speaking of Latin) it shouldn't be a mystery. Mankind has wandered for all recorded time. It is the nature of mankind. We are always looking for the next "messiah," whether it be Caesar or Stalin or bin Laden, new diet fad, fashion or pet saying. We need someone or something to adulate ot gnosh over because there is something missing in our collective lives.

The meaning of life, in other words "why are we here," really isn't that dif-

ficult to fleah out. The message can't be any clearer and it's not found "blowing in the wind" ala Bob Dylan. The answer is Love. Not peace and love like the hippies of the '60s although that message was wonderful but the devil was in the details. Christ boiled it down to a simple Love God and Love your fellow human being as yourself. The message is wonderfully simplistic but those dang details bog us down every time. We lose ourselves in ourselves. We have no room for God.

So what does this have to do with algore, the inventor of the Internet, the inspiration for Love Story, the "no controlling legal authority" narcissist? Think about it folks. Last week I read in the Pueblo Chieftain about a young lady who spoke somewhere locally about the effects of "global warming" and how we are responsible and how by pulling the plug on a toaster will help you do your part to save the environment. She received this vast knowledge and expertise from algore, well maybe not from yoda himself, but from a few day seminar taught in his likeness. He is now brainwashing young people with a hands on theater of the absurd taught by the absurd. He preaches to us that we are destroying God's planet. That we are responsible, or will be responsible for the devastation to come if we don't immediately adhere to his principles. Yet, he does nothing, absolutley nothing to practice what he preaches. He jets all over the world in a prideful attempt to get accolades from Hollywood, Nobel, our woeful leaders and the commonfolk spewing more carbon (his and his followers newest pretend "evil") in a few weeks than any of us will in most of our lifetimes.

Is he exempt from his own teachings? Who does he think he is that he can circumvent or belittle the Maker of all Things?

This self-made trumped up god is now inviting myriads of Hollywood elite to some sort of a shindig to raise awareness and money to stop global warming. And how much is this little soiree going to hurt the environment?

When human beings put themselves ahead of God. When individuals shun God or put God on the end of the bench for their own purposes, we then have trouble. When algore tells us that we are responsible for destroying what God made yet he is exempt because he is the messenger, even though the Earth is constantly changing with or without our participation, he is putting Him beneath us.....

.....algore's words and subsequent actions are not unlike all that troubles the Earth and has from the beginning. When there is no love of God, no understanding of His wonder, no fear of His immenseness. Then there is chaos.

Congress? Media? Throw The Bums Out

How is it that when Alberto Gonzales becomes Attorney General and throws out eight attorneys the boys and girls in Congress and the media go bonkers but when Bill Clinton and his minions threw out nearly a hundred such people in 1992 nary a word was said? How is it Barack Obama (a black man) is treated like a superstar while Coni Rice (a black woman), is vilified by the same bunch?

And why is it that thugs like Castro and Che are worshipped while our brave and decent armed services are left swinging in the breeze by Congress and the media? Why is it that GWB's economy which has been arguably better than the Clinton Administration's, especially given the circumstances, is never trumpeted yet the "good old days" of the Clintons is revered?

Why is it that almost every day while in office Bill and Hillary Clinton lied about something, spoke half-truths about other things and waffled on all things, yet GWB is pilloried daily with "Bush Lied! People Died!" rhetoric for sixteen words he repeated about British intelligence and weapons of mass destruction?

Why is it that our so-called "leaders" in Washington are willing dupes for the crazies all over the world and yet will sell us out in a heartbeat? Why is it that the majority of the scribes of our nation never, ever get to the bottom of news stories that will give us a clear picture of what is really going on in the world?

You know, maybe we should start over with a different mindset. Maybe we should throw the bums out in Congress (all of them) who play us against each other and give no shrift to the media that won't or can't tell the whole story by no longer, watching, reading or listening to their drivel that is planned to pit us against one another. Ah, what a wonderful world it would be....

Godspeed!



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Senior Beacon

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ON THE RIGHT: "POLITICAL BLOCKBUSTER AHEAD"

by William F. Buckley

There's a first-class political fight looming. The repercussions of it will be very broad. It will decide major questions of national strategy, critical allocations of authority and, almost certainly, the immediate fate of the existing political parties. In the circumstances, a great deal hangs on getting things right.

A recent poll hints at deep divisions. Nine percent of Americans are unambiguous: They want us out of Iraq. They do not want to send another dollar there, and they want the troops home forthwith.

Well, that group of voters may be articulate, but they are a very small minority, much smaller than the 29 percent who are willing to back the effort in Iraq without imposing any conditions at all on presidential authority. So that at the extremes, the vote is 3-to-1 for President Bush.

Seeking something in between are 58 percent, twice the permissive segment. What they want is to set time limits and, one supposes, corresponding expenditure limits. An American replying to a pollster might find himself wanting to continue the struggle, but wanting also a perspective on that commitment that would need to be expressed either

by trimming presidential power or by limiting the sum of money allocated to the enterprise.

The pressing shortage of money for the military requires that there should be subdivisions. An appropriation to maintain a military cadre and to finance continuing refinements of our weapons will not be thought, by a congressman who is uncommitted, to be tantamount to a vote for more of the same in Iraq. But it will all but defy the resources of legislative artisans to make clean distinctions that are able to cohabit (a) with the Constitution of the United States and (b) with pacifist passions that seek, even retroactively, dissociation from the Iraq war.

Senate Majority Leader Harry Reid is a tough partisan, and he speaks pretty plainly on the question ahead. "I think the American people have lost confidence in this administration. (So,) we're going to send the president a bill that has a timetable in it."

So, the president will veto that bill.

Then we'll have the great confrontation. Can the Reid faction come up with the two-thirds vote necessary to override the veto? Sixty-seven senators

and 290 representatives?

Current thinking doubts this. If things got so bad in Iraq as to enjoin two-thirds of the legislature to dismember the Constitution, removing the supremacy over the military from the executive, we'd have reached a point at which impeachment would be seriously considered.

It would not be difficult, if congressional tempers rose that fiercely in opposition to Iraq, to reword opposition from particularities of presidential conduct (Iraq) to generic delinquencies (official misconduct). Some members of Congress, faced with the alternatives, would rather proceed to argue that the president has violated his oath of office, than to argue that he made wrong decisions in a particular theater of operations.

Imagine that you are a Republican legislator anticipating a run for re-election next year. Your prospective opponent is arguing hard and noisily to conclude the Iraq operation. He is taking the lead from Senator Reid: Go for a bill with a timetable.

Question No. 1 for the GOP candidate: Do I go along with the timetable? Question No. 2 would then

be: Do I vote to override the president's veto? And then, Do I vote for impeachment?



Impeachment is an ugly word in American history. Impeachment was voted in 1998 against President Clinton, but for the concrete offenses of lying to a federal grand jury and obstructing justice. And when the articles of impeachment went to the Senate, the vote fell far short of the two-thirds necessary to convict.

It is not inconceivable that the power brokers in Washington in the present case would pause over the alternative of impeachment, but there are no means in this situation merely to settle for the satisfaction of having impeached. The question of Iraq would continue, as also the question of the right of presidents to prescribe strategy.

Ugly challenges, but it's an ugly dilemma, and the question at the deep end is: Can democratic government handle this thing smoothly, and live again?

The Writer's Art: Shrink, Shrunk And Sink, Sunk

by James J. Kilpatrick

Of the making of irregular verbs, there shall be no end. So spake the masters of English some centuries ago, and having spoke, they began by conjugating irregulars ending in "ink."

Some scholar doubtless has totted up the number of irregular verbs in contemporary use. In his "Modern American Usage," Bryan Garner lists 174 of these confounders. Among them are sink/sank or sink/sunk; shrink/shrank or shrink/shrunk; and stink/stank or stink/stunk. Perversely, "slink" will not conform with nonconformity: It is slink/slunk or slinked/slunk.

What is the writer to do? The several alternatives have identical meanings. They take up the same amount of space. The choice finally comes down to the writer's ear. In a given context, what "sounds" better?

As every sensitive writer learns from the cradle, words have penumbras, auras, remembered usage. The choice of

"sank" or "sunk," for one example, is entirely up to the writer. Would we write of the battleship Arizona that it sank at Pearl Harbor? Or sunk there? What about Tiger Woods? He sank five birdie putts in a row. Or sunk them? In each instance, my ear whispers "sank." He may have sunk them in your ear. It seems an odd placement, but so it goes.

Perversely, a writer's ear could well favor "stunk" over "stank." Metaphorically, an actor's performance "stunk to high heaven." But we might say of Monday's fish that by Wednesday they stank. Is there a subtle distinction between the dress that shrank and the dress that shrunk? I asked my wife, the columnist Marianne Means. After a long pause she voted for "the dress shrank." I asked why? "It just sounds better," she said.

Susan Wilson in Seattle asks if there is any rule on the deployment of "should" and "if." She cites a sales promotion from an insurance company: "Should you or a loved one suffer severe

injury, you'll be glad you have it." Alternatively, "If the rain holds off, there will be no refund."

Everyone knows the conditional "if," as in "If you have another drink, you'll fall down." In these constructions "if" presents no problems. It's the auxiliary "should" that troubles the careful writer. Is there a semantic difference between "Should you decide to go to Tacoma, I'll go with you" and "If you decide to go to Tacoma ..."? If there's a difference in meaning, it eludes me. Just pick a sunny day.

My impression is that the distinction between "should" and "if" is largely one of "tone," as in, "Don't speak to me in that tone of voice!" The auxiliary "should" has a kind of harmonic effect, as if it were four octaves to the right of middle C. It is black tie, Fifth Avenue, the good silver, a nice wine. Plain old "if" is "take your shoes off and have another beer."

The same fuzzy considera-

tions apply to the choice of "should" or "would." Webster's indispensable Dictionary of English Usage quotes the magisterial Joseph Alsop: "I should not be bothering you with this letter ...". Down on the lower slopes of Olympus, E.B. White once wrote to a supplier, "We would be glad to have three or four machines ..."

Except in a few contexts, "should" probably should be consigned to a high shelf or a bottom drawer. Ordinarily, "ought to" serves the same purpose without the admonitory overtones. Thus, "you ought to raise with two pair" is friendlier than "you should raise with two pair." Of course, there are times when "should" is not stuffy at all, e.g., "You really "should" try Marge's eggnog."

Bob Stanton of Seattle asks for a rule on "convince" and "persuade." He cites a wire story in January: "Welles eventually convinced German officers to reveal his whereabouts." It's not exactly a rule, but as a guideline: First we persuade, and if our persuasion is effective, then we convince. Every boy who ever asked a girl for a kiss knows the hopeful routine.

(Readers are invited to send dated citations of usage to Mr. Kilpatrick in care of this newspaper. His e-mail address is kilpatjj(at)aol.com.)



50 or older?

Colon cancer screening could save your life.

Over one-third of the 150,000 people in the U.S. diagnosed with colon cancer every year will die from it. Yet caught early, it is highly curable. In the majority of cases, death from colon cancer can be prevented with regular screening and early detection.

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news of the weird

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Animal Awesomeness

-- In April, two Labrador retrievers (Lucky and Flo) sniffed out another shipment of pirated DVDs (worth about \$435,000) in a building in Petaling Jaya, Malaysia. It was at least the second such bust since mid-March, when the U.S. Motion Picture Association of America loaned the dogs to Malaysian authorities because they can detect the polycarbonate and unique chemicals in the discs. So successful are Lucky and Flo that an unspecified crime gang has reportedly put out a contract on them.

-- (1) Ada Barak's spa in the northern Israeli town of Talmey El'Azar features a "snake massage" for the equivalent of \$70, for which six king snakes or milk snakes slither over the client's body (a therapy said not to be stress-increasing, but stress-reducing, according to a January Reuters dispatch).

-- Veterinarians in Tallahassee, Fla., were enthralled in January when a duck, "killed" by a hunter and placed in his freezer for two days, suddenly sprang to life and was rushed into surgery at Goose Creek Wildlife Sanctuary to repair its leg and wing. Then, on the operating table, the duck (named "Perky" by that time) once again flat-lined, only to spring back to life a second time.

Science on the Cutting Edge

-- American researchers in West Africa believe they've found the first instance of an animal (other than humans) building a multi-step weapon, after observing wild chimpanzees grab sticks from 1 to 4 feet long, sharpen the

ends with their teeth, and murderously jab them into deep tree hollows where delicious bush babies may be nesting. Writing in the journal Current Biology, the team even reported observing the chimps tasting the tips after the stabs, to ascertain whether they had actually located a prey. (One of the researchers said the ferocity of the jabbing reminded her of the shower scene in Alfred Hitchcock's "Psycho.")

-- Researchers at the Second University of Naples (Caserta, Italy) recently reported the case of a 65-year-old man who, because of damage to the fronto-temporal region of his brain, habitually assumes an identity appropriate to whatever setting he finds himself in (e.g., a doctor when he's around doctors, a bartender when in a bar), a behavior reminiscent of the Woody Allen character Zelig. The researchers said the man lacks awareness about his tendency to switch roles and in fact suffers from amnesia about his life since the brain damage, according to a March report by the British Psychological Society.

New Product Launches

(1) A \$60,000 mattress from the Swedish manufacturer Hastens, introduced to the United States recently for people who (according to the advertising) might believe that they're so special that they're entitled to a luxuriously rejuvenating night's sleep; and (2) Holy Drinking Water in half-liter bottles, from Wayne Enterprises of Linden, Calif., which supposedly obtained blessings from Catholic and Anglican priests for the ordinary purified water.

We Must Never Offend Anyone

According to a report commissioned by Britain's Department of Education and Skills, some history teachers have dropped references to the Holocaust (and the 11th-century Crusades) out of fear that the regular history curriculum might confuse or anger Muslim students who have been taught differently in local mosques (according to an April story in London's Daily Mail). And London's Daily Telegraph reported in March that the head teacher at a school in Huddersfield had changed the June student festival production of Roald Dahl's "The Three Little Pigs" to "The Three Little Puppies," out of fear that Muslim children would be uncomfortable singing "pig" references. (A local Muslim spokesman immediately condemned the change as unnecessary, and the school overruled the teacher.)

Can't Stop the Greed

The three Kentucky lawyers who won \$200 million for their clients in a 2001 settlement with the manufacturer of the diet drug phen-fen, and whose contract called for a maximum of one-third commission (about \$67 million) actually took \$59 million more than that, according to clients who testified before a federal grand jury in March, which is expected to indict the lawyers soon for fraud, according to a New York Times dispatch. The lawyers had explained that they were taking an extra \$20 million because they had decided to create a "charity" and were simply entitled to the other \$39 million because they had to work extra hard. The Kentucky bar association has suspended the lawyers.

Least Competent Restaurant Management

Finally, after four weeks of one

customer's walking out on a dinner check, the staff of an O'Charley's restaurant in Bloomington, Ind., caught him. The diner had appeared on four consecutive Wednesdays nights, ordered two gin and tonics each time, then eaten a rib-eye steak each time, then asked to use the rest room each time, and then walked out on the same \$25.96 tab each time. On March 28, the staff finally wised up and waited for him outside as he again tried to sneak out, and he was arrested.

Update

As a result of a 2003 traffic stop in Ohio, Catherine Donkers was convicted of a child-seat-restraint violation (specifically, holding her baby in her lap for breast-feeding while driving), but she appealed, and in April 2007, a court ruled in her favor. The story made News of the Weird in 2003 because Donkers' husband, Brad Barnhill, who was not in the car, demanded that he be charged instead because his First Christian Fellowship for Eternal Sovereignty religion teaches that the husband must take responsibility for all of his wife's public actions (especially when the "public action" involves "the Beast," which is what the religion calls "government").

No Longer Weird

Adding to the list of stories that were formerly weird but which now occur with such frequency that they must be retired from circulation: (81) Preschoolers and first-graders who happen to find their parents' drug stashes and innocently bring them to school, sometimes even for show-and-tell-type sessions, as happened in March in Shreveport, La., when a first-grader brought in crack cocaine that might have been his 20-year-old mother's. And (82) people who call in fake bomb threats

SEE 'MORE WEIRD' PAGE 11.

Maureen McGovern
in concert with
Velvet Hills
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From Upper Arkansas AAA On Older Americans Month

Making Choices For A Healthier Future

Never has it been more evident that one of the biggest challenges facing the United States is how we will care for our grandparents, parents and loved ones as they age. Views may vary on how to prepare for what will be a diverse wave of seniors, whose ranks are growing due to the aging of 78 million baby boomers who will begin turning 65 in 2011. But all agree that this shift in our nation's demographics will have profound implications for our economic and social landscapes at the national, state and community level.

Federal, state and community leaders are witnessing sweeping fundamental transformations in the way we think about and deliver health and long term care in this country. More and more we hear that the overwhelming preference of the American people is to remain at home for as long as possible and to have choice and control over how and where they live as they age.

The nation's national aging services network, led by the U.S. Administration on Aging and comprised of State, tribal and area agencies on aging, as well as more than 29,000 community service providers, care givers and volunteers, know this and have worked hard to carry out their mission under the Older Americans Act to provide for and protect the independence and dignity of our older citizens.

For 44 years, our nation has paused to honor older Americans during May. During this special month, the ongoing contributions of our older citizens are highlighted with a special month, the ongoing contributions of our older citizens are highlighted with a national proclamation issued by the President of the United States, and activities and events planned in communities across America.

