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**Spring Has Sprung!
 May The Clouds Never Burst &
 The Sun Always Find You!**

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Senior Beacon

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

MAY, 2011 Vol. 29: No. 10

Established Aug., 1982

346 Consecutive Months!

“Salute To Seniors” Fun, Entertainment/Memories

by Eileen Doherty

Denver, Co. When is the last time you sat down to listen to Frank Sinatra? Did you ever go square dancing until the wee hours of the morning? Did you buy your first car in the 50s?

Memories and more memories. From entertainers to health professionals to story tellers and more, this year's Salute will feature Colorado's own talent and treasure.

Frank Sinatra was a voice that both young and old enjoy. Performing on the main stage is Derek Evilsizor who will bring Sinatra tunes to life for attendees at the 22nd Annual Salute to Seniors on May 11, 2011 at the Colorado Convention Center. Evilsizor is a dead-ringer for the young Frank Sinatra with the style, the moves, and best of all, that wonderful smooth voice! The Andrew Singers of

Colorado Celebrates Archaeology and Historic Preservation in May

“PARTICIPATE IN PRESERVATION”

by Media Liaison: Gloria Shanstrom
“Life must be lived forward, but it can only be understood backward.” - Søren Kierkegaard

DENVER—In May, communities across the state will host events honoring Colorado's past during the annual Archaeology and Historic Preservation Month. This year's theme is “Participate in Preservation” and the entire month will feature plenty of free or modestly priced tours, exhibits, lectures, displays and events. There are many activities that the entire family can enjoy while exploring our great state. The experience may be close to you, or may even inspire a grand day trip.

Archaeology and Historic Preservation is for everyone!

The human history of Colorado dates back more than 13,000 years. During the month of May, many historic sites, historical societies and organizations across the state are hosting events that honor this rich past while immersing you in the exciting history of Colorado in ways you may have never experienced before.

This year's Archaeology and Historic Preservation month welcomes a new State Archaeologist and Deputy State Historic Preservation Officer at the helm, Dr. Richard Wilshusen. Also new this year is service opportunities where participants can get a true hands-on experience at a historic site. From re-roofing a wigwam and Ute cabins in Bellvue to working on historic preservation in Linwood Cemetery in Glenwood Springs where Doc Holiday and Kid Curry are buried, participants have a unique op-

portunity to get their hands dirty, learn and have fun.

portunity to get their hands dirty, learn and have fun. “The service opportunities highlight what really goes into a preservation project, and we hope to continue activities in need of volunteers for years to come,” Wilshusen said. “As the new State Archaeologist, my goal is to encourage all people to engage more in their own

remarkable heritage and cultural landscapes as a way to recognize just how central they are to our identity as Coloradans.”

History Colorado's Office of Archaeology and Historic Preservation and the sponsors of Colorado's Archaeology and Historic Preservation Month have provided a complete listing of more than 100 events taking place across the state. Find out more by clicking the “Archaeology and Historic Preservation Month” link on the History Colorado website, www.HistoryColorado.org.

History Colorado, the Colorado Historical Society, engages people in our State's heritage through collecting, preserving, and discovering the past and providing perspectives for the future. Established in 1879, History Colorado is headquartered in Denver. This educational institution contains statewide historical museums and sites, educational programs, volunteer and membership opportunities, the Office of Archaeology and Historic Preservation, the Stephen H. Hart Research Library, and administers the State Historical Fund—a preservation-based grants program funded by limited stakes gaming tax revenues. Visit www.HistoryColorado.org or call 303-866-3682. Become a History Colorado fan on Facebook at www.facebook.com/HistoryColorado.



portunity to get their hands dirty, learn and have fun.

portunity to get their hands dirty, learn and have fun.

Lending Corporation is bringing a 1957 Ford Fairlane Skyliner for picture taking.

Sure to be a hit, Bronco Alumni will be on hand signing autographs, taking pictures and sharing the magic of the orange and blue.

For the third year in a row, the Salute to Seniors is one of the stops on a \$14 million nationwide Wellness Tour sponsored by AARP/Walgreens. The Walgreens team of pharmacists, nurse practitioners, and health educators will provide health screenings, health education and prescription drug counseling. The free tests - which include total cholesterol levels, blood pressure, bone density, glucose levels, waist circumference and body mass index - are valued at \$140 per person and help provide adults with a critical foundation for early disease detection and prevention. For the past two years, individuals with health problems have been identified and advised to receive medical treatment immediately, in one case, a life-saving event.

And joining us for the first time this year is Hangers Foot Health Stores, providing vein testing, free shoes and advise on the benefits of Tai Chi for those suffering from diabetes and arthritis.

The Executive Sponsor is Kaiser Permanente. As the leading health plan in the state, take this opportunity to meet your Kaiser representatives and learn more about ways to stay healthy.

Auto Tour/Heritage Fest On Tap

MAY CALENDAR: Bent on Birding & Heritage Festival and Rollin' Along the Santa Fe Trail Auto Tours

You're invited to experience world class bird viewing and petroglyph fieldtrips in Bent County, SE CO with expert biologist and fieldtrip guide, Duane Nelson, and other guides. FRIDAY, MAY 13, LAKES, TEMPEL GROVE (private) & other sites in Bent County, 9-4, field trip. 6 PM-Bent on Birding Banquet/Pishing Program/birdwalk.

SAT., MAY 14, Descend to the Purgatoire, birds, canyons, rock art, wildlife (private ranches) Bent Co. 7:00 AM - 4 PM field trip. **4-6 PM - Boggsville Heritage** programs, evening birdwalk; 5 PM - Look for buffalo (white buffalo); enjoy a BBQ (pay at Boggsville, \$7. under 12, \$4.)

SUN., MAY 15, Bird, Wildlife Walk, Brkfst, Shane's Place 6-8 AM; 10 AM - 3 PM fieldtrips: auto tour, Rollin' Along the Santa Fe Trail to Bent's New Fort & Old Las Animas City for birding & heritage programs. Picture Canyon tour option.

For more information & to register, email BentOnBirding or call 719-456-1296. Don't miss Early-Early bird discount of 1/2 off trail fees if registered by April 25, 2011.)

FIELD TRIPS:

BENT ON BIRDING & HERITAGE FESTIVAL (3 days)

Celebrate Bird Watching, Watchable Wildlife & Heritage along the Santa Fe Trail in Bent County. FRIDAY, MAY 13, LAKES, SHORE BIRDS, TEMPEL GROVE 9 AM - 4 PM (private Colo. Birding Trail, NE Bent County fee).

SATURDAY, MAY 14, BIRDING, PETROGLYHS & HERITAGE FIELDTRIP 7:30 am - 4 pm. Picnic on the Trail: BYO or order for \$5; Private ranch Colo. Birding Trail fees - \$10 daily. Listen for and seek the mysterious Black Rail, owl, and nightbirds on a birdwalk following the program.

SUNDAY, MAY 15, EARLY BIRD, WILDLIFE WALK & BRKFST; 6-8 AM, - SHANES PLACE, a Colo. Birding Trail with guide Paula Shane.

Contact Judy at 719-456-1296, or email 'BentOnBirding@yahoo.com to register or for more information. Great trip!



I'm Still Above Ground

by James R. Grasso, Chief Cook & Bottle Washer



Say It Aint So, Chuck!

Last week, we received a note from Chuck Green, our columnist that “owns” page 3 and veteran columnist and previous editor of the Denver Post, that his next piece might be his last. We believe that Chuck has many thought-provoking thoughts to be written and would hate to lose his intellect. If you feel the way we do about losing his insightful columns please contact him at his e-mail address:

chuckgreencolo@msn.com and ask him to reconsider.

Observations From The Cave

I have come to the conclusion that the Left will never figure out that bigger government and playing race cards, class envy cards and telling everyone else it is they that have the moral high ground just because they say they do will make a better America. We are watching their programs blow up in our faces with huge debt, overlapping government programs, and Obamacare that puts ‘the few’ running our nation’s entire healthcare according to whatever rules and regulations they feel like making up as they go along. Don’t believe me? Why then is there 30-40 committees responsible for our care with the final authority that of the Health and Human Services Czar who is Kathleen Sebelius at the present time?

So, when we try to take the grown-up course (like we’d take from a child his candy if he was gorging himself with it) and save ourselves from ourselves by cutting spending, why does the Left haul out the same old cliches about grandma dying in the street, children starving, women losing their children, poor getting poorer, et al at the expense of “the rich” if we really do try to take that candy away? The best is having BHO lecture us on the benefits of reducing spending when he was the person along with his party the first two years of his administration making back room deals with Senators from specific states and then spent more money than all the Presidents before him combined! And yet, the Left and our wonderfully inept media will fall for the same old rhetoric and the same old demagoguery until we are too far gone. The difference this time from all the other times this occurred is that we are really at a precipice and the Left and media don’t realize it. All of it, of course, will be GWB’s fault because there has to always be a demon for the Left. I guess they can’t see themselves in their mirrors when they are looking for demons. But that is another story for the “monsters-that-go-bump-in-the-night crowd. We are losing our grip on our credit rating world-wide and the latest news is that China will be the economic leader of the world by 2016 folks. Look it up!

Yet, our president doesn’t seem to mind that he will go down in history as the president on whose watch the United States fell. Now, there’s a legacy. Unless, of course, he wants it to happen. Unless, of course, he was tutored all his life by America and capitalism haters like the Rev. Wright, Saul Alinsky’s rhetoric, and most, if not all, his czars that he hand-picked and were never elected or worse yet, vetted.

Much of his anger toward America is toward capitalism and racism. Capitalism, because somehow the Left believes that the only way anyone can become “rich” is on the backs of the downtrodden in this form of economic program which belies all other countries that are either falling apart or have fallen prey to socialist dictators of some ilk. Do they not see how Europe is on the verge of collapse and the residents there are realizing that their socialist inclinations are not sustainable. They are going broke and all those wonderful Utopian ideals have to be paid for by someone who is willing to do the work. Racism, because blacks have been told over and over that the white man is the root of all their problems. These same white men who died in the hundreds of thousands in the Civil War so they could have their freedom. A freedom by the way that was guaranteed by the Constitution’s “all men are created equal” wording. These same white men who passed the Civil Rights Bill that abolished Jim Crow laws and opened the door for the black man to become all he wanted to be. The Black race in the United States has been here longer than probably 90% of we immigrants. Why don’t Black leaders emphasize the positive? Racism is real, was dastardly and leaves deep scars but it’s now time to realize the opportunities that exist for all and not tear the United States down because of past sins that the vast majority of us had nothing to do with. No, not a racist, just a guy trying to figure this out. Godspeed!



