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Senior Beacon

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

AUGUST, 2008 Vol. 27: No. 1 Established Aug., 1982 313 Consecutive Months!

Jon Provost Coming Sept. 13 For Animal Welfare Function

Lassie's Co-Star, Timmy, Coming To Pueblo



by Glenn Ballantyne, special to the Senior Beacon

Saturday, September 13th Lassie's co-star Timmy (Jon Provost) will be in Pueblo helping Animal Welfare and Protection Society raise public attention, energy and money to build their proposed larger and up-to-date dog and cat safe haven. While raising construction funds for this needed facility, Animal Welfare will offer Puebloans the chance to personally meet Timmy and special Lassie stand-ins.

September 13th is full of opportunities and activities from morning to night. Everyone is invited to,

- 1). Share a special breakfast with television star Jon Provost of Lassie fame,
- 2). Experience an eye-opening presentation during lunch with Jon and other special VIPs,
- 3). Enjoy an afternoon book signing for Jon's new autobiography Timmy's in the Well – The Jon Provost Story,
- 4). Attend a fun and heart-warming fund raising dinner with an additional celebrity - author Laurie Jacobson, and
- 5). Be deeply touched by a historic and sacred after-dinner ceremony

Jon Provost must have some canine in his DNA. He understands and feels the relationship between dogs and people implicitly. Watching Jon interact with dogs has been a dearly loved pastime for generations of viewers, ever since his career-making role as Timmy in the Lassie TV series.



Since his early acting days Jon has seen it all: the trials of child celebrity; the social strain; the sex, drugs and rock 'n' roll of the '60s on the Sunset Strip; and battles with near-crippling depression and dyslexia. For a while there, Timmy really was stuck down a well. But he got out – and these days Jon has a different story to tell.

His altruism stretches to children's hospitals, animal shelters, and, closest to his heart, Canine Companions for Independence, an organization that provides extraordinary service dogs to the handicapped. Jon has received numerous awards, among them The Motion Picture Council's award for Outstanding Contribution as a Humanitarian for his dedication to helping the physically challenged, the Allen Luden Humanitarian Award and the Lifetime Achievement Award from the Youth in Film Association.

Says Jon, "Wherever I am, when people realize I was Timmy, they travel right back to that warm, happy time where, for thirty minutes every week, they were transported by the adventures of a boy and his dog; and I am greeted with warm smiles, hugs, and even some tears along with many stories about what it all meant to them ... I could never possibly have imagined what my work would mean to people over the years. I'm especially excited about coming to Pueblo to share in this wonderful and very achievable vision for Animal Welfare."

On a very sad note, recently Jon's family lost their best friend, Barney their loveable beagle. Jon said, "It was very sudden and unexpected, but very peaceful. We miss him terribly. We will be rescuing a new furry friend very soon".

Lassie's co-star Timmy is coming to Pueblo because of our community's need for a larger, modern no-kill shelter. Animal Welfare is celebrating 30-years of serving Pueblo's animals in need. Working closely with the tax supported city/county Animal Shelter, and other animal protection societies, especially Pueblo's Collie / Sheltie Rescue; Animal Welfare is a non-profit organization operating solely on donations and grants.

With donations from individuals and businesses, fundraising activities and grants as its only means of support, Animal Welfare has cared for and adopted into good homes several thousand animals. The mission of the PAWS for LIFE SHELTER is to: take in lost or unwanted animals; to return them to their owners whenever possible or, after having them spayed or neutered, place them in good homes; and to educate the public about intelligent and humane treatment of animals. Animal Welfare is located along Pueblo Boulevard near 11th Street and has several beautiful acres of land to create a larger, modern no-kill animal shelter.

Jon Provost is honored by a star on the Hollywood Walk of Fame and Lassie became one of only three animal characters to receive a star on the Hollywood Walk of Fame. Jon Provost's Keds sneakers are in the Smithsonian Institution. Lassie and the show's stars have appeared on nine TV Guide covers.



When Lassie was in the living rooms of America's homes, Puebloan David Struthers was quarterbacking the 1966 Central Wildcats to a state football championship. David no longer wears his letterjacket but he does wear his love of dogs all over his smiling face. "As a child in the 1950's my family lived a couple of blocks from the Steel Mill where we enjoyed a real neighborhood of knowing your neighbors. Nearly every home had a dog and the kids and dogs all played together after school and on weekends," beams Struthers.

David continues, "Timmy and Lassie were role models for all of us as we watched the series every week for years. I own Collies now because of the fond feelings I had watching Lassie and Timmy. I agree with the saying that you can know a community by the way they treat their animals. I'm really looking forward to meeting Timmy and bringing my Collies to share in the love and the fun."

Animal Welfare's Clyde Young has volunteered long hours for two years helping create the best design for the new facility. He is presenting the drawings and details to service clubs, church groups and community organizations. Anyone interested in scheduling a presentation please contact Clyde at 543-1766 or glenn@kreativo.org.

If you would like to join the team of volunteers helping Animal Welfare with this special and historic day and if you want to purchase tickets to the dinner or other events please contact Glenn Ballantyne at 543-1766 or email glenn@kreativo.org.

EYE CARE: AUGUST IS CATARACT AWARENESS MONTH

by Paul D. Rastrelli, MD
 Board Certified Ophthalmologist

We all know people who have had cataract surgery. It is the most common operation undergone by senior citizens in the United States. With age, the natural lens of the eye gradually hardens and becomes cloudy and yellow. Doctors call this cloudy lens a cataract. Left in the eye long enough, the lens will eventually turn white or black. Over 50% of the world's blindness is caused by cataracts. Large studies found cataracts in 42% of persons between 52 and 64 years of age. By age 75 to 85, 91% of persons had cataracts. Not only aging, but some medications, such as prednisone, other illnesses, such as diabetes, or familial predisposition can lead to cataract formation.

When a cataract becomes sufficiently cloudy to interfere with a person's ability to perform tasks they desire, it is time to remove the cataract. Some of the most common complaints prompting removal of a cataract are problems with safe driving, difficulty reading, or watch-

ing TV. However, just because a cataract is forming, does not mean it needs to be removed right away. It only needs to be removed if the person is dissatisfied with their vision. Occasionally the doctor might advise removal for other reasons, such as glaucoma, diabetic eye disease, or to pass a driver's license test.

In the last 30 years, major advancements in cataract surgery have been made. Today, cataract removal is a 20 minute operation, done in an ambulatory surgery center with local anesthesia. Patients go home soon after, and a hospital stay is not required. The cloudy lens is gently removed from the eye with an instrument that delivers ultrasonic energy to break up the cataract. It is not a laser. The incisions are small enough that stitches are not normally needed. Most people resume their normal activities the following day. Naturally, any activity that might injure or put pressure on the eye should be avoided.

One of the most exciting developments in cataract surgery is the artifi-

cial lens that replaces the cloudy natural lens. These Intraocular lenses came into use in the 1980's and have tremendously improved since. With lens implants, often a person can see at distance without glasses. Modern Intraocular Lenses (IOLs) are flexible, made commonly of silicone or flexible acrylic. This allows the surgeon to fold the lens, and insert it through a small opening in the eye, where it opens to its full size.

Newer IOLs have bifocal, or multifocal designs. These designs allow a greater independence from glasses than standard, single focus IOLs. They allow not only clear distant vision without glasses, but also near vision without glasses. There are various designs available, and each has different strengths and weaknesses. At this time, none of them allow the focusing range of a 20 year old. All lenses give good distance vision, but vary with regard to near vision. For this reason, it is important that the patient discuss with their surgeon what their expectations are and what near vision

tasks are most important to them. Even with these lenses, glasses may be needed in some circumstances. It is very important that the appropriate multifocal IOL design is matched to the individual's needs and expectations. Some lenses have side effects that may not be significant to one person, but may be very bothersome to another. The surgeon will discuss these potential issues with the patient as well. In order to achieve the best vision without glasses, the surgeon may also need to correct any astigmatism. This may require a separate minor surgical procedure, since removing a cataract usually does not correct astigmatism.

For the appropriate patient, new multifocal lenses permit greater independence from glasses.

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



Just One Guy's Opinion

by James R. Grasso, Chief Cook & Bottle Washer



Blog With Us!

We did it! We've been wanting to start up a blog to fill in the month and we did it! For those of you who are uninitiated, blogging can be fun. Got something on your mind? Well now you can unload your druthers and get it placed on our blog. Please, no profanity and show your better side with pithy points made from empirical data. If not, your "stuff" won't make the cut.

We'll try to have something new as a topic at least once a week, but you can comment on anything from "Just One Guy's Opinion" to the menus in *Senior Beacon* or you can wax poetic about any topic at all. We don't care. It's an open forum and the best part is no one interrupts you. But be prepared to be challenged and perhaps you might even change your mind or better yet, change someone else's mind.

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

Beginning 27th Year!

We're beginning to know what it feels like to set a record and how much hard work it takes. Every month *Senior Beacon* publishes an edition, we break our own record as the longest running newspaper targeted to the Senior Community in Southern Colorado. In fact, we believe that we may also own the record for the entire state, although we need to fact-check this.

It's been an honor and privilege and we're going to keep going for the foreseeable future, God-willing and the creeks don't rise!

Fremont County Senior Fair

Seniors, Inc. is happy to announce registrations are being taken for co-sponsors and for exhibitors for the Seventh Annual Senior Fair being held Saturday September 6 from 9:00 am to noon at Evangelical Free Church in Cañon City. This free-to-the-public community event is an opportunity to meet with older adults and their families in one beautiful central location.

Please call Seniors, Inc. at 719-269-1524 or stop by our office at 3055 Highway 50 East #F, Country Green Shopette for your registration form and information. Seniors, Inc. will be limiting the number of exhibitors to 55 this year and all applications are due by August 1, 2008.

A Take On America, Circa 2008

from a Blog by Dennis Campbell consenring the American way of life.....

We have moved so far to the left in America today that were John F. Kennedy running he would be the most conservative candidate in the field. I find it amusing that Democrats hold him up as a hero, when he would be hooted off the stage today.

The problem with Obama is that he may be the least qualified serious major-party candidate to run for president in history. He has absolutely no qualifications whatsoever. He is like a TV news anchor who is paid huge sums of money to read a Tele-Prompter. Take his script away, and Obambo is reduced to a stuttering, stammering parody.

What our government has become is quite awful. The original plan -- the conservative one -- bears almost no resemblance to the present form. The Founders were determined to avoid what we have today: An all-powerful central government seeking to control virtually every aspect of our lives. Today, Washington seems to consider the states as little more than very large counties. The original Washington, George, no doubt would be appalled were he to come back and take a look around.

What Did Al Gore Ever Do To You?

"That's a question I received from a reader via e-mail last month. The reader was trying to figure out why I was so angry with the "algore" character (he has really become a caricature of himself). I was told he was only trying to alert us to Global Warming and the "sin" that is the use of fossil fuels.

This man is much more than that. He is single-handedly responsible for the Global Warming fraud that is now beginning to bring down our entire economic structure. He, along with environmental leaders who lobby the willing Left in congress, have so hamstrung the United States with regulations and rules to the detriment of a sound energy policy that we are headed for a long next few years and then some.

Their policies of not permitting drilling for oil, refining oil and stopping nuclear plants from being built is ludicrous. It is a major reason for the spike in gasoline prices that is permeating throughout the country like the MRSA bug. It doesn't bother algore or his cronies because they have theirs in the form of \$12 billion dollars for environmental research projects, hefty speaking engagements and lifestyles that make them hypocrites to their own bloviation concerning environmental disasters.

Now I get in the mail some goofy information from Leonardo De Caprio of all people (he of *Titanic* fame) telling me how I ought to join some goofy group so we can fight off the ravages of environmental decay due to George Bush and Big Corporation policies by sending them money so they can do their work more effectively. I was right last week. It's just a money grab.

The cumulative work they are doing can bring down our great nation.

Unfettered Liberalism

Want to know what America will look like over the next several years if Barack Obama becomes president dems keep the house and senate? We have a microcosm right here in Colorado. Governor, house and senate are run by democrats and if they aren't liberal, they bow to the liberal mindset. How else do you explain a speeding ticket that is \$300 or a seatbelt law that fetches \$160 (thanks Buffy)? Just a new way to tax us and give more control to the government. Or how about the Gov. getting on board with slowing the gas and oil industry at a time when gas is so expensive it is permeating throughout the whole economy? Or a law with the unintended consequences that can allow men in ladies rooms. And that's the tip of liberalism.

Godspeed!!

We are celebrating 5 years!!



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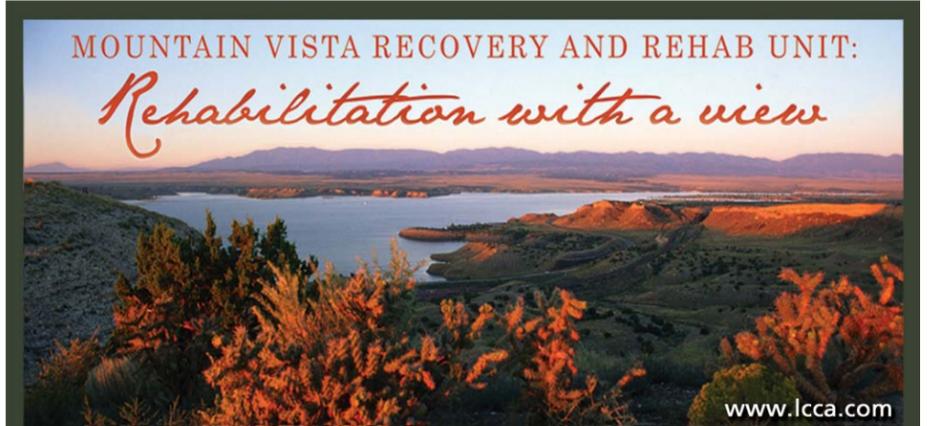
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CENTER OF REHAB EXCELLENCE!

This Is Not A Drill, Ms. Pelosi

by Ann Coulter

Speaker of the House Nancy Pelosi, or as she is called on the Big Dogs blog, "the worst speaker in the history of Congress," explained the cause of high oil prices back in 2006: "We have two oilmen in the White House. The logical follow-up from that is \$3-a-gallon gasoline. It is no accident. It is a cause and effect. A cause and effect."

Yes, that would explain why the price of oral sex, cigars and Hustler magazine skyrocketed during the Clinton years. Also, I note that Speaker Pelosi is a hotelier ... and the price of a hotel room in New York is \$1,000 a night! I think she might be onto something.

Is that why a barrel of oil costs mere pennies in all those other countries in the world that are not run by "oilmen"? Wait -- it doesn't cost pennies to them? That's weird.

In response to the 2003 blackout throughout the Northeast U.S. and parts of Canada, Pelosi blamed: "President Bush and Rep. Tom DeLay's oil-company interests." The blackout was a failure of humans operating electric power; it had nothing to do with oil. And I'm not even "an oilman."

But yes -- good point: What a

disaster having people in government who haven't spent their entire lives in politics! That explains everything. A government official with relevant experience or knowledge about an issue is obviously a crisis of gargantuan proportions.

This must be why the Democrats are nominating B. Hussein Obama, who finished middle school three days ago and has less experience than a person one might choose at random from the audience of "American Idol."

Announcing the Democrats' bold new "plan" on energy last week, Pelosi said breaking into the Strategic Petroleum Reserve "is one alternative." That's not an energy plan. It's using what we already have -- much like "conservation," which is also part of the Democrats' plan.

Conservation, efficiency and using oil we hold in reserve for emergencies does not get us more energy. It's as if we were running out of food and the Democrats were telling us: "Just eat a little less every day." Great! We'll die a little more slowly. That's not what we call a "plan." We need more energy, not a plan for a slower death.

But there's more! Pelosi announced that the Democrats also plan to push for "an historic investment in biofu-

els, efficiency, conservation and the rest." The "rest" is apparently what she called our "important and essential" investment in alternative energy.

That certainly would be historic: We would make history by throwing our money away on unproven energy boondoggles that have eaten up untold billions since the 1960s without producing a single net kilowatt of power while we all starve to death.

The proposal to use energy sources that don't yet produce any energy is like the old New Yorker cartoon with Obama in Muslim garb -- no wait, that was a different cartoon. The cartoon is: A scientist has written out his extremely complicated theory on a blackboard and is showing it to another scientist. The theory consists of numbers and characters and takes up the entire blackboard. About two-thirds of the way across, reading left to right, appear the words, "then a miracle happens," followed by more numbers and characters.

That's the Democrats' plan to run cars on biofuels, solar and wind power: Then a miracle happens. The current Democratic mantra on energy is: "We can't drill our way out of this problem." Apparently their plan is to talk our way

out of this problem.

Democrats are also alleging that the oil companies are sitting on millions of acres of oil but are refusing to drill -- presumably because oil company executives hate the American people and perversely don't want to make money. Manifestly, those acres are being explored for oil or have already come up dry.

If the Democrats really wanted oil companies to find more oil, they'd allow oil companies to drill offshore and to drill in ANWR, which we happen to know is bursting with oil.

But they don't. They don't want drilling. They don't want more oil. They want humans to ride bicycles and then to die. We deserve it: We were mean to the polar bears.

It's good to know that in the middle of a crisis, the Democrats are still liars. As long as we're fantasizing about "alternative" energy sources, what we really need is a car that runs on Democrats' lies.



Writer's Art: "Redundancy Good, Redundancy Bad"

by James Kilpatrick

Every critic of the writing art, most memorably Professor William Strunk of Cornell, has inveighed against redundancy. E.B. White quoted him in "The Elements of Style." Let us listen

up. "Vigorous writing is concise. A sentence should contain no unnecessary words, a paragraph no unnecessary sentences, for the same reason that a drawing should have no unnecessary lines and

a machine no unnecessary parts. This requires not that the writer make all his sentences short, or that he avoid all detail and treat his subjects only in outline, but that every word tell."

Sounder advice seldom has been delivered -- but one asks: When is a *word unnecessary*? Somewhere in his opinions Chief Justice John Marshall remarked upon that adjective. Necessity, he said, comes in degrees: A thing may be necessary, or absolutely necessary, or absolutely, positively, indispensably necessary!

These ruminations are prompted by a letter from Mike McCusker, a retired copy editor now living in Las Vegas. He is irked by such familiar terms as "new record," "fellow teammate" and "extradited back." He is especially irked by "underground tunnel" and "fellow classmates." Informed that Sen. McCain had a smile "on his face," he reasonably inquires: "Where else?"

He writes: "I am especially unfond of the stupid employment of 'different,' as in the candidate who reaches across different boundaries, the wildfires that burn in 11 different states, the movie star who visits four different doctors, and

the defendant who faces trial on 11 different counts."

Every reader of these ruminations surely has a list of comparable offenses, but let me insert a word of caution. Not all redundancies are useless redundancies. Not every reader is as well-informed as we writers. Nothing is wrong with adding a tassel to the lamb chop.

Changing the subject: This week's new word -- new, that is, on me -- is "barista." It turned up on July 2 in The Wall Street Journal in a report that Starbucks was eliminating 12,000 jobs. "Some baristas will get jobs at other stores." The mavens of Merriam-Webster logged it in 1982, but no other lexicographer has picked it up. As you will have deduced, a barista is "a person who makes and serves coffee (as espresso) to the public." The noun has Italian origins, so she's a bar-ees-ta with the accent on the "ees."

Moving on: USA Today noted editorially in May that "the politics of judicial appointments HAS been getting disturbingly more polarized." Is "politics" singular or plural? Grammatically speaking, the noun can take whatever number the writer pleases. In his "Modern American Usage," Bryan Garner comments: "Today 'politics' is more commonly singular than plural, e.g., 'politics is a dirty business,' although formerly the opposite was true." The general rule is to use a singular verb when we're writing about politics as an art or a science, but if we're talking about dirty tricks, such politics ARE contemptible.