The theme for Older Americans Month 2007 is Older Americans: Making Choices for a Healthier Future. This theme encourages us to think differently about health and long term care, and work together to rebalance and modernize our current systems so that we may adequately plan for and address the needs

of current and future generations. Older persons are entitled to live lives of dignity and independence through:

- Streamlined access to information as well as to home and community services, including information that will enable people to plan ahead for long term care.
- Information about cost-effective prevention practices and activities that will improve health and quality of life and reduce risk of disease, disability and injury, and
- Innovative, affordable and flexible options of care and support that will

provide an array of choices about how and where to live.

We urge people of all ages to seize upon the occasion of Older Americans Month to plan, promote and participate in activities during May and throughout the year that reflect the tenets of the national theme. We must all work together to ensure that every older person in this great country is treated with dignity and respect and moreover, has the opportunity to make the choices they desire to enjoy a healthy and rewarding future.

The Upper Arkansas Area Agency on Aging, Well Over 60, Health, Edu-

cation and Exercise program has a variety of program activities such as swim passes, strength training and stretching classes available to first time participants, targeting economically and socially disadvantaged seniors in Chaffee, Lake, Custer and Fremont Counties.

For more information visit our website [@www.upperarkansasareaagencyonaging.org](http://www.upperarkansasareaagencyonaging.org) or contact us @ 719-539-3341 or toll free @ 877-610-3341.

The Upper Arkansas Area Agency on Aging is an equal opportunity provider.

Pueblo Community Blood Drives For May 2007

by Julie Scott

10th Judicial District Community Blood Drive

Friday, May 4 from 10:30 a.m. to 1:30 p.m.

Donations inside Bonfils' mobile bus located in front of the building at 320 W. 10th Street, Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2

Colorado Technical University Community Blood Drive

Tuesday, May 8 from 2 to 6 p.m.

Located in Nurse Training Room at 1025 W. 6th Street, Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2

"5th and Court" Community Blood Drive

Wednesday, May 9 from 8:30 to 11 a.m.

Donations inside Bonfils' mobile bus parked in the parking lot at the Pueblo Bank and Trust at 301 W. 5th Street, Pueblo

For more information or to schedule an appointment please contact

Bonfils' Appointment Center at 1-800-365-0006, ext. 2

"4th and Main" Community Blood Drive

Wednesday, May 9 from 1:30 to 4 p.m.

Donations inside Bonfils' mobile bus located in the parking lot at 317 N. Main Street, Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2

First Presbyterian Church of Pueblo Community Blood Drive

Sunday, May 27 from 9 a.m. to 1 p.m.

Donations inside Bonfils' mobile bus located next to the church at 220 W. 10th Street, Pueblo

For more information or to schedule an appointment please contact the church office at (719) 542-7322

CSU-Pueblo Community Blood Drive

Wednesday, May 30 from 10:30 a.m. to 3 p.m.

Located inside the Occhiato Center in the Hearthwell Lounge, Pueblo

For more information or to schedule an appointment please contact Bonfils' Appointment Center at 1-800-365-0006, ext. 2.

Center wants you to live your life and enjoy all the great activities that summer brings. Whether indulging in cool waves, hot sand and sunny weather of a tropical vacation or backpacking down a winding trail into the depths of a Colorado forest, don't forget to take a little time to make a big difference in the lives of patients by giving blood this summer.

As a thank you for making blood donation part of your summer plans, all donors who give between Sunday, May 20 and Saturday, July 14 will receive a Bonfils t-shirt and between Sunday, July 15 and Saturday, Sept. 8 will receive a Bonfils water bottle. Donors who make two blood donations between May 20 and Sept. 8, will not only receive both gifts, but they will also be automatically entered into a drawing to win a six-night trip for two adults to Paraiso Del Mar in Riviera Maya, Mexico, generously provided by Apple Vacations. Whole blood donors are eligible to donate every 56 days.

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

For more information about Bonfils Blood Center, please visit www.bonfils.org or call (800) 365-0006.

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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

Kneel On These

The demands of even a small garden will bring you to your knees over and over again. Here's everything you need to know about kneepads.

I may have spoken too soon a couple of weeks ago, when I accused the apparel industry of totally ignoring the clothing needs of American gardeners.

I should've given the industry credit for, at least, attending to the presumed clothing wants of gardeners -- or some gardeners, anyway. The Marketplace at this year's Philadelphia Flower Show was abloom with all sorts of floral-themed apparel and accessories, from pretty summer shawls embroidered with vines and blossoms, to echt-garden-club-lady hats and aprons in pastel prints

ranging from Lilly-ish to Pucci-ish, to the gardener's sweatshirt equivalent of those notorious Christmas sweaters bedizened with reindeer and wreaths and trees and Santas. Not to mention about 8 million earrings with at least distant botanical associations.

When it comes to clothing that responds to gardeners' needs -- actual, practical, functional stuff that you can get dirty with a clear conscience -- there's a lot less. I still haven't found a shirt or jacket or coverall that would save the skin of a person bent on pruning a large, thorny shrub rose. (Though a New Hampshire reader reports that she relies on a leather jacket she bought at a thrift shop for 10 cents and a \$4 pair of thrift shop suede pants for protection when she picks wild blackberries, "which have pretty fierce brambles." Definitely worth a try.)

Meanwhile, I've tracked down a couple of things designed to save gardeners' knees -- and a couple more that, while not meant for gardeners in particular, ought to work just the same. Smith & Hawken used to sell what they called Japanese Farmer's Pants, roomy cotton trousers with drawstring waists and cuffs and pockets to hold foam kneepads. I could never bring myself to pay the \$45 to \$55 they charged for pants meant to get muddy. I figured it'd be so easy to sew kneepad pockets onto a pair of pants I already owned -- not that I ever did it. Enough people must've felt the same way that S&H quit selling the pants -- to the considerable displeasure of a couple of posters to www.GardenWeb.com.

One respondent recommended making your own with Stretch & Sew Pattern No. 198: "International Vest and Japanese Garden Pants," which unfortunately seems to be out of print. (Though it probably turns up occasionally on eBay and/or other sites that sell discontinued sewing patterns.)



A Washington State farmer named Dan Vorhis invented GreenJeans farm and garden chaps to save his knees without restricting circulation. Because they hang from the waist, like an apron, you can leave the knee straps loose. \$50 from www.muscleandarmfarm.com and other gardening suppliers. photo courtesy of Dan Vorhis

Smith & Hawken's customer service staff now refers customers in search of the pants to their manufacturer, Shady Grove Inc., in Emeryville, Calif., but the people at Shady Grove say they have only a few pairs left: They only made Japanese Farmer Pants for Smith & Hawken, and quit making them when S&H quit ordering them. A Web search turned up Japanese Gardening Pants on sale for \$44.99 from Sloggers Garden Outfitters, www.sloggerstore.com, but the folks at Sloggers say they, too, are planning to discontinue the pants when they sell out the ones they have in stock. (Sloggers also sells aprons, smocks and vests for gardeners.)

Those are the only purpose-built gardening pants I could find anywhere, and they're on the cusp of nonexistence.

SEE 'KNEEL' PAGE 12.

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Life Care Center of Pueblo is the premier facility serving all of Southern Colorado since October 1989. Life Care Center of Pueblo's (LCCP) strong on-staff therapists are available to provide a continuum of therapy needs. Through individual treatment plans, the resident receives physical, occupational, speech and/or respiratory therapies per their physician's orders.



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Please plan a tour soon to Life Care Center of Pueblo, 2118 Chatalet Lane. You are also invited to just drop by, view LCCP at your convenience, or phone 719-564-2000. Someone will be very happy to assist you.



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Covering The Courts: A Hula At The High Court

by James Kilpatrick

The hula, according to the New World Dictionary, is "a Hawaiian dance marked by flowing, pantomimic gestures." The Supreme Court this week is deciding in chambers whether to hear Case No. 06-1202. The case offers a legalistic hula of truly remarkable dimensions.

For the record, the case is "John Doe, a minor, v. Kamehameha Schools." In flowing, pantomimic gestures, such eminences as Sens. Daniel Inouye and Daniel Akaka seek to preserve in Hawaii a system of racially separate schools. They have filed a friend-of-the-court brief in support of "the continuing special needs of the Native Hawaiian community."

There is a remarkable irony here, to find two certified liberal Democrats on a brief in support of segregated schools.

They defend their position:

"Many Native Hawaiians face significant risk factors even before they are born, as the Native Hawaiian community endures high rates of teenage pregnancy and late or no prenatal care. These risk factors manifest themselves in low educational achievement later in life, with Native Hawaiians being underrepresented in institutions of higher education and among college graduates, while being disproportionately overrepresented in negative social statistics indicative of special educational needs."

The two senators, joined by their colleagues in the House, are among the interested bystanders in the pending case. First the facts:

The Kamehameha Trust, established in 1884 by a wealthy

Hawaiian princess, is the largest private land owner in Hawaii. The princess left her estate, now estimated at \$6.8 billion, to the education and upbringing of native Hawaiians. Toward that end, her residual trustees today operate a private school system consisting of three K-12 campuses, one each on the islands of Oahu, Maui and Hawaii. Together, the schools have an enrollment of nearly 5,000 students.

Evidently, these are first-class schools. The district court noted that their senior students "outperform both national norms and state averages on the SAT verbal and math tests." In 2004, every graduate of the Oahu high school was accepted for two- or four-year colleges. The alumni include "U.S. senators, state appellate judges, Olympic athletes, three-star admirals and university professors."

Understandably, competition for admission is fierce. Some 70,000 school-aged children meet the schools' racial requirements. For the 2002 academic year, 4,518 applicants sought the 450 slots available on the Oahu campus. The schools' publicly stated policy on admissions "is to give preference to children of Hawaiian ancestry." Over a period of 40 years, from 1962 until 2002, Kamehameha admitted exactly one student who was not of native Hawaiian descent — and as the district court noted, that was by accident. For this slip-up, the trustees "repeatedly apologized to the Native Hawaiian community." They promised "to prevent such a 'situation' from ever happening again."

As the 9th Circuit Court found, the schools' curriculum "is meant to foster the self-esteem and self-identity of students as individuals of Native

Hawaiian descent by teaching Native Hawaiian culture, heritage, language and tradition." In recent years the preference policy has relaxed a bit. In the summer of 2003, for example, six of 133 admissions to the Performing Arts Academy were non-native Hawaiians.

In 2003 a white child, having been rejected for enrollment, sued under the same Civil Rights Act of 1864 that figured in "Brown v. Board of Education" half a century ago. Last December he lost in the 9th Circuit. Sitting en banc, the court held that the Kamehameha schools are "a wholly private K-12 educational establishment whose preferential admissions policy is designed to counteract the significant, current educational deficits of Native Hawaiian children." Seven members of the court strongly dissented. They termed the majority's opinion "a classic violation of the Civil Rights Act."

Among the friend-of-the-court briefs at the Supreme Court is a brief from nine Hawaiian resident citizens. They say: "Along with many other Hawaii residents, (we) are weary, and wary, of Hawaiian activists ... demanding superiority. (We) seek to reinstate in Hawaii the idea that, in the eyes of the government, we are just one race here. We are Americans."

If the circuit court is affirmed, they predict: "Explicit racial discrimination by a huge, tax-subsidized charity with a virtual monopoly on political power in Hawaii ... will continue unabated with the blessing of the federal judiciary."

Maybe yes, maybe no. I hope the Supremes take the case and reverse. Sometimes nothing fits so comfortably as a shoe upon another foot.

The Tumbleweed And Me

I find my life is so much like the lowly tumbleweed.
Sometimes it grows so wild and free;
Sometimes some help is needs.

Just like the young tumbleweed
that is attached to mother earth so tight;
I was secure in my mother's arms and it made everything seem right.

Then cares of earth begin to creep in, and now I hang on even more.
As worries dry out carefree days, Some days can become a chore.

Then comes high winds that tear out the roots
from the earth that held me so close.
'Twas the beginning of being tossed many ways,
and I could not follow the paths that I chose.

It really wasn't too bad 'til I hit a snag that wouldn't move.
No matter how I'd try and try, I couldn't get back in the groove.

At times there was someone to help me and I was quickly on my way.
Other times, I was just stuck there and I knew it was time to pray.

by Mary Himes
January, 2007



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Social Security & You

by David Cardinali, Social Security Public Affairs Specialist for Southern Colorado



THIS MOTHER'S DAY, SHOW SOMEONE YOU LOVE HOW MUCH YOU CARE

On Mother's Day, we celebrate the special people in our lives. There are a number of ways you can show someone you love how much you care. So consider doing something for them that can really make a difference. Show them how to get extra help with their Medicare prescription drug costs.

The high cost of medicine can be a burden on your loved ones who have limited income and resources. Extra help — available through Social Security — can pay part of their monthly premiums, annual deductibles and prescription co-payments. The extra help could be worth an average of \$3,700 per year.

To figure out if they're eligible, Social Security needs to know your loved one's income and the value of their savings, investments and real estate (other than the home they live in). To qualify for the extra help, your loved one must be receiving Medicare and have:

- Income limited to \$15,315 for an individual or \$20,535 for a married couple living together. Even if their annual income is higher, your loved ones still may be able to get some help with monthly premiums, annual deductibles and prescription co-payments. Some examples where income may be higher

include if they or their spouse:

- Support other family members who live with them;
- Have earnings from work;

or

- Live in Alaska or Hawaii;

and

- Resources limited to \$11,710 for an individual or \$23,410 for a married couple living together. Resources include such things as bank accounts, stocks and bonds. We do not count their house and car as resources.

Social Security has an easy-to-use online application that anyone — family members, friends and caregivers — can complete. You can find it at www.socialsecurity.gov. To apply by phone or get an application, 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.

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).

So this Mother's Day, give someone you love something special: the peace of mind that comes with knowing extra help is available with Medicare prescription drug costs. Then go one step further — help them apply. There is no better way to show how much you care.

SOCIAL SECURITY OFFERS AUTOMATED PHONE SERVICES

Millions of Americans know how easy it is to use Social Security's website to obtain services online. But did you know that you don't need a computer or Internet access to get the ease and convenience of Social Security's automated services? There are a number of things you can do right from the convenience of your home — over the telephone — at Social Security's toll-free number, 1-800-772-1213.

Social Security's automated telephone services allow you to take care of your Social Security business quickly, efficiently, easily and whenever it is convenient for you. The automated telephone services are available 24 hours a day, seven days a week.

Using our automated system, you can request Social Security booklets, pamphlets, publications and informational material, ask for a Social Security card application (SS-5) to be mailed to you, request an Earnings and Benefit Estimate Statement (SSA-7004) or even have a replacement Medicare card mailed to your address on record.

If you are already receiving benefits, you also can change your personal information over the phone using our automated services, such as your mailing address or direct deposit information. And if you plan to visit Social Security, you can ask for the location of the closest office using our automated phone service.

Although these automated services are easy to use and can be accessed around the clock, you still have the option to ask for a customer service representative during our normal business hours of 7 a.m. to 7 p.m., Monday through Friday.

Take advantage of Social Security's automated services now by calling

1-800-772-1213. For more information about Social Security, you may call the number above, or visit our website at www.socialsecurity.gov.

QUESTIONS AND ANSWERS

GENERAL

Question:

There's a lot of talk about online services. But what about people like me who don't have Internet access?

Answer:

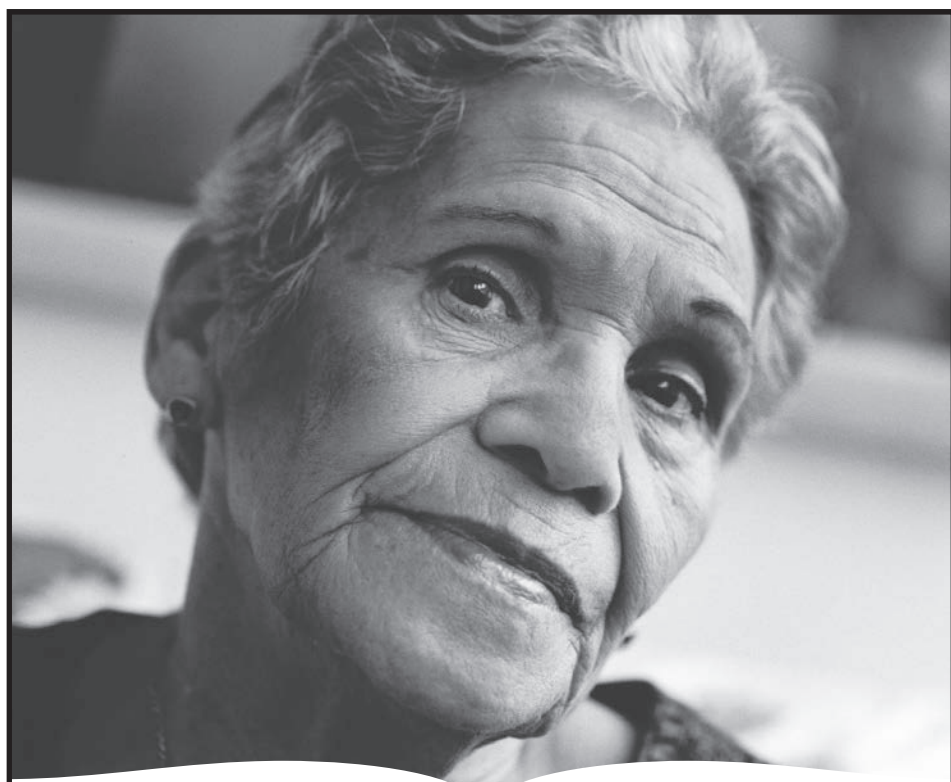
We realize that not everyone has access to the Internet, which is why many of our automated services are available over the phone as well. You can use our automated phone services, at 1-800-772-1213, to request publications and information, get a replacement Medicare card, ask for a Social Security card application (Form SS-5) or get an Earnings and Benefit Estimate Statement (SSA-7004). If you already receive benefits, you can also use the phone services to change your mailing address and direct deposit information. To use our automated phone services, call our toll-free number at 1-800-772-1213.