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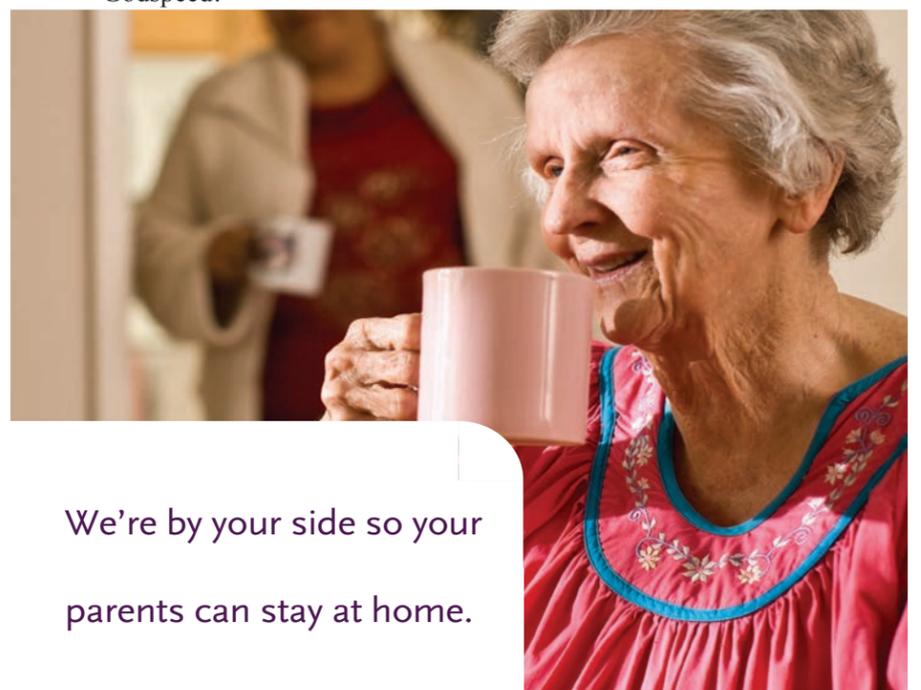
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Obama In 2012: Watch His Lips Please

by Chuck Green

President Barack Obama this week announced his candidacy for reelection in 2012.

Well, not exactly.

When the announcement was made Monday, the president's lips didn't move. Instead, a hired cast of video actors made the announcement for him.

There's an old adage about some people: When his lips are moving, you know he's lying.

It's not insignificant that Obama's lips weren't moving this week -- you know he was not lying.

During his first campaign for the presidency in 2008, his lips were moving, it seemed like, 24 hours a day. And while that was good for his charismatic campaign, it wasn't so good for the nation. Many of the promises he made back then have been broken, including pledges on some of the most significant issues of the time.

-- I'll operate one of the most transparent administrations of all time.

-- I'll get U.S. troops out of Afghanistan by June of 2011.

-- I won't enter a war without consulting Congress.

-- I'll decrease America's depend-

ence on foreign oil.

-- I'll keep the country's unemployment rate under 8 percent.

-- I'll get a comprehensive immigration law passed.

-- I'll be a uniter, not a divider.

-- I'll close the U.S. prison at Guantanamo Bay.

That is a partial list of promises that Obama made during the campaign three years ago, all broken promises that mark the failure of his first term, including the first two years when he enjoyed a Democrat majority in both chambers of Congress.

It was ironic that on the same day that Obama's reelection video was released, Obama's attorney general Eric "watch my lips" Holder announced that Guantanamo would not be closed but instead would be the site of trials for terrorists being held there.

Throughout the '08 campaign, the closing of Guantanamo was one of the constant drumbeats of the Obama election theme. He pounded the policy of President George W. Bush that kept Guantanamo open as a high-security prison for captured terrorists.

Last year he again insisted that Guantanamo be shut down and that high-profile terrorists there be afforded civilian

trials on the U.S. mainland.

But his self-imposed deadline for closing the facility came and went, with little media attention, and now Holder declares that military tribunals will prosecute the terrorists there -- reversing the administration's pivotal policy and mimicking the policy that was so objectionable in the Bush administration.

The only major promise that the first-term President Obama has kept is his commitment to pass a health-care reform law -- and he did it over the vehement opposition of the American people by crafting a bill behind closed doors in the midnight hours (so much for transparency).

But probably the biggest and most deadly of Obama's broken promises has been his campaign pledge to ratchet down the U.S. war in Afghanistan, the war that was a target of his constant attacks on the Bush administration.

Contrary to his commitment, American assets in Afghanistan have increased. There are more U.S. troops there now than there were when Obama was elected, and the fatality rate of American soldiers in Afghanistan has risen dramatically.

According to an excellent study of records by the on-line news service cnews.com, last year was the deadliest of

the 10-year war.

The news agency reported that at least 858 U.S. soldiers have died in the war since Obama took office in January 2009 -- more than 60 percent of the 1,427 fatalities over the entire 10-year period.

If there is a reduction of troops committed to the Afghan effort, to meet Obama's pledge of withdrawal by July 2011, it will be symbolic in nature. To meet his self-imposed obligation, he might order the reassignment of a few thousand soldiers -- but the total number of U.S. fighters will remain higher than it was when he took office.

All of this is a good reminder for voters in 2012:

When you mark your ballot in that election on November 6, don't listen to what Obama says during the campaign. Look at what he's done.

Chuck Green, veteran Colorado journalist and former editor-in-chief of The Denver Post, syndicates a statewide column and is at chuckgreencolorado@msn.com and 303-588-4138.

Ed. Note: Because Senior Beacon is a monthly publication and Chuck's columns are done weekly, we are necessarily a little behind time-wise but the columns are timeless.

Bennett Unqualified To Teach Basic Math Class

Ed. Note: This op-ed was written last month and created quite a stir but I don't think the people of Pueblo have seen it.

by Chuck Green

If you want an example of why the U.S. political system is dysfunctional, you can summarize it -- in all its various aspects -- in two words: Michael Bennet.

His political profile defines it all. He gained office through political favor, he had no qualifications for the job, he has become a darling of the liberal press, he puts party over country, he blithely offers criticism but avoids offering solutions, and he is an expert -- with the accommodation of a friendly media -- at hiding in the weeds.

Ask him what he thinks of immigration reform, and for a detailed plan to achieve it, and your eyes will start whirling in circles.

Ask him what he thinks of the "card check" proposal to require union

membership of employees, and you will need a guide dog to find your way out of the fog.

Ask him for his itemized list of \$1 trillion dollars in federal spending, and you'll see what it's like for a pitiful deer looking into the swiveling headlight of an oncoming locomotive.

Ask him for his stand on any major piece of legislation before the U.S. Senate, and he will reach into his pocket and pull out a copy of "Where Does Obama Stand?" before proving an answer.

The Colorado Democrat has not cast an independent vote in his short career in Washington. He is a rubber stamp for anything the president proposes, and he never veers from the party's talking points.

He is a puppet on a string, not a U.S. senator.

Consider:

Bennet spent much of last week pontificating about the prospect

of many U.S. government services being cut off temporarily because of the budget impasse. He deplored the possibility of a last-second crisis in the federal government.

He called the brinksmanship "political foolishness" and said any resolution would have to be a bipartisan compromise.

What he failed to say was that he and his party failed to adopt a 2011 budget last year, when they were in control of the entire government -- U.S. House, Senate and the presidency.

If they had met their obligations, a budget would have been adopted by the September deadline, before the November elections that resulted in the House coming under Republican conservative control.

The "political foolishness" that created the budget crisis of last week was entirely crafted by the Democrats in 2010.

And Colorado's senator

Michael Bennet was a willing, eager and prototypical participant in that foolishness.

What is most amazing is that he continues to get away with his charade.

No one in the Colorado media will call him on the sham, including the state's most-conservative newspapers. He has been given a mystical pass.

Before being appointed by former Gov. Bill Ritter to fill a vacant seat in the U.S. Senate, millionaire Bennet had served a short tenure as superintendent of Denver Public Schools. At best, his performance in that job was mediocre.

He previously had served as an aide to Denver mayor John Hickenlooper and was tightly wired into the city and state Democrat party, which "earned" him the appointment to the Senate.

Last week Bennet returned to the city's school district for a typical photo op, the hallmark of Bennet's service in the U.S. Senate.

He taught a 6th-grade math class for about an hour, cameras whirring, to demonstrate his deep concern and worry about the condition of America's education system.

There was only one problem: He didn't teach the kids anything about math.

He didn't ask the teacher for the day's lesson plan. He didn't test their skills by asking a few 6th-grade level math questions. He didn't ask them to solve a problem.

Maybe that was because he came to lecture them -- and the unquestioning, adoring media -- about liberal educational policies, which he did for the entire class.

But mostly it was because he doesn't understand the basic principles of 6th-grade math, as repeatedly demonstrated by his lame participation in the debate of America's financial crisis.

Chuck Green, veteran Colorado journalist and former editor-in-chief of The Denver Post, syndicates a statewide column and is at chuckgreencolorado@msn.com and 303-588-4138.



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LEAD STORY

Businesses typically resist government regulation, but in March Florida's interior designers begged the state House of Representatives to continue controlling them, with a theatrically ham-handed lobbying campaign challenging a deregulation bill. Designers righteously insisted that only "licensed professionals" (with a minimum six years of college and experience) could prevent the nausea Floridians would suffer from inappropriate color schemes (affecting the "autonomic nervous system" and salivary glands). Also, poorly designed prison interiors could be turned into weapons by inmates. Furthermore, deregulation would contribute to "88,000 deaths" a year from flammable materials that would suddenly inundate the market in the absence of licensing. Said one designer, addressing House committee members, "You (here in this chamber) don't even have correct seating." (If deregulation is successful, competition will increase, and lower fees are expected.)

Cultural Diversity

-- The longstanding springtime culinary tradition of urine-soaked eggs endures, in Dongyang, China, according to a March CNN dispatch. Prepubescent boys contribute their urine (apparently without inhibition) by filling containers at schools, and the eggs are boiled according to recipe and sold for the equivalent of about 23 cents each. Many residents consider the tradition gross, but for devotees, it represents, as one said, "the (joyous) smell of spring."

-- The port town of Kumai, Borneo, consists of low-rise shops and houses serving a population of 20,000 but also many tall, windowless box buildings perforated with small holes. The structures are actually birdhouses, for the town's chief industry is harvesting the nests of the hummingbird-like swiftlet,

constructed of its own saliva, which, properly processed, yields a sweet-tasting paste with alleged medicinal qualities and highly revered throughout Asia, according to a January BBC News report.

-- In January, while the Texas Legislature debated budget cuts that would almost certainly cost Allen High School (just north of Dallas) at least \$18 million and require layoffs of teachers and other school personnel, construction was continuing on the school's new \$60 million football stadium. Noted a New York Times report on the stadium (which 63 percent of voters approved in a 2009 bond referendum), "(O)nly football supersedes faith and family (among Texans)."

Questionable Judgments

-- For Career Day in April at Shady Grove Elementary School in Henrico, Va., kids heard a local plastic surgeon describe his specialty, but not until afterward did parents learn that the surgeon had brought along as props saline breast implants (which he passed around for the kids to handle). Many parents were outraged, and even one calmer parent commented, "Career Day sure isn't what it once was."

-- The End Is Near, But How Near? In March in Owensboro, Ky., James Birkhead, 52, was sentenced to 5 1/2 months in jail for making survivalist bombs to protect his family after he became alarmed by the movie "2012," which portrays the chaos expected next year when the world ends (as supposedly foretold by the Mayan calendar). By contrast, Edwin Ramos of Vineland, N.J., is busy traveling the East Coast in his RV trying to warn people that the end will not be in 2012 but actually this month -- May 21, 2011. (The discrepancy would not exist if there had been a biblical year "0" after B.C. and before A.D.) Ramos' father apparently

does not share his son's view because he accepted ownership of Ramos' successful construction business as Ramos concluded that it had no future.

Least Competent Criminals

-- A man stole Waltham, Mass., student Mark Bao's notebook computer in March, but Bao used his automatic online-backup service to access the hard drive while the thief was using it, to discover a performance video of a man (presumably the thief) dancing (lamely, thought Bao) to a pop song. Bao uploaded the video to YouTube -- where 700,000 viewers showed it the proper disrespect -- and also tracked down the thief's e-mail address and informed him of his new Internet "stardom." Shortly afterward, the still-unidentified thief turned in the notebook to Bentley University police with an apology to "Mark," begging him to take down the video.