Finally, a tut-tut to Anna Quindlen, writing recently in Newsweek. She was reminiscing about political summers past. She recalled the summer in Chicago "when the American ideal of dissent seemed like a preposterous lie." And there was that summer of Nixon's abdication "when the American ideal of principled leadership seemed like a laughable fiction."

Seemed like? Seemed like! Come now! Quindlen is much too gifted a writer to lapse into this tautologous redundancy. Those ideals simply "seemed." They didn't seem LIKE anything else. Tautologous redundancies, needless to say, are the very worst kind.

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

Selling Your Great Idea

(NAPSI)-The next innovative product to hit consumers might be closer than you think--it could be in your head. Each year, thousands of Americans create designs, dream up gifts and come up with great ideas that are turned into products and sold across the country. In fact, one popular multimedia retailer introduces 1,150 products every week, with 288 of these items being brand new to its customers. The company, QVC, offers these tips to help you get your product on the air:

1. Do Your Homework: Be sure to have thoroughly researched the network and the products it offers. Watch the on-air broadcast and visit QVC.com.
2. Know What Works: The products that work best for QVC lend themselves well to live demonstration and have unique benefits.
3. New to Retail?: Consider first breaking into the business with a smaller retailer or boutique to get your feet wet.
4. Reality Check: Should your product be chosen, are you ready to produce large quantities in a specified time period? Can you have your items manufactured and packaged according to specifications? Can your product pass QVC's rigorous Quality Assurance testing?
5. Merchandise Is Key: Be sure to secure a manufacturer for your item before approaching QVC.

For more information, visit www.QVC.com. Products that tend to work best lend themselves well to live demonstrations.

Wash your hands!

This year there will be over 1 billion cases of the common cold and 95 million cases of the flu.

Think *prevention* for the upcoming Fall and Winter season and be prepared by following these tips:

- Avoid close contact with people who have a cold or the flu.
- Wash your hands frequently - especially after sneezing, coughing or blowing your nose.
- When washing your hands, use warm water, plenty of soap, and friction.
- Use a clean paper towel to shut off the faucet after washing your hands.
- Avoid touching door handles after washing, use a paper towel to open the door.
- Provide paper towels in the bathrooms of your home for guests to use.
- Speak with your physician about receiving the flu vaccine.

Your Health
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LEAD STORY

The European Union allows fruits and vegetables to be sold only in prescribed sizes and colors (such as its 35 pages of regulations governing 250 varieties of the apple, or rules that cucumbers must be straight and bananas curved). In June, British marketer Tim Down complained that he was forced to discard 5,000 kiwi fruit because they were 1 millimeter in diameter too small and one-fourth ounce too light. (It is illegal even to give them away, as that would undermine the market price.) "Improvements" in the EU system continue, according to a July Washington Post dispatch from Brussels: Despite 10 pages of standards on the onion and 19 amendments, the Dutch Ministry of Agriculture recently issued a report urging further refinements, using 29 pages and 43 photographs.

Great Art!

Artist Michael Fernandes' exhibit in Halifax, Nova Scotia, in June caused a commotion because it was merely a banana on a gallery's window sill, and Fernandes had it priced at \$2,500 (Cdn) (down from his original thought, \$15,000). Actually, Fernandes changed bananas every day (eating the old one), placing progressively greener ones out to demonstrate the banana's transitoriness. "We (humans) are also temporal, but we live as if we are not," he wrote. Despite the steep price, two collectors placed holds on the "work," requiring the gallery's co-owner, Victoria Page, to get assurance from callers. "It's a banana; you understand that it's a banana?"

Government in Action!

-- In May, the school board in Barrie, Ontario, notified Children's Aid Society to intervene with mother Colleen Leduc and her daughter Victoria, 11, because of suspected sexual abuse, angering the conscientious Leduc, who until that point had taken extraordinary measures to protect the girl, who is autistic. Upon investigation, it was

revealed that the suspicion came from a teaching assistant who said her psychic had told her that a girl with a "V" in her name was being abused by a man aged 23 to 26. Leduc now refuses to trust Victoria to public schools because "they might want to take out a Ouija board or hold a seance."

-- The June transfer of a prisoner from lockup to Britain's Northampton Crown Court, just across the street, required summoning the closest prison van (57 miles away) to come give him a ride. The prisoner (accused thief Mark Bailey) could not simply be walked across the street because officials feared that public, custodial exposure (a "perp walk") would embarrass him, in violation of his "human rights."

-- The San Francisco Board of Supervisors has a longstanding policy of not co-operating with the federal government's enforcement of immigration laws, but in June that stance abruptly backfired, according to a San Francisco Chronicle report. Illegal immigrants who are minors and who committed felonies such as drug-trafficking in San Francisco have not been bound over for federal deportation but have either been quietly flown home, with an escort, at city expense, or placed in California group homes. In June, when San Bernardino County officials realized that one of its youth group homes contained drug dealers, San Francisco Mayor Gavin Newsom halted the program and promised the city would improve its relationship with immigration officials.

Police Blotter

-- Police, including SWAT officers, were called to an apartment in Mesa, Ariz., in June after neighbors reported a fight between a man and woman that included yelling and breaking things inside. When they arrived, they found only a 21-year-old man, conducting the fight by himself, alternating a high-pitched voice with a low-pitched one. He

was referred for a medical exam.

-- In March, a jury acquitted the former parking manager for Fresno, Calif., Bob Madewell, of all misuse-of-funds charges, including one count for reducing the minor league baseball Grizzlies' parking fees in exchange for tickets for his brother and himself, and another count in which he paid a female worker \$300 in city funds to let him touch her breasts. Juror Trish Riederer, in an interview with the Fresno Bee, said she and her fellow jurors believe that Madewell did everything that prosecutors say he did but that the city did not have clear procedures in place about Madewell's scope of authority.

-- Teachers Out of Control: (1) Fifth-grade teacher Susan Romanyszyn, 45, was arrested in Bucks County, Pa., in January and charged with 17 counts of threatening bombings and gun violence after she was assigned to teach fourth grade, instead. (2) Sixth-grade teacher Roshondra Sipp of Jackson, Miss., aroused parents' ire in May for forcing the class to vote on who among them would be most likely to die young or get pregnant while still in school or get HIV or go to jail. Then, Sipp posted the results, enraging parents whose little charmers made the lists.

Creme de la Weird

"(A) person with a sneeze fetish can find erotic pleasure in those few seconds," according to the ABC News Medical Unit, in an April report, when "the eyes close as the body prepares to forcefully expel air," but "experts are stumped as to why." An Internet "sneeze fetish forum" allows members to wax rhapsodic ("She has the cutest sneeze ever") and recall pleasurable experiences (such as the thrill of discovering that one's new college roommate has allergies and will be sneezing frequently), and many use language and suggest visions that mimic sexual behaviors.

Least Competent Criminals

Failure to Communicate: (1) The man who tried to rob the Cafe Treo in Salt Lake City in April likely told the employee to "fill" the bag, but when the employee reached over and earnestly started to "feel" the bag (according to police), the robber said, "You've gotta be kidding me" and ran out of the store. (2) Another man who came away empty-handed had tried to rob a Walgreens

in Port Richey, Fla., in July, handing a clerk what appeared to be a holdup note, except that nothing was written on it. The clerk, sensing the forgetful robber's cluelessness, boldly dialed 911 right in front of him, causing the man to flee.

Thinning the Herd

(1) An 18-year-old man was killed in March while riding in a shopping cart and holding onto an SUV racing down a Winter Park, Fla., street, when it hit a speed bump. (2) A 13-year-old skateboarder was killed in May at a railroad crossing in O'Fallon, Ill., when (according to police) he was unsuccessful in beating a train to the crossing. (3) An 18-year-old man was killed in June in Blaine, Wash., when the steamroller he was taking for a joyride at a construction site overturned and fell on top of him.

Iran's new age

While Iran's leaders saber-rattle and quote the Quran, the country's multitudes of young adults are embracing New Age self-help, as exemplified by the best-selling books and sold-out seminars of motivational guru Alireza Azmandian, according to a June Wall Street Journal dispatch from Tehran. Though young adults in Turkey and Egypt have stepped up their religious fervor, that is not so in Iran. Said a 25-year-old aerospace engineer: "Religion doesn't offer me answers anymore," but "(Azmandian's) seminar changed my life." The Oprah Winfrey-touted book "The Secret" is in its 10th printing in Farsi; yoga and meditation are big; and advertising abounds on the virtues of feng shui and financial management.

The Continuing Crisis

-- Randall Popkes, 41, and his son Joshua Williams, 22, were arrested in West Des Moines, Iowa, in May and charged with an attempted safecracking at the Des Moines Golf and Country Club. A security officer had noted their license plate as they sped away after a frustrating session in which they had cut into the safe but could not open it. In fact, they had left behind a note for management, according to the Des Moines Register: "(Expletive) you and your safe."

-- At press time, a court in Athens, Greece, was considering a challenge brought by three residents of the island of Lesbos in the Aegean Sea to prevent

SEE "WEIRD" PAGE 21.



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For A Healthier You



TIPS FOR A HEALTHIER YOU

Seniors Fight Age-Related Eye Breakthrough

(NAPSI)-When Bonnie Conway began to experience vision loss due to an eye disease known as wet age-related macular degeneration, or wet AMD, she worried that she might have to leave her job. As Borough Manager of her local community, Conway relies heavily on her sight to complete her bookkeeping, filing and letter writing duties.

More than 15 million American seniors live with some form of AMD, a leading cause of blindness in people over 60. There are two forms of AMD, dry and wet. While all cases begin as the dry form, it is the wet form that accounts for about 90 percent of all AMD-related blindness.

Wet AMD can result in sudden and severe loss of a person's central vision, and can worsen rapidly without treatment. Like many of the 1.7 million people with the advanced form of the disease, Conway had difficulty reading and the faces of her friends and loved ones became blurry.

"I was a big reader. The most frustrating thing for me was losing the ability to read without a magnifying glass," said Conway. "I started to ac-

cept that my wet AMD would eventually get so bad that I'd have to give up my job."

But in August of 2006, Conway's eye doctor, a retina specialist, began treating her with monthly injections of Lucentis® (ranibizumab injection), which is approved by the U.S. Food and Drug Administration for the treatment of wet AMD. Since starting treatment, Conway's vision has improved from 20/80 to 20/40 on the eye chart.

"Bonnie was one of the first patients in our practice to receive Lucentis, and because she's continued to come for treatment every month, her vision has improved and she's been able to continue her normal activities," said Dr. Miguel Busquets of Associates in Ophthalmology.

In clinical studies of Lucentis, nearly all patients (90 percent) treated once a month maintained their vision for up to two years. About 40 percent of patients' vision actually improved by three lines or more on the study eye chart at two years, though a few patients have experienced some vision loss.

Because AMD advances so quickly, and can cause sudden and irre-

versible loss of vision, early diagnosis and treatment are critical. The National Eye Institute recommends that people aged 60 or older schedule eye exams every two years, and anyone who notices changes in vision should receive an eye exam right away.

Lucentis is a prescription medication given by injection into the eye. Lucentis has been associated with detached retina and serious eye infection and should not be used in patients who have an infection in or around the eye. Increases in eye pressure have been seen within one hour of an injection. Although uncommon, conditions associated with eye- and non-eye-related blood clots (arterial thromboembolic events) may occur. Serious side effects included inflammation inside the eye and, rarely, effects related to the injection procedure such as cataract. The most common non-eye-related side effects were nose and throat infection,



headache, and respiratory and urinary tract infections. The most common eye-related side effects were the feeling that something is in your eye, and increased tears.

If your eye becomes red, sensitive to light, painful or has a change in vision, you should seek immediate care from your eye doctor.

For full prescribing information, talk to your doctor or call 866-LUCENTIS (866-582-3684) or visit www.LUCENTIS.com.

These images depict the impact age-related macular degeneration may have on a person's central vision.

MAKING TOMORROW'S HEALTH CARE DECISIONS TODAY

(NAPSI)-When it comes to making decisions about the kind of health care they'll receive in the future, many Americans are willing to put off those decisions for as long as possible. That's especially true when it comes to crafting what's known as an advance directive.

An advance directive is a document that names a person to be your spokesperson and who can describe how you want to be treated when you can no longer make your own health care decisions.

A recent poll from Harris Interactive commissioned by the American Bar Association shows that while more than three-quarters of Americans know they need to plan how they want to be cared for if they are incapacitated and unable to make health care decisions, fewer than one-third have actually appointed someone to act on their behalf.

Many people are afraid to verbalize their wishes, fearing that putting their decisions about health care in writing makes the need for them more real, or fearing they will give another person control over their person or possessions.

Giving up the right to make one's own decisions is just one of the prevailing myths about health care advance directives. The fact is that as long as a person is competent, he or she can



revoke the directive or overrule a proxy's decision.

Another myth is that an advance directive always means "do not treat."

The reality is that an advance directive expresses what a person wants and does not want. For one person, it may indicate continuing treatment against all odds. In another instance, it may indicate the person just wants to be made comfortable.

Advance directives can take the form of a health care power of attorney or a health care proxy that names an individual to make decisions on a person's behalf; a living will that outlines specific actions caregivers should take during treatment; and a combination of the two, such as a document that addresses a person's medical, personal, emotional and spiritual needs.

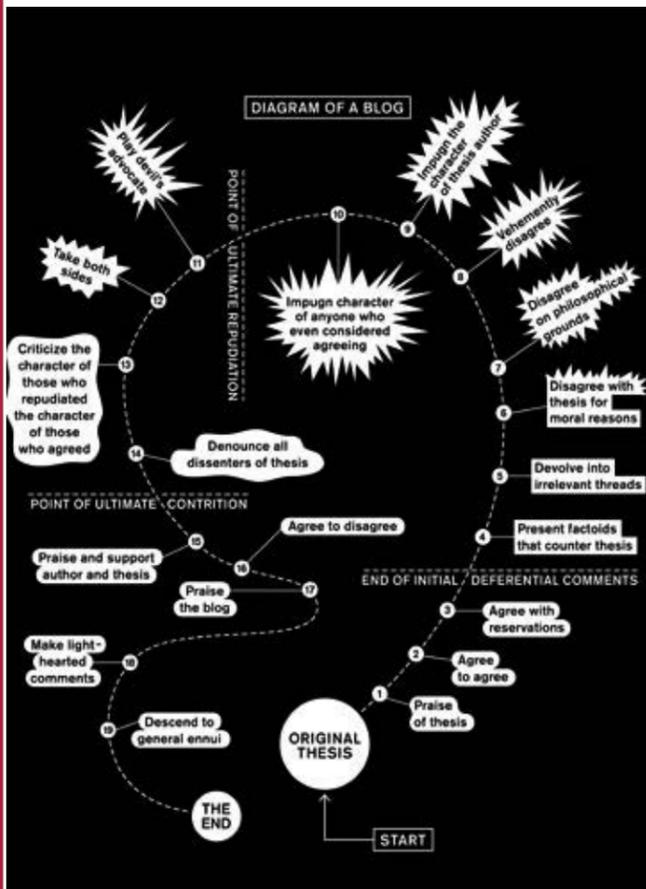
A consumer kit from the American Bar Association's Commission on Law & Aging contains 10 tools that look at how to select a health care proxy, what to do after signing the advance directive, a guide for health care proxies and additional resources.

To download a copy, visit <http://www.abanet.org/aging/toolkit/home.html>, or send your e-mail address to the American Bar Association, Commission on Law and Aging, 740 15th Street, N.W., Washington, DC 20005-1019.

An advance directive is a document that names a person to be your spokesperson when you can no longer make your own health care decisions.

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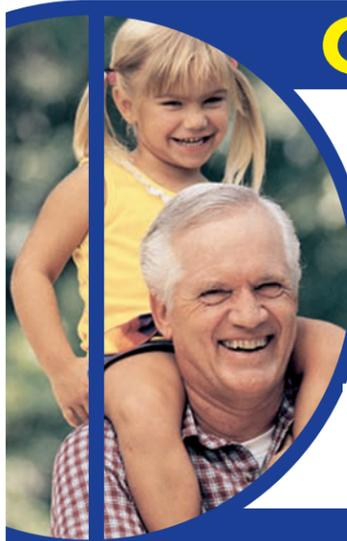
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Fashion: Looooking Gooood!

by Patricia McLaughlin - Mature Market Media Services

HOW FEELING POWERLESS TRIGGERS STATUS SPENDING

"Couldn't afford a car so she named her daughter Alexus." -- line from a Kanye West song about a "single black female addicted to retail" from "All Falls Down" on the 2004 CD "The College Dropout," quoted by Derek Rucker and Adam Galinsky in "Desire to Acquire: Powerlessness and Compensatory Consumption," in The Journal of Consumer Research, April 2008

Remember the time Uncle Jason lost his job down at the pumping station, and he couldn't pay his mortgage, and his girlfriend ran off with the septic tank man, and instead of trying to get on the payroll down at the post office like Mamma said he should, he went out and bought that big old Lincoln Continental and the fancy astronaut wristwatch, and we all thought he was a darn fool and wouldn't ever amount to a hill of beans?

Not so. Turns out Uncle J's purchase of the Lincoln and the watch makes perfect sense in terms of a new study by two professors at Northwestern University who found that people who are made to feel powerless will, given the opportunity, spend more money for status symbols than people who feel powerful. (They'll also spend more than people in a control group with no particular feelings about power one way or the other.) And they'll do it, the study found, because they believe it will repair their damaged sense of personal power.

Sometimes it even works: Uncle J, if you recall, drove that Lincoln down to the post office, flashed his shiny new watch at the postmistress and nailed the interview.

Not news, you say? Everybody

knows you have to "fake it 'til you make it"?

OK, compensation -- and/or overcompensation -- is not a new idea. What's impressive about the series of experiments that Derek Rucker and Adam Galinsky designed is the way they managed to tease out motivation. You might've thought Uncle J's new car was just a way to make his hurt self feel better, a treat meant to create a little island of happiness in the midst of temporary heartbreak. Or maybe you thought it was a way of denying that all that bad stuff was even happening. Or maybe it was just standard shopping therapy, same way you might go out and buy a new shower curtain and some athletic socks on a day you felt blue.

But the three experiments that Rucker and Galinsky devised pinned it down a lot tighter than that. They found, for instance, that the people made to feel powerless in the study would pay more for high-status purchases -- cuff links, an executive pen, a briefcase, a fur coat, a silk tie -- but not for things, even relatively expensive things, with no particular status association (ballpoint pen, washing machine, dryer, minivan, sofa). So it's not just about spending money, even a lot of it. It's about buying status per se.

They found that people made to feel powerless would pay more for an object they believed to be rare and precious -- a picture of their alma mater described as an exclusive limited edition -- than they'd pay for the very same picture when told it was mass-produced and widely available. It was the status they were paying a premium for, not the picture itself.

They even found that people made to feel powerless were more likely

to assume that buying high-status products would restore their feelings of power.

You may be thinking: Hogwash! That limited-edition engraving or fur coat or fancy wristwatch may briefly make a beaten-down consumer feel more powerful, but it can't confer real power. It can't persuade your boss not to fire you or your bank not to foreclose on your mortgage. (In fact, it might persuade your banker you're a worse risk than he thought.) The fact that you see it that way suggests that, power-wise, you must be doing pretty well yourself.

Maybe the most interesting of Rucker and Galinsky's findings is that experiencing feelings of powerlessness distorts the way you see the world in at least one respect: It makes you more likely to think acquiring a status symbol will repair your broken sense of personal power.

In their third experiment, people made to feel powerless were more likely to believe that owning a flossy "executive watch" would make them feel "powerful" and "respected" -- and were also willing to pay more for it -- than people who felt powerful, or people who didn't feel one way or the other.

So, next time you apply for a job and never hear a word back, or your

computer has a conniption fit and you spend an hour on hold waiting to talk to somebody in India, or you appeal your property tax increase and your appeal is denied, or you merely spend an unconscionable amount of time stuck in traffic, beware. Don't go shopping. And, if you do, steer clear of the status handbags and the designer shoes. Your painful sense of powerlessness will be crying out for redress.