Question:

Does my baby really need a Social Security number?

Answer:

In most cases, yes, as you will need the child's number in order to claim your child as a dependent on your federal tax return. We encourage all parents to apply for a Social Security card for their children. In fact, nine out of 10 parents apply for a Social Security card while still in the hospital. In addition to needing your child's number for a federal tax deduction, the number is also needed when filing for certain government benefits. To learn more, visit our website at www.socialsecurity.gov. You can get more information, or apply for the card, by calling us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).



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Grandparenting: "On Losing Some Teeth"

Dear Grandparenting: We're always on the lookout for Grand Remarks our readers send. So please, keep them coming!

Dorothy Leyendecker of Lady Lake, Florida, says she recently received this email from granddaughter Bridget, aged seven, who lives in North Carolina:

"Hi Grandma: My piano teacher pulled out two teeth for me. They were one of my top teeth and one of my bottom teeth. It was very exciting for me to lose them. Love and Kisses"

So Dorothy rose to the occasion and dashed off this splendid piece of poetic humor to little Bridget:

ON LOSING SOME TEETH

Dear Love and Kisses,

I heard you lost a tooth today,
That's not all bad is what I say
If you just look at it this way
When you're late for school
And in a rush
That's fewer teeth
You'll have to brush

Dorothy has three other grandchildren: Bridget's brother Michael, aged 10, and nine and five-year old Katie and Kara, in Austin, TX.

Dorothy's hometown of Lady Lake was devastated in early February when pre-dawn tornadoes rampaged through The Villages area of central Florida. Dorothy says "things are moving along. Everyone here offered to help with the cleanup, and donations. The Villagers reacted like one large family, and we did

what we could...."

COPING WITH CALAMITY

Dear Grandparenting: Will there be no end to the massacre at that college in Virginia? Whenever I walk past the TV, my grandkids are watching some show about the slaughter, or the earlier school killings at Columbine in Colorado. My grandkids, like others all across America, are being bombarded with graphic images and gory details about the twisted people who do these awful things. It's becoming pretty obvious there is no safe place anymore.

You would provide a very valuable service to tell me how to help my grandkids deal with such tragedy. This senseless violence is enough to really put the fear into impressionable young children. Louise, Bloomingdale, Tenn.

Dear Louise: Helping children cope with the aftershocks of high profile acts of violence is the business of the National Association of School Psychologists (NASP)— mental health professionals who provide a range of counseling and coping skills for elementary and secondary school populations.

When tragedy strikes, says NASP, reassure children they are safe. Take time to let them talk about their feelings, and help them keep things in perspective. Some children may internalize their reactions; watch for changes in behavior, appetite and sleep. It's important they maintain a normal routine.

NASP has more specific recom-

mendations depending on the child's age; check its web site at www.nasponline.org. One final bit of advice – turn off that TV.

Grand Remark of the Month

"We visited my daughter, who is a beautician. She highlighted my hair and then gave my husband a haircut. I asked my grandson Mike, who was watching, if he wanted a haircut too. Mike said, 'Nope. I don't want a big hole in my hair

like Grandpa has!'" From Fran in Pueblo, CO.

Dee and Tom, married more than 50 years, have eight grandchildren. Together with Key, they welcome questions, suggestions and Grand Remarks of the Week. Send to 830 W. 40th St., Ste. 304, Baltimore, MD 21211. Call 410-828-6529.

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Where Are They Now?

by Marshall Jay Kaplan

TINA LOUISE

Best known as sexy Ginger Grant on Gilligan's Island, this stunning redhead may be in her 70's, but you would never know it, when seeing her attending movie and theatre premieres in her hometown of New York City.

Tina Louise was born Tina Blacker on February 11, 1934 in New York, New York. She attended Miami University where she studied acting. Upon graduation, Tina returned to New York, where she studied acting at the famed Actor's Studio. Although Tina's goal was to be a serious actress, her striking sexy looks worked against her, as she became a starlet and cover girl for 1950's TV programs and magazines. She was also a nightclub singer.

In 1957, Tina (along with Julie Newmar) received her big break in the Broadway musical Li'l Abner. That same year, she released her album, Time for Tina. The following year she made her Hollywood film debut in God's Little Acre. Although she was appearing with major leading men, her roles had not real 'oomph' to them, and in turn, she never really reached the heights of a full fledged movie star.

By 1964, Tina regrettably signed on as the movie star, Ginger Grant, in the Sherwood Schwartz sitcom, Gilligan's Island (with Bob Denver and Alan Hale). Although Louise was concerned that she would be typecast, she really had no other acting offers or choices. Her career was at a standstill and at the very least, the role offered continuous work and pay.

Gilligan's Island became a classic TV sitcom. In turn, Tina became a pop TV icon – known as the movie star. Tina really grew to resent the role that made her famous. 'People walk up to me and say – 'Are you Ginger?', and I say, 'No, I am Tina.' I do that to keep my sanity'.

Louise refused to appear in any Gilligan's Island reunion specials, except for one, but was turned down as she asked for too much money.

After the series ended, Tina tried to move on and re-establish her career as a serious actress. She achieved this to some degree in films such as The Stepford Wives (1975) and a slew of made-for-TV movies and dramatic TV appearances for the remainder of the 1970's and 1980's. She even had a recurring role on Dallas.

Ironically, after years of trying to be a serious actress, Tina let down her guard and made guest appearances on the 1990's sitcoms, Married with Children and Roseanne. As well, she appeared on a TV Land award show in the early 2000's along with her fellow TV Castaways. Although Tina is not close with her surviving cast members, she no longer resents them or the show.

In the mid-1990's, Tina moved back to New York City where she currently resides. She is a lifetime member of the Actors Studio and volunteer as a reading teacher in the New York City school system. Asked about what was her best movie/role, Tina has this to say 'The best movie you'll ever be in is your own life, because that is what really matters in the end.' Great advice from a real life and fictional movie star!



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- Pueblo Mall (W. entrance) • Canon City - Walden Books • Big D Superfoods-Florence • Pueblo Memorial Airport • Country Kitchen
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- Southern Colorado Clinic • St. Mary-Corwin Medical Building
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Pueblo Celebrates Colorado Historical Society's Archaeology And Historic Preservation Month

Denver - Eighteen events are scheduled throughout Pueblo celebrating Archaeology and Historic Preservation Month (AHPM), sponsored by the Colorado Historical Society. This year the Colorado Historical Society celebrates Archaeology and Historic Preservation Month (AHPM) with the theme "Share Colorado's Past."

With support from the Colorado Archaeological Society and other government agencies, the Colorado Historical Society helped to offset the cost of the 106 events in 52 Colorado cities scheduled across the state during May, including exhibits, lectures, tours, preservation awards, competitions and light-hearted festivities.

A complete listing of cities, sponsors and events taking place across the state is available by calling 303-866-3395 or visiting our web site at www.coloradohistory-oahp.org.

PUEBLO

The Wetherills: Friends of Mesa Verde Pueblo Archaeological and Historical Society

This public lecture by the knowledgeable and entertaining Fred Blackburn will inform about the early archaeology and history of Mesa Verde while highlighting the importance of record keeping and documentation in ongoing scientific research.

Robert Hoag Rawling Public Library, 100 East Abriendo Avenue. Thursday, May 3, 7:00 p.m.

For more information: Kathryn Adams 719-543-3741 or email kathryne-adams@comcast.net

Hose House Company #3 Open House Hose Company #3

Fire Station #3 will be open for the public to view the building, which was the first stand alone fire station in pueblo, and a horse drawn hose apparatus. Learn about the past and present of Pueblo firefighters.

The event is free but donations are accepted.

Fire Station #3, 116 Broadway-Saturday, May 5, 6, 10:00 a.m. to 3:00 p.m.

For More Information: Mark Pickerel via email firemark63@hotmail.com

Pueblo County Historic Society Dinner-

Pueblo County Historic Society

Annual recognition dinner honoring local Historic Preservationist. Reservations are required.

Elks Club, 426 N. Santa Fe - Thursday, May 10, 7:00 p.m.

For More Information: Bob Strader 719-542-5150

Heritage Days Festival Southern Colorado Heritage Center and Museum

This free family oriented street festival, celebrating the diverse heritage of Pueblo and Southeastern Colorado, will include local non-profit organizations selling ethnic foods, free museum tours, train rides, beer garden, living history, live music and cultural dance entertainment, face painting, children's bounce park, arts and crafts vendors and the "Kid's Stick Horse Rodeo".

Admission is free and all events are open to the public.

Southeastern Colorado Heritage Center, 201 W. "B" St. - Friday, May 11, 5:00 p.m. to 11:00 p.m., May 12, 10:00 a.m. to 11:00 p.m., May 13, 10:00 a.m. to 4:00 p.m.

For more information: Chris Ball 719-295-1517 or chris@theheritagecenter.us

Bessemer Historical Societies Presentation of Newly Restored Films - Bessemer Historical Society

A presentation of films exploring the Colorado Fuel and Iron Companies history. The presentation will be followed by a lecture by local Archivist Jay Trask.

Free event no reservations are required. Bessemer Historical Society, 1612 E. Abriendo Ave. - Saturday, May 12 & 26, 11:00 a.m., 1:00 p.m. and 3:00 p.m.

For More Information: Bessemer Historic Society 719-564-7742

Celebrating Preservation at Rosemount - Rosemount Museum

Half price admission to the museum. Visitors will receive a packet of historical information.

Adults \$3 Seniors \$2.50 Children (6-18yrs) \$2. Rosemount Museum, 419 W. 14th Street Saturday, May 12, 10:00 a.m. to 3:30 p.m.

For more information: Deb Darrow 719-545-5290 or email ddarrow@aculink.net

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Pioneer Cemetery Clean Up Day

Pioneer Cemetery

Clean up of historic Pioneer Cemetery. Coffee and doughnuts will be provided. Bring your own yard tools. Pioneer Cemetery, 20th and Montezuma. Saturday, May 12, 8:00 a.m. to 12:00 p.m.

For More Information: Marge Patterson Phone 719-561-1072

Thatcher's Historic North Side Neighborhood Walking Tour - Historic Pueblo, Inc

A walking tour of the historic north side neighborhoods starting at the former Mineral Palace on the north end of Mineral Palace Park. Refreshments will be served in the park following the tour. Tour Guides will be Susan Adamich and David Cockrell.

The tour cost \$10 and reservations are required. North end of Mineral Palace Park, 19th St and Court. Sunday, May 13, 2:00 p.m. to 4:00 p.m.

For More Information: Susan Adamich 719-406-0785

Historic Pueblo Interpretive Bike Tour - Historic Pueblo, Inc.

An interpretive bike tour of the north loop of the Historic Pueblo Loop Tour. Bikes will be furnished to those without and water will be provided.

There is a \$15 fee and registration is required. Tour groups will be limited to 25 people.

Historic Pueblo, Inc, 201 W "B" Street. Sunday, May 13, 9:30 a.m.

For more information: Donna Alber 719-543-7401 or email dalber@cs.com

ON YOUR TOES

by Charles E. Schneider, M.D.

ANKLE SPRAINS

Spring-like weather gets us all out and more active. Increased activity also increases our chances for injury. The most frequent injury to the ankle is an ankle sprain. Because this is a common injury one would assume that the treatment plan would be consistent and the assessment would be easy. This is not true.

A fracture or break of the ankle is the most severe injury to the ankle. A sprain is worse than a break if it is not properly treated. The ankle suffers a sprain when the ligaments are overstretched. This occurs most frequently when stress is applied to the ankle which is an unstable position.

A differentiation should be made between a sprain and a strain. A strain is an overstretching of the ligament without disruption of the integrity of its fibers or avulsion from its bony attachment. This is considered a minor injury and recovery occurs within a few weeks. If the stress is more severe, the fibers may tear and a severe sprain has occurred.

In a simple strain the ankle retains its normal joint stability. In a severe strain with tear of the ligament or avulsion of the bony attachment instability of the ankle will result. The ankle joint may dislocate. Dislocation means complete separation of the adjacent bones. Another term SUBLAXATION means partial separation of the bones with large areas remaining in contact.

Specific treatment after establishing a more precise diagnosis will be possible and more effective if IMMEDIATE

care is instituted regardless of the severity of the injury. To differentiate a simple strain from a sprain with some degree of dislocation, an x-ray must be taken. Best diagnosis of the injury is often made immediately after the injury - details become more vague later and the pain is less localized. The podiatrist will have to examine the ankle and palpate the area which may be most tender.

Control of swelling needs to be a first consideration. Three important treatments for this are:

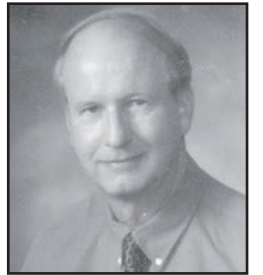
1). Immediate wrapping of the ankle from the toes to the lower one-half of the leg.

- 2). Apply a cold compress
- 3). Elevate the leg

An anti-inflammatory medication may be prescribed at this time. Even if the ankle is only strained as opposed to sprained the foot should be rebandaged daily and ice packs used for several more days.

After three to four days the ice is replaced by hot soaks. If the bandage is removed too soon the swelling will begin again. At a week to ten days the bandage may be removed.

For ankle strains, active exercises and hot soaks along with other supportive devices are generally all that is necessary for further treatment. For severe strains a short leg walking cast or in most severe cases surgical ankle repair may be necessary.



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MORE WEIRD NEWS

from page 4.

for the most selfish of reasons, such as to delay an airline takeoff that they're running late for, or to postpone a school exam they're not prepared for, or to get off work, as Brandy Killin, 26, allegedly did in Kearney, Neb., in March, to her

employer First National Omaha.

Ironies

-- (1) In January, a news crew for the Milwaukee station WDJT-TV, which was reporting a story on the danger of thin ice covering Big Muskego Lake, watched as their high-tech van's driver mistakenly

drove onto the lake and broke through the ice, ruining the expensive vehicle.

(2) At a fancy, catered-food affair for the World Social Forum meeting at the five-star Windsor Hotel in Nairobi, Kenya, in January (where participants munched between discussion sessions on, among

other topics, world hunger), street kids who normally beg for food money downtown raided the facility and picked the tables clean.

-- Mario Sims, 21, had his bail revoked, for a second time, by a judge in Racine, Wis., in March, after he cut off his electronic monitoring device and hopped into a limousine to be driven to Chicago in order to be a guest on "The Jerry Springer Show," where he announced that he will marry his soon-to-arrive baby's mother, who is Sims' half-sister. Sims was also a guest on the show last year, defending his affair with the woman.

News That Sounds Like a Joke

(1) Students from rival campus organizations at the Dawood Engineering College in Karachi, Pakistan, had fistfights and threw furniture at each other in a January confrontation over which group should get credit for putting up posters urging students not to fight on campus. (2) A condominium on New York City's Upper East Side filed a \$500,000 lawsuit in February against a Subway sandwich shop on the building's first floor, complaining about "nauseating" food odors, but according to a New York Sun reporter, the dominant "smell" involved is a scent highly valued by many clear-nosed, non-New Yorkers: fresh-baked bread.

Are We Safe?

-- (1) The Department of Homeland Security's inspector general revealed in March that, although 52 teams are at work tracking down foreigners who remain in the country even after being ordered out, the agency still has a backlog of 620,000 of these fugitive aliens. (However, the inspector general also admitted that there are not enough cells to detain that many fugitives, anyway.) (2) In February, after a three-month court battle, Indian national Mohammed Yousuf Mullahala, 28, was ordered deported for submitting false documents to authorities after his visa expired. He originally attracted attention at a truck-driving school in Smithfield, R.I., where he was allegedly curious about buying dangerous chemicals. Also, while seemingly intent on learning to drive a big rig, he was reportedly uninterested in learning how to back one up.

Least Competent Criminals

(1) Two Bulgarian nationals were arrested in San Marcos, Texas, in January after being caught allegedly robbing coin-change machines at an apartment complex, and police subsequently found apartment guides for several cities in their van, along with a half-ton of quarters (\$18,700). (2) Kevin Russell, 21, was arrested in Hobart, Ind., in February when he went to a Chase Bank and tried to cash a Bank One check for \$50,000. The check was signed, "King Savior, King of Kings, Lord of Lords, Servant."

Compelling Explanations

-- "(Death row) is the calmest place I've ever been in," said convicted murderer Paul John Fitzpatrick in March to a judge in Largo, Fla., hoping to avoid a mere life sentence, which would place him in the general prison population. "I probably found the most peace I've ever had in my whole life (in his previous experience) on death row," he said. "It's just a hell of a lot easier ... doing time with murderers than it is with fools." (A decision was still pending at press time.)