Names in the News

-- Arrested in Aurora, Colo., in January and charged with stalking his wife: Joseph Moron. Appointed to a senior executive position in January in the global communications firm Alcatel-Lucent: George Nazi. Arrested for dealing marijuana in March in Fairfax County, Va.: Kevin Lee Cokayne. Appointed as interim chief medical officer of Newhall Memorial Hospital in Santa Clarita, Calif., in March: Dr. Richard Frankenstein. Arrested for DUI in April by a California Highway Patrolman ("CHiP"): Eric Estrada (not the actor). Posthumously rejected as the namesake for the new government office center in Fort Wayne, Ind., in March: former Fort Wayne Mayor Harry Baals (pronounced "bales" by his descendants but always "balls" by Mr. Baals, himself).

The Entrepreneurial Spirit

-- Product Giveaways: (1) New sign-ups for higher-end Dish satellite TV systems at the Radio Shack in Hamilton, Mont., also receive free Hi-Point .380 pistols or 20-gauge shotguns (after passing a background check, paid for by the store). The owner said his business has tripled since introducing the premium in October. (2) Bobblehead dolls may be popular baseball giveaways, but as part of the local "Green Sports Alliance" demonstrating concern for the

environment, the Seattle Mariners announced in March that for several games this season, fans would get free bags of compost (made from food and other items discarded at Mariners games).

-- A Chinese Capitalist's Learning Curve: In the early hours of the destruction at Japan's Fukushima nuclear power plant in March, rumors abounded that millions of people might need iodine products to fight off radiation. A restaurateur named Guo in Wuhan, China, seeing the price of iodized table salt rise dramatically, cleverly cornered a market with 4 1/2 tons of it, trucked to his home, where it filled half the rooms. According to a March 25 China Daily report, the price has returned to pre-Fukushima levels -- much less than what Guo paid, and he can neither return the salt (lacking documentation) nor sell nor transport it (lacking the proper licenses).

Weird Science

-- From a March Discovery.com report: "Forty million years ago, a female mite met an attractive partner, grabbed him with her clingy rear end, and began to mate -- just before a blob of tree resin fell on the couple, preserving the moment for eternity." The resin-encrusted mites were discovered recently by researchers from the University of Michigan Museum of Zoology (who noted that, in those days, the female dominated mating, but that evolution has reversed that role).

-- Medical Marvels: (1) Supatra Sasuphan, 11, of Bangkok, was recently noted as the world's hairiest girl by the Guinness Book of World Records for her wolf-like facial hair as one of only 50 people in history to be recorded with hypertrichosis. Though she has of course been teased and taunted at school, she told a reporter in February that the Guinness Book recognition has actually increased her popularity at Ratchabopit school. (2) According to a team of University of Montreal psychologists, a 23-year-old man, "Mathieu," is the first documented case of a person wholly unable to feel a musical beat or to move in time with it. The scientists report for an upcoming journal article that Mathieu sings in tune but merely flails with

SEE "WEIRD" PAGE 20.



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For A Healthier You



Improving Medicare: Closing Prescription Drug Doughnut Hole

by Ron Pollack, Executive Director, Families USA

Ed. Note: Please be advised that this is an Editorial Opinion piece by Mr. Pollack and Families USA is very political.

It seems like a bad dream: Your prescription drug coverage stops just when you need it the most. But sadly, it's been a reality for millions of people with Medicare. When the Medicare prescription drug program (Part D) was created in 2003, it included a large gap in coverage that's known as the "doughnut hole." After beneficiaries reached an initial limit of total drug expenses (\$2,840 in 2011), they had no prescription drug coverage until they got to the other side of the doughnut hole—by spending \$3,600 more out of their own pockets—and reached the catastrophic limit for the year.

The doughnut hole meant that nearly 4 million beneficiaries with significant prescription drug costs—the people who need help the most—had to pay the full cost for their medications for months at a time. Many had to choose between buying their medications and buying groceries. Others resorted to skipping doses or splitting pills. What's more, the problem was going to get worse: The gap was expected to grow to more than \$6,000 by

the year 2020.

But things are getting better. Under the Affordable Care Act (the new health care law), the nearly 4 million Medicare beneficiaries who fell into the doughnut hole in 2010 each received a \$250 check to help with the cost of their prescription drugs. Starting this year, the help is more significant. Beneficiaries in the doughnut hole receive a 50 percent discount when they purchase brand-name drugs. They will also receive discounts on generic drugs. These discounts will increase over the coming years until 2020, when the doughnut hole will be completely closed. In 2020, in other words, beneficiaries who otherwise would have had to pay up to \$6,000 out of their own pockets for prescriptions will, thanks to the new health care law, only have to manage the co-payments.

Closing the doughnut hole should help people in two ways. First, it

will save them money. The agency that runs Medicare reports that, as of the end of February, nearly 11,000 beneficiaries have already used the discount program to move through the doughnut hole. They saved an average of \$1,775 per person. As the year goes on, more and more people with substantial prescription drug needs should see similar savings. That's money that can be used to buy groceries, fix up your home, or even have a little fun. And the savings will increase in future years.

Secondly, closing the doughnut hole should improve people's health. Prescription drugs are an increasingly vital part of staying healthy. Sticking to a prescription drug regimen your doctor orders can keep chronic conditions like diabetes and high blood pressure manageable. But when people can't afford their drugs, they skip doses or stop taking their prescriptions altogether. This leads to disruptive and expensive complications and hospitalizations down

the road. Making prescription drugs more affordable stops this cycle before it begins. And it gives you more control over your health care.

To learn more about how the Medicare Part D drug discount program works and what it means for you, visit the Medicare section of the Families USA website at www.familiesusa.org/medicare and click on "Publications." You can also get information about Part D and the new discount program at www.medicare.gov or by calling 1-800-MEDICARE.

Even with the new discount program, some people with limited income and resources may need more help paying for their medications. They may be eligible for the Extra Help program. Visit the Social Security Administration website, www.ssa.gov/prescriptionhelp, or call 1-800-MEDICARE to find out more. You can also check to see if your state offers a prescription drug assistance program that can provide additional help with prescription drug costs.

The Medicare doughnut hole never made any sense as a matter of good health care. Now, thanks to the new health care law, you can wake up from this bad dream and find that the doughnut hole has been filled in.



FREMONT County/SALIDA Menus

Penrose(372-3872) - Canon City(345-4112)
Florence(784-6493) - Salida (539-3351)

PENROSE CENTER

1405 Broadway-Penrose (Tues/Thur)

MAY 3: BLACK BEAN & TORTILLA CASSEROLE, Steamed Brown Rice, Whipped Sweet Potatoes, Mixed Fruit.

MAY 5: HAMBURGER/BUN, Sliced Tomato/Lettuce, Baked Beans, Potato Salad, Watermelon.

MAY 10: CHICKEN FRIED STEAK/Country Gravy, Roasted Garlic Mashed Potatoes, Cauliflower & Broccoli Mix, Apple, Drop Biscuit with Margarine.

MAY 12: SPINACH CHEESE SQUARES, Tossed Salad with Pear, Whipped Hubbard Squash, Citrus Cup, W.W. Bread/marg.

MAY 17: CHICKEN SALAD SANDWICH, WW Bread, Sliced Tomato/Lettuce, Orange Juice, Sliced Peaches, Brownie.

MAY 19: MEATLOAF/Brown Gravy, Cheesy Potatoes, Green Beans, Pineapple Tidbits, W.W. Bread w/Margarine.

MAY 24: BEEF/SWEET PEPPERS, Steamed Brown Rice, Orange Spiced Carrots, Grapefruit Half, WW Bread/marg

MAY 26: FRENCH DIP/AU JUS, Oven Browned Potatoes, Mixed Vegetables, Strawberry Applesauce.

MAY 31: TUNA STUFFED TOMATO, Spinach Salad/Italian Drsg., Drop Biscuit, Peanut Butter Oatmeal Cookie.

FLORENCE

100 Railroad St. - Florence Tues-Thur-Fri

MAY 3: MEATLOAF/GRAVY, Cheesy Potatoes, Green Beans, Pineapple Tidbits.

MAY 5: SWEET/SOUR PORK, Steamed Brown Rice, California Vegetable Medley, Diced Pears.

MAY 6: ENCHILADA PIE, Sliced Tomato/Lettuce, Sliced Yellow Squash, Mixed Fruit.

MAY 10: CHICKEN CACCIATORE, Whipped Potatoes, Chopped Spinach, Banana.

MAY 12: HUNGARIAN GOULASH, California Vegetable Medley, Green Peas, Pineapple Tidbits.

MAY 13: TURKEY SANDWICH/WHOLE WHEAT, Provolone Cheese/Mustard, Sliced Tomato/Lettuce, Orange, Waldorf Salad.

MAY 17: SALISBURY STEAK, Whipped Potatoes/Gravy, California Vegetable Medley, Seasoned Greens, Nectarine.

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MAY 20: BRATWURST/BUN, Sauerkraut, Mustard/Onion, Pickled Beets, Sliced Peaches.

MAY 24: ROAST BEEF, Mashed Potatoes/Gravy, Green Bean Amandine, Apricot Peach Compote, French Bread/marg.

MAY 26: CHICKEN A LA KING, Whipped Potatoes, Green Peas, Tossed Salad/Lite Dressing, Apricot Halves.

MAY 27: SLOPPY JOE/BUN, Scalloped Potatoes, Broccoli/Carrots, Apple.

MAY 31: HONEY BBQ CHICKEN, Oven Browned Potatoes, Chopped Spinach, Diced Pears.

SALIDA MENU

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

MAY 3: VEGETABLE SOUP, Whole Wheat Crackers, Tuna Salad on Lettuce with Tomato Slice, Baked Acorn Squash, Pear Halves.

MAY 5: BLACKBEAN TORTILLA CASSEROLE, Steamed Brown Rice,

Whipped Sweet Potatoes, Mixed Fruit.

MAY 6: SPAGHETTI/MEAT SAUCE, Tossed Salad/Lite Italian Dressing, Seasoned Green Beans, Orange.

MAY 10: PORK CHOW MEIN, Steamed Brown Rice, Cooked Cabbage/Red Pepper, Banana, Fortune Cookie.

MAY 12: TUNA STUFFED TOMATO, Spinach Salad/Lite Italian Drsg., Drop Biscuit, Peanut Butter Oatmeal Cookie.

MAY 13: HOT TURKEY SANDWICH, Whipped Potatoes, Asparagus Amandine, Pineapple Mandarin Compote, Banana.

MAY 17: MACARONI/CHEESE, Shredded Green Salad/Lemon, Whipped Hubbard Squash, Strawberry Applesauce.

MAY 19: ENCHILADA PIE, Sliced Tomato/Lettuce, Sliced Yellow Squash, Mixed Fruit.

MAY 20: ROAST PORK/GRAVY, Whipped Potatoes/Gravy, Parslied Carrots S.F. Strawberry Gelatin Salad.

MAY 24: CHICKEN/WHITE CHILI, Spinach Salad/Lite Ranch, Cooked Carrots, Apple, Brownie, Cornbread/marg.

MAY 26: HAM/SCALLOPED POTATOES,

Spinach Salad with Egg, Mixed Vegetables, Peaches, W.W. Roll with Margarine.

MAY 27: SPINACH CHEESE SQUARES Tossed Salad/Pear, Whipped Hubbard Squash, Citrus Cup.