And, OK, you may feel better for a few minutes if you buy the shoes. But, much as your battered psyche may at that moment find it difficult to believe, even people in Jimmy Choos get stuck in traffic, stuck on hold, stuck in what turns out to be the slowest line at the bank. Plus you'll be out the \$700.



How To Look Tops In Skirts

by Susan Moses

(NAPSI)-A skirt is one of the most feminine wardrobe pieces in a woman's closet, and a great way to show off shapely legs.

There are many shapes and silhouettes out there, some very curvy-flattering.

Pleated skirts can be hard to wear unless you know the key: Be sure the pleats are narrow or well balanced. If you're curvy, skip skirts with pleats starting at the waist in favor of pleats that flare from a dropped waist.

The pencil skirt is sophisticated and sexy and works for nearly all body types. Pencil skirts look best when they hit right below the knees (though they can go to about midcalf as well) and they should gently hug your curves, though not to the point of resembling sausage casing. Cinch the skirt with a great wide belt, pair it with your hottest peep-toe pumps and watch your curves reign supreme.

You'll be a bit more avant-garde with an asymmetrical or angled skirt. Its uneven layers and varied length trick the eye of the beholder into lengthening your look. The best of these skirts graze your calves. Slip on one of these skirts, don your bangle bracelets, bold belts and sexy wedge sandals and you can be super chic.

Try a flounce skirt (in essence, a pencil skirt with a ruffled hem) for an extra-feminine touch. Flounce skirts frame your knees in a very soft way that works well for most body types, even if you have full hips or a large bottom. This delicate skirt looks great in stretch linen, polished cotton and tropical wools, pairing beautifully with simple stilettos. Flounce skirts should fit gently, not tightly. Everyone will know the lady has arrived when you enter a room in this flirty option.

The timeless long skirt is never outdone. Popular variations include straight versions, long skirts with slits and long trumpet skirts. A long, straight skirt is a reliable silhouette for most body shapes and screams sophistication when paired with beautiful jeweled slides or kitten-heel mules. The slit skirt has a subtle sexiness and the trumpet skirt produces an engaging hourglass look, especially if you're larger in the waist or bust.

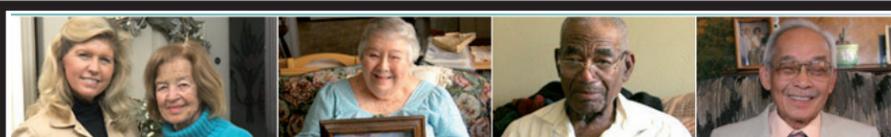


Learn More

You can find more fashion tips and tricks in the latest issue of Figure magazine, on newsstands and online at www.figuremagazine.com.

Susan Moses is a celebrity stylist and Figure's fashion expert.

Not to skirt the issue, but style is more important than size when it comes to looking sensational.



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

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

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Social Security & You

by Melinda Minor, District Manager - Pueblo



BE SURE TO GET YOUR STATEMENT

Your Social Security Statement is an important document that can help you plan for your retirement. Whether you're a young worker just starting a career or a seasoned employee ready to retire, the Statement is designed to help you.

The Social Security Statement includes a message from the Commissioner and a record of your earnings each year. It provides you with retirement benefit estimates using different retirement scenarios. The Statement also provides estimates of disability and survivors benefits for you and your family in the event that you become disabled or die. If you're like most workers who pay Social Security taxes, you automatically receive a Statement in the mail each year, about three months before your birthday. But there are situations in which a person may not be receiving a Statement each year.

For example, if you work each year, but your earned income is low enough that you do not need to file a tax return, you won't receive an automatic Social Security Statement. Also, if you are younger than 25 years old, or if you are already receiving benefits, you won't receive an automatic Statement each year.

However, if you need a Statement, you can request one. Just go to www.socialsecurity.gov/mystatement. There, you can learn more about the Social Security Statement, and request to have one mailed to you. Keep in mind that if you're already receiving benefits, your Statement will continue to show your updated earnings each year you work, but will not provide an estimate of

future benefits.

Here's what you'll need to make your request:

- Your name as shown on your Social Security card;
- Your Social Security number;
- Your date of birth;
- Your place of birth; and
- Your mother's maiden name.

The online request also is handy for people who do receive their automatic Statement each year, but can't find their most recent one and have some financial planning to do. You can request to have one mailed to you at any time.

Keep in mind, however, that if you request to have one sent to you even though you already receive one automatically each year, the next scheduled automatic Statement will be canceled. You'd then receive your next automatic Statement in the following year.

For more information, read the Social Security Statement page at www.socialsecurity.gov/mystatement.

For general information about Social Security, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

IS IT TIME FOR YOUR HEROES TO COLLECT SOCIAL SECURITY?

Summertime is known for its popcorn movies—blockbuster cinema full of explosions, action and larger-than-life heroes. A couple hours in a darkened theater can have you at the edge of your seat and feeling like a kid again.

Now, take a closer look at some of the movie heroes flashing across the silver screen this summer. Could it be that your hero's most challenging nemesis is deciding whether it's time to retire?

Take this summer's biggest action hero, Indiana Jones. Harrison Ford—still doing his own stunts—is 66 years old. Before he trots across the globe for another adventure, he may want to apply online for his retirement benefits at www.socialsecurity.gov.

Another box office champ returning this year is Batman. The Dark Knight first appeared in 1939—the same year as Superman—in Detective Comics. That makes both caped crusaders eligible for retirement benefits. Surely there must be computers in the Bat Cave and Fortress of Solitude with access to www.socialsecurity.gov to file online for their benefits.

Other heroes on the screen this summer include The Incredible Hulk and Iron Man. Both are products of the 1960s, like the actors who portray them. They'll have a while to wait. But it's never too early to start planning for retirement by visiting www.socialsecurity.gov/planners.

Even though the ladies from Sex and the City may not be ready to retire just yet, they should be planning ahead by going to Social Security's For Women page at www.socialsecurity.gov/women.

Of course, retirement isn't what it used to be. The average person preparing for retirement today isn't getting ready to sit on the porch and lounge away. They're ready for action.

These days, retirement is the opening of a new chapter—a sequel of sorts. So whether you're ready to complete that application for benefits or need to do some retirement planning, the place to go is not the silver screen, but the computer screen, at www.socialsecurity.gov.

ESTIMATE YOUR FUTURE SOCIAL SECURITY BENEFITS

This month Social Security introduces a new "Retirement Estimator" at www.socialsecurity.gov. Getting a personalized online estimate of your future retirement benefits is now easier than ever before.

The online Retirement Estimator is a convenient, secure and quick financial planning tool that lets workers calculate how much they might expect to receive in

Social Security benefits when they retire. The attractive new feature of this calculator is that it eliminates the need to manually key in years of earnings information. It's so easy to use.

Visit www.socialsecurity.gov/estimator. To get an estimate, you'll need to enter your first and last name, date of birth, Social Security number, mother's maiden name and place of birth. If the information matches our records, then you can enter an expected retirement age and future wages. The Estimator combines this information with the information that we have on record, including your yearly earnings, to provide a quick and reliable online benefit estimate.

To protect your privacy, only the final retirement estimates are given to you online. The Retirement Estimator does not show your earnings record information on which the final benefit estimate was calculated. And it does not reveal any personal information, such as your address, earnings or other information, that could lead to identity theft.

The Estimator also will let you create "what if" scenarios. You can, for example, change "stop work" dates or expected future earnings to create and compare different retirement options.

When you visit our website at www.socialsecurity.gov to see the new Retirement Estimator, take a few minutes to become familiar with our many other online services – including applying online for Social Security retirement and disability benefits.

On Your Toes!!

by Benjamin Marble, DPM, Pueblo Ankle & Foot Care

Taking A Vacation? Make It Easy On Your Feet!

Although rest and relaxation are the goals for most vacations, they usually involve a lot of walking and a lot of walking usually involves sore feet.

Walking is great exercise and one of the most reliable forms of transportation. If your feet are not in the best shape or you do not have the right shoes, however, too much walking can cause foot problems. Good foot care is essential if you plan to subject your feet to long periods of walking. Some simple foot care tips include:

- Wear thick, absorbent socks (acrylic instead of cotton).

- Dry feet thoroughly after bathing, making sure to dry between toes. Use powder before putting on shoes.

- Nails should be cut regularly, straight across the toe.

- Bunions, hammertoes or any other serious foot problems should be evaluated by a foot and ankle surgeon.

The right shoe is also important to healthy walking. The ideal walking shoe should be stable from side to side, and well-cushioned, and it should enable you to walk smoothly. Many running shoes will fit the bill.

There are also shoes made specially for walking. Walking shoes tend to be slightly less cushioned, yet not as bulky, and lighter than running shoes. Whether a walking or running shoe, the shoes need to feel stable and comfortable. New Balance type walking shoes come in various widths as well as lengths but many other brands are acceptable as long as they are comfortable when you leave the store. There is no such thing as "breaking in" a walking shoe.

Warming up exercises to help alleviate any muscle stiffness or pulled muscles are also advised before walking. Loosening up the heel cords (Achilles and calf) and thigh muscles before a walk is especially effective.

If you're not accustomed to long walks, start slowly and rest if your feet start hurting. And above all, have fun. For more information on diabetic foot care and other topics, contact your podiatrist's office, or go to FootPhysicians.com.

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



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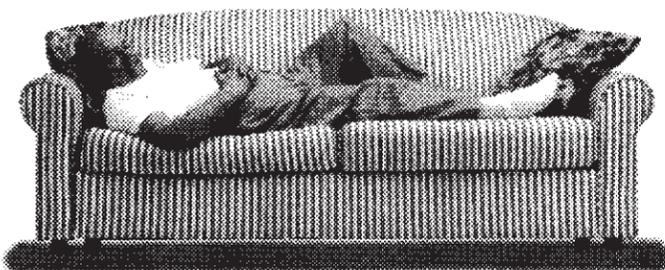
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"Light For The Journey"

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



"A FATHER, A SON AND A SUNBEAN!" AUGUST 2008

The prison congregation was enthusiastically responsive. For several weeks, they had anticipated and planned for the Prayer Warriors For Prisoners worship service. The prison worship team delighted us by opening the service with several songs and Cheryl Vifinkle blessed us as she sang beautiful Hawaiian praise music. Her husband, Lane, accompanied her on the steel guitar. The songs were breathtaking and awe inspiring. Our speaker, author and gemologist, Jim Rayburn, soon had everyone roaring with laughter as he shared his memory of attending Sunday school as a four year old. "Every Sunday," Jim said, "they

made us hold hands around the table and sing Jesus Wants Me For A Sunbeam. In the first place, I was too young to get the analogy that Jesus wants us to be a light in a dark world. In the second place, I didn't know what a sunbeam was. I thought they were saying sun-BEAN. I knew lima bean and I knew green bean but not sunbean and I didn't think I wanted to be one. But I knew God could do anything and I was afraid He was going to turn me into a sunbean. Leaving church each Sunday, I breathed a huge sigh of relief, 'Well it didn't happen today!' Then I was afraid to go back the next week."

Jim's message became serious as he challenged the men to live each day for Christ. His words were powerful and effective. The presence of the Holy Spirit was moving. Hearts were deeply touched. The chaplain gave a brief invitation for men to come forward for prayer

and 20 or more responded.

One man walked directly to Jim and said, "You have given these men the gift of laughter. There isn't much of that in here. Thank you."

Each volunteer prayed for specific prayers as one by one the men poured out their hearts, seeking help from Jesus. After praying for several, I looked up and two men were standing side by side. I looked at them questioningly, wondering which wanted prayer first. Together, they took a step toward me. Puzzled, I asked, "You want me to pray for you ... together?" The older gentleman put his hand on the young man's shoulder and said, "Yes, this is my son." I commended them for coming for prayer and attending church together. It was so touching.

The older man asked for prayer for his wife and for their family to be reunited and serve the Lord together. His son asked for prayer that God would keep him strong in his walk and in the Word when he was released in two months. It was a precious time as the three of us with Christ in the center, held hands and prayed. I praise God for these incredible opportunities.

When most of the men were leaving the chapel, two Spanish men approached. The one said of the other, "He doesn't speak English. He wants me to ask you to pray for his dead wife." I took a deep breath and prayed a silent arrow prayer. "Jesus, help!" Oh, what power in the name of Jesus. As Co-Director of Prayer Warriors For Prisoners, I have the privilege of reading every prayer request from prisoners before they are forwarded to volunteer prayer warriors. Most are heart wrenching as men and women express deep remorse for wrong choices and foolish mistakes. Occasionally a prisoner asks for prayer for a dead relative, but this was the first time it was in my face at a prison service.

After learning the man's name, I said to Ed, the interpreter, "Tell Alex, prayer is for the living and has no power for those who have died. We have no promise in God's Word that we will be with loved ones after this life. His wife is where she is and no prayer can change that. In the book of Hebrews, the Apostle Paul tells us that Jesus came to die, once for all to redeem mankind."

Alex listened intently as Ed interpreted. "The Bible is clear that we have only this lifetime to choose heaven or hell. For every person, there is an appointed time to die written in God's book. Hebrews 9:27 says, ...man is destined to die once, and after that to face judgment..." (NIV)

We have no idea when our time is, and if we refuse to accept Christ as Savior before we die, then we have made a choice to spend eternity in hell. Please forgive me if this sounds harsh, Alex. The truth isn't always pleasant but it is truth that sets men free! The truth is that we have all sinned and fallen short of the glory of God and there is only one door that leads to life. The Door is Jesus Christ. He said, I am the Way, the Truth, and the Life. No man comes to the Father but by me."

I looked at Alex, then Ed. "Tell Alex, that he can make sure he will be with Jesus when he dies. The Apostle Paul said in II Corinthians that to be absent from the body (dead) is to be present with the Lord. Does he know Jesus as his Savior?" When Alex heard the question he nodded affirmation as his eyes sparkled with joy.

Once again, I had the privilege of praying for seeking men to have a deeper walk with Christ and to witness to those around them. Once again I witnessed tears of gratitude in eyes of macho men who have been humbled to their knees and acknowledge their need for a Savior. Jesus came to change lives and to give us life abundantly. Are you living the abundant life in Christ? If not, what are you waiting for? Jesus wants you for a sunbeam! ☺

For Christ did not enter a man-made sanctuary that was only a copy of the true one; he entered heaven itself, now to appear for us in God's presence. Nor did he enter heaven to offer himself again and again, the way the high priest enters the Most Holy Place every year with blood that is not his own. Then Christ would have had to suffer many times since the creation of the world. But now he has appeared once for all at the end of the ages to do away with sin by the sacrifice of himself. Just as man is destined to die once, and after that to face judgment, so Christ was sacrificed once to take away the sins of many people; and he will appear a second time, not to bear sin, but to bring salvation to those who are waiting for him. Heb 9:24-28
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Jan McLaughlin is Director of Prayer Warriors For Prisoners and can be reached at 719-275-6971 or by e-mail, prayerforprisoners@msn.com

Finding Faith Daily

by Dr. Paul Irwin

(NAPSI)-I remember a time when messages of faith truly came alive for me.

It was a snowy Sunday and I realized that many would not be able to make it to church because of the weather. As I walked up to the church entrance, I passed the Easter lilies that had been so carefully placed along the sidewalk. They were shrouded in snow, with the flowers thrusting through a mantle of white into the morning air.

And the thought dawned on me that the lilies were rising out of the snow and showing beauty and vigor in spite of

their circumstances. They proclaimed a clear message that all of us, in spite of our problems, pain and difficulties, can raise the triumphant shout of Easter throughout the year: Christ is Risen!

Faith is all about the proclamation of the eternal presence of the living Christ, the daily experience of a living hope. And, like on Easter, any day can offer a restart for all Christians and a time when we are ready for something new in our lives.

On that snowy day, the lilies were a profound symbol of resurrection for me. Like them, because of our risen Lord, we can bloom wherever we are.

For more information, visit www.bibles.com.

• Dr. Irwin is president of the American Bible Society, a nonprofit, interdenominational organization that works to transform lives by promoting personal engagement with the Holy Scriptures.



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Dispelling Common Myth About Asthma With World Champion Swimmer Peter Vanderkay

(NAPSI)-Myth: People with asthma shouldn't play sports. Fact: As a world-class swimmer with asthma, Peter Vanderkay is living proof that having asthma doesn't mean a life of sitting on the sidelines. This is just one of the myths that Vanderkay, a member of the world-record-breaking U.S. 4x200-meter freestyle relay team in 2004, wants to help dispel through ASTHMyths, an online resource for people and parents of children with asthma (www.asthmyths.com).

Vanderkay started swimming competitively when he was 7 and was diagnosed with asthma when he was 10. He is among the 20 million Americans, including about 6.4 million children, who are affected by asthma. Asthma is a chronic disease, meaning that even if patients do not have symptoms all of the time, their asthma is still there.

"The diagnosis came as a shock," Vanderkay said. "But with support from my family, doctors, coaches and friends, I have been able to manage my asthma and pursue my dreams." Raising awareness about asthma control is what Vanderkay is hoping to do with ASTHMyths.

ASTHMyths.com is a Web site developed by Merck & Co., Inc. and is specifically designed to help educate people with the condition about some of the myths and facts of asthma. For example:

• Myth: Asthma can be cured.

Fact: There is no cure for asthma, but people can help prevent symptoms by speaking with their doctors so they can participate more in the activities they enjoy.

• Myth: No symptoms means no asthma.

Fact: Even if people do not have

symptoms every day, their asthma is there every day. By partnering with their doctor, people can learn about their triggers, and about the treatment that's right for them so that they can enjoy a more active and healthy lifestyle.

• Myth: Asthma is a phase that some people can outgrow.

Fact: Once someone has asthma, he or she always has it. But asthma doesn't have to stop people from working towards achieving their goals.

The Web site discusses the facts about the disease, the importance of talking to a doctor and understanding the myths vs. facts about asthma.

"It is important for families living with asthma to understand the disease, know their asthma triggers, and realize what they can do to help control their asthma," said Dr. Randall Brown, M.D., MPH, Research Director and Partner at Georgia Pediatric Pulmonology Associates and Adjunct Associate Professor of Health Behavior and Health Education at the University of Michigan School of Public Health. "ASTHMyths.com offers tools and information about asthma which, in my view as a clinician and asthma researcher, clearly allow a

better understanding of the disease-enabling a better conversation between the patient, family and physician about optimal asthma control."

ASTHMyths.com includes useful facts, tools and information such as:

- Information about the myths vs. facts of asthma;
- An asthma symptom tracker;
- A checklist to determine whether a daycare or school is asthma friendly;
- A step-by-step Asthma Action Plan that can be developed together with a doctor.

Also included in ASTHMyths.com is a "Poolside with Peter" section where visitors can track Vanderkay's progress and training as he prepares for the biggest swimming event of the year that will take place this summer in China.

Vanderkay hopes that his story will encourage others like him to keep their asthma under control in order to continue working towards achieving their goals.

To learn more about Vanderkay's experience and get additional facts about asthma, visit www.asthmyths.com.

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Where Are They Now?

by Marshall Jay Kaplan

Jonathan Winters

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

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

With his zany comedic char-

acters, Winters became a comedy club and television guest favorite. Best known is his character, Maudie Fric-kert - a sweet old lady with an acid tongue.

Winters was a favorite of both Jack Paar and Johnny Carson. Carson never knew what character Winters would appear on the show as, and in turn, simply interview the 'character' in the guest seat to learn more about them.

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

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

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

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

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

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



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Chuck Green, former editor-in-chief of the Denver Post.