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

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"Can-Do" Spirit Keeps Crafting Alive/Chic

by Claire Whitcomb

If you remember the "Whole Earth Catalog" and the "Foxfire" books, you'll understand why Tsia Carson considers the 1970s as the golden age of do-it-yourself projects.

Never mind that the '70s also produced lamps made from coffee percolators and crocheted covers for toilet paper rolls. It's the can-do spirit of the times that inspires Carson to keep on crafting -- with a little help from her friends.

She has tapped art school chums and colleagues from her design firm, Flat, to create an alternative DIY Web site, SuperNaturale.com. Now her quirky Internet hit has led to a book, "Craftivity: 40 Projects for the DIY Lifestyle" (\$19.95 HarperCollins).

As you might expect, Carson's world is full of funky, fun projects, some of which you'll probably never make. Underwear out of old t-shirts? Baskets woven from those indestructible FedEx and UPS mailers?

The point of "Craftivity" isn't practicality. It's ingenuity. In the world according to Carson, it's a crime to buy something new when there are so many thrift-store and cast-off items waiting to be given a new, artistic life.

Consider, for instance, the lowly plastic bag. Carson's fellow crafter Diane Bromberg figured out how to turn gro-

cery bags into a very chic crocheted tote. The project, which involves cutting the bags into strips and working them with a size K crochet hook, "turned out to be fairly labor intensive, but very, very satisfying," reports Bromberg in "Craftivity."

A more accessible rags-to-riches idea is felted pillows made from old sweaters. Felting, it turns out, is an easy process. There are a few rules to follow -- watch out for yarns that bleed -- but the basic idea is to toss your old sweaters in the washing machine. Use the hot or warm cycle with a cold rinse and the fibers become dense, tangled -- and felted. Voila! You can cut these knits and they won't fray.

As for ways to use your felted sweaters, the ideas are limitless. Cut them into strips and create striped pillows. Stitch them into patchwork or appliqued throws. Or use them to cover cushions, whether on an armchair or the seat of a wooden dining chair. Tea cozies, potholders, throw rugs -- as Carson's crowd likes to say, you get the idea.

Also worth rescuing from flea-market obscurity are those sturdy, hard-sided suitcases designed for train and propeller-plane travel.

Collect a graduated set and stack them as a side table. Or think like a crafter and add three-inch casters so you'll have a small, chic table that you roll away when you want to do yoga in

front of the TV.

When you have a party, you can set martinis on top and your guests will never know you've stashed bills and newspapers inside.

Lampshades draw crafters like a moth to the proverbial flame. Carson has covered hers with flowers made from fabric. She's created a string shade and even knit a slipcover, which she decorated with an old brooch.

Faced with a bare bulb in his bathroom, "Craftivity" contributor Scott Bodenner decided to go shade-free. He dressed his light in a hula skirt of chandelier crystals, which he says can be found in odd lots at flea markets.

A cross between glitz and garret, Bodenner's lighting solution actually has its roots in beaded Victorian bulb jackets, which were used when electric lighting was in its infancy.

"Fixtures still used bulbs like candles and just left them exposed," Bodenner explains.

There are lots of other good ideas in "Craftivity." For example, you can learn to embroider a screen door. (You'll need embroidery floss and a tapestry needle.)

You can stud natural-colored linen napkins with a random scattering of crystals, the kind backed with short prongs, for a look that's both homespun and glamorous.



Turn old suitcases into coffee tables with the simple addition of casters. Stylish and practical, they have plenty of storage for out-of-season sweaters. The how-to is contained at SuperNaturale.com and in a new book, "Craftivity." photo: c. Svend Lindback

You can etch glass, make a graffiti doormat or design your own cut-paper mobile.

Whether you actually make a deftly wired chandelier out of broken vintage glass or just admire the fact that it's possible to do, "Craftivity" will help you get in touch with an I-can-do-that state of mind.

As Carson says, "We make things for two reasons: pleasure and because we can. The pleasure is in the process and the end result is just a byproduct of this joy."

Kneel In Green Jeans To Protect Your Gardening Health

from page 6.

But gardeners aren't the only people who need kneepads. When I searched the Web for pants with

kneepads, I found lots of "tactical pants" and "stealth pants." These seem to be intended for various sorts of police and commando functions, and show up on

Web sites like www.LAPoliceGear.com and www.CopQuest.com, often illustrated by pictures of men with very large guns. Some have features the average gardener rarely needs, like a special pocket for handcuffs. They all seem to have pockets for articulated kneepads, though you have to order the pads separately. You could stuff the magazine pockets with seeds or bulbs instead of bullets, and you can always use a tool pocket for a pruner or weeder. Some Web sites have them in women's sizes, and some have sales on them. Last time I checked, the Magnum Stealth Spec pants at www.botac.com were marked down to \$24.95. Just the thing for stealing into the garden under cover of night to ambush some vicious weeds.

Meanwhile, a Whidbey Island, Wash., farmer and inventor named Dan Vorhis concluded that he didn't need a whole pair of pants dedicated to gardening. He sells GreenJeans Farm and Garden Chaps, which are essentially the front half of a pair of gardening pants, with generously sized built-in kneepads. On Vorhis' Web site (www.muscleandarmfarm.com), one satisfied customer attests: "I typically plant about 20,000 to 25,000 plants a year. I end up spending a great deal of time on my knees, so it's nice to have knee pads that don't pinch your legs behind the knees."

That's the trouble with standard kneepads: By the time you need them,

they're down around your ankles. The elastic straps meant to hold them up lose their elasticity and, if you tighten the straps enough to keep the pads up, they cut off all circulation.

The Kneelon knee pads on view at the Wildflower Seed Company's outpost at the Flower Show also looked promising. Unlike my old kneepads, which were chunks of rubber strung on two (briefly) elastic straps, the body of each Kneelon pad is cut from a sheet of stretch fabric that wraps around the leg and fastens with Velcro above and below the knee, much like the kneepads made for inline skating, which tend to stay put. Kneelons are \$28 from www.wildflowerseed.com.

P.S.: When I wrote about gardening gloves recently, I neglected to mention other ways to avoid wrecking your hands in the garden. Lee Valley Tools (www.leevalley.com) sells the nylon nail brushes that surgeons scrub their hands with (\$7.50 for a dozen), Gardener's Clay Soap (\$13.50), Bag Balm heavy-duty skin softener (\$8.95), and Gloves in a Bottle (\$12.95 for 8 ounces), a lotion said to create a one-way barrier that protects skin from all sorts of irritants as well as dirt. It's also a good idea to run your fingernails over a cake of soap before going out to the garden; you can't get much dirt under your fingernails if you've already got soap under them.

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

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Senior Beacon & Pueblo Chieftain



Jimenez, Burner Will Be Feted At Life Fest On May 11

Patti Gallagher To Perform At The 10th Annual Life Fest

Ed. Note: Patti Gallagher, Pueblo native, will kick-off the 10th Annual Southern Colorado Life & Health Festival by singing the Star Spangled Banner.

Patti Gallagher was born and grew up in Pueblo as Patty Mramor. From age seven she loved singing and dancing all over the city. After attending Central High School she won the Young Artists Competition receiving a full scholarship to Denver University. Later, she transferred to Indiana University and graduated with a Bachelor Degree in Opera.

Also, she married her teacher, Ed Gallagher. She launched her career touring the country singing the leading role in Gian-Carlo Menotti's "The Telephone."

While living in Indianapolis Patti performed regularly with Starlight Musicals, had her own television show and appeared weekly with a young David Letterman. Late Night Show." After recovering from thyroid cancer, Patti appeared often with the Indianapolis Symphony. Patti, then, moved to Columbia, Missouri, where she taught at Stephens College while she gained her Masters and

Doctorate at the University of Missouri. And, then, on to Los Angeles where she combined careers in teaching at Santa Monica College along with performing on the stage and on television. She was credited as "Also Starring" on the nationally televised series, "There is Someone Out There."

Before moving to Rye a year ago, She and Ed lived in Palm Springs, California, where she was a "regular" at Mario's Opera Restaurant. In addition, she sang in many "Musical Chairs" concerts, the inspiration for "Patti Gallagher's Musical Notes."

In 2000 Patti was crowned "Ms. Senior America" and made appearances in many cities throughout the United States and had the honor of singing Christmas songs in the East Room of the White House. Patti just won the Pueblo Chieftain's Critics' Award for Best Female Performer 2005-2006 for "Musical Notes."

Lupe Jaquez Named Senior Citizen of the Year

For the past 12 years, the Pueblo Area Agency on Aging and the Pueblo



From the left, Lori Burner, Grandparent of the Year, Lupe Jaquez, Senior Citizen of the Year and singer entertainer and Pueblo native Patti Gallagher will be hand at this year's Life Fest.

Advisory Council on Aging has honored a senior citizen from Pueblo County who has made an outstanding contribution to the community of Pueblo through volunteer services.

This year we are pleased to announce that Ms. Lupe Jaquez will be honored as the 2007 Senior Citizen of the Year at the Senior Life Festival on May 11, 2007 at the Colorado State Fair Grounds Event Center.

Ms. Jaquez is an outstanding woman who for the past 55 years has dedicated her life to helping individuals who could not help themselves. Lupe, an LPN, has traveled to many areas of the City and County of Pueblo to provide medical services and advice to those in need. She is well known for her willingness to give so

Lori Burner Named Grandparent of the Year

Lori Burner of Pueblo West has been selected as Grandparent of the year. She was nominated by two of her granddaughters, Lisa and Jennifer Brown.

They stated that the thing that

makes their grandmother so special is not the many accomplishments she has made in her life, but the accomplishment she has been in her grandchildren's lives.

"No matter what we do in life, we will always know that it was our grandmother who was a key person in getting us there. Her motivation and inspiration has helped us live our dreams in hopes of someday being as great as our grandmother."

"Though she has touched many lives through her work, her biggest fans are her grandchildren. Our many memories include dressing up in her nightgowns and costume jewelry, playing ping-pong, and eating lots and lots of ice-cream. She has played an important role in each of our lives and has been a key motivator for many of our new experiences. She has always been there for our many concerts, games, or shows, and brags to an extent about how her grandchildren are the best. She never knows that they say the same thing about her."

She will be honored at the Senior Life Festival on May 11th.

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Life Fest 2007 Has Something For Everyone So Come On Down!!

Man oh Man! Kathilee Champlin has outdone herself this time! To celebrate the Tenth Annual Southern Colorado Life & Health Festival she has retired Broncos coming, nationally known singer/entertainer Patti Gallagher, beautiful young ladies who are all Pueblo/Pueblo County award winners, awards for Senior Citizen of the Year, Grandparent of the Year, first-ever Community Service Award (awarded by the Life Fest and *Senior Beacon*, healthy cooking with Chef Ramon, a high school color guard, swing motion demo from Golftec (that's

a wowser!), a senior luncheon free to the first one hundred ticker holders, Tiffany Magic, musical favorites from Generation Journey, a free ice cream and cake ice cream social, the BOCC Older American Proclamation, prizes, giveaways and some neat surprises from the businesses and organizations that will be manning the booths throughout the festivities.

And let's not forget the Health portion of the event that takes place from 8am to 1pm and also bring in your expired medications and we'll discard them for you so you won't risk taking meds that are not good for you by mistake.

Sponsors for the event include *Senior Beacon*, CastAways Inn, Suites & Restaurant, Pueblo Regent, Humana, Parkview Medical Center, Centura Health, Pueblo Chieftain, News Channel FM105.5 AM1240, Pueblo County Commissioners, AARP and Interim Healthcare.

So my dear ladies and gentleman of the Senior Community of Southern Colorado you should make no excuse to miss this important event. It's free with free parking and in some cases, free transportation.

This Tenth year celebration of the Golden Years should not be something you should miss.

Come on down and enjoy the fun and festivities. Meet some old Brono favorites including Le-Lo Lang, Larry Brunson, Steve Sewell and Billy Thompson. Meet our young teen pageant winners, meet the winners of the Grandparent of the Year and Senior of the Year and enjoy the food, entertainment and non-stop activities this year's fare has to offer.

DON'T MISS THIS ONE!



Ashley Baayen - Miss Pueblo County 2007. Meet her at the May 11 Life Fest.



Clockwise Top Right: Ashley Reichert-Miss Teen Pueblo - 2007, Cheyene Carlsson - Miss Teen Talent Winner - 2007 Dancer (Ballet), Kaylan Zamarripa, Miss Pre-Teen Pueblo and Miss Pre-Teen Talent Winner (vocalist), Maggie Gardner, Miss Teen Pueblo - 2007 and Miss Pueblo County Talent Winner (Dancer).

FREE RIDE COUPON - FREE RIDE COUPON
Southern Colorado Seniors Life & Health Festival - 2007
May 11, 2007 Pueblo Event Center-State Fair Grounds
 Coupon Good For One (1) Free Ride On Pueblo Transit Bus System To Event.
 Stop At Pueblo Transit Booth At Life Fest-2007 For FREE RIDE Ticket Home!
 Call 553-2727 For Information On Transportation To The Event

LIFE FEST 2007 PROGRAM

Health Fair	8:00am - 1:00pm
Expired Medicine Drive.....	10:00am - 12:00pm
Color Guard.....	9:15am
Healthy Cooking.....	10:00am
Meet The Denver Broncos!!.....	11:00am
Senior Luncheon (First 100 Seniors FREE -closes 1:00pm sharp!).....	12:00 Noon- 1:00pm
Miss Pueblo Teen Contestants.....	12:00 Noon-12:30pm
Community Service Award.....	12:15pm
Tiffany Magic.....	12:30pm - 1:30 pm
Ice Cream & Cake Social (FREE)....	2:00pm
BOCC Older Americans Proclamation Act.....	2:00pm - 2:15pm
Senior Citizen of the Year - 2007.....	2:15pm - 2:30pm
Grandparent of the Year - 2007.....	2:30pm - 2:45pm
Prizes & Giveaways.....	3:00pm
Doors Close.....	4:00pm

"I miss all my friends at the facility so much."
 Frances Salazar



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Chieftain's Rawlings To Be Honored

Community Service Award 2007

To help celebrate the Tenth Anniversary of the Southern Colorado Seniors Life & Health Festival, Kathilee Champlin (the Life Fest's Director) and *Senior Beacon* decided to honor a deserving Southern Colorado member of the Senior Community as its Community Service Award winner for 2007.

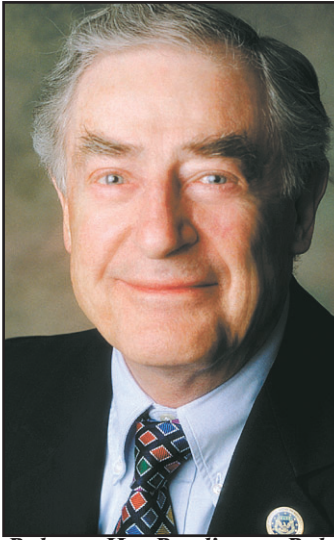
This is the first Community Service Award given by the Life Fest and *Senior Beacon*.

The first recipient of this award is Robert H. Rawlings, publisher and editor of the *Pueblo Chieftain*.

Mr. Rawlings is the molding force behind the *Pueblo Chieftain*. The *Pueblo Chieftain* has and continues to sponsor so many events throughout the years that there isn't enough room to print them all and the benefits to the entire southern Colorado community have been immeasurable.

Throughout Mr. Rawlings stewardship, the *Pueblo Chieftain* has been the "keeper of the flame" in reporting and disseminating information. What better community service than that?

The award will be given to Mr. Rawlings around Noon at the Life Fest on May 11th. Come on down and join in the festivities.



Robert H. Rawlings, Publisher & Editor of the Pueblo Chieftain, will receive the first-ever Community Service Award presented by Life Fest & Senior Beacon on May 11th at the noon hour during the Life Fest 2007 at the Events Center - State Fair Ground in Pueblo.

Life Fest Health Fair Information

Table One: Registration and consents.

Table Two: Blood sugar and Diabetes screening.

Table Three: Lipid Profile Screening

Table Four: Bone Density Screening

Table Five: Body Mass Index

Table Six: Medications Table

Because of new tests, the old lipid (cholesterol) has changed.

The Full Lipid profile is being offered at a cost of \$20 per person. It requires a 12 hour fast, but participants can drink black coffee or tea and water. Prescription meds should be taken as directed. The profile requires a fingerstick and results will be given to the participants within ten minutes. These will be done on a first come - first served basis.

For attendees that would like to participate in the lipid screening but have not fasted, we will have an alternate date for this screening at Parkview Medical Center.

We accept cash, credit card and personal check made payable to Parkview Medical Center.

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The Chateau features spacious apartments ranging in size from 340 to 840 sq. ft. Each unit has individual climate controls, emergency call system, an equipped kitchenette, and a safety designed bathroom. Pets are welcome in the facility.

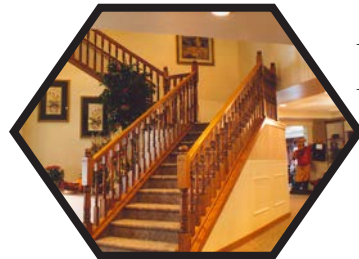
The Care Center is one of Pueblo's most respected health care facilities offering quality skilled nursing, physical, occupational, and speech therapy in a warm, loving environment.