MAY 31: TUNA SALAD, Tomato & Lettuce, Pasta Salad, Peach Slices, Orange Juice - 4 oz

GOLDEN AGE CENTER

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MAY 2: Spaghetti/Italian Sausage/Marinara Sauce, baked acorn squash, tossed salad, pizelle, pear halves.

MAY 4: Chicken A La King, whipped potatoes, tossed salad/litedrsg., green peas, apricot halves.

MAY 6: Lemon Baked Fish/Tartar Sauce, lemon rice pilaf, green beans/mushrooms, fruit salad.

MAY 9: Turkey Tetrizzini, Italian green beans, strawberry applesauce, chocochip cookie.

MAY 11: Roast Beef, mashed potatoes/gravy, green bean amandine, apricot peach compote.

MAY 13: Tuna Salad/lettuce/tomato, pasta salad, fresh peach.

MAY 16: Oriental Pepper Chicken, steamed brown rice, cut broccoli, pineapple tidbits, fortune cookie.

MAY 18: Pasta Primavera, spinach salad/egg/Itlaian drsg., apple pear salad/almonds, plums/

MAY 20: BIRTHDAY MEAL! Smothered Chicken, cornbread stuffing, cauliflower/broccoli mix, applesauce, waldorf salad.

MAY 23: Chicken Fried Steak/country gravy, roasted garlic mashed potatoes, cauliflower/broccoli mix, apple.

MAY 25: Ham/Beans, cut broccoli, parslied carrots.

MAY 27: Spinach Lasagna, tossed veggie salad, green beans, tangerine.

MAY 30: NO MEAL-MEMORIAL DAY

**ALL MEALS
SERVED
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Most meals served/bread/marg.**

Fashion: Looooking Gooood!

Q&A: Nourishing Your Skin Inside And Out!

(NAPSI)—More women today striving for a “naturally fresh-faced” look are gravitating toward botanicals to help them achieve that goal. Take this quick quiz to see how much you know about naturally improving your skin with antioxidant-rich botanicals:



1. What do antioxidants do for the skin? They: a. clean the skin, b. hydrate skin, c. fight premature aging, d. brighten skin.

2. What do aloe, chamomile and wild mango butter have in common? They: a. help alleviate skin redness, b. balance the skin's pH, c. hydrate skin, d. clear acne.

3. Which of these natural ingredients best helps protect skin against deceptive winter sun rays and damage caused by UV rays? a. lycopene (found in tomatoes), b. pomegranate, c. grape seed extract, d. all of the above.

4. How can skin get the antioxidants it needs? a. through foods you eat, b. through topical skin care products, c. through foods and topical skin care products, d. through exercise.

Answers

1. c. Studies have shown that antioxidants fight premature aging caused by the sun and other harmful environmental factors by protecting the skin from UV

radiation exposure.

2. a. Natural ingredients such as aloe, chamomile and wild mango butter help soothe skin and keep it moisturized.

3. d. Not only do lycopene, pomegranate and grape seed extract play a vital role in protecting skin from harmful UV rays, but vitamins, such as C and E, are also important to include in a skin care regimen throughout the season to keep skin healthy. It's also wise to use a daily facial moisturizer with SPF 30 as recommended by the Skin Cancer Foundation, throughout the year, not just during the summer.

4. c. Antioxidants can be found in plants such as grapes, tomatoes and pomegranate, and in other fruits and vegetables. They can also be applied to the skin by using products such as VIVITÉ®.

The unique formulation of the skin care line contains antioxidants, which help neutralize free radicals, as well as natural ingredients such as aloe and chamomile. VIVITÉ® skin care line also has GLX Technology™, a powerful exfoliant that helps infuse the skin with a glycolic compound and antioxidants. GLX Technology™ is a formula matrix that helps infuse the anti-aging benefits of a glycolic compound bound with antioxidants deep into the skin.

The products are available through skin care physicians. Involving a dermatologist in the care of your skin can help keep it healthy and looking its best. To find a physician, visit www.ViviteSkinCare.com.

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Plastic Bottles Becoming Fashionable Legwear?

(NAPSI)—Living a lifestyle that uses less resources has become easier than ever thanks to consumer interest in recycled products. People everywhere are learning that even the smallest steps can make a difference. This demand has caused some companies to pursue recycling technologies that turn yesterday's waste into apparel products.

One innovative transformation comes from discarded, postconsumer waste—plastic bottles. These bottles can be turned into fabric that is used to create a variety of clothing and accessory options, including socks. Through six simple steps and a little creativity, yesterday's waste becomes today's high-performance legwear.

With this technology, used, postconsumer plastic bottles are collected, cleaned and ground into flakes, which are then turned into chips. The chips are then made into COOLMAX® EcoMade fiber with 97 percent recycled material, which is engineered with special microchannel cross sections to help move moisture away from the body. This fiber is spun into yarn, which is then used by sock manufacturers, here in North America and elsewhere, to make high-performance socks.

Brands and retailers create socks with an enhanced functionality that are designed for a variety of high-performance activities such as running and cycling. The socks dry quickly, help keep

the wearer cool and comfortable, and maintain a natural feel that's soft, lightweight and breathable.

Consumers do not have to sacrifice style or performance standards in order to wear apparel manufactured from recycled resources. There are now dozens of sock styles available nationwide in a variety of colors and designs for men, women and children. DeFeet, Injinji, Dansko, Fox River, Timberland and Sports Tuff are injecting fashion, comfort and moisture management into socks, creating styles that range from neutral patterns to colorful and whimsical designs such as stripes, animal prints, funky patterns and florals. This range of styles, also available in a variety of lengths including ankle, crew and

mid-calf, are perfect for adding some personality to a workout wardrobe.



Best of all, consumers who wear socks that are made from COOLMAX® EcoMade fiber benefit from knowing they are helping to use less resources, starting with their own foot

To learn more, visit www.COOLMAXEcoMade.com.

May Is “Healthy Vision” Month

Submitted by Kathy-Lyn Allen, PR Coordinator (Rocky Mountain Eye Ctr)

Preventive eye care is important for everyone. Certain eye conditions and diseases can strike at any time in life, destroying healthy vision. Everyone should take care of their healthy vision by wearing protective eyewear when playing sports, doing yard work, working with

chemicals or taking part in other activities that could cause an eye injury.

Because cataracts, glaucoma, age-related macular degeneration, diabetic retinopathy and other eye conditions affect seniors over age 65, a complete eye exam by their ophthalmologist every one to two years is highly recommended.

Below are suggested guidelines to schedule regular

eye examinations for you and your family:

- Ages 0 to 2: screening during regular pediatric appointments
- Ages 3 to 5: screening every 1 to 2 years during regular primary care appointments
- Ages 6 to 19: schedule examinations as needed
- Ages 20 to 29: one examination

- Ages 30 to 39: two examinations
- Ages 40 to 65: examination every 2 to 4 years
- Ages 65 and over: examination every 1 to 2 years

Getting a comprehensive dilated eye exam is one of the best things you can do to keep your eyes healthy. In this painless procedure, an eye care professional examines your eyes to look for common vision problems and eye diseases, many of which have no early warning signs. Protecting your eyes from accidents, and early detection and treatment of eye problems are the best ways to keep your healthy vision throughout life.

Information retrieved (Feb 2011) from <http://www.aao.org/eyecare/news> Please schedule your family's next eye exam with Rocky Mountain Eye Center by calling 1-800-934-EYES (3937) or by visiting us online at www.rockymountaineyecenter.com

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Causey: Aging Gracefully With P.O.I.S.E.

by Charlene Causey

I recently attended the Senior Fest and was impressed with the numbers of older adults in our community who really are seeking to stay as

healthy and strong as possible in their advancing years. However, I am also well aware that there are some troublesome statistics that reveal the grim realities of aging. For instance, from the age of 45 and beyond an individual loses 1 percent of their muscle mass per year, and that figure may increase to 2 percent per year after age 50.

Although losing muscle mass and gaining body fat seems to be an inescapable fact of aging, there are some tactics to combat the process. For anyone younger than 45 who may be reading this, it is vitally important to take this advice seriously. In fact, to reduce the effects of aging at 50 and beyond, a person should begin a plan at age 20. Aging begins at birth, and being good stewards of our bodies should be a lifelong endeavor in order to have a long life!

Using the acronym, P.O.I.S.E., let me illustrate a plan of action. Each letter will represent an aspect of activity which would best be started sooner than later. However, let me emphasize that while it is never too late to start regardless of your age, each person should check with their health care provider

before beginning an exercise program. These are general guidelines and may need to be adjusted depending on a person's health history and physical limitations.

"P" stands for posture. One thing I have noticed is that many times older individuals have poor posture and not necessarily because of physical limitations. Loss of muscle or bone mass contributes to this problem, but often it is lack of awareness or poor habits. Concentrating on good posture, usually something taught to us as youngsters, often goes by the wayside with age. If pain or physical limitation cause poor posture, a visit to a chiropractor or osteopath may be in order. Just standing up tall and straight can make one appear up to 5 pounds thinner!

The letter "O" is for osteo builder. "Osteo" comes from the Greek for "bone" and to build bone and help build muscle also, weight bearing exercise is what a person needs. Simply and inexpensively, walking is the best choice. Even vacuuming is a weight bearing activity; however, at least 20 minutes a day is necessary to gain the benefit and preferably closer to an hour each day as fitness levels increase.

"I" is for inspiration or inhaling deeply to take in as much oxygen as possible and then, obviously exhaling to avoid turning blue! Practice deep breathing for better tissue oxygenation and for stress reduction. As one ages, the lungs age as well, and deep breathing, even before getting out of bed in the

morning, will condition the lungs and benefit the entire body. Let the word "inspiration" also serve to remind us to be inspired by an older person whose wisdom and sage we admire!

Stretching is what "S" represents and it is every bit as important as the aerobic and strength training portion of an exercise program. In fact, a number of studies have shown that both calisthenics and weight training are more effective when followed by correct and adequate stretching. This is another practice to employ even before getting out of bed to help wake up the muscles, tendons and ligaments. Stretching is even more crucial for bedridden individuals, whether it is active or passive movement.

Lastly, the letter "E" stands for exercise. Current recommendations are at least an hour per day of some physical movement, at least 5 days per week. In our automated society, we have lost the need to be physically active just to perform the usual activities of daily living. However, our bodies still need the stimulation and rigor of regular exercise to remain healthy. With summer approaching, there is no better time to age gracefully with poise and exercise the right to stay strong and healthy as the years go by.

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

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Diminish Facial Lines Without A Doctor's Visit

(NAPSI)—If expensive dermatologist visits have created a wrinkle in your attempt to have wrinkle-free skin, there's good news. There's now an affordable alternative to invasive, in-office, wrinkle-smoothing procedures, one that is clinically proven to diminish the look of facial lines in two ways, both instantly as well as over time.

Kiehl's Since 1851 has added a new product to its Dermatologist Solutions line, Double Strength Deep Wrinkle Filler, that fights such signs of skin aging as forehead lines, crow's-feet, naso-labial folds and lip and eye-area

lines. The collagen-building product does double duty by instantly plumping out lines and wrinkles, then smoothing them over time.



Sodium hyaluronate filling spheres bind and retain water to immediately and visibly fill wrinkles and promote firmness. Fragmented hyaluronic acid penetrates deeply to minimize lines and plump out wrinkles over time. The silicone-free, fragrance-free and paraben-free formula features polymers, peptides and silica for immediate results as well as long-term skin elasticity. For more information, visit www.kiehls.com.