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Economy Pinching? Elders Should Make Good Choices

by Robin Mosey - Home Instead

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

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

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

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

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

Falling interest rates, fixed incomes and seniors' fears of past hardships can influence how they react to the current economic slowdown, according to Sheryl Garrett, CFP®, author of Personal Finance Workbook For Dummies® and several other books on financial planning. "Some seniors may be running short on money but, for others, there's always that fear of running out because they lived through the Depression. They know how ugly it can get."

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

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

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

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

For more information about Home Instead Senior Care, contact <<Insert Franchise Owner's Full Name at (719)545-0293 or visit www.homeinstead.com.

10 COST-CUTTING WARNING SIGNS

Following, from Home Instead Senior Care and the National Association of

Area Agencies on Aging, are ways that a downturn in the economy could impact seniors. If you're a family caregiver, ask yourself the following questions. If you're an older adult experiencing difficulties because of the economy, contact your local Area Agency on Aging or Home Instead Senior Care office. Or, if you have a financial issue, contact the Garrett Planning Network.

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

Is your loved one complaining about not being able to afford medications?

Are home repairs not getting made?

Is there a shortage of food in the house?

Is your senior skipping doctor's appointments?

Is your older adult staying home more and becoming isolated?

Is your senior cutting out entertainment?

Does your loved one eat out less?

Did your senior cancel a vacation?

For more information about the National Association of Area Agencies on Aging, log on to www.n4a.org or contact the organization's CEO Sandy Markwood at smarkwood@n4a.org. For more information about the Garrett Planning Network, visit www.garrettplanningnetwork.com or contact Sheryl Garrett at Sheryl@garrettplanning.com. For more about Home Instead Senior Care, visit www.homeinstead.com or contact Robin Mosey at (719)545-0293.

10 WAYS SENIORS CAN STRETCH THEIR DOLLARS

Following, from Home Instead Senior Care and various senior and financial experts, are 10 ways that seniors can stretch their dollars:

Seek the services of an objective financial planner. Sheryl Garrett, CFP®, founder of the Garrett Planning Network, said it's important for seniors to seek the advice of an objective fiduciary. The Garrett Planning Network (www.garrettplanningnetwork.com) features experts throughout the country who offer their advice on a fee-only basis.

Get a second opinion on investments and financial purchases. If you're approached about changing your investments or making a purchase, make sure you get another opinion.

Contact your local Area Agency on Aging if you're having trouble paying for food and gas. For more information or an office near you, log on to National Association of Area Agencies on Aging at www.n4a.org.

Get back to gardening. The economic downturn is generating a resurgence in gardening, and the over 55 crowd traditionally has been among the most avid gardeners. The national seed and plant company Burpee has experienced unprecedented 40 percent growth this year, double its normal rate, according to CEO George Ball. With food costs up as much as 25 percent in places, gardening provides a 1 to 10 savings ratio, according to Ball. "In other words, for every \$100 you spend on garden plants, you'll get \$1,000 in produce. While \$100 in groceries may last for only a couple of weeks, a senior can eat for six months on the produce from \$100 in plants," Ball said.

Avoid convenience foods, which are more expensive. Watch for sales on fresh or canned fruits, vegetables and meats, which will be less expensive than convenience foods and better for you.

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

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

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

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

Financial planner Sheryl Garrett says that the ability of seniors to live at home helps cut costs as well. If you or a loved one needs assistance around the house, contact Home Instead Senior Care or visit the company's Web site at www.homeinstead.com.

Robin Mosey, CSA

Gerontologist

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Traveling: There's Nothing Like A Holiday!

Of Course History Lives In New Hampshire

by Jay Clarke

PORTSMOUTH, N.H. -- They call it Paul Revere's other ride.

Four months before he made his legendary horseback ride to Lexington, Mass., to warn American colonists of an impending British attack, Revere rode to Portsmouth on a similar mission.

As a result of his warning, colonists here stormed Fort William and Mary, brought down the British flag and made off with its munitions and gunpowder. That raid, not the fighting at Lexing-

ton and Concord, may have been the first overt act of the American Revolution.

Today, Portsmouth blends its rich and important contributions to American history with a lively contemporary life. Shops, restaurants and local hangouts like Breaking New Grounds share space on historic Market Square with Old North Church and one of the country's few atheneums, or private libraries.

On Congress Street stands one of the buildings where President Teddy Roosevelt brokered the treaty ending the

Russo-Japanese War in 1905, gaining him the Nobel Peace Prize. Today it's a Japanese restaurant. Ceres Street, on the riverfront, where Portsmouth's artistic and cultural renaissance began in the 1960s, bustles with boutiques, restaurants and condos.

You may recognize the yellow house where American naval hero John Paul Jones boarded while his ships were being built here during the Revolutionary War. Now the home of the Portsmouth Historical Society, it's been featured in Sears paint commercials.

And a bit farther along State Street, you might spot a red door. There's no sign, but savvy residents know it's the entrance to the chic Red Door, which serves 22 kinds of martinis.

A sip of one of those concoctions might be just the thing after a performance at downtown's Music Hall, built in 1878 and now the second-oldest theater in New England. Buffalo Bill and John Philip Sousa both performed there, and Irving Berlin once performed there as a chorus boy before making his name as a composer.

Today the hall operates 364 days a year, presenting a lively mix of concerts, musicals, ballet, films and one-man shows. Its Signature Series has brought on stage such personalities as Barbara Walters, Cokie Roberts and John Updike.

Perhaps Portsmouth's most enduring piece of yesteryear is Strawberry Banke. The living history museum has 37 preserved buildings, some dating to 1695. Many on the 10-acre site are occupied by today's residents, while in others, role-players explain what daily life was like many years ago. Visitors can watch a cooper making barrels and a potter forming clay vessels, just as they did in past



Strawberry Banke, a living history museum, features architecture as old as 1685. photo: Fred Pettigrew

centuries.

Strategically situated at the mouth of the Piscataqua River less than 60 miles from Boston, the city was a bustling port where sailors lived and caroused during America's early history. Shipbuilding still is an economic mainstay here, with the Portsmouth Naval Yard a thriving operation. This October, in fact, the Navy's newest attack submarine, the USS New Hampshire, will be formally commissioned at the yard. Another submarine, the pioneering research vessel USS Albacore, is open to visitors at Portsmouth's Albacore Park.

Several islands lie at the river's mouth. On the largest of them, Great Island, is the town of New Castle, an upscale suburb of Portsmouth reachable by causeway. Besides lovely homes, this one-square-mile town houses a major hotel and country club, the imposing Wentworth by the Sea.

Just across the river is the state of Maine, with some of its most famous beaches within driving distance. Both Ogunquit and Kennebunkport are less than 45 minutes away, while the town of Kittery draws shoppers from all over New England to its popular outlet stores.

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Here's How To Grow Your Own Flutterby Garden

by Marty Ross

Ed. Note: I know there is no such word as flutterby but I think it is a better name for our winged friends than the traditional butterfly moniker.

The best way to attract butterflies to your garden is to give them plenty of bloom. Butterflies don't care whether your gardening style is formal or

informal, and they're not that picky about color schemes, so you can suit yourself in that regard. The only things butterflies are looking for as they flutter about are flowers -- nectar sources -- and any colorful garden will make them feel right at home.

Summer and early fall are the peak seasons for butterflies. This is the time to make your garden more attractive to monarchs, sulphurs, swallowtails and all the other butterflies that float so lightly through life.

You don't have to chase around with nets. Butterflies will come to you.

"The key is native plants," says Jeffrey Glassberg, president of the North American Butterfly Association, www.naba.org. Butterflies are very attracted to many non-native species -- such as butterfly bush, zinnias and lantanas -- but they prefer native plants, Glassberg says.

When meadows and fields of native plants are converted to shopping centers and residential developments, butterfly habitat is destroyed, and by planting natives, you are restoring their habitat.

"You can make a difference," he says.

"Butterflies are very exciting, but they are also profoundly relaxing," Glassberg says. "When you're enjoying butterflies, it takes you out of yourself into a beautiful, magical world."

Butterflies don't sting or bite. They also don't nibble on your hostas or eat holes in the roses. They are entertaining and undemanding visitors that appreciate sunshine and flowers, some protection from harsh winds, and perhaps a light-colored rock for basking quietly in the sun.

Glassberg has been chasing butterflies since he was a child, and he travels around the world to see them, but a butterfly garden in a suburban backyard might attract 75 or more species of butterflies, he says. Even in a small plot in the heart of a city, you can see dozens of different butterflies. If you don't have much of a garden, you can still attract butterflies with a windowbox or a single flowerpot full of blooms.

The North American Butterfly Association's regional garden guides, www.nababutterfly.com/guide_index.html, list an astonishing selection of native and non-native plants for butterfly gardeners. Trees, shrubs, annual and perennial flowers, and vines can all be part of a butterfly garden.

Many of the carefully tailored regional lists include yarrow, phlox, hummingbird mint (Agastache), sedum,



Grow the flowers butterflies love, and your garden suddenly has wings. Butterfly gardening also restores habitats lost to development and increases the pollinator population. This pretty Baltimore checkerspot, and many other butterflies, especially monarchs, are attracted to colorful native butterfly milkweeds. photo: Jeffrey Glassberg/North American Butterfly Association

Joe-pye weed (Eupatorium) and other popular perennial plants. If your space is limited, you could stick with just a few particularly good butterfly plants, such as butterfly milkweed, to attract monarchs, or plants in the parsley family (parsley, carrots, dill, fennel) to attract swallowtails.

When you plant butterfly milkweed or parsley, you're practically growing your own butterflies. These plants are among the most important caterpillar food sources. Dandelions, violets, clover and even crabgrass are also excellent caterpillar plant sources.

Children are fascinated by the process of watching caterpillars grow, form their chrysalises and emerge as butterflies, but no one ever really outgrows the thrill of metamorphosis. It's like rainbows.

"Many gardeners have an aversion to caterpillars, but if you focus on them, after a little bit you'll see that the caterpillars are as wonderful as butterflies are," Glassberg says.

Don't worry about caterpillar damage to your plants. A few clumps of parsley will support a healthy population of swallowtail caterpillars and still provide plenty of garnish for the family's dinner.

Butterfly milkweed plants light up flower beds with their colorful blooms, attract many transient butterflies and produce a delightful homegrown crop of monarchs. Milkweeds are perennial and very tough. They'll bounce back and bloom again even after the handsome striped monarch caterpillars have chowed down on them. Parsley is biennial, and it's best if you set out new plants every year.

Once you start gardening for butterflies, you'll want to have flowers in bloom from spring through frost, and butterflies will flutter lightly around your garden all season long. As you get to know butterflies, you'll discover that birds (natural predators of both caterpillars and butterflies) are more numerous in your garden, too.

You can cluster flowers quite close together for a colorful bed that looks good from any vantage point. Grow both tall and short plants so you can watch the butterflies from above and at eye level.

Don't forget to snip the spent blooms of annual flowers as they fade, to encourage more flowers. And don't use pesticides -- the population of good bugs and bad bugs balances out in a healthy garden, and indiscriminate use of pesticides will undermine your efforts to attract butterflies.

"Butterfly gardening is a good way to learn about and enjoy the relationships of nature and biodiversity," Glassberg says.

When butterflies are flitting about, they also carry a little bit of your heart along for the ride, he says.

"They take you to a beautiful part of life -- even if it's in your own backyard," Glassberg says.

SOURCES

- North American Butterfly Association, www.naba.org.
- Monarch Watch, www.monarchwatch.org.

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close together for a colorful bed that looks good from any vantage point. Grow both tall and short plants so you can watch the butterflies from above and at eye level.

History Of Film In Colorado At Arts Center

by Nicki Hart • 719-295-4211

New exhibit brings rich history of Colorado Film to life Explore the history of film in Colorado complete with movie production items and set pieces from a popular television series!

(PUEBLO) The Sangre de Cristo Arts Center brings Film Colorado, a new exhibit, to life on July 26 with a special free opening reception from 5-7:30p.m. on July 31. This exhibit explores film in Colorado and movie production items such as lights, dollies, projectors and green screen technology complete this interactive affair.

Film is a form of art, and this exhibit examines the art of filmmaking. The exhibit is divided into three sections. First explore the rich history of film in Colorado. Then look at artistic films related to Colorado produced and directed by local artists. These films will be showcased on television screens throughout the gallery.

Examine how the medium is created with actual set pieces from the popular television series Perry Mason that was filmed right in Denver. Sit in the actual witness stand while surrounded by movie and television production technology. A bust of Raymond Burr, who played Perry

Mason, and the gavel from the show are recognizable by any Perry Mason fan. Blown up screen captures from the show and other films made in Colorado, are also on display throughout the exhibit

This exhibit also brings green screen technology to the Arts Center. A live video feed projected through a computer screen allows the viewer to see the green screen technology in full effect. As you stand in front of the green backdrop you will be instantly displayed in a Hollywood themed background. View this live effect right from the software. Not only does this provide a behind the scenes feature commonly used in special effects of films today, it also educates the viewer on the technology behind this effect.

Film Colorado, part of the current Glitz and Glamour: Art Meets Celebrity exhibits, is on display through August 30.

Admission to the Arts Center is \$4 for adults and \$3 for children and

Fishing Days

by Greg Bridges - Pueblo

"It sure is nice out here," said my father.

We were sitting on the tailgate of his pick-up on the southside of Pueblo reservoir near the dam and enjoying the cool air, calm water and the occasional nibble of a hungry trout. My dad is in his seventies now and even though he's healthy, working out twice a week, volunteering at St. Mary-Corwin hospital every Wednesday and walking his black

lab Holly almost every evening, I know our times together are precious. We get to talk about the family, the economy, the horrible price of gas, mom's health, how poorly the Rockies are playing baseball, how my wife is doing and other topics of mutual interest.

I'm nobody's fool and I've come to realize that my dad isn't quite as fast as he used to be, isn't quite as strong, his driving skills are a bit less sharp and his memory tends to be a little off at times, but I also know that my dad isn't helpless. He still gets around well and we work together at Milagro Christian Church on the boulevard, celebrate holidays as a family, work in the yard, watch the Broncos together and yell at the television.

Then there's our fishing. We get to the reservoir or the river bank about six in the morning, rig up our poles, pick out our places and offer our smorgasbord of worms, power bait, salmon eggs and cheese balls to the waiting fish.... and the we wait.

We watch our lines for that familiar tug, watch the water for trout rising to take a morsel of bug or fly, enjoy the sunrise of oranges and blues, and we talk.

I know there have been times in the past when I've deeply hurt by my father and that I didn't quite turn out to be the doctor or the lawyer that he hoped for me to be, but when we talk I know that all is forgiven and at peace in the world between me and my dad.

That day at the reservoir I caught three trout and let the small one go and I also caught a three pound carp. My dad had a few nibbles and then caught one trout. It was the biggest keeper of the day. When he landed it, I nodded approvingly and helped out by taking the hook from its mouth and putting it on the stringer. It was only fitting that my dad caught the biggest fish. After all, it was he who instilled in me my love for fishing and the outdoors, camping, hiking and just getting out.

It wouldn't have mattered one way or the other if we had caught fish that day or not, just so long as I was with my dad, enjoying the fishing, but also enjoying the time we have together. Way to go dad.

When we finished that day dad told me to keep all three fish including his big catch of the day. I asked him if he was sure.

"Your mother won't let me cook fish in the house," he said. Dad was grinning.

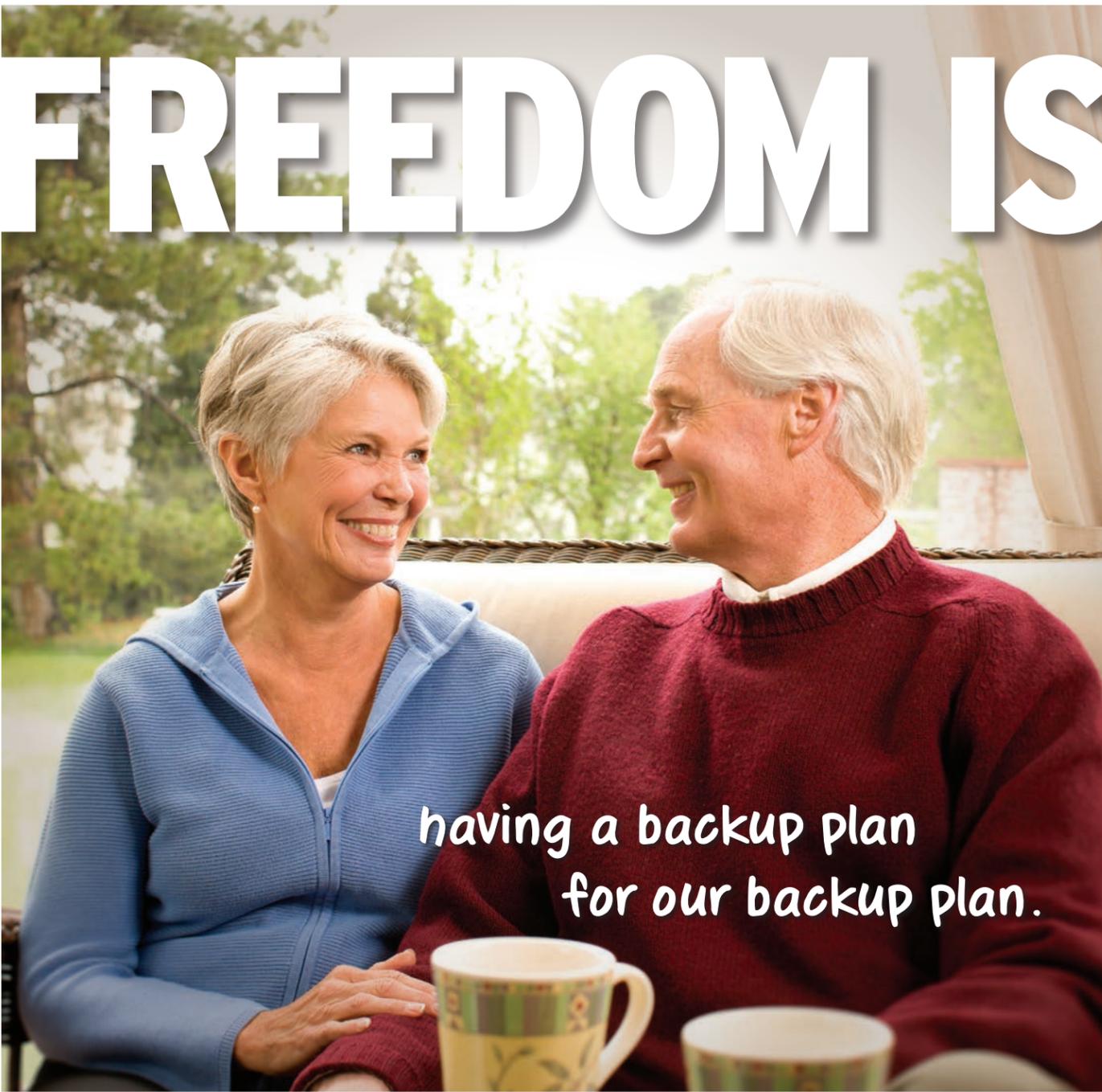
Another lesson from my dad to me in his own, special way. Way to go dad. Way to go!



Sit in the witness box used on the Perry Mason set.

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BBB: So Many Scam, So Little Space - Just Beware!

by Katie Carroll-BBB Communications
SOMEBODY'S KNOCKING

Local consumers contacting the BBB regarding suspicious persons going door to door are on the rise.

One local senior was surprised to have a representative from "ADT Security" knock on his door after 9:00pm. The gentleman at the door was nicely dressed and allowed access to the home. The so-called employee came in under the guise of checking the alarm batteries. He proceeded to press buttons and changed the alarm code to 1-2-3-4. No uniform or proof was given that he worked for the firm. An observant neighbor reportedly saw two gentlemen, one querying her neighbor and another man peering into windows. There was no company vehicle visible. After being questioned, the two men got into their vehicle and speed away. The senior contacted the real ADT Alarm and was told to change his alarm code to prevent unwanted access. The Sheriff's office was also alerted to this possible burglary scam.