The entire campus offers three delicious meals and snacks each day, landscaped yards and walking paths in a secured setting for those who need this special feature. We have a dynamic activity program and transportation to doctor's appointments, etc.

Chateau Connections Day Program is a wonderful program Monday - Friday from 7:00am - 6:00pm that offers a full day of activities, fun and enjoyment for our loved ones living at home or with caregivers.

Most of all we pride ourselves in our caring staff. We feel that special needs are met by special people. Our skilled nursing center is Medicare and Medicaid certified.

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Broncos, Health Screens, Medication Drive, Thank You's!

EXPIRED MEDICATION DRIVE

Bring your old unused medication to the Parkview Health Screening Table between the hours of 10:00am and 12:00pm. A pharmacist will be on hand to answer any questions. The Medication Drive has collected 40 tons of medication over the years.

COOKING DEMONSTRATION

Chef Ramon will be cooking a wonderful Breakfast Burrito for all to taste. This will include eggs, spinach and cheese with special seasoning in a wheat tortilla.

PICTURES WITH THE BRONCOS

The Denver Broncos will be on hand to teach you some stretching exercises and have lunch with us. Everyone wear your Bronco colors in support of them. LBJ Photography will be on hand from 11:30am - 12:00 pm to take your picture with the Broncos at a fee of \$15, this includes the photo and shipping.

CENTURA HEALTH SCREENINGS

Centura Health will be represented by associates from St. Mary-Corwin Medical Center, St. Thomas More Hospital, Centura Health at Home, Villa Pueblo and Progressive Care Center.

The festival features health screenings from 8 am to 1 pm, and a

complete line up of exhibits and activities from 9 am - 5 pm. Health screenings provided by Centura during the festival include blood pressure, body and balance, pulse oximetry and depression.

MIRACLE EAR

Miracle Ear will do hearing screenings.

ROCKY MOUNTAIN EYE CENTER

The folks at Rocky Mountain Eye Center will do visual and glaucoma screenings.

PROCLAMATION BY CHOSTNER

Pueblo County Commissioner Retired Colonel Jeff Chostner, USAF, will make the official presentation marking the BOCC Older American Proclamation Act at 2:00pm.

Chostner was elected to his post in November of 2006 and was seated on the County Commission on January 1, 2007 after serving on the Pueblo City Council since 2003

THE BRONCOS ARE COMING

Scheduled to be in attendance for this year's Life Fest show are four retired members of the Denver Broncos.

Larry Brunson - Receiver and return man for the Broncos. Attended Mesa College after graduating from Cortez High School where he starred in

football and track. Finished his college career at Colorado University also playing football and competing in track.

Married to wife Susan and has three grown children.

Le-Lo Lang - Broncos second pick in the fifth round of the 1990 draft. He was a defensive back for the Broncos. He spent four years with the Broncos. He was a standout football player at the University of Washington.

Le-Lo is single and lives in Aurora.

Steve Sewell - Spent nine seasons with the Broncos. He was an outstanding all-purpose back and specialized in making third down conversions when the Broncos needed them most.

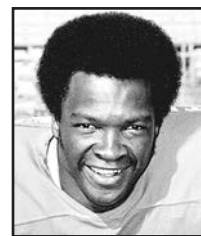
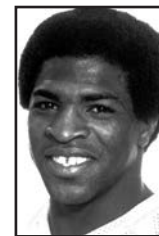
He was a versatile athlete for the Oklahoma Sooners.

Billy Thompson - Thompson was a standout defensive back out of Maryland State he played 13 years with the Broncos and was the Broncos defensive captain.

He was a 12-letter man at Sterling High School in Gainesville, S.C., was student body president and graduated with a phys ed degree from college.

THANK-YOU, THANK-YOU!!

Each year it is our privilege to thank Kathilee Champlin for her tireless



Retired Broncos Larry Brunson (l) and Billy Thompson will be on hand for the Life Fest 2007. Get your picture taken with them.

work on ensuring that the Show is a success and each year she accepts the praise but then immediately shines the light on the sponsors, booth manners and all of you that come to the festivities.

Special thanks to all of you and especially to the Show's sponsors:

- Parkview Medical center
- Senior Beacon
- News Channel FM 105.5/AM 1240
- AARP of Colorado
- Centura Health
- Pueblo County Commissioners

Without your yearly sponsorship we could not have this fine show.

Event sponsors who are:

- Humana
- Golf Tec
- Pueblo Regent
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Senior Life Festival Exhibitor Floor Plan

AARP..... 23	Canon Lodge Care/TLC Rehab. 28	Humana..... 37	Rocky Mountain Health Care.... 3
All Care..... 45	Centura Health..... 64	Interim Health Care..... 38	Senior Blue Book..... 24
Apria Health Care..... 41	Cingular - Job Fair..... 25	Life Care Center of Pueblo..... 7	Sangre De Cristo Hospice..... 16
Belmont Lodge Senior Care..... 13	Complete Home Health Care.... 33	Lincare..... 4	Sharmar Village..... 8
Belmont Senior Care..... 63	Golf Tec..... 18	Macular Degeneration Center.. 15A	Social Security..... 14A
Caring Plus..... 60	Home Instead..... 2	McCandless Nursing Home..... 42	SRDA/Lifeline..... 35
18		Minnequa MediCenter..... 29	Senior Beacon..... 1
17	35 36 37 38	Miracle Ear..... 26	Spanish Peaks Nursing Home.... 32
16	34 33 32 31	Parkview Medical Center..... 43	Thornton Wheelchairs Plus..... 17
15		Physicians Choice Medical..... 20	University Park Care Center..... 6
14	19 20 21 22	Physicians Home Health Care... 21	Visiting Angels..... 36
13	8 7 6 5	Praxair Healthcare Services..... 34	Westwind Campus of Care..... 62
12		Preferred Hospice..... 44	
11	43	Professional Hearing Services... 15B	NON-PROFIT TABLES
10	44 45	Pueblo Bank & Trust..... 30	Pueblo Step-Up
	Health Area	Pueblo Chemical Depot..... 27	SRDA
		Pueblo Extended Care Center.... 40	Alzheimer's Association
		Pueblo Goodwill Home Care..... 5	Senior Owl
		Pueblo Regent..... 39	PACA/Senior Housing
		Rapid Medical..... 66	Pueblo Senior Safety TRIAD
		Rocky Mountain Eye Care..... 19	



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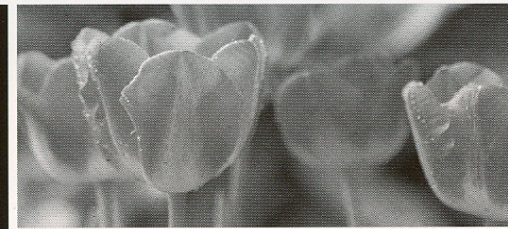
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Middle Of The Road: Mid Cap Stocks Offer Potential

by Robert Valentine, CSA (714) 962-1800

Middle of the Road

Mid cap stocks offer a mix

Tax Refund Available For Long Distance Telephone Users

by Eileen Doherty

Denver, CO. Individuals who had long-distance telephone service between February 28, 2003 and August 1, 2006 may be entitled to a \$30 (\$40 for couples) refund of excise taxes, according to a federal settlement with long distance carriers.

This is a one time only refund, for this tax season only. Although individuals can file after April 15, 2007, it is suggested that filing be completed before this date.

of the potential growth of a small cap and some of the stability of a large cap, which could be a welcomed addition to your portfolio.

Since the refund is standard on the Form 1040, individuals who have already filed their federal income taxes for 2006 have most likely filed the proper forms. Individuals who are not required to file federal tax forms can claim the standard refund of \$30 for a single person and \$40 for two persons, by completing FORM 1040EZ-T.

To file for the standard refund, individuals need to fill out the Name and Address section, read the "Before You Begin" section, and Sign and Date the form. Mail the form to Internal Revenue Services, Fresno, California, 93888-0014.

For assistance with filing the forms or to obtain copies, please call 303-333-3482.

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

In the search for the proverbial "Goldilocks" choice of the investment world, mid-cap stocks may be about as close as some investors get when looking at market capitalization. And while they may not be "just right" for everyone, mid-cap stocks certainly offer a unique, balanced mix of qualities from large and small-caps.

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

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

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

Mid cap stocks have become a popular investment of late because of the attractive qualities that many investors

see in them. Frequently the companies are primed for potential growth, at the same time they've already gone through some of the growing pains which small-cap stocks have yet to experience.

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

The size of the market capitalization you choose to invest in, has a great deal to do with your current financial situation and the amount of risk you're willing to tolerate. Meeting with a financial professional to assess your needs and goals, is one of the first steps towards establishing a plan for the future. While no one investment is perfect for everyone, certain investments do fit well for people in particular situations.

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

This article was submitted by Robert Valentine of Financial and Retirement Management. Robert (CA Insurance Lic #0C23496) is a Registered Representative of and offers securities through Securities America, Inc., a Registered Broker/Dealer, Member NASD/SIPC. Advisory services offered through Financial and Retirement Management, a Registered Investment Advisory firm. Robert is a Certified Senior Advisor in Huntington Beach, CA.

Several of his articles on financial planning matters that concern investors have been published. Robert can be reached at (877) 732-2637.

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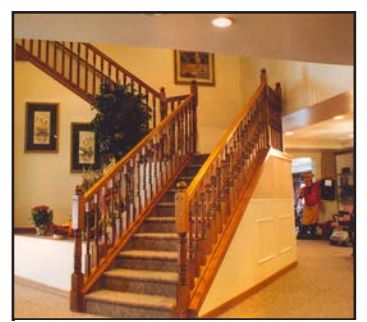
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The Improvisational Cook: Humble Banana Is Deliciously Reliable

by Sally Schneider

When the availability of vibrantly flavored fruits takes a dip in early spring, or when the supermarket is lacking in inspiration, I turn to the humble banana, whose presence in markets year-round offers endless, delicious possibilities.

Cooking bananas intensifies their flavor and renders their sweet flesh silky and meltingly tender. For an instant, over-the-top parfait or sundae, caramelize bananas briefly in a skillet and pile them into bowls with vanilla ice cream, warm caramel sauce and toasted pecans. Since bananas have affinities with many flavors, this basic theme invites improvisations.

For a sauce, use warm chocolate, dulce de leche (the South American milk caramel) or a puree of raspberries, strawberries or blackberries (the strained puree-like pulp of passion fruit is marvelous) and, of course, whipped cream or creme fraiche. For toppings, bananas love all kinds of toasted nuts, including walnuts, almonds, hazelnuts, macadamias, pistachios, crushed toffee or nut brittles and toasted coconut. Arrange baby marshmallows on top of caramelized bananas and broil them until toasted and molten.

The same caramelized bananas can be sandwiched between sheets of baked puff or butter pastry -- or thin butter cookies, for that matter -- along with some whipped cream for a surprising free-form Napoleon.

For a charmingly rustic pastry that is a cross between an open-faced tart and two-crust pie, pile sliced fresh bananas onto a rolled-out circle of pie dough, sprinkle with sugar, fold the edges up and bake. This method eliminates the time-consuming task of crimping dough into a tart tin or pie plate and is the quickest method I know to create a great fruit tart.

Very ripe bananas have a creamy texture when pureed and make fine instant ice creams and frozen desserts with-

out the usual quantities of cream and egg yolks. The only preparation is to peel the bananas, slice them into chunks and freeze them on a sheet pan. Once frozen they're ready to puree in a food processor with coconut milk, cream or creme fraiche to transform into the kind of lush, intensely flavored ice cream you'd find in the tropics.

As is, frozen banana slices are a great sweet treat for kids and grown-ups on a diet. Puree the frozen slices with lime or orange juice and a drizzle of dark rum for a refreshing fat-free sorbet.

BANANA AND COCONUT ICE CREAM

1/4 to 1/2 cup shredded sweetened coconut
2 very ripe large bananas
1/2 cup unsweetened coconut milk
1 tablespoon superfine sugar or to taste
Squeeze of fresh lime juice
A few drops of dark rum, if desired

Preheat the oven to 375 degrees. Place the coconut on a sheet pan and bake, tossing occasionally, until it is golden, about 4 minutes. Watch carefully so it does not burn. Set aside to cool.

Peel the bananas. Slice into 1/2-inch slices and place them on a cookie sheet. Freeze until solid, at least 1 hour.

Blend the frozen banana slices in a food processor until roughly chopped. Add the coconut milk, sugar, lime juice and rum, if desired, and continue processing, scraping the sides down occasionally until it is the consistency of ice cream, 1 to 2 minutes. (Although at first the mixture will seem granular, as the bananas thaw slightly, it will become very creamy.)

Serve at once or freeze up to 1/2 hour before serving. Scatter toasted coconut over each serving.

Makes 4 servings (about 2 cups).

FREE-FORM BANANA TART

1/2 pound Foolproof Butter Pastry (recipe below) or your favorite pie dough
All-purpose flour for rolling the dough,

plus 2 tablespoons for the filling
2 tablespoons sugar
1 1/2 pounds (3 medium) ripe bananas
1 tablespoon fresh lemon juice
1 vanilla extract
1 teaspoon dark rum
1 teaspoon unsalted butter
About 1 teaspoon confectioner's sugar

Preheat the oven to 400 degrees. On a lightly floured surface, roll the dough into a rough circle about 14 inches in diameter. Transfer the dough to a baking sheet and refrigerate 10 minutes.

In a small bowl, combine the 2 tablespoons flour with 1 tablespoon of the sugar; reserve. Peel the bananas and slice on a diagonal into 1/4-inch thick slices. Toss gently with the remaining tablespoon sugar, lemon juice, vanilla and rum.

Remove the dough from the refrigerator and sprinkle the reserved flour/sugar mixture evenly over the dough to within 2 inches of the edges (leaving a 2-inch border uncovered). Arrange the bananas evenly over the flour mixture. Fold the rim of the dough over the bananas. Moisten your fingers lightly with water and gently press the creases together so they hold their shape. Shave the butter over the fruit.

Bake the tart about 30 minutes, covering halfway through if the crust is browning too rapidly. The tart should be golden brown. Let cool 10 minutes before sliding the tart onto a serving platter.

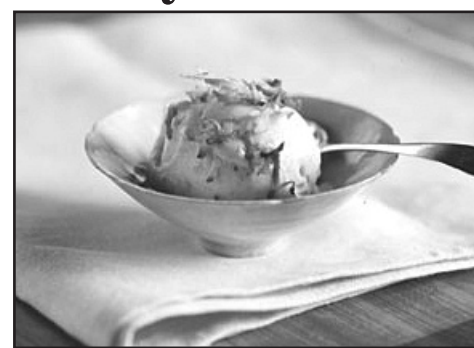
Just before serving, sift the confectioner's sugar evenly over the crust.

Makes 6 servings.

FOOLPROOF BUTTER PASTRY

1 cup all-purpose flour
1 teaspoon sugar
1/2 teaspoon salt
1/4 teaspoon baking powder
4 tablespoons cold unsalted butter, cut into 1/2-inch bits
3 1/2 tablespoons sour cream

In a medium bowl, combine the



Pureed frozen ripe bananas make an instant ice cream that is so creamy you won't miss the traditional egg-and-cream custard. Top with toasted coconut. photo: (c)

Maria Robledo

flour, sugar, salt and baking powder. Add the butter and cut it into the flour with a pastry cutter or two knives until it makes a very coarse meal. Alternatively, using a pinching motion with your fingers, mix the butter into the flour; rub the butter and flour between the palms of both hands to further blend it, until the mixture is the texture of coarse meal.

Chill the dough in the refrigerator for 15 minutes. Add the sour cream and blend it in with a pastry cutter or fork. With your hands, knead and squeeze the dough 7 or 8 times to incorporate the loose bits and gather the dough together into a rough ball. The dough will be a coarse mass. Flatten the dough into a 1-inch-thick disk, wrap in plastic wrap and refrigerate at least 1/2 hour before rolling.

Alternatively, make the dough in a food processor, processing flour, sugar, salt, baking powder and butter to a coarse meal. Chill if desired. Add the sour cream and process to texture of coarse sand.

Makes 8 ounces dough, enough for one tart.

These caramelized bananas are also great sandwiched between slabs of baked pie pastry with whipped cream.

(Sally Schneider is the author of "The Improvisational Cook" (William Morrow, 2006) and "A New Way to Cook" (Artisan, 2001).)

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

/marg., orange.

MAY 1: Burrito/Green Chili, spanish rice, let/tom garnish, apricots.

MAY 2: Breaded Fish/Tartar Sauce, au gratin potatoes, carrots, spiced fruit mold, wheat bread/marg., cherry crisp.

MAY 3: Roast Beef/Au Jus, baked potato, california blend, orange, wheat bread/marg., diced peaches.

MAY 4: Lasagna, peas, orange carrot gelatin, wheat bread/marg., diced peaches.

MAY 7: BBQ Beef Sandwich, baked beans, spiced fruit mold, blush pear dessert.

MAY 8: Roast Turkey/Gravy, mashed potatoes, broccoli, wheat bread/marg., cranberry/orange mold.

MAY 9: Roast Beef Sandwich, washington chowder, pickled beets, strawberries/PA.