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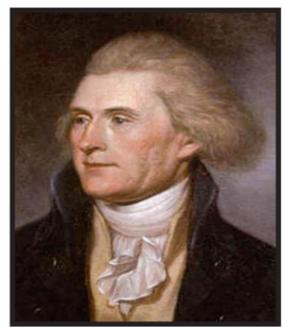
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Thomas Jefferson

Third President of U.S.



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

Ann Coulter:

ON THIS ABORTED FETUS, THE DEMOCRATS PLANT THEIR FLAG

Back in February, Obama's director of the Office of Management and Budget, Jacob Lew, promoted the White House's allegedly draconian budget cuts in The New York Times.

Saying Obama was going to cut the 2012 budget to the bone, Lew droned on about the "difficult" cuts to "important" programs and the "many tough choices and deep cuts" in the proposed budget.

All told, the White House's brutal, Depression-era austerity plan would have snipped a couple of billion from our multi-trillion dollar federal budget.

When the Republicans proposed that, instead of cutting a few billion, the government cut \$60 billion from the budget, Democrats went ballistic. They said it was madness. Republicans were proposing to bring back the miserly federal budget of 2008!

You heard me right: Those lunatics were going to roll back the federal spending clock ... almost three years!

You remember the hellish, "Lord of the Flies" days of 2008 when veterans hospitals were shuttered, Social Security checks ceased to be delivered, our military was stripped of ammunition, national parks were closed and stoplights went dark.

Wait, no -- none of that happened.

But Democrats control the Senate and the White House, and the media were gearing up to blame Republicans for any government shutdown.

The Republicans seemed to be cornered. Between their \$60 billion in cuts and the Democrats' proposed cuts of a few billion, it looked as if Democrats were going to succeed in putting the country on a high-speed bullet train to Zimbabwe.

And then, totally by accident, Republicans stumbled onto the Democrats' Achilles heel. Among their specific defunding proposals, Republicans had suggested taking mere peanuts away from Planned Parenthood.

The Democrats responded: NO! WE'LL CUT 40 BILLION! JUST DON'T TOUCH PLANNED PARENTHOOD!

All the Republicans had to do

"Aborted Fetus & Democrats"

was threaten to cut federal funding for abortion, and they won \$40 billion in spending cuts overnight.

I don't think Republicans did it deliberately. I'm pretty sure they just wanted to cut funding for Planned Parenthood. But, holy cow, did they find the Democrats' weak spot!

Senate Majority Leader Harry Reid threatened to shut down the government to save abortions in the District of Columbia. Reid, who is known as a "pro-life Democrat," said cutting Planned Parenthood's funding was the "one issue" on which he would not budge.

Comedy Central's allegedly serious Catholic, Stephen Colbert, spent a week ridiculing Sen. Jon Kyl's response to Reid for saying Planned Parenthood had nothing to do with abortion, but mostly provided things like cholesterol screening.

Kyl said: "You don't have to go to Planned Parenthood to get your cholesterol or your blood pressure checked. If you want an abortion, you go to Planned Parenthood. That's well over 90 percent of what Planned Parenthood does."

The entire mainstream media immediately rose in angry denunciation of Kyl -- based on Planned Parenthood's claim that abortion constitutes less than 3 percent of the services it provides.

Apparently, that depends on the meaning of "services it provides." If taking 30 seconds to write a prescription for birth control pills is considered the equivalent of a two-hour, multiple-visit \$450 abortion, then perhaps abortion does constitute only 3 percent of Planned Parenthood's work.

But according to Planned Parenthood itself, when it comes to services for pregnant women, abortion constituted 97.6 percent of the services Planned Parenthood provided in 2009. Only 2.4 percent of the organization's services for pregnant women involved prenatal care or adoption referrals.

Again, according to its own reports, Planned Parenthood performed 332,278 abortions in 2009 -- or more than a quarter of all abortions in the entire country. It receives about 37 percent of its total revenue from performing abortions.

Reid and Colbert must be getting a lot of cholesterol tests at Planned Parenthood if abortion constitutes only

3 percent of its services. (Contrary to Sen. Reid's claim that Planned Parenthood administers important cancer screening tests, none of its affiliates even offer mammograms.)

In any event, the Democrats didn't suddenly agree to \$40 billion in budget cuts to save Planned Parenthood's cholesterol screening.

If Republicans keep threatening to defund Planned Parenthood, they can probably get Democrats to repeal Obamacare, pass a flat tax and get a capital sentence for Khalid Sheik Mohammed.

Now we know: Democrats ab-

solutely will not cross the abortion ladies.

Blue-collar workers don't like abortion? Democrats say, "You bet!"

Abortion disproportionately targets black babies? Democrats say, "Who cares?"

A majority of women dislike abortion? Democrats say, "Yes, but we're going to lie about that."

The only members of their base the Democrats will never, ever cross are government workers and abortion-crazed feminists.



More Coulter: Reagan Democrats

REAGAN DEMOCRATS: 'TEA BAGGERS' OR MSNBC VIEWERS?

Among the most preposterous claims being made on MSNBC about the fight over public sector unions in Wisconsin is that Gov. Scott Walker and the Republicans are losing "Reagan Democrats" by taking on government employees.

The theory seems to have been concocted by Howard Fineman, editor at The Huffington Post, who said, back in February on Lawrence O'Donnell's "The Last Word," that the "whole idea of a Reagan Democrat" was that union families were voting for Reagan. But today, according to Fineman, they are shifting against Republicans because of Walker's tough line on government unions. "That's got to scare Republican strategists nationally," he said.

Private sector unions are as similar to public sector unions as they are to gay civil unions.

But again on "Hardball," Fineman said that while Ronald Reagan appealed to union members, their "sons and daughters" were "having second thoughts."

This could be true -- but only if the sons and daughters of construction workers and miners, clinging to their guns and religion, grew up to be public school teachers, clinging to Earth Day and Kwanzaa.

About a month later, The Washington Post's E.J. Dionne was pitching the Reagan-Democrats-Come-Home canard as his own fresh insight in his column and on "The Ed Show," where he said that the Obama White House

was no longer worried about losing the Midwest because "former Reagan Democrats" are saying, "This is not our politics."

Yes, who can ever forget the way government workers idolized Ronald Reagan?

In his first year in office, Reagan gave striking air traffic controllers 48 hours to return to their jobs or they'd be fired. He hired permanent replacements and left thousands of illegally striking government workers jobless, banned from ever returning to their government jobs -- until President Clinton allowed them to be rehired.

(And they've done a terrific job since then, haven't they-- HEY! WAKE UP!)

In Reagan's second year in office, not only he, but his vice president and education secretary all declined invitations to speak at the public school teacher extravaganza, the National Education Association's 120th annual convention.

In his third year in office, The Washington Post reported that "few members of government employee unions plan to vote next year for Ronald Reagan."

As Howard Fineman suggests, Republicans must have been scared of how that might play out in the 1984 election. Still somehow, Reagan managed to win the largest electoral landslide in U.S. history, despite government workers being overwhelmingly, implacably opposed to him.

Indeed, Reagan was such a smash hit with government employees

SEE "COULTER" PAGE 18.

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

- MAY 2:** Sloppy Joe, Garlic Mashed Potatoes, Mixed Veggies, Orange.
- MAY 3:** Roast Beef w/Gravy Oven, Roasted Potatoes, Green Beans, Garden Salad/Italian Dressing, Fresh Pear.
- MAY 4:** Baked Fish w/Dill Sauce, Peas/Onions, Broccoli, Bread/Smart Balance, Banana.
- MAY 5:** Meatloaf w/Tomato Sauce, Mashed Potatoes, Strawberries/Bananas, Cranberry Jello.
- MAY 6:** Vegetable Lasagna, Spinach Zucchini/Tomatoes, Bananas/Oranges.
- MAY 9:** Beef Pot Pie, Baked Potato, Broccoli, Chocolate Pudding, Apricots.
- MAY 10:** Tuna Noodle Casserole, Spinach, California Blend Vegetables, Fresh Cantaloupe.
- MAY 11:** Penne/Meat Sauce, Yellow Squash, Italian Mixed Vegetables, Bread/Smart Balance, Fruit Cocktail.
- MAY 12:** Roast Turkey/Gravy, Cauliflower, Baked Sweet Potato, Bread/Smart Balance.
- MAY 13:** Pork Chop Sue, Wild Rice, Oriental Vegetables, Garden Salad/French Drsg., Fresh Pear.



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- MAY 16:** Roast Beef/Au Jus, Mashed Potatoes, Cabbage/Carrots, Orange/Pineapple Jello, Pear.
- MAY 17:** Pork Green Chili, Mexican Corn, Scandinavian Mixed Vegetables, Garden Salad/Ranch Drsg., Flour Tor-

- tilla, Apricots.
- MAY 18:** Herb Baked Chicken, Vegetable Couscous, Peas/Carrots, Tomatoes/Cucumbers, Banana.
- MAY 19:** Chicken Rice Casserole, Garlic Mashed Potatoes, Yellow

- Squash, Bread/Smart Balance, Orange.
- MAY 20:** Smothered Pork Chop, California Blend Vegetables, Baked Sweet Potatoes, Bread/Smart Balance, Strawberry Applesauce.
- MAY 23:** Turkey Tetrazzini, Parslied Potatoes, Spinach, Orange.
- MAY 24:** Brunswick Stew, Mashed Potatoes, Scandinavian Mixed Veggies, Apple.
- MAY 25:** Enchilada Casserole, Seasoned Black Beans, Broccoli, Cantaloupe.
- MAY 26:** Cabbage/Beef Bake, Baked Potato, Peas/Carrots, Pear, String Cheese
- MAY 27:** Baked Fish, Vegetable Couscous, Italian Mixed Veggies, Choco Pudding, Strawberries & Bananas.
- MAY 30:** Chili Relleno Casserole, Oven Roasted Potatoes, Broccoli, Vanilla Pudding, Orange.
- MAY 31:** Dijon Chicken, Wild Rice, Scandinavian Mixed Veggies, Italian Veggie Salad, Banana. String Cheese

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Finances: Create And Keep Wealth



Washington Wisdom (Oxymoron)

by Gary Neiens

"Let none presume to wear an underved dignity." The words were those of Shakespeare.

Apparently unaware of Shakespeare's guidance, Republicans, led by Speaker Boehner, gleefully trumpeted their accomplishment of removing \$36 billion from President Obama's \$3.5 trillion dollar budget. So the gloating Republicans caused a 1% reduction (perhaps) in spending. Even the majority of the 87 newly elected Representatives voted for and defended this. Meanwhile, the nation's debt grows and the woes of the U. S. dollar continue. If elections can't discipline this spending then markets eventually will.

Make no mistake about it. What the Republicans did was no more than remove a cup of water from the ocean.

As any frequent reader of this column knows for a long time I have suggested investments in gold and oil shares and other commodity based companies (when suitable). Part of the reason this has worked so well is the strong demand for basic raw goods and materials from developing (and becoming more affluent) countries. The other part of the idea though is to try to build some sort of hedge against inflation and the falling dollar.

Seth Lipsky (editor of the New

York Sun) put together an illustrative article about the dollar. When President G.W. Bush took office, a dollar was worth 1/265th an oz. of gold.

When President Bush left office a dollar was worth only 1/853rd oz. of gold. Today, of course, under President Obama's dollar trashing policies, a dollar is worth about 1/1500th of an oz. of gold. The last two administrations have been poison to the dollar.