Door to door solicitations for roofing repair/replacement have also been cause for concern for local residents. Home owners are being approached by representatives to check their roofs for damage. These persons are also trying to ascertain if they are dealing with a home owner or tenant, if it is the latter, the personnel moves along. Varying firms are trying to get property owners to sign a contract which allows the company to contact the insurance company and immediately begin processing the claim. Although there is a three day right of recession, some of the contracts have special caveats charging 20% if the consumer tries to cancel after the repairs have been approved by the insurance carrier and if the insurance

payment has been issued.

In regards to door to door solicitations, the BBB reminds consumers that:

- You do not have to let any person in your house. If you're not interested, say good-bye and shut the door.
- Don't be afraid to interrupt and ask questions.
- Solicitors should be able to provide credentials of who they are and the firm they represent. They should be wearing some sort of name badge or uniform.
- Do not be pressured into signing a contract or making a spur of the moment decision. Read all contracts before signing. A legitimate firm will allow you time to investigate their offer.
- If it sounds like a good deal, ask the salesperson for their name, and the name, address and telephone number of the company.

Contact the BBB for a reliability report on any company at www.bbb.org or 866-206-1800/719-636-1155

THE COFFEE MAN BREWING UP FINANCIAL PROBLEMS FOR INVESTORS

Consumers who responded to a business opportunity advertisement placed by "The Coffee Man" dba "Continental Java" and "Continental Gourmet Coffee" have found themselves in dire financial straits with more questions than answers.

Investors were offered different levels of distributorships - Gold for \$24,900, Platinum for \$44,900, and an Elite for \$89,900. The packages included differing amounts of coffee and syrups, display racks and guaranteed placement for the racks.

Mid-April 2008 the BBB began receiving calls from investors who were having difficulties securing the necessary

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

coffee, syrups, and supplies. Customers also reported difficulties contacting the placement company, Clear Vision Marketing out of Evansville, Indiana.

On April 17, 2008 the accreditation (membership) of Clear Vision Marketing was revoked by the Evansville BBB Board of Directors. The firm's file showed patterns of complaints regarding: failure to honor the contract and/or provide services are promised, failure to provide refunds, and failure to return calls and/or answer correspondence.

Subsequently, on June 16, 2008 The Coffee Man's accreditation with the BBB was revoked by the BBB of Southern Colorado's Board of Directors due to failure to respond to one or more customer complaints filed with the BBB, failure to eliminate the underlying cause of complaints on file with the BBB, and unresolved complaints alleging that consumers have not received the products ordered and cannot get a response from the company. The BBB has been unsuccessful in working out a resolution with this company.

Complaints from investors have come from the states of California, New York, Missouri, Florida, Ohio, Wisconsin, and Illinois. Their potential losses total over \$385,000. Complainants state that they've invested their entire savings, taken out personal loans, and even mortgaged their homes to participate.

Both Clear Vision Marketing and The Coffee Man's Web sites are still operational.

The BBB is accepting complaints on these companies on our website: www.bbb.org.

ACCESS FINANCIAL SERVICES SCAMS POTENTIAL LOAN APPLICANTS

Fourteen people from across the United States have fallen prey to an advance fee loan company called "Access

Financial Services". The company is using a Colorado Springs address to appear legitimate, however, there is no such company at the Briargate Boulevard address. The BBB has received complaints from Mississippi, North Carolina, New York, West Virginia, Minnesota, California, Tennessee, Florida and New Jersey. The victims in question have lost over \$16,500 to this scam.

Advertisements placed in local papers lured consumers into this scam. After being "approved" the loan recipients were informed that they needed to pay a "loan premium" or a "loan default/collateral payment" in advance. These payments varied from \$600 to over \$2900, depending on the amount of the loan requested. The monies were to be wired to a private citizen in Canada.

Although the paperwork states that the loan premium is refundable after 14 days no one has received their monies back. When Access Financial is contacted about refunds callers find themselves being given the runaround or hung up on repeatedly.

Victims of Access Financial Services also face the specter of identity theft as the company has their name, social security number, driver's license information, and bank account numbers.

Tracking and prosecution is difficult because the scam is being operated out of Canada. The BBB is in contact with the Web site provider in attempts to get the firm's Web site taken down. The Canadian police agency "Phonebusters" has been notified of this company as well.

The BBB reminds persons seeking loans of the following:

According to the Federal Trade Commission Telemarketing Sales Rule, if someone guarantees or suggests that there is a strong chance they can get or arrange a loan or other form of credit for you, it's against the law to ask you to pay - or accept payment - for their services until you get your loan or credit.

Never give your credit card account number, bank account information, or Social Security number over the telephone or Internet unless you are familiar with the company and know why the information is necessary.

Legitimate lenders will never "guarantee" or say that you are likely to get a loan or a credit card before you apply, especially if you have bad credit, no credit, or a bankruptcy.

Do your homework before sending money or information to any company. Contact the BBB to check on any financial offers you receive at 719-636-1155, 866-206-1800 or at [bbb.org](http://www.bbb.org).

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NRMLA LENDER

Brandied Fruit In "Friendship Jar" Pairs Well With Ice Cream

by Brete Harrison

With the abundance of fruit now coming to market, what do you do to enjoy its goodness year round? Build a "friendship jar"!

Filled with brandied fruit, the friendship jar is a wonderful way to use the bounty of the season, adding new fruit to the jar as they ripen. Found on farm kitchen counters and increasingly in both suburban and city kitchens, the jar, with its sweet fruit and sauce, becomes a staple ingredient source for baking and chilled or frozen desserts.

Enjoy brandied fruit from the friendship jar as the French do, spooning over super-rich vanilla ice cream as a "coupe," or a simple frozen dessert served with fruit topping. The following recipes

will give you a double French dessert treat, brandied fruit and ice cream for those long summer evenings.

SUCCESS TIPS:

A colorful, clear glass "friendship" fruit jar on your kitchen counter is an attractive year-round remembrance of summer's bounty.

-- Fill a small Mason jar for a special friendship gift; everyone loves receiving summer fruit in the fall or wintertime.

-- More fruit can be added at any time. Toss 2 cups each fruit in 2/3 cup each white and firmly packed brown sugar, adding enough brandy to cover.

-- Combined in different proportions, the same ice cream ingredients give slightly different results. Increasing

the milk to 2 cups and reducing the cream to 2 cups will produce a slightly lighter ice cream; adding 2 more egg yolks will make the ice cream richer. Experiment.

FRENCH BRANDIED FRUIT

9 cups diced mixed fruit, such as strawberries, blackberries, Bing cherries, pineapple, apricots, peaches, nectarines, seedless grapes or other seasonal fruit
5 cups granulated sugar
5 cups firmly packed light brown sugar
1 quart brandy

1. Prepare fruit. Peaches, nectarines and apricots should be peeled, stoned and chopped. Pineapple should be peeled, cored and cubed; cherries should be pitted, with all fruit being chopped to roughly the same size as the cherries.

2. In a very large bowl combine sugars, adding fruit and tossing to coat. Cover bowl, letting stand 1 hour, tossing every 15 minutes.

3. Transfer fruit into a 1 1/2-gallon covered crock or large glass jar and pour in brandy, keeping fruit submerged in the liquid. Store in a cool place. Fruit will be ready to eat in a month and will continue to improve with age.

Makes about 4 quarts.

This recipe is a foundation for most ice creams, consistently producing excellent flavor and texture.

FRENCH VANILLA ICE CREAM

3 cups whipping cream
1 cup milk
3/4 cup sugar
1 vanilla bean, split lengthwise, or 1 tablespoon vanilla extract
4 large egg yolks

1. In a heavy-bottomed 2-quart saucepan, heat cream, milk, sugar and vanilla bean. (If you are using vanilla extract, do not add it until step 4; vanilla beans give a richer flavor than extract.) After pouring in ingredients, continue to stir occasionally until sugar is dissolved, with the mixture being hot but not boiling.

2. Whisk egg yolks together in a bowl. Continue whisking, very slowly



French brandied fruits are a wonderful way to use the garden bounty of the season. photo: Copyright 2008, LS Media, LLC

pouring in approximately 1 cup of the cream mixture. When smooth, pour back into the pan.

3. Whisk constantly over low heat until the mixture thickens slightly and coats the back of a spoon (about 5 minutes). Watch that the mixture doesn't boil, or it will curdle. Carefully draw your finger across the back of the coated spoon. If the line you make remains, your custard is done.

4. Remove vanilla bean; or, if you're using vanilla extract, add it now.

5. Transfer to an ice cream machine and freeze according to manufacturer's instructions.

Makes about 1 quart. (To expand the amount of ice cream desired, recipe ingredients may be doubled.)

THE COUPE (French Brandied Fruit Over French Vanilla Ice Cream)

1. If possible, make the ice cream ahead and let it "season" in the freezer for several hours to add flavor. If sauce is to be served warm, remove ice cream from freezer while heating the sauce. Alternatively, take ice cream out 10 to 15 minutes before serving.

2. To assemble: For each coupe, place a scoop of ice cream in a chilled dessert dish, topping with sauce.

Serves 8.

All's Well That Ends With Dessert

(NAPSI)-Satisfying one's sweet tooth is often seen as a battle between willpower and temptation. However, recent research from the International Journal of Obesity suggests satisfying food cravings may be an important component of weight control.

Study researchers say that the key to diet success can be to indulge occasionally with healthy treats that are low in calories. There are all sorts of delicious dessert options that won't derail your diet--low-fat yogurts, puddings, fruit with low-fat whipped cream or low-calorie, low-fat frozen snacks.

With all the options available today, you won't have to skimp on flavor. Ending your meal with a low-calorie frozen treat can be just the taste sensation you need to stay on track and make long-term changes to your eating habits. It can be delicious to dip into snacks such as Skinny Dippers, perfectly portioned, 80-calorie, chocolate-dipped ice cream pops that are available in rich vanilla, creamy caramel and refreshing mint flavors.

One pop contains no trans fats and 3 grams of fat, making it a great option for guilt-free indulgence as a daytime snack, after-dinner delight or midnight rendezvous with your freezer. And, one serving of Dippers--two pops--amounts to just 160 calories and 6 grams of fat!

Skinny Dippers joins the extensive collection of The Skinny Cow® frozen snacks, which includes ice cream sandwiches, cones and bars. Unlike other "better for you" ice cream alternatives, these treats don't skimp on flavor, offering delicacies such as Mint Fudge Ice Cream Cone and Chocolate Peanut Butter Ice Cream Sandwich.

Fans of the skinny snack can register at www.gettheskinny.com, which offers a chance to "get the skinny" on life, liberty and the pursuit of happiness as it relates to ice cream. Visitors can download fun freebies such as iron-ons for T-shirts.

Keeping your diet on track can be easier if you occasionally indulge in a healthy, low-calorie, low-fat snack.



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

MONDAY 8/4: Hot Turkey Sandwich, Mashed Potatoes, Harvard Beets, Wheat Bread/Margarine, Cranberry Orange Mold.

TUESDAY 8/5: Chicken A la King, Biscuit, Mixed Green Salad, Italian Dressing, Orange Juice.

WEDNESDAY 8/6: Beef Pot Roast, w/ Potatoes Carrots/Onions, Mixed Green Salad/Ital. drsg., Wheat Bread/Margarine, Gingerbread w/Lemon.

THURSDAY 8/7: Sloppy Joe/Bun, Potato Salad, Cucumber & Onion Salad, Orange Sherbet.

FRIDAY 8/8: Roast Turkey/Gravy, Mashed Potatoes, Stewed Tomatoes, Creamy Cole Slaw, Wheat Bread/Margarine, Fresh Cantaloupe.

MONDAY 8/11: Herb Baked Chicken, Baked Beans, Creamy Cole Slaw, Wheat Bread/Marg, Fruit Pudding

TUESDAY 8/12: Burrito w/ Green Chili, Spanish Rice, Basil Green Beans, Wheat Bread/Margarine, Strawberries & Pears.

WEDNESDAY 8/13: Pork Chow Mein over Rice, Peas & Carrots, Wheat Bread/Margarine, Chilled Peaches

THURSDAY 8/14: Chicken Tahitian over Rice, Seasoned Peas, Wheat Bread/Margarine, Spiced Fruit Mold.

FRIDAY 8/15: Split Pea Soup, Roast Beef Sandwich, Lettuce/Tomato Garnish, Chilled Plums.

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TUESDAY 8/19: BBQ Chicken, Baked Beans, Creamy Cole Slaw, Wheat Bread/Marg., Fruit Pudding.

WEDNESDAY 8/20: Salisbury Steak,

Mashed Potatoes, Seasoned Carrots, Wheat Bread/Margarine, Raspberry Sherbet, Chilled Peaches.

THURSDAY 8/21: Enchilada Casserole, Seasoned Peas, Wheat Bread/Margarine, Blueberry Crisp, Apple Sauce.

FRIDAY 8/22: Meatloaf/Tomato Sauce, Parslied Noodles, Seasoned Broccoli, Wheat Bread/Margarine, Fruit Cocktail.

MONDAY 8/25: Breaded Fish/Lemon, Scalloped Potatoes, Seasoned Peas, Wheat Bread/Margarine, Chilled Plums.

TUESDAY 8/26: Roast Beef/Gravy, Mashed Potatoes, Zucchini & Tomatoes, Mixed Green Salad/Ranch, Wheat Bread/Margarine, Sugar Cookie.

WEDNESDAY 8/27: Turkey Rice Casserole, Seasoned Green Beans, Seasoned Corn, Wheat Bread/Margarine, Strawberries/Pineapple.

THURSDAY 8/28: Lasagna, Seasoned Broccoli, Wheat Bread/Margarine, Orange Carrot Gelatin, Apricots.

FRIDAY 8/29: Green Pepper Steak, Garlic Mashed Potatoes, Seasoned Cauliflower, Pickled Beets, Wheat Bread/Margarine, Peach Cobbler.

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Finances: Create And Keep Wealth

Top Ten Reasons Seniors Get A Reverse Mortgage

In my research I found that according to AARP the following are the top ten reasons that seniors take out a reverse mortgage. These reasons are followed by my explanation:

(1) Pay off existing mortgage. 20% of the seniors said that never having to make another house payment as long as they live was the main reason. That's right, if you are 62 years old or older you can take out a reverse mortgage and that mortgage will pay off the your first or first and second mortgage and you never have to make a house payment again. Let's go over the rules for getting a reverse mortgage.

(a) As I stated above, the persons listed on the deed for the house must be 62 or older. This government program is only for seniors.

(b) You must have at least 50% equity in your home. This means that you must not owe more than half of what your home is worth unless you are more than 62 years old. You see, the older you are the lower the percentage of equity will be. Example: On a \$100,000 home and the youngest borrower is 62 you would need about 50 Percent equity or owe less than \$50,000 on your mortgages. On the same home at 70 years old you would only need about 40% equity or owe not more than \$60,000. And at 80 you would only need about 30% equity or owe not more than \$70,000. By the way any money that is left after the mortgages are paid will be given to you to do anything that you need or want or as an extra income for as long as at least one of you lives in the home.

Practical Tips

(NAPSI)-More than 40 million Americans are expected to move this year. Clive Pearse, the host of HGTV's "Designed to Sell," offers some easy, commonsense tips:

- Start Early--Don't wait until the last minute to start packing or notifying friends and businesses that you're moving.
- Clear the Clutter--Assess what you have before moving everything to a new location. If you don't need it, get rid of it--many worthy charities will be happy to take useful items off your hands.
- Color Code--Choose a different-colored sticker for the kitchen, the living room, the master bedroom, etc. You'll be surprised at how much easier it will be to get the right boxes in the right place.
- Consolidate for Cleaning--Designate one box for all the cleaning supplies you'll need.
- Get Connected--You'll want TV, telephone and Internet at your new home. To help, top cable companies created the Cable Mover Hotline--www.cablemover.com or (866) 596-0424-to make it simple to set up such services.

Clive Pearse, the host of HGTV's "Designed to Sell," offers advice on moving into a new home.

(c) Right now, before the new law gets passed (It could pass before you read this), your home can not be worth more than \$200,160. That is the HECM reverse mortgage county limit for the counties in southern Colorado. When the law does pass it looks like the limit will be at least \$417,000 nationwide. If your home is worth more than \$200,000 call me and let me explain the situation.

(d) The home with the reverse mortgage must be your primary residence. That means that that is where you live at least 6 months and one day out of every year.

(e) You must agree to pay the taxes, insurance and upkeep on the home. We all do that now anyway, so that is no big deal especially if you never have any more house payment. Why, that is just like receiving an extra several hundred dollars each month that you could spend on anything that you would need or want.

(f) You must spend an hour or so going through counseling. This counseling is done with an independent counselor that is trained by HUD or AARP and their job is to make sure that you understand everything about a reverse mortgage. They want you to be sure that it is right for you. They will give you all the options. It can be done over the phone or in person.

(2) Home Improvements or repairs. 18% of the seniors wanted the reverse mortgage to make the house more livable or to make repairs that they had not been able to afford before. It is possible that the roof has not been fixed since

the last hail storm because the senior has no insurance and not the additional funds to fix the roof. A reverse mortgage would make all the difference. Or this might have been to build a ramp so they could stay in their home even though one of them was now in a wheel chair or maybe to make the bathroom more accessible.

Or it might be that the seniors wanted a garden that they could enjoy, but didn't feel like they could afford it without the reverse mortgage. Anything that you can think of that allows a senior that stay in their home and enjoy their lives and each other.

(3) Improve their quality of life. 14% Wanted to do something that would make their life more enjoyable. That could be to take a cruise around the world or spend some quality time with their grandchildren that now live across this great nation of ours. They might want to purchase a motor home and travel the country and see the sights while they were still able to travel.

(4) Everyday expenses. 10% of the seniors just wanted to have the money in the bank so they would not have to worry about getting enough to eat or paying the heating bill or putting gas in the car. Or other day-to-day expenses that come up from time to time.

(5) Emergencies or Unexpected. 9% used the money for this. There are many seniors that are just barely getting by but they are afraid that and unexpected expense will pop up and they won't have any reserves to fall back on. And there are a lot of seniors that have some money put away for a rainy day but are afraid to spend it because they don't know when an emergency might come up.

(6) Pay off non-mortgage debts. 7% of the seniors used the money from a reverse mortgage to pay off things like credit cards can tend to grow beyond our control. You can't break off a piece of the roof and take it down to pay for a loaf of bread or a car repair. You have money in your home in the form of equity but it is hard to get it out. Oh, you can take out a second mortgage but that is just another loan that you have to make more payments on. Who needs more mortgage payments? You have been paying on your home for a long time now, mortgages, taxes, insurance, upkeep, modifications, etc. Don't you think it is time that the home pays you to live a better more enjoyable life in that home?

(7) Health or Disability. 5% of the seniors need money to pay medical bills or buy medical equipment because of a disability. They, like most seniors want to stay in their home and most of them can with a little help. A reverse mortgage could pay for a nurse or a housekeeper or a live-in helper.

(8) Property taxes and Insurance. 5% needed some help with taxes and insurance on their home. A reverse mortgage can give you the extra money that is needed to catch up on the taxes and pay the insurance for a long time to come.

(9) Financial help to the family. 2% of the seniors wanted to help someone in the family. It might be a son or daughter that lost their job and needed some help. Or, it might be that they wanted to help the grandchildren get a college education maybe they wanted to set up a trust fund for their family.

(10) Investments, Annuities, or Long Term Care Insurance and Household Chores. 1% tie for the seniors. If you ask your children if they want you to leave your home to them when you are gone almost every one of them will say no. They have their own life and home probably far away. They would much rather you enjoy your life. But one of the things that you could do for your children is to do a reverse mortgage and use the money to purchase an investment or an annuity that would you could leave them. Paying for a long term care policy so you know that the state would not get your home if you needed to go into a long term care facility. And you might want to hire someone to help you around the house and run errands and do all the things that you don't like to do. Wouldn't that be great? You can do some or all of these things with a reverse mortgage.