MAY 10: Enchilada Casserole, peas, mexican coleslaw, wheat bread/marg., oatmeal cookie, applesauce.

MAY 11: Macaroni/Cheese, lima beans, veggie salad medley, wheat bread/marg., chilled plums.

MAY 14: Green Pepper Steak, garlic mashed potatoes, broccoli, pickled beets, wheat bread/marg., apricots.

MAY 15: Sloppy Joe/Bun, peas, carrots, blush pear dessert.

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MAY 16: Roast Beef/Gravy, mashed potatoes, stewed tomatoes, mixed green salad/Italian drsg., wheat bread/marg., ambrosia.

MAY 17: Stuffed Bell Pepper, cab-

bage, mixed veggie, wheat bread/marg., lime carrot gelatin.

MAY 18: Turkey/Rice/Cheese Casserole, cornbread, pickled beets, PA upside down cake.

MAY 21: Burrito/Green Chili, spanish rice, basil green beans, wheat bread/marg., fruit blend juice.

MAY 22: Pot Roast-potatoes/carrots/onions, mixed green salad/Italian drsg., wheat bread/marg., banana cake.

MAY 23: Cream Veggie Soup, roast beef sandwich, mixed green salad/ranch drsg., wheat bread/marg., banana.

MAY 24: Sweet/Sour Pork over Rice, zucchini/tomatoes, pickled beets, wheat bread/marg., cranberry fluff.

MAY 25: Roast Beef /Gravy, mashed potatoes, peas/carrots, wheat bread/marg., spiced fruit mold.

MAY 28: Baked Ham, confetti rice, peas, pineapple slaw, wheat bread/marg., plums.

MAY 29: Salisbury Steak, mashed potatoes, carrots, waldorf salad, wheat bread/marg., watermelon.

MAY 30: Hot Turkey Sandwich, mashed potatoes, harvard beets, wheat bread/marg., cranberry/orange mold.

MAY 31: Spicy Sausage Patty, parsleyed noodles, cabbage, carrot raisin salad, wheat bread/marg., cherry crisp.

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Senior Community Update



SRDA NEWS

Nature & Science Trip, Friday, May 18th. • Transportation, • IMAX Movie and • Benjamin Franklin: In Search of a Better World Exhibit, \$27.00
Contact: SRDA, 545-8900, 230 N. Union Ave

FREMONT ORCHESTRAS

The Fremont Youth and Adult Chamber Orchestras, under the direction of Jean Whitmore, will present an entire concert dedicated to the works of Wolfgang Amadeus Mozart. The concert will include excerpts from Symphonies 25, 12 & 39, overture from the opera Don Giovanni and much, much more.

Young opera singers, Megan Mahlberg and Mathew Whitmore, both juniors at CU Boulder, a cello quartet and the Fremont Civic Choir will also perform! Join us for this monumental tribute to one of classical music's greatest composers. Concert will begin at 3:15 pm, on May 13th, at Washington Elementary School. Admission is free.

Donations are welcome. For more information, please contact the Fremont School of the Arts at 784-3400.

SAVVY SENIORS

Every Saturday Morning at 8:00am on 590am KCSJ Radio the Savvy Senior airs.

May schedule:

May 5th - American Storykeepers with Dennis Stack - Capturing life stories of our seniors.

May 12th Reverse Mortgages with Barry Scoles

May 19th - Stroke Awareness with Vera Carpenter from Parkview Hospital

May 26th - Recreation after an Illness with Miranda Lewis-Barkley from Parkview Hospital.

OWLS NEWS

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

OVER THE HILL GANG

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

Caroline Luellen 545-3787.

PROGRESSIVE STRENGTH TRAINING PROGRAM OFFERED BY CSU COOPERATIVE EXTENSION

Strong Women, Strong Bones is the title of a training offered by Colorado State University Cooperative Extension.

This progressive strength training program is designed for sedentary and active women of all ages. Research shows strength training improves bone density, prevents falls and improves arthritis symptoms. Use your own hand and leg weights to improve flexibility, balance and to gain muscle strength. Sessions will be held on Tuesdays and Thursdays, 5:00-6:30 p.m. starting April 12 through July 19.

To register call 583-6566. Space is limited. The cost is \$50.00 for the 24 sessions.

STROKE AWARENESS

Thank you so much for getting back with me. I spoke with Chuck Couchman & we thought since next month is stroke awareness month we would have the stroke support group meet at Parkview Hospital on the inpatient rehab unit. We will invite the stroke support group & their families. We also invited the Fremont stroke support group & their families. We are located on the 3rd floor & we will have signs directing those who will be attending.

I appreciate you putting the info into the Senior Beacon. I'll look forward to talking with you soon. Please call me if you have any questions.

Terri Tibbs, Community Education Manager, Parkview Center for Rehabilitation, 719-584-4677.

PUEBLO CHILDREN'S CHORALE ANNOUNCES FINAL CONCERT OF ITS 11TH SEASON

PUEBLO — The Pueblo Children's Chorale will hold its final concert of its 11th season, "Merrily We Roll Along- a season of music and mischief," at 3 p.m. on Saturday, May 12th, 2007 in Hoag Hall at Colorado State University - Pueblo.

The spring concert is sure to please those of all ages with a variety of mischievous animal songs. Selections will include: "Basil the Cat", "Monkeys in the House", "The Little Birch Tree" and "Prayer for Today".

Tickets for the concert will go on sale at the Sangre de Cristo Arts Center box office on May 1st, or they may be

purchased at the door. Tickets cost \$7 for those 13 years and older, and \$3 for children 12 years and younger. Tickets can be purchased over the phone by calling the box office at (719) 295-7200.

The Pueblo Children's Chorale consists of two choirs, and both will perform at the concert. The Concert Choir features fifth through eighth graders and is under the direction of Jennifer Shadle-Peters. The Apprentice Choir, directed by Betsy Barto, features second through fourth grade singers.

The Pueblo Children's Chorale has delighted local and national audiences through its musical talent and disciplined ensemble during its 11 years of operation.

DR. JANISE DENTON CERTIFIED IN HOSPICE & PALLIATIVE MEDICINE

Pueblo Physician, Janise T. Denton, a hospice and palliative medicine physician at Sangre de Cristo Hospice and Palliative Care, was recently certified by the American Board of Hospice and Palliative Medicine.

Dr. Denton is a graduate of the University of Arizona and the Kirksville College of Osteopathic Medicine. She completed a residency at the Kirksville Osteopathic Medical Center and an Internship at Tucson General Hospital. She has also served on the faculty of the Kirksville College of Osteopathic Medicine and has taught at the Southern Colorado Family Medicine Residency program in Pueblo.

Denton is also board certified in Family Practice. She has been practicing in Pueblo since 1996, including Urgent Care, Family Practice Medicine, and Premier Back Rehabilitation Center. She joined Sangre de Cristo three years ago. Prior to moving to Pueblo she was in Family Practice in Illinois and Missouri. For more information please call 542-6670.

PUEBLO STEPUP

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Vail Hotel - Tuesday, May 8th 9:00-10:30 am

Hyde Park Community Center - Tuesday, May 8th 1:00-2:30 pm

Joseph Edwards Senior Center (SRDA) - Wednesday, May 9th 9:45-Noon

Mineral Palace Towers - Thursday, May

10th 9-11:30 am

Memorial Recreation Center - Pueblo West - Thursday, May 10th 8:45-10:45 am

McHarg Park Community Center - Avondale - Monday, May 14th 9:00-11:30 am

Minnequa Park Apts. - Tuesday, May 15th 9:00-11:30 am

Mesa Towers Apt. - Wednesday, May 16th 9:00 - 11:30 am

Ogden Apartments - Thursday, May 17th 9:00-10:30 am

Fulton Heights Community Center - Thursday, May 17th 1:00-2:30 pm

Park Hill Christian Church - Monday, May 21st 10:00-Noon

*All locations are open to the general public for these clinics.

Please call Pueblo StepUp @ 557-5886 if you have any questions.

STEPUP EXERCISE PROGRAMS

Please call Jo Stinchcomb @ 557-3883 for question about any of Arthritis Foundation Exercise Program Hyde Park Community Center, Mondays & Wednesdays 9:30-10:30 am

Tai Chi from the Arthritis Foundation, Tai Chi I - George Memorial Recreation Center, Mondays & Wednesdays 1:00-2:00 pm

Tai Chi II, George Memorial Recreation Center, Mondays & Wednesdays 2:15-3:15 pm

Tai Chi II, AARP Center, Tuesdays & Thursdays 9:00-10:00 am

Tai Chi I, AARP Center, Tuesdays & Thursdays 10:10-11:00 am

AARP #173 NEWS

Cripple Creek tip: AARP #173 will sponsor a fundraiser bus to Cripple Creek, Tuesday, May 8 leaving Southside Wal-Mart. Cost is \$22.00. Non-members welcome. Call Rosann - 566-0199 & Lorena - 545-3524.

General Meeting: Monday May 14. 1:30pm. Joseph Edwards Senior Center (SRDA), 230 N. Union. Non-members welcome. 566-0199 or 545-3524.

HEALING WORKSHOP

The first Healing Art workshop at the Dorcy Cancer Center at St. Mary-Corwin Medical Center was a smashing success with 44 people in attendance.

The Healing Arts program began in mid-2006 with the idea that the cancer center wanted to offer services above and beyond the clinical setting. In early 2007, Lynn Spencer-Tafoya, coordinator of the Cancer Survivorship Program, funded by the Lance Armstrong Foundation, met an incredible survivor in the Pueblo community, Cindy Davis.

May's workshop series: *Healing Through Movement* - Tuesday evenings in May, from 5:30 - 7:00pm. Participants will focus on creative fun through music with Christine Reed, learn health benefits of Tai Chi with Jo Stinchcomb, Alice Wingert will guide them through the basic postures of yoga and finally laughter for the health of it with certified laughter leader Janice Funk.

June's workshop series: *A Journey through My Many Colored Days* based off a Dr. Seuss book. Wednesday evenings in June from 6:00pm - 7:30pm; participants will tap into ultimate joyfulness and play through Christine Reed's exploring moods in music, Jan Lata's abstract watercolor painting, bringing life stories to paper with Lori Burner, (Senior Grandparent of the Year from the Southern Colorado Seniors Life and Health Festival - 2007) and in the end producing a personal, handmade book to take home and share.

Seating is truly limited, so please call and RSVP now, Christine Reed (719) 547-7635.

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BOOKS WANTED. I pay cash for good books and estate libraries. Call Jim at 719-634-2367. #0907

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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.

lawn crypts. \$1600 each or \$3000 for both. 948-3159 or 671-7476. #0607

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THREE CEMETERY plots (together) for sale at Mountain View Cemetery for \$1500. Call 542-4339. #0407

CLEAN TWO BEDROOM mobile in Penrose Mobile Home Park, fenced yard, storage shed, pets ok. \$425/mo + deposit. Discount with lease. 671-6340. #0407

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

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

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

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

Dr. Schottstaedt Appointed Medical Director

VILLA PUEBLO SENIOR LIVING COMMUNITY ANNOUNCES NEW MEDICAL DIRECTOR PUEBLO, COLO. (April 10, 2007) - Villa Pueblo Senior Living Community announces the appointment of Dr. Louise Schottstaedt as medical director of the skilled nursing unit at Centura Health -The Pavilion at Villa Pueblo.

Medical director since January,

Dr. Schottstaedt provides input on resident care programs and helps assure quality care in the facility.

"We are excited to have some-one of Dr. Schottstaedt's experience and expertise on board," said Linda Garner, nursing home administrator at Villa Pueblo. "She is a wonderful addition to the team at Villa Pueblo."

A Pueblo resident for 22 years, Dr. Schottstaedt is also the director of Touchstone Health. From 1995 to 2004, she was in private practice at Comprehensive Family Care Center and a faculty member of Southern Colorado Family Medicine. Dr. Schottstaedt was also the chief of medical staff at St. Mary-Corwin

Medical Center.

Dr. Schottstaedt received her doctorate of medicine from Baylor College of Medicine in Houston. She received her master's degree from the University of Colorado. A native of Oklahoma, Dr. Schottstaedt is married with four children and enjoys gardening, reading, and music.

About Villa Pueblo Senior Living Community

A continuing care retirement community, Villa Pueblo offers independent living, assisted living and skilled nursing to area seniors. The community is part of Centura Health, Colorado's largest healthcare system.



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 Fremont County Sheriff's Dept. - 275-2000 • Canon City Police Dept. - 269-9000



Reading Contracts Prevents Home Improvement Ills

Before starting any major home improvement project, you need to begin with a well written contract. A thoroughly detailed contract will go a long way in ensuring that you and your contractor understand what work is to be done and what it will cost.

Your detailed contract should specify:

All the work you expect the contractor to complete and all the materials the contractor will use, including the quality, grade and brand of all materials;

- **When** the work will begin and end;
- **Who** is in charge of getting any necessary permits from the city or county (Most people prefer the contractor to do this part);
- **How** and when you will pay for the work;
- **How much** the work will cost.

Be sure that everything you've agreed to is written down, including any guarantees on the quality of work. If you don't understand any sections, ask a knowledgeable friend, relative or legal representative to review the contract.

Also, before you sign any home improvement contract, it's smart to find out what legal protections you have. Both you and the contractor must sign the contract. Be sure to get a copy of everything you sign and recognize that your signature is binding.

What You Don't Want

Don't approve any plans or blue-

prints unless you understand them; Never sign a contract with any blanks.

Questions about Consumer Protection? 1-800-222-4444, Denver Metro Area, 303-222-4444, www.aarpelderwatch.org

WARNING: ADVANCE FEE LOAN SCAM

The Better Business Bureau of Southern Colorado is receiving complaints from consumers across the country about a company called Belcrest Lending Services.

Belcrest is offering loans for any amount of money, for any type of purchase, as long as consumers wire various amounts of money to a contact at the company, which is based in Colbert, Ontario, Canada.

The company lists a Colorado Springs address - 2860 S. Circle Drive, Suite 700. A BBB of SC staff member went to that location and no company by that name is there; Suite 700 does not even exist.

Although we have not yet received any calls from local consumers, those who have been approached in Ohio, South Dakota, Kentucky, South Carolina and Louisiana have almost been duped.

Our investigation shows that the company's Web site www.belcrestlending.com was just opened on March 2 and only has a 90-day contract with the site host. This, of course, implies that they do

Southern Colorado National Bank is proud to be a sponsor of this important Senior Safety feature. Call us for all your banking needs at 719-253-2265. We are located at 7 East Spaulding in Pueblo West and 3595 Spaulding just off Pueblo Boulevard and Highway 50 West. Call us today for rate quotes.

not plan to stick around. Advanced fee loan scams abound and this is one of the latest to hit. "It's just good businesses."

PENNY PINCHING TWIST ON AN OLD SCAM

The Better Business Bureau of Southern Colorado has learned that a company by the name of Equity First is defrauding people of their money through a simple tactic.

Here's how the scam works. The scammers at Equity First generate random routing and account numbers into which they try to deposit one penny. If the one cent deposit clears the "made up" account, the perpetrators then know the account in fact exists and continue to withdraw funds from the account.

An airman at Schreiver Air Force Base has been affected by the scam. When the airman noticed the odd withdrawal in the amount of \$124.90, he tried to contact Equity First. He called the toll-free number that was listed on his transaction statement, only to find that the number listed led him through automated dead

ends. A company based in North Carolina under the name Equity 1st Mortgage has been receiving many complaints because victims are linking them to the scam due to the similarity in the company name. However, Equity 1st Mortgage is NOT the Equity First that has been making the withdrawals.

A representative from Equity 1st Mortgage stated that they have handled approximately 100 phone calls, including five phone calls in April 2007. The amount is always the same - \$124.90. However, our local victim's account was struck more than once, totaling \$600.

Here are some tips from the BBB of SC:

- Check your account balances frequently.
- Be suspicious of unusual deposit or withdrawal amounts.
- Make sure you know who is accessing your account.
- Never give out your account information to anyone you do not know.
- Shred your banking documents to protect yourself from identity theft.

Keynote Luncheon: Nonprofit Assn.

There are more than 18,000 nonprofit organizations in Colorado and more than 1,200 in the south central region of the state*

The nonprofit sector directly represents five percent of Colorado's economy, spending more than \$15 billion annually. Nonprofits keep Colorado economically strong and culturally robust, which helps create an environment where your business can thrive.

The Colorado Nonprofit Association's Pueblo Conference is May 10 and more than 200 nonprofit leaders and community supporters will attend this invaluable event. **For only \$20**, you can join us for the conference's **keynote luncheon** and have the chance to network with these leaders.

Date & Time: May 10, 2007

12:00 Noon - Luncheon and Networking

12:30 pm - 1:15pm - Charley Shimanski, Pres. & CEO,

Colorado Nonprofit Assn. - Luncheon keynote: Generosity

Project - Creating a Giving Community

Sangre de Cristo Arts & Conference Center - 210 N. Santa Fe Ave. - Pueblo, CO 81003 "open to the public" To Register: <http://www.ColoradoNonprofits.org>

*Information taken from the National Center for Charitable Statistics (NCCS) on the number of 501(c)3 organizations that report gross receipts of more than \$25,000 in a fiscal year are generally required to file a Form 990 with the IRS in those counties.