Elsewhere, the 2011 Retirement Confidence Survey results are in. Some of the conclusions were somewhat gloomy. This of course can be understood as investors and savers have been confronted by real estate and stock market crashes the last few years. Stocks have recovered sharply but not fully. The real estate recovery story is not as bright. Commercial real estate does seem to be improving.

The survey found workers more pessimistic than at any time in the last 21 years. They found 30% of workers are not confident at all about retirement prospects...13% are very confident. Almost a third of Americans have saved less than \$1000 for retirement...more than half have saved less than \$25,000. With this backdrop it was unsurprising to find that 20% of us are already planning to delay retirement.

The Retirement Confidence Sur-

vey made me remember something businessman and former heavyweight boxing champion George Foreman once said. He said, "The question isn't at what age I want to retire, it's at what income."

Another topic I wanted to touch on is President Obama's idea to "tax the rich" to address the budget problems. This of course is silly but somehow not funny. The country spends about \$10 billion a day (\$3.7 trillion on next year's budget according to Los Angeles Times).

Walter Williams, an economics professor at George Mason University, recently published a column on this "tax the rich" theory. He of course is not alone, as many, many others have written similar articles. If Congress and President Obama taxed all those earning over \$250,000 at a rate of 100% (total tax) they could pull in the "princely sum" of \$1.4 trillion. This money could keep the government running for 141 days. But what are you going to do for the other remaining 224 days?

What about taking all the money the "evil" Fortune 500 companies earn? This would get you another 40 days of funded government operation but you still have 72 unfunded days left to cover.

In my opinion the government increasing taxes won't work. In this tax season the headlines were full of data that suggested only 50% of Americans even pay

income taxes. A report (by Grandfather-Economic-Report.com) shows that 51% of the economy now relies on government spending (in 1947 it was 22%).

Taxes won't do the job for many reasons. For example you have the obvious reasons and the less obvious. One example is Big Government's continued shake down (higher taxation) of Big Tobacco. As USA Today reports, a pack of cigarettes in Virginia is \$4.50. In New York it's \$13-a-pack (extra taxes). So now, you now have an increase of 39% in smuggling cases referred for prosecution. Taxes affect behavior and alter economic decisions.

Good Luck and Good Investing.

Gary Neiens Financial Advisor / Investment Broker Raymond James Financial Services, Inc., Member FINRA/SIPC
310 S. Victoria Ave, Ste. G Pueblo, CO 81003 Phone: 719-545-2900

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Opinions expressed are those of Gary Neiens and not RJFS. This report is not a complete summary and does not constitute a recommendation; please consult a professional before making any investment decisions. Investing involves risk. This information is not intended as a solicitation or an offer to buy or sell any security referred to herein. Past performance does not guarantee future results

Once Dangerfield Now Behemoth Of Investments

by Ron Phillips

One-Time Rodney Dangerfield of Investments Now Industry Behemoth

A milestone has been reached. According to The Wall Street Journal, a relatively new type of investment has grown fairly big. This investment now has about \$1.4 trillion dollars in assets. That is quite a few zeros. What is it? An ETF.

ETF stands for exchange-traded

fund. These funds are just one of the several branches to the mutual fund family tree. Funds have a lot going for them.

Here is a re-cap of mutual fund benefits:

- Professional management
- Instant diversity
- Reasonable fees
- Passive investing

Keep in mind there are more types of mutual funds than this new ar-

rival. Below are the main mutual fund types. Each has good points and drawbacks. A combination of them all in a portfolio can make sense.

Let Them Eat Vanilla

When most of us talk about funds we are referring to the plain-vanilla, open-ended mutual fund. This type has a long history stretching back to the 1920s. They have trillions and trillions in assets. The big player on the block.

Some open-end fund benefits:

- Relatively low trading volatility
- No or low sales charges
- Most-varied investment strategies

Because of their once-daily trading investors can be late to liquidate or buy—while the rest of the stock and bond market has been humming all day these investors are stuck to the last trades of the day. They can also have high internal expenses.

Where the Innovation Happens

Exchange-traded funds have grown in popularity for good reason. Most of the current innovation is occurring in the ETF arena. New approaches are literally entering the market every month. Some of these strategies can be very aggressive so do your research.

Here are some pluses:

- Trades all day like a stock—easy to buy and sell
 - Can margin (borrow) against
 - Relatively low internal management expenses
- Sale on Aisle Three**

One of

my personal favorites is the little-followed, rarely-used closed-end mutual fund. They can be thinly traded. With very little trading activity investors can get stuck with accepting whatever price is available when selling. They, like open-end funds, can have fairly high internal expenses.

Closed-end funds are the only category where you can buy the proverbial dollar for ninety cents. For example, ABC Closed Fund might sell in the open market for \$9 per share while having assets of \$10 per share.

Caveat Emptor

As you can see, even something that might seem simple can have multiple layers. So take the time to do the research.

Some good places to start are Morningstar.com and CEFConnect.com. The first site will cover all fund types but is stronger in open-end and ETF research. CEFConnect.com specializes in closed-end funds.

Keep your eyes open for the next big thing. It could be just a trend or a force to be reckoned with like exchange-traded funds.

Ron Phillips is an Independent Financial Advisor and a Pueblo, Colorado native. He and his wife are currently raising their two sons in Pueblo. Order a free copy of his book Investing To Win by visiting www.RetireIQ.info or leaving a message on his prerecorded voicemail at 924-5070. Simply mention ID #1001 when ordering.



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Senior Community Update



SOCO BREAKFAST CLUB

"A new social gathering place for those over 50....." Please join us for Breakfast on May 21 at the Golden Corral on North Elizabeth.

It's the inaugural meeting of the Southern Colorado Breakfast Club for Those over Fifty.

Breakfast begins at 9am that day. Please come and meet new folks!

Cost? Your own breakfast.

MUST R.S.V.P. to (719) 242 8762 See ya there!!

FREMONT REGIONAL HOSPICE RECEIVES GRANT FOR F.R.E.S.H. PROGRAM

Cañon City, Colorado-Fremont Regional Hospice announced today that it has received a \$12,000 Daniels Fund grant to support its F.R.E.S.H. Program.

For more information about the F.R.E.S.H. Program at Fremont Regional Hospice, call 719-275-4315 or visit our office at 1439 Main Street in Cañon City.

FREE TAX AID

Free Tax Preparation AARP Taxaide at Joseph Edward Senior Center 230 N. Union Avenue, Pueblo 545-8900.

Begins Feb. 1, ends Apr. 14, 2011 Mon - Thurs 9:30 AM to 2:30 PM Fri. 9:30 AM to 12 Noon Closed Feb. 21 Westminster Presbyterian Church 10 University Circle, Pueblo Sat. Feb. 5, 12, and Apr. 9 10:00 AM to 2:00 PM

PUEBLO WEST SENIOR FUN

"Container Gardening for Porch and Patio" will be the theme in April.

Pueblo and Pueblo West Senior/Retirees are proud to host Master Gardener, Don Settle, for their program on Thursday, April 14th. Don is very active in the xerocape garden in Pueblo West and the HARP program in down town Pueblo.

Please join us for our monthly potluck luncheon, 11:45 to 1:45, at the

PW Memorial Recreational Center. Plan your covered dish or dessert to share.

For information call 647-8969 or 404-4413 (membership committee) Guests are always welcome.

ADULT SURVIVORS OF CHILDHOOD SEXUAL ABUSE

WINGS provides therapist facilitated support groups for men and women in which survivors are believed, accepted and no longer alone. There is a women's group on Tuesday and Thursday evenings.

For more information contact the WINGS office at 1-800-373-8671. Visit our website at www.wingsfound.org.

STROKE SURVIVORS SUPPORT GROUP

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

Call Chuck at 583-8498 for all the information.

LOU GEHRIG'S DISEASE SUPPORT GROUP

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

OWLS MEETING

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

RIDE TO CHURCH?

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

GENEALOGICAL SOCIETY

"The Southeastern Colorado Genealogy Society holds regular meetings on the second Saturday of the month beginning at 2:00pm in the Meeting Room "B," Robert Hoag Rawlings Library, 100 Abriendo Ave., Pueblo. There is a continuing Refresher/Beginners class starting at 1:00PM. Call 250-5782 for

details." Guests welcome and there is no charge.

SRDA CALENDAR

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

LIVING WITH OSTEOARTHRITIS?

Osteoarthritis does not only strike the knees, hips and hands. In an estimated one million Americans, it also affects the small, vulnerable joints of the neck, and can cause sudden attacks of severe pain that may radiate into the head and arms. But what can patients themselves do about this form of arthritis?

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

AARP SCHEDULE OF ACTIVITIES

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

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

TOASTMASTERS

What: Pueblo Toastmasters #179 Public Speaking Class

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

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

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

STEP-UP PROGRAM

Please call Desi Vial who is the Development Director of Pueblo StepUp at Centura Health, 719-557-3881 Phone 719-557-3880 Fax 1925 E. Orman Ave., Ste G-52 Pueblo, CO 81004 desdavia@centura.org www.centura.org for all the info as to where the programs will be held

this month. Also, contact: Cindy at 719-545-1184 for their entire schedule. Get Moving with Pueblo StepUp Community Exercise Programs: Please call Emily Johnson @ 557-3879 for questions about any of Pueblo StepUp's Health & Fitness Programs

ALZHEIMER'S SUPPORT

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

COMMUNITY BLOOD DRIVES

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

JOB SEEKERS

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

HOW DO YOU FEEL?

Come and join us for C.H.A.N.G.E. Canceling Habits Affirming New Goals Easily at 1:00 P.M. on the 3rd Saturday every month at the Rawlings Library 100 E. Abriendo Ave. Pueblo, Colorado.

For more information please contact: Ramona Lombard (719) 583-2732 ramonalombard@me.com Ramona Lombard.com

SATURDAYS AT EL PUEBLO TRADING POST

Discover life on the frontier at El Pueblo Trading Post. Each Saturday, beginning March 5, through May 28, the adobe post will be open for touring from 10:00 a.m. to 4:00 p.m., weather permitting. This is Pueblo's frontier history of the early 1840s, before the town of Pueblo was founded and the Arkansas River was the International border between the United States and Mexico. A living history interpreter will be there for fire-side chats or watch an interpreter doing frontier chores. Visitors may also tour the post's five period rooms. Admission is free to the trading post.

Visit the museum's galleries for Family Saturdays where children 12 years and under are free, adults are \$5, seniors and students are \$4. The museum is located at 301 North Union, Pueblo. For more information call the museum at 719/583-0453.

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There's Nothing Like A Holiday



Cruisers? Book 'Everything' On Line At Home

by David G. Molyneaux - *TheTravel-Mavens*

One key element in cruising's huge rise in popularity through the years has been the ease of a vacation aboard ship.

Surveys show that cruising, along with vacations at all-inclusive land resorts, jumped in demand at least partly because vacationers enjoyed the freedom associated with the simplicity – a lack of planning, scheduling and figuring out where they would eat,

sleep and play.

Mostly, on cruise vacations, you just showed up.

At home, you picked out a ship and wrote a check. At the end of the cruise, you paid your bar bill and gratuities for the staff. Exit surveys showed that first-time cruisers were such happy travelers – lulled perhaps by lolling about – that they began planning a repeat visit to sea.

While the basic concept has not changed – and you can still do a cruise vacation the old fashioned way, just showing up and following the crowd – many of the new big, mass-marketed ships now offer a more complicated vacation, with more restaurants, entertainment and activities, some requiring an extra fee.