If you would like to learn more about a reverse mortgage and what it could do for you, just call me and I will be happy to come to you home and meet with you and your children and explain it to you in more detail.

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

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Why are more seniors choosing Reverse Mortgages?

- No Monthly Payments FOR LIFE!
- Pay off all mortgages and bills
- Extra monthly income
- Home repairs and remodeling
- Cash reserves for healthcare
- Government Insured Program

Call Grant today to schedule a FREE consultation 719-252-7291

No Obligation Consultation

High Tech Lending, Pueblo

719-252-7291 or 719-584-3298

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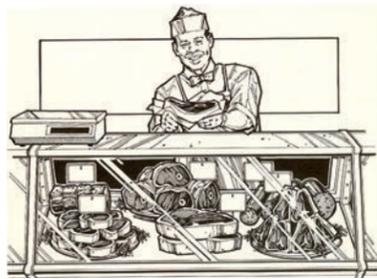
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Big D Superfoods

100 E. Main St. - Florence, CO - 719-784-3066



Senior Community Update



OWLS MEETING

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

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

RIDE TO CHURCH?

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

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.

ALZHEIMER'S ASSN NEEDS HELP

The Alzheimer's Association is seeking 3 volunteers to assist with facilitating a new side-by-side support group for people in early stages, and the person who is supporting them.

The people with dementia may vary in age- some under age 65, and others over age 65.

Both groups will initially meet every 2nd Monday, from 10am to 11am,

here at the Alzheimer's Association office.

I will lead the group for folks in Early Stages, but need a co-facilitator. We will also need two people to run the concurrent caregiver group, in a different room here at the office.

Experience with dementia and caregiving challenges is critical, but I will provide training about dementia and group facilitation. Our group model is not a therapy model, but is a social-educational model.

If you are aware of a qualified individual or individuals, please have them contact me, Barb Caudle, at 544-5720. Providing and increasing Early Stage services is an important goal of the Alzheimer's Association.

S.R.D.A. CALENDAR OF EVENTS

Call SRDA at 545-8900 Ext. 133

August 1: 10:00 Senior Strength Training; 12:00 Bridge

August 4: CLOSED FOR COLORADO DAY - Dining Room Open 11:30-12:30 pm

August 5: 9:00 Coupon Cutters; 9:00 chair aerobics; 10:00 - 1:00 pm IntelliTec Free Chair Massages

August 6: 9:00 Level I Computer; 9:00 Maj jjong players; 10:00 Senior Strength Training; 12:00 Bridge

August 7: 9:00 Pastel Art Class; 9:00 chair aerobics; 10:00 Vision Support Group; 12:00 Pinochle Players

August 8: 9:00 Cripple Creek Trip, only \$20; 10:00 Senior Strength Training; 12:00 Bridge; 2:00 Free Movie & Refreshments.

August 11: 9:00 Level I Computer; 9:00 Quilting Club; 10:00 Senior Strength Training; 12:00 Ceramics Class; 2:00 Pinochle Players; 7:00 Monday Night Dance.

August 12: 9:00 Coupon Cutters; 9:00 chair aerobics; 2:00 Stroke Survivors

August 13: 9:00 Level I Computer; 9:45 Step Up Nurses Visit; 10:00 Senior Strength Training; 12:00 Bridge

August 14: 9:00 Pastel; 9:00 chair aerobics; 12:00 Pinochle Players; 1:00 & 6:30 Pueblo Access for All forum on Public Transit, everyone welcome. We will meet in the Dining room.

August 15: 10:00 Senior Strength Training; 12:00 Bridge; 2:00 ICE CREAM SOCIAL \$2.00.

August 18: 9:00 Level I Computer; 10:00 Senior Strength Training; 12:00 Ceramics Class; 12:00 Pinochle Players 7:00 Monday Night Dance.

August 19: 9:00 Coupon Cutters; 9:00 chair aerobics.

August 20: 9:00 Level II Computer; 9:00 Maj Jjong Player; 10:00 Senior Strength Training; 12:00 Bridge

August 21: 9:00 Pastel Art Class; 9:00 chair aerobics

August 22: 10:00 Senior Strength Training; 12:00 Bridge; 2:00 Free Movie & Refreshments.

August 25: 9:00 Level II Computer; 10:00 Senior Strength Training; 12:00 Ceramics Class; 12:00 Pinochle Players; 7:00 Monday Night Dance.

August 26: 9:00 Coupon Cutters; 9:00 chair aerobics; 1:00 Knit & Chat.

August 27: 9:00 Level II Computer; 9:00 Acrylic Painting; 10:00 Senior Strength Training; 9:00 Maj Jjong Players; 11:00 Acrylic Painting; 1:00 Watercolor & Sketching

August 28: 9:00 Pastel Art Class; 9:00 chair aerobics

August 29: 10:00 Senior Strength Training; 12:00 Bridge; 2:00 Free Movie & Refreshments.

PUEBLO STEP-UP CALENDAR

Mineral Palace Towers - 1414 N. Santa Fe, Thursday, August 14th; 9:00 - 11:30 am

Memorial Recreation Center - 230 E. George Dr., Thursday, August 14th; 8:15 - 10:30 am

Minnequa Park Apartments - 1400 E. Orman, Tuesday, August 19th; 9:00 - 11:30 am

Mesa Towers - 260 Lamar, Wednesday, August 20th; 9:00 - 11:30 am

Ogden Apartments - 2140 Ogden, Thursday, August 21st; 9:00 - 10:30 am

Fulton Heights - 1331 Santa Rosa, Thursday, August 21st; 1:00 - 2:30 pm

Park Hill Christian Church Hall, 1404 E. 7th St., Monday, August 18th; 10:00 - Noon

McHarg Park Community Center - 409 Second Street Avondale, Monday, September 8th; 9:00 - 11:30 am

Vail Hotel Center - 217 S. Grand, Tuesday, September 9th; 9:00 - 10:30 am

Hyde Park Community Center - 2136 W. 16th, Tuesday, September 9th; 1:00 - 2:30 pm

Joseph Edwards Senior Center - 230 S. Union Ave., Wednesday, September 10th; 9:45- Noon

Mineral Palace Towers - 1414 N. Santa Fe, Thursday, September 11th; 9:00 - 11:30 am.

Get Moving with Pueblo StepUp Community Exercise Programs: Please call Jo Stinchcomb @ 557-3883 for questions about any of Pueblo StepUp's Health & Fitness Programs.

INDUSTRIAL STRENGTH ART SHOW AND SALE

The Steelworks Museum of Industry and Culture is looking for local artists to submit their artworks for their "Industrial Strength - The Human Spirit" art show and sale September 12th through October 11th at the museum. This show is open to all media of artwork and will be themed around the people that made the former Colorado Fuel and Iron an industrial giant from 1872 to 1993.

This is a juried show with cash prizes in four categories: Professional, Amateur, Student and People's Choice. First place winner will receive \$300, second place \$200, third place \$100. The People's choice award is \$50.

Persons interested in submitting artwork should visit www.cfsteel.org and click on the poster at the top of the page. They can also get more information by calling 719-564-9086.

Reverse Mortgages, Retirement AndOil!!!

by Virginia Berry, CSA

It might be obvious what reverse mortgages, and retirement have in common, but OIL???

What could be the link between reverse mortgages and the price of oil? Maybe you are thinking how lucky you are, because you don't drive, and therefore the

price of gas and oil really doesn't affect you as much. But the simple truth is that the cost of oil and the rising cost of gasoline affects everyone who has to eat or drink and that includes us all, drivers or not!

If you stop and think about it for a minute, the food on the shelves in your local grocery store were trucked in. When the costs of oil is so high, then it costs so much more to bring those groceries to your local supermarket. We all feel that at the check out counter.

Retirement for most people of course also coincides with generally less income, or

a concern about making savings last a few decades. With the recent economic downturn, the traveling and recreation appears to be diminished and the concern about income and making savings last appears to be increased for many retirees and those approaching retirement.

A recent AARP study shows that 26% of people they surveyed were finding it more difficult to pay their mortgage or rent, and 66% found it more difficult to pay for food, gas and medicine.

Reverse mortgages are an easy, government regulated, financial tool that has helped many seniors. Reverse mortgages allow homeowners over the age of 62 to convert a portion of their equity into cash, monthly income, or a line a credit. The title to the home remains solely in the name of the homeowner. No payments are

required on the mortgage for as long as the homeowner lives in the home.

If a homeowner, currently has a mortgage on their property, the reverse mortgage pays off the existing loan. In the last few years, this has been the number one reason many of my customers have decided to do a reverse mortgage. TO BE PAYMENT FREE for life.

Not having a mortgage payment, or even being able to access an additional credit line if necessary, can certainly make a retirement more comfortable, and give retirees extra peace of mind. As fuel and food costs quickly rise, it is critical to know that your retirement money will be able to last as long as you need it to.

The reverse mortgage may be just the bridge many senior homeowners can use to cross the rough spots brought on by rapidly rising costs that may be out pacing fixed incomes.

For a free reverse mortgage booklet, with loads of current information on how this program can help you, give me a call. I have over 10 years experience working with seniors in Southern Colorado, and have helped many achieve financial independence with the use of a reverse mortgage. Representing over 8 reverse mortgage lenders.

www.VirginiaBerryCSA.com.

Virginia Berry
866-260-6713
719-520-3326

Approval Reverse Mortgage, 4520 Tierra Rojo Drive, Colorado Springs, CO MB100018988 <http://www.dora.state.co.us/real-estate/index.htm>

See Virgibia's ad on page 14 this issue!

Pueblo Extended Care Center
2611 Jones Avenue
Pueblo, CO 81004

- Providing Comprehensive Skilled Nursing
- Inpatient/Outpatient Therapy Available
- Full-Time Massage Therapist/ Nuturance Center on-Site
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- Dietary Management
- A Care Team Committed to Quality of Life
- We Are the Only Care Center in Colorado Recognized by the National Coalition of Nursing Home Reform

2004/2005
2611 Jones Ave. Pueblo, CO 81004
719-564-1735

Inflammatory Bowel Disease Sufferers

This is a call to action/help! If you have suffered with IBD (Crohn's, Colitis, etc.), please give us a call at 647-1300.

Given your experience your help would be invaluable in aiding children and their families.

Join "Never Alone Foundation, Inc."

A Non-Profit local organization so no child or family need never feel alone!

SENIOR CLASSIFIEDS

NEEDED PERSONAL CARE PROVIDER. Live-in, room, board and good wages. 719-371-1957. #0908

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

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

IMPERIAL MEMORIAL GARDENS. Last Supper Area. 6 grave sites #488 - 1,2,3,4 & #489 3 & 4. Current price \$1400, asking \$850 each. 719-545-5203. #0908

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

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

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.

HOMES FOR SALE

2301 N. Main St. Buy this cozy cottage and put \$10,000 in your pocket as equity. Appraised for \$120,000. Reduced to \$109,000. Has 2 bedrooms, 1 full bath, new kitchen and

Sunny living room. All new windows and storm doors. Fenced yard, landscaping, sprinkler system, garage and storage. **PLUS** cute Guest house for visitors or family. 1 Bedroom, full bath, kitchenette and living room.

Contact **Corey Hepworth** Masters Real Estate 1-719-291-5068 or Pueblo message 544-3547. #0908

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

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

OLD VET NEEDS PLACE TO LIVE. Would like old, battered camp trailer. Will haul away, FREE. Call Banjo Gracia 1-505-376-2344. #0808

PERMANENTS-\$30. Complete magnetic bracelets - \$5.00. Curl Corner. Open Wed-Sat - 2318 Thatcher. - 544-9160. #0808

ALTERATIONS BY ABE & ROBYN CAMHI Wedding gowns and formal wear. All types of clothing. Men and women. 40 years experience. Se habla Espanol. 719-595-1231 or 719-250-9354. #0808

IMPERIAL CEMETERY - Calvary Lot 254, space 6, Lot 255 - spaces 4,5,6. \$1000 each. Call 564-7221. #0808

24/7 LOVING SENIOR CARE IN CHRISTIAN HOME. 30 years experience. **SPACE FOR ONLY ONE CLIENT LEFT. HURRY!** Call today,

719-542-3496. #0808

ARIZONA HIGHWAYS MAGAZINES: 25 copies, various dates... \$20.00 Hoover Upright Vacuum with removable tool rack - 5 years old - \$40.00. Call 545-8886. #0708

PERMS: includes haircut & style (short hair). 35 years experience in business. Call 719-647-0611. for appointment. Pueblo West. #0808

POWER CHAIR "Hoveround. New battery and charger w/cover. \$600.00 trade obo. manual included. Call 719-275-4357. #0608

IF YOU NEED A PART-TIME CNA (Certified Nursing Assistant) in your home call Diane at 544-2710. #0608

IMPERIAL MEMORIAL GARDENS Faith lot #10, graves 1 & 2, \$1700 for both. Pieta, lot #58, graves 1 & 2, \$2900 for both. 240-0538. #0608

HOUSE HOSPITAL. Home Maintenance Professionals. We specialize in rental and home maintenance management. Call Lee at 719-251-4429.

TWO LOTS SIDE-BY-SIDE in Devotion section with concrete vaults and opening and closings. Both for the price of one. \$1500 cash. Call 564-3405 after 5pm. #0608

NEW-ADULT DAY CARE: Located in a safe home in Cañon City, by a licensed Practical Nurse. Arrangements and needs on an individual bases. Call Kathy, 719-315-2805. #0708

PERFECT FIT. Alterations by Abe Camhi. Wedding gowns and formal wear. All types of clothing. Men and women. 40 years experience. Se Habla Espanol. 719-595-1231 or 719-250-9354. #0508

LICENSED & INSURED HANDY-MAN SERVICE Reliable Servic. Reasonable Rates. Rapid Response. Andrew Lloyd, 719-252-8356. #0508

HOVEROUND LTV POWER-CHAIR and instructional VHS. Like New-Used Two days (\$1500). Heavy Duty Walker (\$15). Call after 4:00pm 719-545-2669. #0608

ROOM BY ROOM INTERIORS offers top quality, affordable home services for seniors: packing homes for moving; decluttering home/garage; staging your home for sale, painting services. We treat your home and belongings as if they were our own. Chrisanne: (719) 485-2416. #0408



Assisted Living At Its Best!

The Legacy Commons

170 Dacona Drive, Pueblo West, CO 81007
719-547-2538

That's Natural!



MISSION

That's Natural! is dedicated to the **EDUCATION and PROMOTION** of products and services that are Good For People.

The aims of this company are:
HEALTH & WELLNESS
ART & CULTURE
LOCAL ECONOMIC DEVELOPMENT
SUSTAINABILITY

We want to see people **THRIVE** in their lifestyles, career, and environment.

VISION

We believe that every human being has a right to health, education, the arts, and to be a part of the local economy.
We believe that entities and products that encourage this should be promoted.
We believe that educating the public about the inherent truths of our health, our education, our culture, and our economy is paramount to our rights as citizens.

We believe in hope, change, and the power of a free market economy.

We believe in the power of a consumer.

And we believe all of THAT is very NATURAL!



Tisha T. Casida
Publisher



Kimberly Schaub
Editor

FREE PUBLICATION

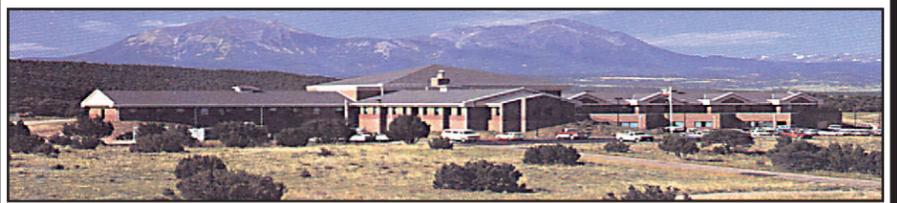
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- Our nursing home is physically connected to Spanish Peaks Health Center, a community hospital.
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- VA benefits for those who qualify • Colorado residency not required
- Private Pay and Medicaid Residents welcome

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FREE Video/CD Information Packet
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Southern Colorado Community Blood Drives For Aug.

ALAMOSA COMMUNITY
Alamosa Community Blood Drive - Tuesday, Aug. 26 from 11:30 a.m. to 4:30 p.m. Located at The Church of Jesus Christ of Latter-day Saints, 927 Weber Dr., Alamosa

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 ext. 2 or visit www.bonfils.org

BEULAH COMMUNITY
Beulah Community Blood Drive-Saturday, Aug. 23 from 9 to 11:30 a.m. Donations inside Bonfils' mobile bus located at the Stompin' Grounds Café, 8913 Grand Ave., Beulah

For more information or to schedule an appointment please contact B.J. Hiatt at (719) 485-3407 or visit www.bonfils.org

UENA VISTA COMMUNITY
Buena Vista Community Blood Drive-Thursdays, Aug. 7 from noon to 4:30 p.m.

Located at The Church of Jesus Christ of Latter-day Saints, 611 Arizona St., Buena Vista.

For more information or to schedule an appointment please contact Susan Miller at (719) 395-2935 or visit www.bonfils.org

FLORENCE COMMUNITY
St. Benedict's Church Community Blood Drive-Sunday, Aug. 10 from 8:30 to 11:30 a.m. Donations inside Bonfils' mobile bus located at 619 W. 2nd St., Florence

For more information or to schedule an appointment please call Barb Strait at (719) 784-4874 or visit www.bonfils.org

MONTE VISTA COMMUNITY
Monte Vista Community Blood Drive-Thursdays, Aug. 14 from noon to 4:30 p.m. Located at The Church of Jesus Christ of Latter-day Saints, 99 W. Prospect, Monte Vista.

For more information or to schedule an appointment please call Charlie Possee at (719) 657-6022 or visit www.bonfils.org

PENROSE COMMUNITY
Penrose Community Blood Drive-Friday, Aug. 22 from 3 to 5:30 p.m. Donations inside Bonfils' mobile bus located at Wells Fargo Bank, 210 Broadway, Penrose/

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 ext. 2 or visit www.bonfils.org

WESTCLIFFE COMMUNITY
Wet Mountain Rotary Club of Westcliffe Community Blood Drive-Wednesday, Aug. 13 from 11:30 a.m. to 4:30 p.m. Located at Cliff Lanes, 25 Main St., Westcliffe

For more information or to schedule an appointment please contact Bonfils' Appointment Center at (800) 365-0006 ext. 2 or visit www.bonfils.org

DETAILS:

Coloradans have a lot of tough decisions to make in this political year but Bonfils makes one decision easy for you – the decision to donate blood. You don't need to do a lot of research, weigh the pros and cons or defend your choice to friends and family. Regardless of your political affiliation you can take a little time to make a big difference in the lives of patients in your community by deciding to give blood.

To thank all who make a life-saving blood donation now through Sept. 6, Bonfils will offer a limited edition Bonfils baseball hat. With 9 community donor centers and as many as 13 mobile blood drives each day, giving blood can easily become part of your summer routine not to mention that your blood donation can save and enhance the lives of up to 3 patients.

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

PROBIOTICS: More Than Just Yogurt

(NAPSI)-Probiotics are one of today's latest buzzwords in digestive health. Grocery stores across the U.S. have become destinations for health-conscious shoppers seeking "friendly" bacteria in foods like yogurts and cereals. Yet with all these new probiotic-fortified foods, drugstores may actually be the better source for probiotics that can positively impact your health.

Research supports the potential health benefits of probiotics, but many of the fortified foods found in supermarkets may actually be less effective than we think. For example, an 8-oz. serving of probiotic yogurt typically contains 1 billion beneficial bacteria, which is only one-tenth of the amount found in some probiotic supplements.

"In order to get enough of the good stuff, probiotic supplementation becomes necessary when we can't rely on the enhanced foods alone," says Dr. Wil-

liam Sears, nationally renowned pediatrician and best-selling author of more than 30 parenting books.