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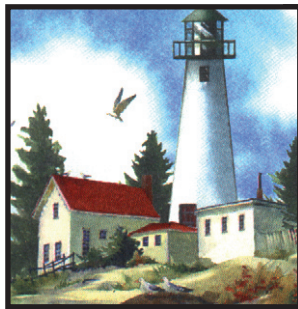
- Broken Bones or Sprains
- Lacerations
- Injuries (slip & fall, sports, household, etc.)

ADDITIONAL SERVICES

- Department of Transportation Exams (Physicals)
- Sports, Work or School Physicals

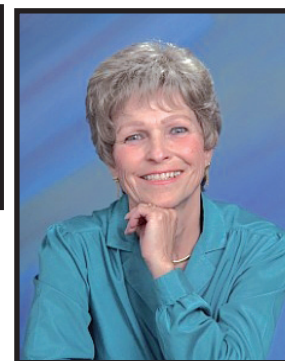
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Two Convenient Locations To Serve You



“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“THE UNEXPECTED GIFT”

Excitement welled as I made reservations at the Country Dinner Playhouse for a surprise birthday gift for my friend, Sandy. Although, I have occasionally attended plays or musicals, they never have been on my list of favorite sources of entertainment. In fact, I wasn't excited about the expense and

besides, there were always more important things to do than spend time on what seemed a frivolity. However, knowing Sandy's love for theater and especially musicals, this was a perfect gift. The production was The Sound of Music so I might enjoy it too. Little did I realize what the Lord had in store.

We were just outside Colorado Springs on our way to the theater in Denver when my car over heated and died on the freeway. Because the tickets were non-refundable, I nearly panicked, but instead phoned my sister whose husband owns a mechanic shop. He sent a wrecker and when we arrived at his shop my sister was waiting for us. She offered us her car to go on to Denver and not miss the show. I was rather shocked that she would allow the use of her car. It was much like the miracle of the man who gave Jesus the donkey colt to ride into Jerusalem! This flashy Trans-AM was my sister's prize possession and she allowed NO ONE drive it. I knew God was working in her heart and was grateful for this miracle and Sandy and I were soon on our way again.

We had to rush to get to the theater before the show began. Until

we arrived, Sandy was unsure why we were going to Denver. I anticipated her joy at discovering my surprise because I knew The Sound of Music was one of her favorites.

We arrived just before the program began. It was my first time at the Country Dinner Playhouse, a barn-like theater. Unknowing of what to expect I was fascinated by red lanterns on every table and delighted when they dimmed around the barn at once. Then the “Barn Stormers” performed a delightful pre-show and I drank it in like an enchanted wide-eyed child.

When the play started I was the one who was surprised, much more than Sandy. Every familiar song sank deep into my heart and joy overflowed. When I made these plans, I completely forgot how much I liked The Sound of Music. Suddenly it dawned on me what my heavenly Father had done. He used Sandy's birthday to prompt me to plan her surprise so He could surprise me. His love enveloped me in an indescribable way and this gift left me speechless. His love surrounded me like a warm cloak and I began to cry. I couldn't stop. I have never experienced His love in this

way before.

Sandy, totally perplexed at my tears said, “Jan, this isn't one you cry through.” My voice broke as I answered, “But you don't understand.” I was speechless to explain the overwhelming sense of love I felt. This was truly a “hug from heaven” and the most wonderful birthday gift I've ever known. Jesus' words, “It is more blessed to give than to receive” took on an entirely new meaning. By giving freely and expecting nothing in return except the joy of seeing Sandy's face light up with delight, I received more than I could have dreamed. Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. James 1:17 NIV

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

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Medical Alarms Become More Discreet

Submitted by Nicky Nicholas, SRDA Lifeline Development Director

SRDA Lifeline introduces a Timex watch with a personal HelpButton..

SRDA Lifeline has offered help at the press of a button to elders for 17 years. One challenge that has been encountered is the stigma some elders feel that is associated with a medical alert service. Wearing a traditional help but-

ton can remind some people of their aging and sense of helplessness.

That is why SRDA Lifeline is happy to introduce the Philips Lifeline Tempo watch; which was designed with senior's needs in mind. The Tempo watch is an easy-to-read Timex watch with the Lifeline built into it. The button is easy to press yet not so easy that it is set off by accident. The watch can be worn in the bath or shower with no worries, as it is

waterproof to 98 feet.

The response to the watch button has been extremely positive; Lifeline subscribers have been purchasing them at the introductory offer of \$85 steadily since its availability. It is an attractive watch that is used daily and comes in two sizes and styles to meet the needs of the Lifeline subscribers.

It is a great gift idea for family members who are interested in getting a medial alarm service for their loved ones. The introductory offer for the watch ends May31st and the cost will increase in June.

Also, for Mother/Father's Day, SRDA Lifeline is conducting a FREE Activation promotion (\$55 value) for the months of May and June to help interested parties get started with the medical alarm service. For more information call the Lifeline office at 545-1212.



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Traveling: There's Nothing Like A Holiday!

By The Way: Sylvan Setting In North Carolina

by Jay Clarke

DILLSBORO, N.C. -- In the morning, billows of mist blur the mountainsides. A coverlet of quiet drapes the town. Windows are dark in white clapboard houses set amid leafy hardwoods, and the highway through town is unnaturally still.

Dillsboro, population 230, is just waking up on a summer day.

Soon, though, breakfast aromas will spill onto the sidewalks, shops will unshutter their doors and windows, cars will start streaming along the highway,

and perhaps a train whistle will break the valley silence. The whistle belongs to the Great Smoky Mountains Railroad, a colorful tourist train that winds along the scenic Tuckaseegee River from its Dillsboro base.

The train is only one reason visitors come to Dillsboro and neighboring Sylva in summertime. The two towns, only two miles apart, lie in the heart of some of the most attractive mountain country in America.

In summertime, thousands of vacationers come here to enjoy the cool air and simple ways of North Carolina's mountain country. They go river rafting and tubing, take hikes, browse the shops and galleries for local arts and crafts, go on scenic drives and dine on Southern specialties like country ham and collards.

Bikers wheel in for the Tour de Tuck over 102-mile and 60-mile routes with plenty of elevation gain. This year's bike challenge, named for the Tuckaseegee River, is Sept. 22. Other visitors simply relax in their mountain cabins, enjoying their stay in a sylvan setting.

Summer is a busy season, but peak visitation comes in the fall, when the hillsides burst into brilliant autumn colors.

Dillsboro's downtown is only two blocks long, but there's a lot packed into that space -- more than 60 shops, a post office, the train station and four restaurants, including the town's most famous eatery, the Jarrett House. Nearly every visitor to Dillsboro dines at least once in the family-style hotel and restaurant, which has been a fixture here since 1884.



Dillsboro's Enloe Marketplace occupies the former home of William Alfred Enloe, a merchant in the Civil War era. photo: Jay Clarke

And Dillsboro is a town with plans, including a theater. "We've bought 16 acres and hope to build a \$2.8 million playhouse on it," says Jean Hartbarger, mayor of the town and also owner of Jarrett House.

From Dillsboro, the Great Smoky Mountains Railroad makes a variety of trips, following the Tuckaseegee River to Bryson City. In summer, the train runs daily at 1 p.m. On the way, passengers can spot the remains of the locomotive used in a spectacular train wreck that was staged here for the Harrison Ford movie "The Fugitive." The train also runs dinner excursions on Friday and Saturday nights, and for six weeks in winter, its Polar Express delivers children daily from Bryson City to the "North Pole."

Neighboring Sylva, population 5,000, is much bigger than Dillsboro but has fewer shops. It's a pretty town with a traditional main street, and as a Tree City USA, it has 44 species of trees lining its streets. Its much-photographed courthouse, built in 1914, looks down on the city from an impressive position atop the highest point in the city.

As it is only a few miles

from Western Carolina University in Cullowhee, Sylva also attracts college students, particularly on weekend nights. You'll find them often in O'Malley's or the Main Street Bar and Grill.

Sylva's and Dillsboro's proximity to other popular sites in western North Carolina is another plus. Ten scenic waterfalls are situated nearby. It is only nine miles to the Blue Ridge Parkway and 15 miles to the entrance of Great Smoky Mountains National Park, the nation's most visited park. And it's just 12 miles to a Harrah's casino.

Western North Carolina's mountains teem with vacation houses, so 80 percent of visitors to this area stay in their own or rental cabins, according to Julie Spiro of the Jackson County Travel and Tourism Authority. Only four chain motels operate in the county.

Vacation cabins rent for \$85 to \$150 per night, depending on size, usually with a minimum-stay requirement. Lists of lodging possibilities, as well as dining and activities, are available from the tourism authority.

INFORMATION

Jackson County Travel and Tourism Authority, 773 W. Main St., Sylva, NC 28779, (800) 962-1911 or www.mountainlovers.com.

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Cookbook Nook: "Scream For Ice Cream!"

by Peter D. Franklin

If you are one of those people who "scream for ice cream," then you will whoop for "The Perfect Scoop" by David Lebovitz (Ten Speed Press, \$24.95).

At the outset, the author would have the reader believe that as a child he spent lazy afternoons churning ice cream on Grandpa's back porch. He is just having fun with the image; he actually was a soda jerk at a busy emporium. He and his friends "ate almost as much of the ice cream as our customers did!" Since then he has been exploring the "fabulous" world of ice creams, sherbets, sorbets, granitas, gelatos and frozen yogurts.

"The Perfect Scoop" is a nice package -- innovative and fun to read -- and if you get off on the right foot with the proper equipment and techniques, delicious treats await.

The recipes begin with the basics -- vanilla and chocolate, of course -- and then move on to the more unusual, such as green tea, coffee, milk chocolate, ginger and Guinness stout ice creams. Other flavorings include eggnog, roasted banana, sweet potato, honey and

goat cheese. The variety goes on and on, serving up recipes that make you think, "No way." One of these in particular is Olive Oil Ice Cream, but the author insists that the oil "pairs remarkably well with summer fruits, such as strawberries and apricots."

Chapters devoted to sorbets, sherbets and granitas follow with a profusion of unusual flavorings. The chapter on sauces and toppings begins with a traditional hot fudge but quickly moves on to recipes for marshmallow, caramel, nuts and other delights. The author also is a big fan of "mix-ins" to provide more texture or crunch.

Ice cream aficionados should be delighted with "The Perfect Scoop." It is delicious.

Here are three easy recipes from "The Perfect Scoop."

CHOCOLATE-RASPBERRY ICE CREAM

- 1 1/2 cups heavy cream
- 5 tablespoons unsweetened Dutch-process cocoa powder
- 2/3 cup sugar
- 2 cups raspberries, fresh or frozen

Whisk together the cream, cocoa powder and sugar in a large saucepan. Heat the mixture, whisking frequently, until it comes to a full, rolling boil (it will start to foam up). Remove from the heat and add the raspberries. Cover and let stand for 10 minutes.

Puree the mixture in a food processor or blender. If you wish, press the mixture through a mesh strainer to remove the seeds.

Chill the mixture thoroughly, then freeze it in your ice cream maker according to the manufacturer's instructions.

Makes about 3 cups.

This recipe is attributed to the late Barbara Tropp, author and teacher of Chinese cooking. The ice cream is "superbly lemony and clean ... and as zesty as was Barbara herself," says author Lebovitz.

SUPER LEMON ICE CREAM

- 2 lemons, preferably unsprayed
- 1/2 cup sugar
- 1/2 cup freshly squeezed lemon juice (from about 3 lemons)
- 2 cups half-and-half

Pinch of salt

Zest the lemons directly into a food processor or blender. Add the sugar and blend until the lemon zest is very fine. Add the lemon juice and blend until the sugar is completely dissolved. Blend in the half-and-half and salt until smooth.

Chill for 1 hour, then freeze the mixture in your ice cream maker according to the manufacturer's instructions.

Makes about 1 quart.

"Don't expect this to taste like the frozen yogurt that squirts out of the machine at the mall," says the author. "That kind is loaded with so much other stuff that any similarity to real yogurt is purely coincidental." **VANILLA FROZEN YOGURT**

- 3 cups plain whole-milk yogurt
- 1 cup sugar
- 1 teaspoon vanilla extract

Mix together the yogurt, sugar and vanilla. Stir until the sugar is completely dissolved. Refrigerate for 1 hour.

Freeze in your ice cream maker according to the manufacturer's instructions.

Makes about 1 quart.

FREMONT/CUSTER County Menus

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

CUSTER SENIOR CTR

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

MAY 1: SPINACH LASAGNA, Tossed Veggie Salad, Green Beans, Tangerine.

MAY 3: CHICKEN CORDON BLEU, Steamed Brown Rice, Asparagus, Apricots

MAY 7: COMBINATION BURRITO, Lettuce, Tomato, & Salsa, Seasoned Green Beans, Cilantro Lime Rice, Sliced Peaches.

MAY 8: TURKEY SANDWICH, Provolone Cheese, Sliced Tomato on Lettuce, Waldorf Salad, Orange.

MAY 10: BBQ PORK RIBS, Corn on the Cob, Seasoned Greens, Potato Salad, Watermelon.

MAY 14: BAKED POTATO, Broccoli and Cheese Sauce, Tossed Salad, Fresh Plum, Fruit Cocktail.

MAY 15: TATER TOT CASSEROLE, Tossed Salad, Baked Acorn Squash, Pear.

MAY 17: CHICKEN FAJITAS, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage with Red Pepper, Red Grapes.

MAY 21: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

MAY 22: SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli and Carrots, Apple.

MAY 24: CHICKEN SALAD SANDWICH, On Whole Wheat Bread, Sliced Tomato on Lettuce, Orange Juice (4 oz), Sliced Peaches.

MAY 28: No Lunch Served Today

MAY 29: PORCUPINE MEATBALLS, Whipped Potatoes with Gravy, California Vegetable Medley, Banana.

MAY 31: KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Baked Acorn Squash, Pineapple Mandarin Orange Compote.

FLORENCE CENTER

100 Railroad St. - Florence Tue/Th/Fri

MAY 1: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread.

MAY 3: ROAST TURKEY With Gravy Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.

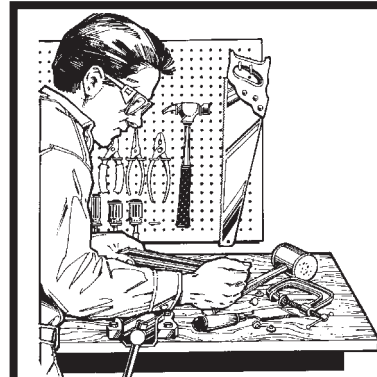
MAY 4: TATOR TOT CASSEROLE, Tossed Salad, Baked Acorn Squash, Pear.

MAY 8: TURKEY POT PIE, Tossed Salad, Orange Juice, Apple.

MAY 10: FRENCH DIP SANDWICH With Au Jus, Oven Brownd Potatoes, Mixed Vegetables, Strawberry Applesauce.

MAY 11: BRATWURST ON A BUN, Sauerkraut, Mustard, & Onion, Pickled Beets, Sliced Peaches.

MAY 15: SALISBURY STEAK, Whipped



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Potatoes with Gravy, California Vegetable Medley, Seasoned Greens, Nectarine.

MAY 17: SPAGHETTI With Meat Sauce, Green Beans, Tossed Salad, Orange.

MAY 18: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

MAY 22: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

MAY 24: SWEET & SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.

MAY 25: TUNA NOODLE CASSEROLE, Italian Green Beans, Pineapple Tidbits.

MAY 29: CHICKEN SALAD SANDWICH On Whole Wheat Bread, Sliced Tomato on Lettuce, Orange Juice, Sliced Peaches.

MAY 31: POTATO SOUP With Tuna Salad Wrap, Shredded Lettuce & Tomato, Hard Boiled Egg, Grapefruit Half.

GOLDEN AGE CENTER

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

MAY 2: BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

MAY 4: TACO SALAD With Salsa, Tomato and Lettuce Garnish, Strawberry Applesauce, Cantaloupe.

MAY 7: SWISS STEAK With Mushroom Sauce, Whipped Potatoes, Seasoned Greens, Cantaloupe.

MAY 9: DIJON CHICKEN, Steamed Brown Rice w/Parsley, Shredded Green Salad, Cut Broccoli, Strawberries.

MAY 11: ROAST BEEF, Mashed Potatoes with Gravy, Green Bean Amandine, Apricot Peach Compote.

MAY 14: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

MAY 16: BBQ BEEF BRISKET, Ranch Style Beans, Carrifruit Salad, Honeydew Cilantro Lime Salad.

MAY 18: SPAGHETTI, Italian Sausage w/ Marinara Sauce, Baked Acorn Squash and Salad, Pizzelle & Fresh Pear.

MAY 21: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread.

MAY 23: COMBINATION BURRITO Smothered with Chicken Green Chili, Lettuce & Tomato & Salsa, Black Beans with Cilantro, Diced Pears.

MAY 25: HAMBURGER, Catsup, Mustard, & Onion, Sliced Tomato on Lettuce, Baked Beans, Potato Salad, Watermelon.

MAY 28: No Lunch Served Today

MAY 30: BEEF STROGANOFF, Orange Spiced Carrots, Ruby Beet Salad, Mixed Fruit.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

MAY 1: SMOTHERED CHICKEN, Cornbread Stuffing, Seasoned Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

MAY 3: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley Diced Pears.