The positive

side of all these changes is that cruise vacations are bursting with choices, sometimes more to do than passengers can find time for – from full service spas and adventurous activities to evening entertainment and a host of places to eat. The cruise line mantra is that all these vacation experiences are served at a price lower than you could find off the ship, much lower than if you were vacationing a la carte.

The negative side, however, is that if you want to participate in all that the big ships offer, no longer can you just show up on getaway day. You need to do – May I say it? – some homework. Get online, do some prior planning, and book the extras before you head out on vacation. A decade ago, a passenger's major con-



Private cabanas on Holland America's Nieuw Amsterdam often are sold out for the entire cruise. Retreat cabanas such as this one rent for \$45 on port days, \$75 on sea days. Cabanas on the Lido pool deck below rent for \$30 on port days, \$50 on sea days. photo by Holland America

cern aboard ship might be rushing to the sun deck early enough to reserve a lounge chair by the pool. Now, with all the private balconies attached to outside cabins, you don't see as much competition for deck chairs.

Instead, the battle is for a private cabana, a massage on a sea day, or a table in a top specialty restaurant.

On the biggest ships, by the time your vacation starts, the battle may be over.

Royal Caribbean, for instance, suggests that passengers go online and book all their dining reservations, shore excursions, spa appointments and special entertainment shows BEFORE they leave home, especially if they are sailing on the huge 5,400-passenger Oasis of the Seas or sister Allure of the Seas.

The issue is not quite as dramatic on other big ships, but some experiences book up quickly.

When I boarded Holland America's newest vessel, Nieuw Amsterdam, recently in Fort Lauderdale, I was surprised to learn that the outdoor cabanas, above the pool deck, were nearly sold out for the entire week. These cabanas, which come with meal and drink service, are prized for their privacy by repeat passengers.

If you want to eat at the Nieuw Amsterdam's new Master Chef's Table, which is a room holding about a dozen people for a tasting menu offered by Master Chef Rudi Sodamin on select nights each week, or the weekly Evening at Le Cirque, in partnership with the famed New York French res-

SEE "CRUISING" PAGE 18.

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



E-Cigs Trial Offers Turning Out To Be A Total Drag

by Katie Carrol

The Better Business Bureau has received complaints from consumers who tried a free Internet offer for smokeless cigarettes, but who ended up being burned when they were unexpectedly charged for the trial. Although your BBB of Southern Colorado has

not received complaints, consumers in 44 states have filed more than 360 complaints against Direct E-Cig of Naples, Florida and London, England this past year.

Consumers say they ordered what they thought was a free starter kit, only to find out later that the company billed their credit cards for \$100, \$200, or more.

Direct E-Cig has an "F" grade with the BBB, the lowest possible rating.

In response to complaints, Direct E-Cig told the BBB its website states consumers must go through a cancellation process within 15 days "to avoid being billed the full price of the kit of \$109.95 and future monthly shipments," though many consumers were solicited by direct mail and say they never saw the cancellation policy.

Even if consumers are dissatisfied with the product and follow the return policy exactly, the free trial offer will end up costing them money. The website notes that Direct E-Cig charges \$7.50 for each opened or missing cartridge and a \$10 restocking fee on all returns.

On its website, Direct E-Cig calls its product "a revolutionary electronic smoking device designed as a great smoking alternative to traditional tobacco cigarettes." The site says smokers can smoke "virtually anywhere, without the flame, ash, tar, or carbon monoxide."

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!

However, a warning in small print on the company's site states "This product contains nicotine, a highly addictive substance. It has not been approved by the FDA as a smoke cessation device."

The U.S. Food and Drug Administration has warned consumers about the potential health risks associated with electronic cigarettes. They report that these kinds of products can increase nicotine addiction among young people and may lead them to try other tobacco products including conventional cigarettes.

Your BBB suggests consumers follow the tips when considering taking advantage of any free or low-cost trial offer:

- Be wary of committing to a trial offer, especially when you are asked to supply credit card information. Often, these offers require you to pay the full price for the product or automatically enroll you in an ongoing program as soon as the trial period is over.
- Consumers often report difficulty canceling their agreements, even if they try to follow all requirements.
- Understand, in some cases, these companies can supply your contact information to other businesses.
- Check out BBB company reports by going to www.bbb.org.

Deceptive Mailing Could Cost You \$225.00

On April 4, 2011, the Colorado Secretary of State's Office warned businesses and nonprofit agencies of

"deceptive mail solicitations" from a private company listing a Denver post office box as a return address. The Nevada Secretary of State has the company's name registered as Corporate Controllers Unit.

The mailing has an official looking seal on the top right of the form, and quotes the Colorado Revised Statutes to sound official. The mailing is titled "Periodic Report" and warns businesses that failure or refusal to file will result in a penalty. Corporate Controllers Unit then offers to file for a business for \$225.00. However; in most cases, the Colorado annual fee is just \$10.00 if you file directly with the Secretary of State.

Colorado Secretary of State Scott Gessler stated: "We work hard to keep business' filing fees low and communicate with these entities about the need for periodic filing." Gessler also said, "These kinds of deceptive mailings create unnecessary confusion. We've taken great strides to create a user-friendly, efficient system to file these reports online directly with the Secretary of State's office." You can read the entire press release from the Colorado Secretary of State: <http://www.sos.state.co.us/pubs/pressrel/2011/PR20110404Alert.html>

The Better Business Bureau of Southern Colorado (BBB of SC) advises consumers and businesses to check with the BBB before doing business with any company. Company reports are available online at www.bbb.org or contact our office at 719-636-1155 or 866-206-1800.

Senior Moments VII
An original theatre performance portraying Pueblo and our People
Held at Pueblo Community College Hoag Theatre in the Dr. Mike Davis Academic Building
Fri., May 20th • Sat., May 21st
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Effectively Managing Chronic Conditions

by Jean Bisio, President of Humana Cares

(NAPSI)—Researchers are finding new ways to deal with chronic diseases, which are becoming an epi-

demio in the U.S., especially among senior citizens.

The Problem

Consider this: Nearly two in five Medicare beneficiaries live with three or

more chronic conditions, including hypertension and arthritis, the most common ones. By 2030, nearly 150 million Americans are expected to suffer from at least one of these conditions.

These long-term and commonly in-curable illnesses significantly alter a person's independence and quality of life and rank as the No. 1 cause of death and disability. While the diseases require an extended level of expensive care, the good news is that much of the cost is preventable with a proactive approach to managing the conditions.

Recent health care reform shined a spotlight on preventive health care. However, to achieve affordable care, it is critical to consider the support those fighting chronic conditions already receive to manage their illnesses.

Traditionally, the health care system has been fragmented, treating one disease at a time. By treating the whole person through programs such as Humana Cares, we are able to limit duplicative efforts and provide social-care support that helps improve lives.

The Cost

Chronic illness currently costs \$1.3 trillion annually to treat and accounts for more than 75 percent of health care dollars spent in the U.S. Reflecting lost productivity, annual spending on such treatment is projected to increase by more than 40 percent by 2023.

A Solution

According to a disease management study conducted over three years by Health Affairs, a creative strategy among employers is value-based insurance design, sometimes known as value-based benefit design. These programs feature employee benefit incentives to encourage people to adopt healthy lifestyles and select high-performance providers.

How It Works

Disease management programs, such as Humana Cares, aim to address chronic illness by promoting the effective use of health care interventions and preventive care in addition to

providing resources to stay healthy.

That company provides personalized health coaching via telephone, in-person care management and health education and support. A care manager serves each member and develops a personalized health plan that coordinates the member's medical needs and helps him or her live as independently as possible.

For instance, a care manager might help a member understand the financial benefit of ordering drug prescriptions by mail or encourage a homebound member to walk to the mailbox three times a week to retrieve mail to help them start to think about how exercise can help improve their quality of life.

The manager oversees a core team that comprises nurses, social workers, community health educators and mental health specialists. This group works with members to connect them with community-based resources such as meal delivery, home modification needs, transportation and respite care.

"By looking at the whole individual, we are able to teach members with chronic conditions how to participate in their own care, arming them with a community of resources," said Julia Williams, Humana Cares manager. "When members better understand how to care for their illnesses, they live happier and healthier lives."

The Benefits

So far, the program has led to:

- A 35 percent reduction in inpatient hospital admissions, with a 5 percent drop in hospital length of stay;
- A 22 percent decline in emergency room cases;
- A 20 percent drop in medical claims.

While our nation works to prevent chronic conditions, it remains vital to activate programs that help reduce costs and improve the quality of life for those with chronic diseases.

You can learn more at www.humana.com.

• **Jean Bisio, President of Humana Cares, a complex-care management program for the chronically ill.**

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Americans Turning A Blind Eye To Vision Loss

(NAPSI)—More than two thirds of Americans aged 55 or older have had an eye exam in the last year to maintain their vision, yet 80 percent do not know that age-related macular degeneration, or

AMD, is a leading cause of vision loss in people over 60, according to a new national survey. The survey, conducted by Opinion Research Corporation, found that only 46 percent of the 1,169 respondents could

correctly identify the risk factors for this serious, progressive eye disease and just half could identify any one symptom. Of the 24 percent who are familiar with AMD, only 31 percent were aware that treatment options exist for the disease.

AMD occurs when the macula—the central portion of the retina that is important for reading and color vision—becomes damaged. There are two forms of AMD—wet and dry. All cases begin as the dry form, but 10 percent to 15 percent progress to the more serious wet form, which can result in sudden and severe central vision loss. Without treatment, central vision can be lost over time, leaving only peripheral, or side, vision.

In its early stages, AMD may not cause any noticeable symptoms. As the disease advances, symptoms may occur in one eye or both, and can include blurred vision, difficulty reading or recognizing faces, blind spots developing in the middle of the field of vision, colors becoming hard to distinguish and distortion causing edges or lines to appear wavy, according to research by the AMD Alliance and the University of Michigan Kellogg Eye Center.

If a person develops any of these symptoms, an eye exam is crucial and early diagnosis and treatment is essential to help

avoid severe vision loss. A retina specialist should be consulted if there is a diagnosis of wet AMD, to ensure the most appropriate care.

Approximately 15 million people in the United States have AMD, and more than 1.7 million Americans have the advanced form of the disease. About 200,000 new cases of wet AMD are diagnosed each year in North America. Due to the aging baby boomer population, the National Eye Institute estimates that the prevalence of advanced AMD will grow to nearly 3 million by 2020.

The greatest risk factor for AMD is age. Other risk factors include gender (women tend to be at greater risk), race (Caucasians are more likely to lose vision from AMD) and family history. Living a healthy lifestyle can help reduce the risk of developing AMD. Several risk factors can be managed with your healthcare provider's help, including obesity and smoking.

For additional information about AMD visit www.eyeamd.org.



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Seniors Healthier With New Benefits

(NAPSI)—Staying healthy just got a little easier if you're 65 or older.

That's because Medicare now covers many wellness and preventive services free of charge. Older Americans can get important screenings, immunizations and an annual "wellness" checkup without spending a dime, under provisions in the Affordable Care Act that took effect in January 2011.

"These services have the potential to add years to your life—and the life of your loved ones," said AARP board member and geriatric specialist William J. Hall, M.D. "We urge older Americans to get all the preventive services their

doctors recommend."

For the first time, Medicare will pay entirely for a host of vital screenings—for colon and other cancers, diabetes, heart disease, osteoporosis and other chronic conditions.

On top of that, Medicare now covers a yearly "wellness" exam that can spotlight steps you need to take to take charge of your health. As part of this checkup, you can work with your doctor on developing your own prevention plan.