Probiotics 101

Your intestines, where nearly 75 percent of your overall immune health resides, need a delicate balance of good and bad bacteria to properly digest food. Diet, stress, travel and even some medications like antibiotics can unfortunately cause bad bacteria to flourish.

"A lot of my patients' immune health problems stem from imbalances in the digestive tract, which can create a host of potential concerns. More than ever, I'm finding that moms are turning to probiotics to help their families naturally build and restore their bodily supply of friendly bacteria," explains Dr. Sears.

You don't have to wait until something goes wrong to take probiotics. While Europeans have been using them

to safely boost their immune health for years, Americans have only recently discovered this nutritional secret.

Core Health Begins with LGG

It has been well documented in many scientific studies that certain good bacteria promote good health. Some probiotics are more suited for specific conditions than others, and common types of bacteria include Lactobacillus and Bifidobacterium.

Although probiotic supplements are offered over the counter, Dr. Sears advises you to consult your doctor about finding the right strain for you. "I always look for products containing at least 10 billion bacteria at the time of consumption--the amount most recommended in clinical research. I often recommend Lactobacillus GG [LGG] to my patients because it is the most widely researched strain in the world," he says.

Unlike some of the other strains frequently found in probiotic-fortified foods, LGG, which is only found in capsulated form in the supplement Culturelle®, is one of the few probiotics that survives the strong acids of the stomach and intestines and then has the ability to colonize in the intestinal tract. More than 250 studies specifically on LGG show



benefits ranging from aiding digestive issues to reducing the red, itchy skin associated with eczema.

According to Dr. Sears, "Everyone can maintain a standard of optimal health by maintaining a healthy core. The proper functioning of your digestive system is vital to your overall immune health and well-being, and taking a probiotic supplement like Culturelle helps protect your core from the effects of harmful bacteria."

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Charlene Dengler: "Let's Get Real With Careful Label Reading"

by Charlene Dengler

There's a current commercial campaign on television for mayonnaise that poses the question, "What if we say 'yes' to real and 'no' to fake food?" Even though I'm not a big advocate for mayonnaise as a nutritional star, the overriding message of that commercial speaks for a wide variety of recent food additions and modifications that I believe are true cause for concern to us, the consumers.

When consulting with nutrition clients, I always begin with eight principles for optimal health and from those basic tenets, personalize a health plan for that particular individual. Let me refer to number six on the list which states broadly, 'Eat less sugar and sodium and avoid artificial and genetically modified, highly processed foods.' With the exception of one phrase, we've known for about 30 years that too much sugar, sodium, and highly processed foods derail attempts at proper nutrition and good health. But what about artificial or genetically modified foods? There lies within the true evils of modern food manufacturing.

Before I embark on explaining what modern food science is doing to damage our health, let me just review that

there are three "white" foods that should be eliminated from the diet entirely.

Those three are white flour, white sugar and white table salt. Anything highly refined or processed, such as those three are, is detrimental to the body in proportion to the quantity that is consumed. In today's fast paced society it would take constant focus and alertness to what one eats to monitor this trio that promotes aging and disease. Let it suffice to say that their consumption should be kept to a bare minimum.

Now to address the more recent dangers lurking in the foods we eat. Artificial colors, flavors and sweeteners have been around for decades and they are no better for us than they were when first introduced. There have been correlations drawn between these imitators and a number of diseases such as ADD, ADHD, migraines, fibromyalgia, multiple sclerosis and others. Usually allergy testing, experimentation with elimination of suspected offenders, and careful nutrition journaling assist in finding the culprit causing distress. However, for even those who are relatively healthy, why play Russian roulette with our body? There are so many factors affecting health,

that bombarding our systems with any number of foreign intruders could trigger a problem which we would very much prefer to avoid.

So far I've just been reviewing what nutrition science has been telling us for about the last quarter of a century. More recently however, new threats to our nutritional well being have come on the scene. That is the addition of genetically modified organisms to our food supply that don't make our food healthier for us, but extend shelf life, are less expensive for food production, and allow the foods that contain them to be more marketable. In fact, these genetically modified foods set off within the body an immune response which the body was not ever intended to cope with. High fructose corn syrup is a main sweetening agent in any food item which requires sweetness. Prior to the use of high fructose corn syrup other sugars and even fructose were used.

But high fructose corn syrup is not recognized by the body as sugar and the entire carbohydrate metabolism of a person is affected by it. As a result, insulin response, the body's natural reaction to sugar, is altered and carbohydrate cravings and improper metabolism of all carbohydrates are the results.

Another area of our food supply that contains genetically modified sources are vegetable oils: Corn, cottonseed, canola and soy oils and anything made from or derived from these sources.

Vegetables too are making appearances as new characters on the food stage. Some of those are zucchini,

yellow squash and papaya, with probably more to follow. Dairy products from cows injected with growth hormones and meat produced with the use of hormones or antibiotics are other sources. Then there's the genetically modified feed, that is fed to the animals, which later become our food to also compound the trouble.

So what is a consumer to do? For more information about GMOs go to www.seedsofdeception.com. Besides educating yourself through resources such as the web site and others publications, the most important activity one can engage in is reading labels. Thankfully, there are currently regulations being instituted to require clearer and more specific labeling of food.

Careful monitoring of labels and preferring as much as possible organic choices will help greatly to reduce having to face the challenges that modern food and nutrition science is presenting to us. When checking labels for organic integrity look for the designation certified USDA Organic.

I know I've said it in the past but once again I'll reiterate, you are what you eat AND what you don't eat!

Charlene Dengler is a former registered nurse who has also been a model, a nutrition consultant, a fitness instructor and an educational consultant. Her main focus is a natural approach to health and wellness with an emphasis on assisting others in finding the correct pathway to their optimum vitality. She can be reached at 719-250-0683.

Oral Health Tips For Seniors

ORAL HEALTH TIP FOR SENIORS XVIIII

We've heard a lot about the mind-body connection. In this Oral Health Tip, we're going to talk about the mouth-body connection.

To many, a visit to the dentist is about getting their teeth cleaned, having a tooth pulled, or getting a filling. However, a dental visit is not just about teeth. It's also about your overall health. What goes on in your mouth can affect the rest of your body. What goes on in your body also can have an effect on you mouth.

Many diseases and conditions can affect your oral health. For example, people may get more infections in the mouth if their immune system is weak. The immune system protects your body from illness and infection. It can be weakened by disease, by drugs taken to prevent the rejection of transplanted organs, or as a sole effect of cancer chemotherapy drugs.

Medicine for other conditions also can affect the health of your mouth. For example, many drugs cause dry mouth. This can increase your risk of dental decay and yeast infections. It also can affect taste.

While examining your mouth, your dentist might see a sign or symptom of an illness or disease that you might not even know you have. The dentist may perform tests and/or refer you to a specialist for treatment.

If you have certain medical conditions, you may need specialized oral and dental care. If necessary, your dentist can refer you to an expert in oral medicine.

Your oral health also can affect other medical conditions. For example, if you are diabetic, a mouth infection can disrupt your blood sugar levels and make your diabetes harder to control. Researchers also are exploring whether periodontal disease may increase the risk of various medical problems. These may include heart disease and premature births.

Source: Columbia University College of Dental Medicine

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

Navigating The Road Of Life

(NAPSI)-As technology marches forward and new consumer gadgets continue to emerge, auto manufacturers have picked up the pace by providing customers with the latest and greatest devices inside their vehicle. This is a good thing, since a recent J.D. Power & Associates consumer study ranked interior comfort as the second-most important factor in choosing a vehicle. With roads more congested and drivers spending a larger amount of time stuck behind the wheel, car buyers are now looking for amenities that make their drive more enjoyable and help simplify their daily routine.

Recognizing this trend, manufacturers have started integrating more entertainment and communication features into their vehicles as standard equipment. Bluetooth technology, satellite radio and iPod ports are transforming vehicles into mobile technology centers designed to assist and entertain drivers at each step of their journey. And while many of these features initially were available only in high-end vehicles, a number of advanced technologies are finding their way to vehicles with a lower price point.

An example is navigation. Once the exclusive domain of luxury vehicles, in-dash navigation systems quickly are becoming the next "must-have" amenity.

"Research continues to show that drivers are looking for interior upgrades that enhance their driving experience," said Steve Younan, Suzuki Auto director of product planning. "That's why Suzuki decided to include standard navigation in the 2009 Suzuki SX4, making it the only new vehicle priced under \$16,000 to include navigation as standard equipment."

The car company based its decision to include standard navigation on feedback from current SX4 owners regarding their most desired features in their next vehicle purchase. The SX4's fully integrated navigation system includes a flip-up, 4.3-inch touch screen display, MP3 player, Bluetooth hands-free calling technology and a number of available MSN Direct-enabled features, including real-time traffic, weather forecasts, local event listings and a gas station finder capable of locating the lowest-priced fuel in town.

For more information on navigation, visit www.suzuki.com. The 2009 Suzuki SX4 comes standard with navigation for less than \$16,000.

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Public Urged To Take Precautions To Avoid The Plague

by Sarah Bruestle - Pueblo City-County Health Department

Pueblo- July 23, 2008--Pueblo health officials Wednesday, July 23, confirmed plague in a rabbit on the north side of Pueblo West. Health officials urged animal owners and the public to take precautions to protect themselves and their animals from plague.

Plague is a highly infectious bacterial disease that is spread by rodents and their fleas.

"When an infected animal becomes sick and dies, its fleas can carry the infection to other warm-blooded animals, including humans. People also can be exposed through contact with infected cats, which are highly susceptible to the diseases," stated Dr. Christine Nevin-Woods, executive director of the Pueblo City-County Health Department.

Woods said that individuals and

pets can greatly reduce their risk of becoming infected with plague by taking simple precautions, including avoiding contact with rabbits and rodents.

"Do not feed wild animals and never handle sick or dead wild animals. Leave your pets at home when visiting rural areas," Nevin-Woods advised.

Local and State health officials regularly monitor plague-prone areas. If sick and dying rabbits and rodents or other evidence of plague are observed and a high risk of transmission to humans is determined, affected areas may be temporarily closed to protect the public and to implement control measures.

In Colorado, plague-infected animals are most likely to be found in the foothills and mountains.

Other precautions against exposure to plague offered by Woods included:

- AVOID fleas: Protect pets with flea powder, and keep pets on a leash and out of wild rodent habitats.

- PREVENT rodent infestations around your house: clear plants and materials away from outside walls, reduce access to food items, and set traps.

- TREAT known rodent sites around your home with flea powder or a suitable insecticide.

- STAY OUT of areas that wild rodents inhabit. If you enter areas with wild rodents, wear insect repellent and tuck pants cuffs into socks to prevent flea bites.

- AVOID all contact with wild rodents; do not feed or handle them.

- DO NOT TOUCH sick or dead animals.

- SEE A PHYSICIAN if you become ill with a high fever and/or a swollen lymph node. Plague is a treatable illness.

- SEE A VETERINARIAN if your pet becomes ill with a high fever and/or an abscess (open sore). Pets with plague can transmit the illness to humans.

For more information the Environmental Health Division of the Pueblo City-County Health Department, call 583-4323.

Sarah R. Bruestle, M.P.A. - Public Information Officer - Pueblo City-County Health Department, 151 Central Main Street, Pueblo, CO 81003
sarah.bruestle@co.pueblo.co.us
www.pueblohealthdept.org
(719) 583-4526 phone * (719) 583-3217 pager * (719) 549-1234 fax

Weird News

from page 4.

A Greek gay and lesbian organization from referring to homosexual women as lesbians, arguing that such usage insults their heritage, since Lesbos residents have traditionally been called "Lesbians." On the other hand, Lesbos was also the birthplace of the poet Sappho, a heroic woman among gays and lesbians for her early references to her love of other women.

Yikes!

-- The Panda Chinese Restaurant in York, Pa., was already in trouble in an early June city sanitation inspection, with demerits piling up because of accumulated grease, insects in the seating area and rotting lettuce, according to a York Daily Record report. Then, in the middle of an inspector's visit, he came upon a live snapping turtle in the restaurant's main sink. Said the inspector, "I had to sit down and gather myself before I could speak."

The manager said he had seen the turtle outside and had brought it in for safety: "It was wrong that we put it in the sink."

-- Oops! (1) A June accident with nitric acid at the Albion Chemicals plant in Belfast, Northern Ireland, caused the release of an ominous cloud, but authorities said it was predominantly nitrous oxide, otherwise known as "laughing gas." An Associated Press dispatch reported no unusual "giggling" in the area. (2) A scheduling accident at the Eagle Trace Golf Course in Broomfield, Colo., in June caused insufficient time between the end of an early morning junior golf association event (kids age 7 to 12) and a noontime charity tournament sponsored by Shotgun Willie's strip club, with scantily clad dancers cavorting around the course. One mother told WUSA-TV that her little golfer asked, "Mom, why is she only wearing underwear?"

Family Values

-- Spare the Gun (Hammer), Spoil the Child: (1) Darrell Walker, 30, was arrested in Bartlesville, Okla., in May after his 8-year-old son told police that his dad routinely shoots him (and his younger sister) in the leg with a BB gun if they misbehave. (2) Robert Cisero, 46, was arrested in Medford, Ore., in June after (according to police) he hit his teenage daughter in the ankle with a hammer to feign a "skating" injury, for which she could get a prescription

for pain medication, which he then commandeered.

-- The New York Daily News reported in June that members of gangs such as the Bloods and the Latin Kings, who become parents, are routinely having their babies "blessed" into their gangs in religious ceremonies in which the swaddling clothes are the gang's colors. (The Bloods call such babies "Blood drops" or "Blood stains.") The Daily News described the parents "teaching chubby little fingers to (make) gang signs" even before the toddlers learn to talk. One Episcopal priest said he has "blessed in" about 300 such kids to two gangs.

User-Friendly Research Projects

(1) In May, NASA sought subjects for a study into the effects of microgravity on the human body and offered each participant \$17,000 to lie in bed for 90 straight days. (2) In April, England's University of East Anglia advertised for subjects for a study of whether a natural compound found in cocoa could cut the risk of heart disease among diabetic women; the participants must be willing to eat chocolates every day for a year.

People Different From Us

(1) In Augusta, Maine, in June, Marshall Crandall IV, 39, was sentenced to serve nine months in jail for violating a domestic protection order by reuniting with his girlfriend, even though the woman pleaded with the judge, arguing that the altercations were mutual and that it could just have well been she who was charged with assault that night. Said she, "I picked him up three or four times and slammed him on the ground." (2) Scott Sullivan, 35, was arrested in Van Buren,

Ark., in June and charged with kidnapping and assaulting his mother. He told police that he got upset when he learned that her dog had killed his pet skunk.

Least Competent Criminals

Not Ready for Prime Time: According to police in Canton, Mich., Joseph Webster, 54, walked into a Comerica bank in June, gave the teller a robbery note and claimed he had a bomb strapped to his body. A nearby customer overheard, pulled out his licensed 9 mm handgun and told Webster: "You are not robbing this bank." Webster insisted: "But I have a bomb." The customer: "I don't care." Webster then quietly sat down in a chair, where he remained until police arrived.

Update

Artist Martin Creed won Britain's 2001 Turner Prize for his highly acclaimed installation of a lightbulb going off and on indefinitely in an otherwise-empty room. His latest exhibition ("Work No. 850"), at the Tate Britain in July, consists of a runner sprinting through one of the galleries every 30 seconds. The museum's director described Work No. 850 as a "compelling," "lyrical" piece that "upsets any preconceived ideas" of moving through an art space. News of the Weird's most recent encounter with Creed came in 1996 when he released his "Sick Film," consisting only of shots of people vomiting on camera, and at the time, he said he was considering a similar s-word film, to consist only of people performing an even less tasteful bodily function on camera.

Fine Points of the Law

The U.S. Supreme Court reaffirmed in June that defendants have a constitutional right to cross-examine witnesses against them and must get a new trial if denied that right. The challenger was Dwayne Giles, who had tried during his trial to keep incriminating statements by his girlfriend out of court, in that she was not available for him to cross-examine. The reason for her unavailability was that she is dead, and Giles was being tried for her murder. Hence, her statements suggesting Giles' motive cannot be used in court.

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You Know That Dressings Make The Salad

by Brete Harrison

"It's all in the wrist," say the experts. And for salad aficionados, the tossing is almost an art form. But it's the dressing that really makes a well-executed salad stand out.

Dressings fall into two basic categories: vinaigrettes made of oil and vinegar, and creamy dressings, which usually contain some form of mayonnaise. Added to this is the evolving family of hybrids, creative inspirations that are of no special category, but call on vinaigrettes and mayonnaise for their basis.

Vinaigrettes appear light and clear, ideal for greens and colorful salads. They are most appealing when the ingredients show through the dressing, but are also good with salads containing rich components such as beef or duck.

Mayonnaise-based dressings are richer and creamier, as their basic ingredient implies, complementing lean meats, such as fish, chicken and turkey. These dressings are emulsified, being blends of fat and liquid, but unlike butter-based sauces, they are not blended over heat. The ingredients are simply whisked gradually together by hand or in an electric blender or food processor.

A varied repertoire of salad and dressing recipes provides the building blocks for the beginning, main course or splendid end of a meal. Becoming more proficient with them allows your creativity to emerge in ways that will delight you and your guests. The tossing may be all in the wrist, but the secret to salad success is in the dressing.

SUCCESS TIPS

-- Both dressing categories can be varied by changing the kind of vinegar and oil used, and with the addition of chopped or diced fresh herbs and condiments such as mustard, capers and chopped olives.

-- Vinaigrettes are not stable and must be whisked just before using. As eggs are a binding component of mayonnaise-based dressings, they are relatively more stable.

-- Salads can be overwhelmed with too much dressing. Use just enough to lightly coat and flavor salad ingredients, changing the yield by increasing or decreasing proportionately.

-- When using mustard, particularly Dijon, a creamier, more pungent taste can be achieved by increasing its amount as much as a tablespoon.

-- Seasonings are a matter of

taste. Start with a lesser amount first, taste, then increase and adjust to achieve your desired flavor.

BASIC VINAIGRETTE

2 tablespoons wine vinegar
1 teaspoon Dijon mustard or 1/4 teaspoon dry mustard
1/4 teaspoon salt
Pinch pepper
6 tablespoons olive oil or salad oil (or mixture of the two)

1. Mix vinegar, mustard, salt and pepper in a small bowl.

2. Using a whisk or fork, gradually beat in oil until dressing is slightly thickened and well-combined. If made ahead, beat again to combine thoroughly before adding to salad.

Makes about 1/2 cup.

CREAMY VINAIGRETTE DRESSING

3 tablespoons tarragon wine vinegar
2 tablespoons lemon juice
1 tablespoon Dijon mustard
1 teaspoon salt
1/4 cup olive oil
1/3 cup salad oil
1/4 cup crumbled blue cheese

1. Mix vinegar, lemon juice,

mustard and salt in a medium bowl.

2. Using a whisk or fork, gradually beat in oils until dressing is slightly thickened and well-combined. Mix in cheese.

Makes about 1 cup.

BUTTERMILK BLUE CHEESE DRESSING

1/2 cup mayonnaise
1 tablespoon chopped parsley
1 green onion, thinly sliced
1/8 teaspoon each dried basil, oregano, rosemary and marjoram
1 small clove garlic, minced or pressed
1/3 cup buttermilk
Salt and pepper
1/4 cup crumbled blue cheese

1. Place mayonnaise in a medium bowl and stir in parsley, green onion, herbs and garlic.

2. Using a whisk, gradually mix in buttermilk, beating until smooth and well-combined. Add salt and pepper to taste.

3. Mix in cheese. Cover and refrigerate 1 to 3 hours to blend flavors. (Dressing will keep in refrigerator up to 1 week.)

Makes about 1 1/4 cups.