MAY 8: HONEY BBQ CHICKEN, Scalloped Potatoes, Mexicali Corn, Creamy

Cole Slaw, Grapes.

MAY 10: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread.

MAY 15: TACO SALAD With Salsa, Tomato and Lettuce Garnish, Strawberry Applesauce, Cantaloupe.

MAY 17: BAKED HAM With Raisin Sauce, Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold.

MAY 22: SPAGHETTI With Meat Sauce, Seasoned Green Beans, Tossed Salad, Orange.

MAY 24: BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

MAY 29: PUEBLO BEEF STEW, Whole Wheat Crackers, Sliced Yellow Squash, Cooked Cabbage with Red Pepper, Fig Cookie.

MAY 31: CHICKEN FRIED STEAK With Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple

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MAY 1: SMOTHERED CHICKEN, Cornbread Stuffing, Seasoned Cauliflower Broccoli Mix, Applesauce Waldorf Salad.

MAY 3: SWEET & SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

MAY 8: HONEY BBQ CHICKEN, Scalloped Potatoes, Mexicali Corn, Creamy Cole Slaw, Grapes.

MAY 10: HAM AND BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread.

MAY 15: TACO SALAD With Salsa, Tomato and Lettuce Garnish, Strawberry Applesauce, Cantaloupe.

MAY 17: BAKED HAM With Raisin Sauce, Candied Sweet Potatoes, Green Beans Amandine, Cranberry Mold.

MAY 22: SPAGHETTI With Meat Sauce, Seasoned Green Beans, Tossed Salad, Orange.

MAY 24: BEEF & SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half.

MAY 29: PUEBLO BEEF STEW, Whole Wheat Crackers, Sliced Yellow Squash, Cooked Cabbage with Red Pepper, Fig Cookie.

MAY 31: CHICKEN FRIED STEAK With Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple.

ALL MEALS SERVED

WITH MILK

(Coffee or Tea optional).

Most meals served with bread and margarine.

Make Blood Donations Part Of Your Summer Plans

by Julie Scott - 303.361.2873

Julie_Scott@bonfils.org

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DENVER (March 29, 2007)

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- This summer Bonfils Blood Center wants you to live your life and enjoy all the great activities that summer brings. Whether indulging in cool waves, hot sand and sunny weather of a tropical vacation or backpacking down a winding trail into the depths of a Colorado forest, don't forget to take a little time to make a big difference in the lives of patients by giving blood this summer.

From June through August, blood donations can drop as much as 20 percent despite the increased need for blood. By donating, you can give the gift of blood so that others in need can continue to live healthier and happier lives. Just one unit of whole blood can save or enhance up to three lives in Colorado and beyond.

"Summertime typically brings a decrease in blood donations as donors become busy with activities and vacations," said Jessica Maitland, senior vice president of marketing and community operations for Bonfils Blood

Center. "Unfortunately, as we experience this decrease in donations, the need for blood can increase due to accidents and emergencies as members of our community become more active."

As a thank you for making blood donation part of your summer plans, all donors who give between Sunday, May 20 and Saturday, July 14 will receive a Bonfils t-shirt and between Sunday, July 15 and Saturday, Sept. 8 will receive a Bonfils water bottle. Donors who make two blood donations between May 20 and Sept. 8, will not only receive both gifts, but will also be automatically entered into a drawing to win a getaway to Cancun, Mexico. Whole blood donors are eligible to donate every 56 days.

Schedule a donation appointment

at one of our nine Front Range community donor centers or daily community blood drives by calling 303.363.2300 or 800.365.0006, opt. 2 or online at www.bonfils.org.

For more than 60 years, Bonfils Blood Center has supported the community blood supply and has played an instrumental role in the lives of patients in need throughout Colorado and beyond. Bonfils Blood Center supplies blood to more than 200 healthcare facilities and needs to collect 4,350 blood donations weekly to meet the needs of the community and to be prepared for any unexpected events. For more information about Bonfils Blood Center, please visit www.bonfils.org or call 303.341.4000 or 800.365.0006.

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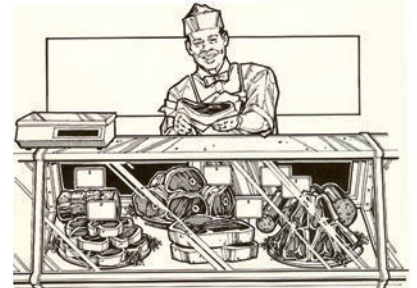
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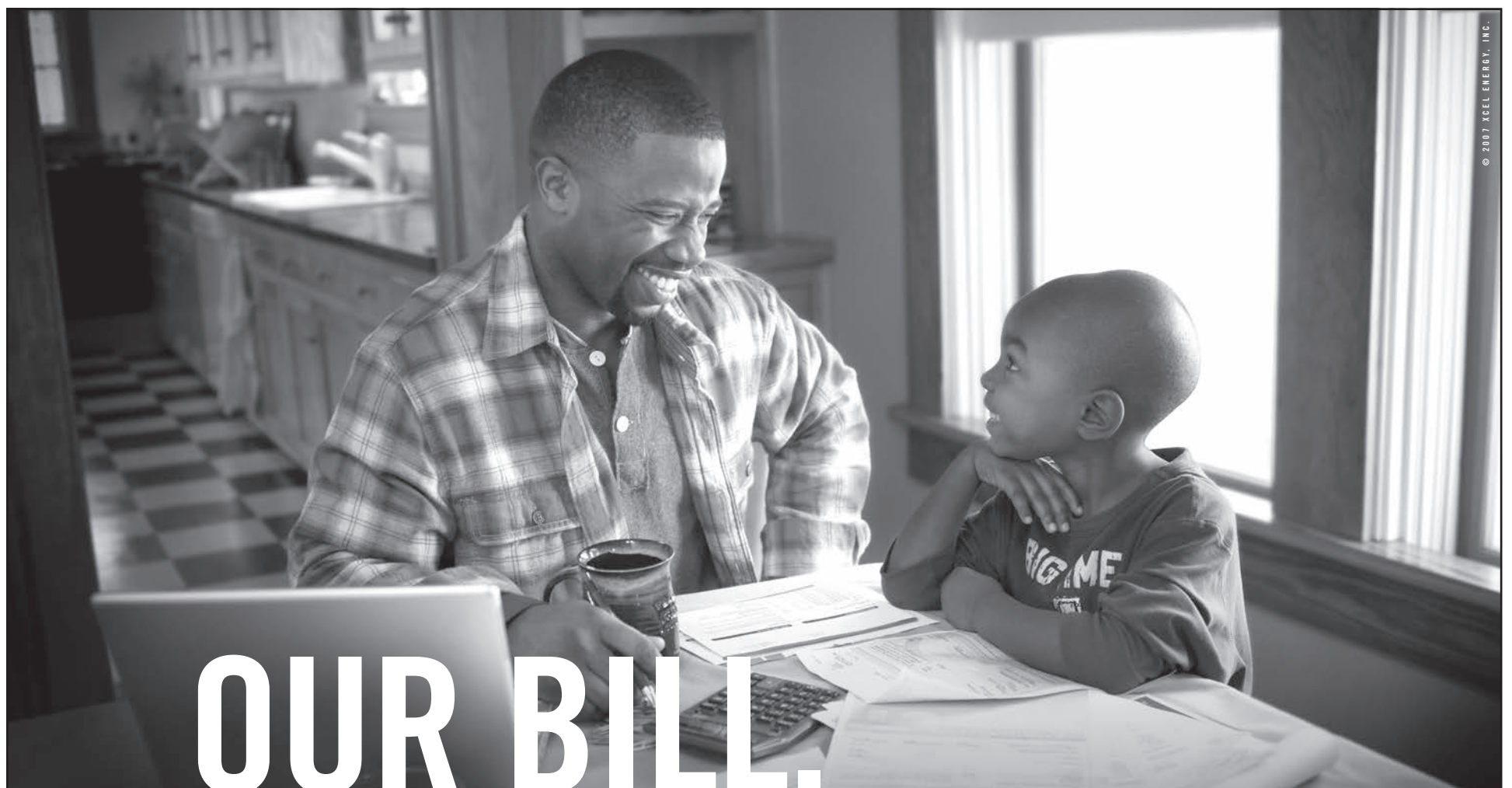
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Adventuring: Going Wild In New Foundland

by Jeremy Schmidt

There's a place in Newfoundland where the wild is surprisingly close at hand. It's Cape Quirpon, way out on the tip of Newfoundland Island, where the Gulf of St. Lawrence meets the Atlantic. Icebergs sail past on the Labrador Current like Viking ships of a thousand years ago, and humpback whales brush the cliffs.

"You can nearly walk on their backs, it's that close," says Kevin Vincent, a Newfoundlander. He's not suggesting that anyone actually try it. He's just pointing out that to stand on solid rock and have great whales come to you is a huge experience.

The island is not so remote (500 miles east of Maine) or as far north as you might think. St. John's, the capital, is the same latitude as Seattle. Recently, air service has picked up and fares have dropped. There are two international airports.

Adventure-minded travelers, if not exactly beating a path, are beginning to set their compasses toward North America's easternmost point.

They find a rugged landscape of mountains, glacier-polished fjords, icebergs, caribou, moose, whales, thousands of coldwater lakes, seabirds by the millions and abundant coastline.

The island is about 250 miles across but so ragged that its coast measures some 7,000 miles, not including smaller islands clustered around it. That's twice the coastline of California. Everything from climate to vegetation to wildlife is affected by the ocean.

It's a wild place, to be sure, but wild on a sliding scale. You can have it rugged or extreme, or even luxuriously comfortable, but you'll never be far from wild.

Topping the marquee is Gros Morne National Park, a UNESCO World Heritage site famous for a granite-walled freshwater fjord called Western Brook Pond. Visitors take a scenic boat cruise traversing the 10-mile gorge beneath deep-shadowed, ice-scabbed cliffs. There's no road to the pond. You have to walk a mile through moose meadows just to reach the dock.

Where the boat trip ends, the



Sea kayaking among icebergs — and often whales — is among the experiences that Newfoundland offers. photo: Explore Newfoundland

rugged part begins. An old hunters' trail climbs some 2,000 vertical feet to a wide-open tableland reminiscent of the far north, home to caribou, black bears, arctic hare, moose and occasional ferocious weather.

Here begins the Callahan Trail, the "jewel of the park," according to Jerry Kovalenko, a photographer and writer who has spent decades exploring the Canadian Arctic.

While calling Gros Morne one of the most spectacular of national parks on the continent, Kovalenko warns that the highlands can present a significant navigation challenge.

"It's dotted with low ridges and lakes that look much the same," Kovalenko says. "Intermittent trails made by moose and other wildlife branch off and peter out. People get lost in the tuckamore."

Tuckamore refers to impenetrable stunted forests of spruce and fir. The Callahan Trail is well-marked by rock cairns, but other routes can be risky. The park provides hikers on trails like the Long Range Traverse with transmitters to help wardens find them if they get lost or weathered in. Up here, the rugged wild can quickly become extreme.

For those who would prefer a guide, Ed English is happy to oblige. Owner of Explore Newfoundland, he delights in showing people the highlands, but he also offers something quite different: Drive to Round Harbor, a classic old-time fishing village on the Baie Verte peninsula, where he will put you up in a renovated fisherman's house overlooking the water.

This is base camp for sea kayaking ventures among icebergs and whales, in and out of fjords beneath pine-clad headlands, and to an evocative abandoned fishing village called Indian Burial

Place.

Kayak or hike by day; live like a pampered retired fisherman by night. If that verges on the comfortable side of wild, then surely so does the Quirpon lighthouse. On the far northeastern tip of Newfoundland Island, perched like something from gothic imagination braving the tragedy and beauty of the North Atlantic, the lighthouse still operates, but the keeper's home is now an inn.

The whales come here because the nearby Gulf of St. Lawrence acts as a conveyor, bringing abundant sea life, particularly a fish called capelin. The water is deep enough below the lighthouse that whales can herd the capelin against the cliffs and gorge themselves, to the delight of shore-bound watchers.

To Ed English, this is the sort of experience he treasures about Newfoundland -- the unexpected closeness of nature. Asked to describe the single most rewarding thing an adventure-minded traveler should do in Newfoundland, he points out that 90 percent of the island is public land.

"Go where you want, camp where you want," he says. "Find the smallest road and follow it to its end. It probably ends at the sea. Maybe a little village by the water, or just some wild place noisy with seabirds, and there you'll be."

INFORMATION

- Newfoundland tourism, www.newfoundlandlabrador.com.
- Gros Morne National Park, www.pc.gc.ca/index_E.asp.
- Explore Newfoundland, www.explorenewfoundland.com.
- Newfoundland Coastal Walking, www.newfoundlandcoastalwalking.com.
- Gros Morne Hostel offers budget accommodations and adventure tours, www.grosmornehostel.com

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Reeling

"Secrets & Sins"

by Film Critic Betty Jo Tucker, Pueblo

SECRETS AND SINS

Why would a 10-year-old girl be obsessed with finding redemption? "The Last Sin Eater," a fascinating drama set in 1850s Appalachia, tells the story of a youngster like this. She's Cadi Forbes, who harbors deep feelings of guilt over the death of her little sister. Cadi's search for forgiveness takes her on a perilous journey and brings her face-to-face with a fearful creature called the Sin Eater as well as with a dedicated man of God who helps her discover the truth about redemption. Along the way, Cadi also learns a disturbing secret about the Sin Eater – one with powerful implications for the Welsh-oriented community in which she lives.

This extremely well-photographed film (scheduled for DVD release on May 15) establishes a compelling "you are there" atmosphere. It also boasts impressive performances by children and adult actors alike. Liana

Liberato, who plays Cadi, is a real find. Because of the intensity and vulnerability she projects, I worried about what would happen to her character throughout most of the movie. And, in the role of Cadi's protective teenage friend, Soren Fulton excels at displaying concern and eagerness to help.

Among the adults, Henry Thomas and Stewart Finlay-McLennan stand out. Thomas portrays the man of God who offers Cadi the key to redemption. He's quite convincing here, and my heart went out to his character in a brutal turn-the-other-cheek sequence. Finlay-McLennan offers a ferocious performance as Brogan Kai, a hard-nosed man with an uncontrollable temper. Surprisingly, he's much more frightening than the Sin Eater (Peter Wingfield)! As a helpful elderly neighbor, veteran actress Louise Fletcher steals her few scenes. Last but not least, playing Cadi's parents, A.J. Buckley and Elizabeth Lackey give us a believable

-- and excruciating -- glimpse into the tragedy of losing a child. Although the Welsh accents of most cast members are sometimes difficult to understand, their emotions ring true.

During the first half of the movie, "The Last Sin Eater" focuses on Cadi's search for the Sin Eater. After witnessing the ritual he performed to take away her grandmother's sins during the woman's funeral, she wants to him to do the same for her – but while she's still alive. Unexpectedly, when these two meet, we wonder who bears the most torment, and we can't help feeling sympathy for each of them. The rest of the film deals with Cadi's changed beliefs as a result of meeting a dedicated man of God and the revelation of a dark secret involving the Sin Eater's origin.

Based on the award-winning novel by Francine Rivers and directed with great care by Michael Landon Jr., "The Last Sin Eater" doesn't hold back on either inspiration or suspense. I found it an unusual and highly satisfying movie experience. (Released by Fox Faith and rated "PG-13" for thematic elements and some intense sequences of violence.)

CHATting WITH ACTOR HENRY THOMAS

Back in the early 1980s, moviegoers fell in love with Elliott, the wide-eyed little boy in "E.T. the Extra-Terrestrial." Henry Thomas, who played this delightful role, has matured into a fine adult actor with performances in such films as "Gangs of New York," "Legends of the Fall," and "All the Pretty Horses." Counting television films, he's made over 40 movies.

During a recent interview, Thomas talked about his work in "The Last Sin Eater." Attracted to this project because of the opportunity to play a type of character he hasn't done before, Thomas said he simply had to do it. "I fell in love with this firebrand out to convert the masses, and I couldn't resist the long speeches that speak to an actor's ego," he declared.

In "The Last Sin Eater," Thomas



portrays a Man of God who goes to a small Appalachian community in the mid-1800s, hoping to bring the Truth to the Welsh immigrants there. He soon meets a 10-year-old girl searching for the Sin Eater in order to gain redemption for her sins. Being a former child actor, Thomas has empathy for youngsters in showbiz. "It's fun to work with kids who are good, and the kids in this movie were really good," he said. "Director Michael Landon Jr. knew how to help them. He didn't let anyone slip into a false performance. This entire movie is a testament to his skill as a director."

When asked about his biggest challenge while working on this film, Thomas replied, "All of my scenes took place next to a river, and I was afraid I'd have to return to the soundstage later to do a lot of dubbing. That was the only thing I felt any stress about," he explained. Luckily, the microphones picked up everything, so later dubbing was unnecessary.

Thomas believes The Last Sin Eater delivers a valuable message about the importance of looking at everyone's beliefs in a changing world because "the world is shrinking, and we should be open-minded to new challenges."

Read Betty Jo's movie reviews at www.ReelTalkReviews.com. Autographed copies of her books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available at Barnes & Noble and online at Amazon.com. Listen to her weekly radio show at www.ReelTalkRadio.com.

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