FREMONT/CUSTER County Menus

Penrose(372-0892) - Canon City(275-5524)
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FLORENCE

100 Railroad St. - Florence Tu-Thur-Fri

AUGUST 1: TUNA NOODLE CASSE-ROLE, Italian Green Beans, Pineapple Tidbits.

AUGUST 5: SALISBURY STEAK, Whipped Potatoes/Gravy, California Vegetable Medley, Greens, Nectarine.

AUGUST 7: BEEF AND BROCCOLI STIR FRY, Steamed Brown Rice, Steamed Carrots, Pineapple Tidbits.

AUGUST 8: HAMBURGER/ CAT-SUP/MUS-TARD/ONION ON LETTUCE, Baked Beans, Potato Salad, Watermelon.

AUGUST 12: SPAGHETTI/MEAT SAUCE, Tossed Salad, Mixed Fruit, Orange Juice.

AUGUST 14: ROAST TURKEY/GRVY, Whipped Potatoes, California Vegetable Medley, Raisin Nut Cup.

AUGUST 15: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

AUGUST 19: OVEN FRIED CHICKEN, Spinach Mandarin Orange Salad, Potato Salad, Peaches, Cornbread/Margarine.

AUGUST 21: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

AUGUST 25: KIELBASA, Parsley Buttered New Potatoes, Mixed Vegetables, Squash, Pineapple Mandarin Orange Compote.

AUGUST 26: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

AUGUST 28: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread.

AUGUST 29: CHICKEN FAJITA, Tomato, Lettuce Garnish, Cilantro Rice, Cooked Cabbage/Red Pepper, Grapes.

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AUGUST 5: CHICKEN A LA KING, Whipped Potatoes, Green Peas, Tossed Salad/Light Ranch Dressing, Orange.

AUGUST 7: COMBINATION BURRITO, Lettuce & Tomato garnish/Salsa, Green Beans, Cilantro Lime Rice, Sliced Peaches.

AUGUST 8: DIJON CHICKEN, Steamed Brown Rice/Parsley, Shredded Green Salad, Cut Broccoli, Strawberries.

AUGUST 12: TUNA MACARONI SALAD, Cool Cucumber Salad, Orange Juice Gelatin, Salad with Banana, Peaches, Cheddar Drop Biscuit.

AUGUST 14: SCALLOPED POTATO/HAM, Chopped Spinach, Mixed

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AUGUST 19: TURKEY TETRAZINI, Italian Green Beans, Cottage Cheese Peach Salad, Strawberry Applesauce.

AUGUST 21: BLACK BEAN/TORTILLA CASSE-ROLE, Steamed Brown Rice, Whipped Sweet Potatoes, Mixed Fruit.

AUGUST 22: TERIYAKI BEEF, Whipped Potatoes, California Vegetable Medley, Banana.

AUGUST 26: ITALIAN SAUSAGE/MARINARA SAUCE/SPAGHETTI, Hubbard Squash, Tossed Salad, Pizzelle ~ Pears.

AUGUST 28: SLOPPY JOE ON A BUN, Scalloped Potatoes, Broccoli/Carrots, Apple.

AUGUST 29: BAKED HAM/RASIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

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AUGUST 4: VEGETABLE SOUP, Wheat Crackers, Tuna Salad on Lettuce/Tomato, Baked Acorn Squash, Almond Peaches, Pears.

AUGUST 5: No Lunch.

AUGUST 7: BAKED PORK CHOP/COUNTRY STYLE GRAVY, Whipped

Potatoes, Hot Bean Casserole, Fruit Salad, Cinnamon Applesauce.

AUGUST 11: COMBINATION BURRITO, Smothered with Chicken Green Chile

Tomato, Lettuce and Salsa, Black Beans/Cilantro, Diced Pears.

AUGUST 12: No Lunch.

AUGUST 14: ROAST BEEF, Whipped Potatoes/Gravy, Greens, Orange, Dinner Roll with Margarine.

AUGUST 18: ROAST CHICKEN/MUSHROOM SAUCE, Brown Rice, Cauliflower Broccoli Mix, Apple Pear Salad.

AUGUST 19: No Lunch.

AUGUST 21: TURKEY POT PIE, Cabbage, Italian Green Beans, Orange Juice.

AUGUST 25: VEGETABLE SOUP, Cold Roast Beef Sandwich On Wheat Bread/Mustard & Mayo Sliced Tomato on Lettuce, Waldorf Salad, Banana.

AUGUST 26: No Lunch.

AUGUST 28: BBQ PORK RIBS, Corn On The Cob, Greens, Potato Salad, Watermelon.

GOLDEN AGE CENTER

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

AUGUST 1: CREAM OF POTATO SOUP, Roast Turkey/Gravy, Carrot-Raisin Salad, Tropical Fruit.

AUGUST 4: CHICKEN & NOODLES, Green Beans, Baked Acorn Squash, Apricot Pineapple Compote.

AUGUST 6: SLOPPY JOE/BUN, Scalloped Potatoes, Peas/Carrots, Peach.

AUGUST 8: ROAST BEEF, Mashed

Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread with Margarine.

AUGUST 11: CHICKEN FRIED STEAK/COUNTRY GRAVY, Roasted Garlic Mashed Potatoes, Cauliflower Broccoli Mix, Apple.Drop Biscuit with Margarine.

AUGUST 13: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

AUGUST 15: BAKED HAM/RAISIN SAUCE, Candied Sweet Potatoes, Green Bean Amandine, Cranberry Mold.

AUGUST 18: ENCHILADA PIE, Sliced Tomato on Lettuce, Sliced Yellow Squash, Mixed Fruit.

AUGUST 20: HAM/BEANS, Cut Broccoli, Parslied Carrots, Orange Juice, Cornbread with Margarine.

AUGUST 22: BEEF STEW, Wheat Crackers, Whole Kernel Corn, Herbed Green Beans, Diced Pears.

AUGUST 25: SWEET/SOUR CHICKEN, Steamed Brown Rice, Chinese Vegetables, Strawberry Applesauce.

AUGUST 27: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll with Margarine.

AUGUST 29: TACO SALAD/SALSA, Lettuce Garnish, Strawberry Applesauce, Tropical Fruit, Cornbread/Margarine.

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

AUGUST 5: WHITE CHILI/CHICKEN, Wheat Crackers, Carrot & Celery Sticks, Cooked Cabbage/Red Pepper, Apple.

AUGUST 7: NO LUNCH.

AUGUST 12: CALIFORNIA VEGGIE BAKE, Spinach Salad with Egg & Italian Dressing, Pears, Citrus Cup, Oatmeal Raisin Cookie.

AUGUST 14: No Lunch.

AUGUST 19: COMBINATION BURRITO, Smothered/Chicken Green Chile, Lettuce and Salsa, Black Beans with Cilantro, Diced pears.

AUGUST 21: ROAST PORK, Whipped Potatoes/Gravy, Parslied Carrots, Strawberry Gelatin Salad, Dinner Roll/Marg.

AUGUST 26: BBQ PORK RIBS, Corn On The Cob, Greens, Potato Salad, Watermelon.

AUGUST 28: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

ALL MEALS SERVED WITH MILK

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



Reeling "Tap Your Troubles Away"

by Film Critic Betty Jo Tucker, Pueblo

TAP YOUR TROUBLES AWAY

Finally, a movie extolling the joys of tap dancing! Okay, "The Search for John Gissing" isn't totally about tap dancing, but there's enough included to win over an old hooper like me. Written, directed and starring Mike Binder, this hilarious comedy depicts what happens when a British business executive tries to sabotage an American who's been hired to take over his job.

Matthew Barnes (Binder) and his wife Linda (Janeane Garofalo) arrive in London with great expectations. Matthew is supposed to handle a big acquisitions deal for his new company, and Linda seems happy for him, even though she's had to give up her dream of being a tap dancer. It doesn't take long for the couple's happiness bubble to burst. First, John Gissing (Alan Rickman), the man who promised to meet them at the airport, doesn't show up. In fact, everything

Gissing has promised fails to materialize or ends up in chaos, so Matthew and Linda become like the exhausted, bickering characters in "The Out-of-Towners." They're painful -- but very funny -- to watch.

Of course, Gissing is the culprit here, and Rickman (the villain in "Die Hard") puts an amusing, sarcastic spin to this unsympathetic role. He's simply terrific, as usual. It's not long before Matthew resorts to some dirty tricks of his own in order to bring down his nemesis. What could possible unite these two out-of-control rivals? You guessed it! Finding out they need each other when facing a common enemy.

Stand-up comic Garofalo turns in a wonderful performance as a wife reluctantly trying to be helpful to her husband under outrageous circumstances. Although I can't imagine her as a tap dancer, she warmed my heart with a look

of wonder when her character discovers shelves filled with different types of tap shoes. I know how I would react -- and Garofalo nails it.

Portraying the harried Matthew, Binder succeeds in gaining sympathy for the frustrated man's plight. And, as the director, he moves "The Search for John Gissing" along with a welcome spirited pace while working from his own clever script. Binder is a multi-talented filmmaker indeed.

Supporting cast members add to the fun. Allan Corduner boasts a comical French accent as the pompous chairman of the board; Juliet Stevenson projects an on-the-surface prim attitude as one of the company executives; Owen Teale evokes considerable laughter when he reveals his character's lascivious nature; and Sonya Walger almost steals the show as a nun whose holiness comes under question in one of the film's funniest sequences.

As so often happens, the only way to bring all these people together is through tap dancing. Okay, I'm exaggerating a little about that. But thanks to Binder and his wonderful actors, the film's ending definitely justifies all those joyful hours I've spent doing the time step and shuffling off to Buffalo. (Released by Sunlight Productions; unrated -- but includes brief nudity, sexuality and language. DVD available on August 12)

MAGIC TIME WITH JACK LEMMON

Appearing in dozens of Hollywood classic movies, Jack Lemmon excelled at both comedy and drama. His memorable film performances received worldwide acclaim and brought him a legion of devoted fans. In "A Twist of Lemmon: A Tribute to My Father," Chris Lemmon presents a heartwarming remembrance of his famous father. Chris has created a touching memoir, one that reveals the beloved family man behind Jack Lemmon's star persona. But, happily, for movie fans like me, he includes

many fascinating behind-the-scenes stories relating to his father's remarkable movie career.

Everyone probably has a favorite Jack Lemmon performance or film. For me, "Days of Wine and Roses" stands out. I believe he delivered the most riveting portrayal of a man with addiction issues ever seen on film in this terrific movie. But I'll never forget his wonderful comic turns (remember "Some Like It Hot"?), as a bewildered and sometimes bumbling loser we can't help cheering on and caring about.

"A Twist of Lemon" also introduces readers to Jack Lemmon's mantra -- "It's magic time" -- a phrase he uttered before filming every scene. According to Chris, this phrase also applies to his adventures with his father. Despite some problems in their relationship, including Chris's mixed feelings about what it meant to be "Jack Lemmon's son" and his father's sometimes less-than-perfect behavior, it's obvious these two loved each other dearly. Chris cherished their private moments together -- and he thought about them continuously as he visited his dying father during his battle with cancer.

Although Chris has written a hauntingly poignant book, he peppers it with plenty of amusing anecdotes about his famous dad. It's a treat to read the sections describing the friendship between Jack Lemmon and his frequent co-star, Walter Matthau. And Chris's tales of incidents starring such funnymen as George Burns and Milton Berle still have me chuckling. (Published by Applause Theatre & Cinema Books.)

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



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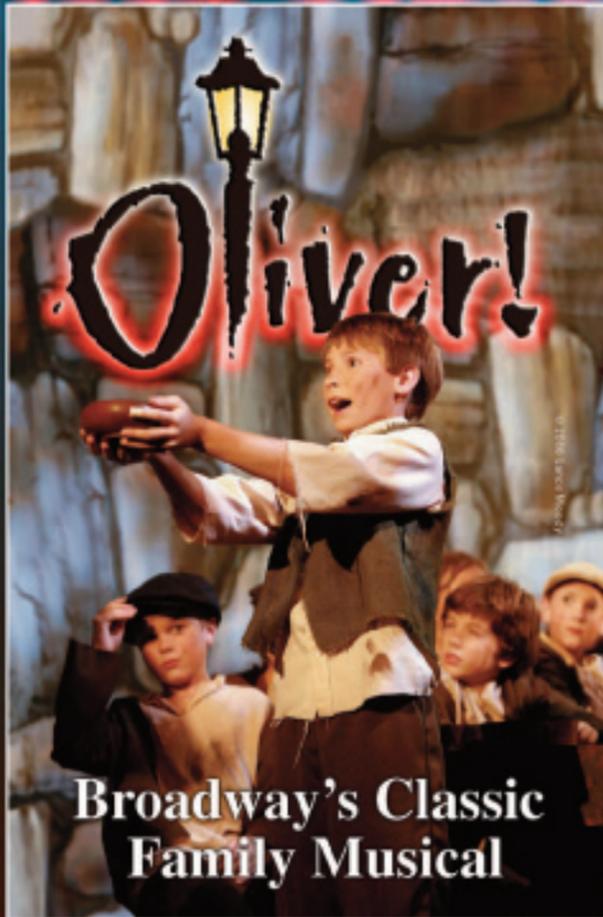
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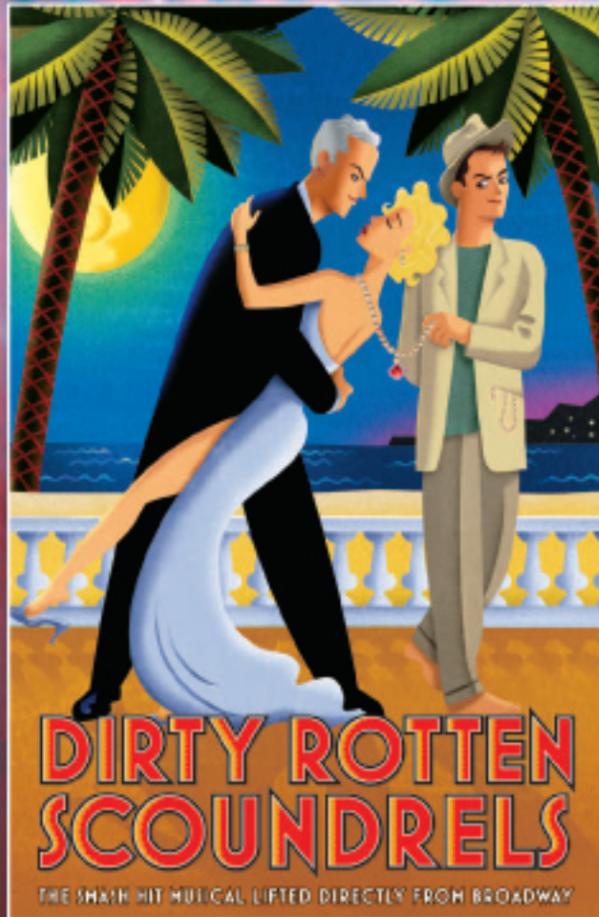
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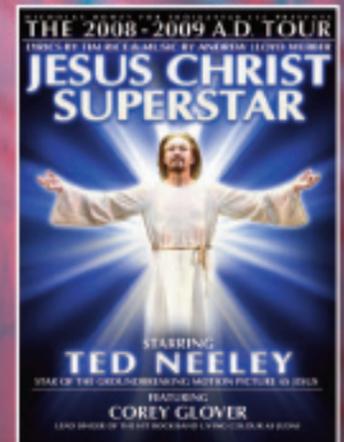
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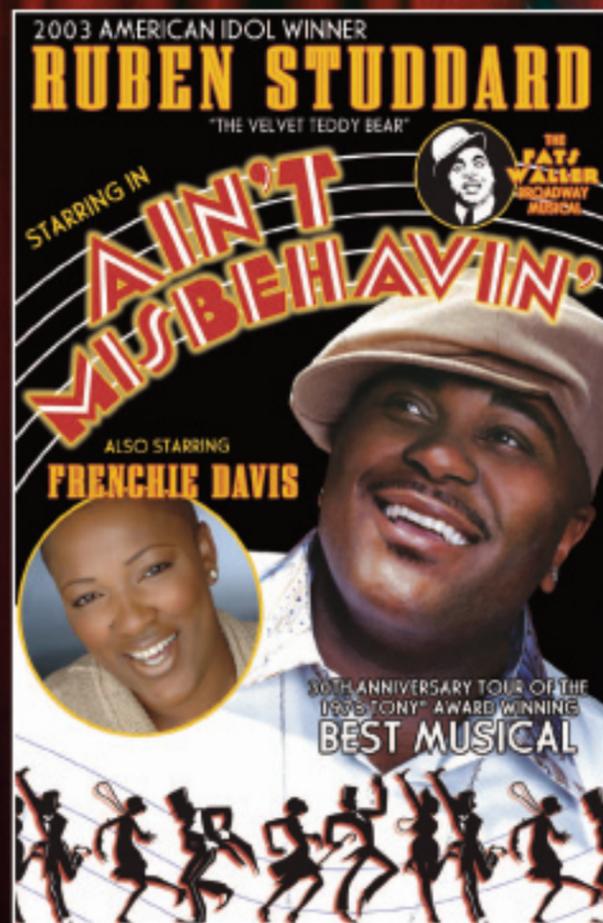
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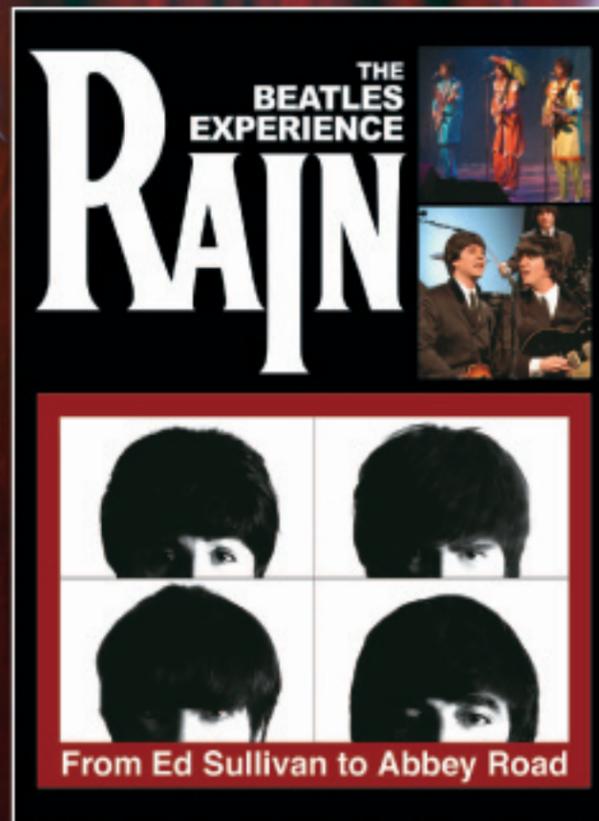
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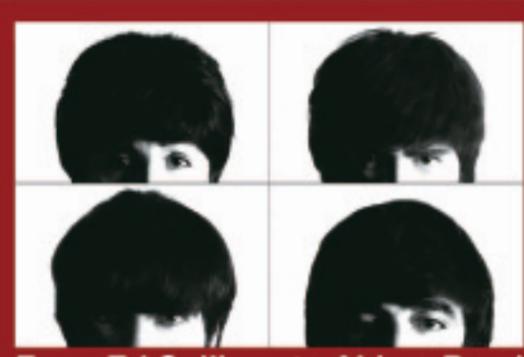


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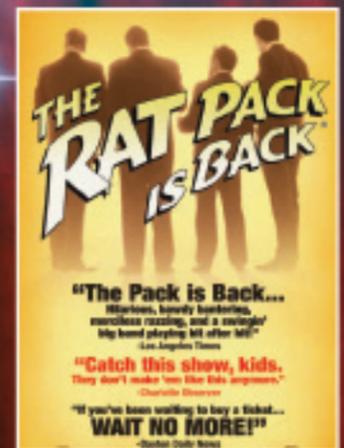


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