These new benefits can make a difference in people's lives, because they enable older Americans to get the preventive care they need without worrying about cost. Research has shown that individuals are less likely to get health screenings when they have to pay for them.

Many older Americans have not been getting important preventive services, according to the Centers for Disease Control and Prevention.

For example, millions of older people at risk for diabetes and colorectal cancer have not been screened for those illnesses. Similarly, millions of older Americans have not received a vaccine for pneumococcal disease, even though research shows that the risk of developing the diseases increases with age and the presence of chronic conditions.

When it comes to staying well, most people know they should eat right, get exercise and keep their weight in check. Now, many can add a new item to the list by taking advantage of Medicare's new benefits for preventive services. Such services could save your life.

To learn more about preventive services in Medicare, click on www.aarp.org/healthscreenings. And for more information about the health law, visit www.aarp.org/getthefacts.



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Survey Sheds Light On Concerns of Alzheimer's Caregivers

National Survey Sheds Light On Top Concerns Of Alzheimer's Disease Caregivers

(NAPSI)—A national survey of 524 non-professional Alzheimer's disease (AD) caregivers found that, over time, memory loss and confusion, which are cognitive symptoms, in addition to personal safety are their greatest concerns related to their loved one's AD. In fact, 67 percent of AD caregivers surveyed said changes in cognitive symptoms were among their main concerns. The survey was recently conducted by Harris Interactive for Eisai

Inc. and Pfizer Inc in partnership with the Alzheimer's Foundation of America (AFA).

The majority of AD caregivers surveyed are proactive participants in the dialogue and decision-making around their loved one's disease, and 75 percent were either "satisfied" or "very satisfied" with the communication they have with their loved one's health care professional. However, one fourth of caregivers were either "somewhat" or "not at all satisfied," highlighting there may be room for improvement in this dialogue.

"Family caregivers are typically the first to notice when their loved one's symptoms are changing and whether AD may be progressing," said Eric J. Hall, president and CEO of AFA. "This is why it is critical for them to proactively engage in discussions with their health care professional to help address these changes."

Family gatherings provide an opportunity to observe changes in a loved one that may stand out after not seeing them for a while.

About AD

AD—a degenerative disease of the brain—is typically characterized by three stages: mild, moderate and severe. AD gradually gets worse over time and is the sixth leading cause of death in the United States. Right now, as many as 5.1 million Americans age 65 and older have AD, with 3.6 million of those having moderate-to-severe disease. AD affects not only the individual with the disease but also the caregivers and the entire family. As our population ages—including the first wave of baby boomers turning 65 in 2011—the disease may impact a greater percentage of Americans.

For additional information about AD and other resources, visit www.alzfdn.org.

Key Survey Findings

The survey also illustrated the following:

- 55 percent of AD caregivers surveyed said caring for their loved one has taken a toll on their own health
- 60 percent of AD caregivers surveyed said they feel overwhelmed
- 84 percent of caregivers of loved ones with severe AD surveyed said caregiving frequently stops them from



participating in activities they enjoy, which is more than caregivers of loved ones with mild (67 percent) and moderate (68 percent) AD

• The three greatest caregiver concerns about their loved one's AD were memory loss (41 percent), personal safety (33 percent) and confusion (27 percent)

• 67 percent of AD caregivers surveyed named at least one change in cognitive symptoms as a main concern about their loved one's AD

Disclosure

This article was provided by Eisai Inc. (www.eisai.com) and Pfizer Inc (www.pfizer.com).

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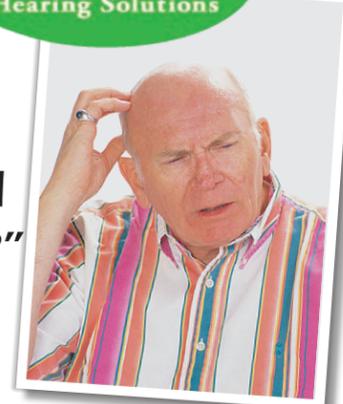
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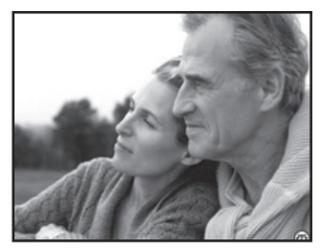
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Most Average Americans 55 To 75 Uncertain About Retirement Finances

(NAPSI)—Proper planning can reduce your chances of having to depend on others for financial support and help ensure you have a legacy to pass on to your loved ones; two of the top worries for seniors. Yet, a recent study by the Bankers Life and Casualty Company Center for a Secure Retirement found that nearly two in three, or 63 percent of middle-income Americans between ages 55 and 75 with incomes between \$25,000 and \$75,000, are unsure that they've saved enough to live comfortably in retirement.



"Rising health and long-term care costs, the declining value of investments and an uncertain economic future highlight the need for retirement plans that protect savings and make money last," said Scott Perry, president of Bankers Life and Casualty Company, a national life and health insurer. "The value of utilizing the resources available—whether through your own research or a professional—is apparent when you look at what people face when planning for retirement."

As the responsibility for ensuring financial security in retirement shifts to individuals, it becomes daunting when you consider the study's finding that nearly half (47 percent) view the tasks associated with retirement planning as complex and overwhelming.

Despite their feelings, however, more than half do not receive professional retirement advice of any kind. Instead, they turn to the Internet (50 percent) and to friends and family (38 percent) for guidance.

The Center's retirement preparedness study found that 84 percent of those who don't work with a professional advisor don't feel they need one. Many feel that they can plan for retirement on their own, but they fail to do so. According to the study, 63 percent spend less than one hour per month planning, and 36 percent of those without advisors don't do any research at all.

Meanwhile, according to the study, 68 percent of middle-income retirees and pre-retirees who work with a professional advisor feel better prepared for retirement than their peers, and 76 percent say they're extremely or very satisfied with the experience.

The complete study may be viewed at www.CenterForASecureRetirement.com.

Eldercare Locator Is Great Resource

(NAPSI)—By 2030, there will be about 72 million Americans over 65 years old, more than twice as many as in 2000. A recent survey found that 85 percent of those over 45 want more information about aging issues. Fortunately, the answer to many aging questions is just a call away.

The Eldercare Locator, a public service of the U.S. Administration on Aging, is a first step to finding resources for older adults in any U.S. community. This free service connects you to local agencies that provide information about resources and assistance for older adults and those who care for them. It also offers brochures on a variety of topics and caregivers can find support groups and other helpful services.

Now, with the "boom" in the older population, the Eldercare Locator has added live operators and additional informational resources.

To reach the Eldercare Locator, call (800) 677-1116, Monday through Friday, 9 a.m. to 8 p.m. EST or visit www.eldercare.gov. The Eldercare Locator is administered by the National Association of Area Agencies on Aging (n4a).

Medicare Costs High? Three Proposals Won't Help

MEDICARE COSTS TOO HIGH? THREE MEDICARE PROPOSALS THAT WOULD MAKE YOU PAY EVEN MORE

Alexandria, VA (April 5, 2011) Congress is considering three major deficit reduction proposals that would make seniors pay even more for their Medicare than they do now. The debate over federal spending on Medicare is occurring at the same time a majority of seniors are reporting higher out-of-pocket Medicare costs, according to a new survey by The Senior Citizens League (TSCL), one of the nation's largest nonpartisan seniors groups. Retirees received no annual cost-of-living adjustment (COLA) in both 2010 and 2011, leaving them with less Social Security income to cover much higher monthly bills. About 47 percent of respondents report receiving lower Social Security payments this year, and more than 60 percent said their overall monthly expenses had increased \$80 or more.

Here's a closer look at the Medicare proposals:

* Require Medicare beneficiaries to pay a higher portion of the Part B premium. Premiums for Part B cover physician and hospital outpatient services. The premiums of most seniors, those

with incomes under \$85,000, equal 25 percent of Medicare's total cost of services, and the federal government covers the other 75 percent of the cost. This proposal would require seniors to pay 35 percent instead - like higher-income seniors do now. The 2010 Medicare Trustee report estimates that Part B premiums at the 35% level would be \$159.30 per month in 2012.

* Require new deductibles and cost-sharing while limiting what Medigap plans could cover. Because Medicare doesn't cover all of the costs, seniors purchase supplemental coverage, known as "Medigap," to cover deductibles, and co-insurance. A proposal from President Obama's Fiscal Commission would impose a new deductible of \$550 and new cost-sharing. Then, it would restrict what Medigap plans could cover, adding up to \$3,000 in new out-of-pocket costs that the more comprehensive Medigap plans cover now.

* The government would provide a fixed amount of money or "voucher" to purchase private coverage. Currently Medicare pays per procedure. Under this proposal the federal government would provide a fixed amount of money or "voucher," to private health plans to provide coverage. The amount of the

voucher would be limited to the growth of the gross domestic product plus one percentage point. However, for the last 40 years national healthcare spending has exceeded the growth of the gross domestic product by more than two percentage points. The non-partisan Congressional Budget Office said that over time the vouchers would become increasingly inadequate to purchase sufficient coverage, or that seniors would face significantly higher premiums.

"The Medicare Trustees already estimate that Medicare Part B and Part D premiums and out-of-pocket costs take about 27 percent of average Social Security benefits," states TSCL Chairman, Larry Hyland. "And that understates actual costs because it doesn't include what people pay for their supplements or Medicare Advantage plans," he notes. "These proposals simply shift a greater portion and more risk to seniors, making Medicare even less affordable for low- and middle-income beneficiaries," Hyland says. "We urge seniors to contact their

lawmakers in Congress and let them know what you think of these ideas to cut the deficit," he adds. TSCL lobbies to keep Medicare affordable and protect seniors

from cuts to Social Security benefits and reductions to the COLA. In addition TSCL supports legislation to provide a more fair and adequate COLA. To learn more, subscribe to

The Senior Citizens League's newsletter, The Social Security and Medicare Advisor, visit the TSCL website at www.SeniorsLeague.org, or call 1-800-333-8725 for information.

With over 1 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. Located just outside Washington, D.C., its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Please visit www.SeniorsLeague.org or call 1-800-333-8725 for more information. Distributed by The Senior Exchange, Inc. Serving The Mature American With Timely, Low-Cost, Self-Help Information



National Parks-A Fun, Budget-Friendly Activity

(NAPSI)—An entertaining way to get out and experience nature while promoting an active, healthier lifestyle with your family may be to visit a national park. There are over 400 parks and sites throughout the U.S. Here are some hints on how to make the most of your park time:

If You Only Have One Day

Most parks offer a fun and free way to get outside and enjoy the natural wonders of this country. A rewarding day could include picnicking, walking, bicycling, fishing or horseback riding. Also, most parks have a variety of hiking trails that will give you something different to explore every time you visit.

If You Have a Few Days

Whether you're a nature aficionado who prefers to "tent camp" or a newcomer who enjoys the comforts of a cabin, there are accommodations suited for practically any preference. Spend a few days to get

the most out of your "family time" by doing fun activities, while learning firsthand about natural features, wildlife and history.

Fun at the Park Back at Home

For national park fun in the comfort of your home, you can watch "Yogi Bear," the heartwarming Blu-ray combo pack and DVD now available from Warner Bros. The family-friendly film

features everyone's favorite picnic basket-stealing bear, Yogi. In the latest live-action adventure, Yogi discovers that Jellystone Park is being sold, tossing him, Boo Boo and all their friends out of the only home they've ever known. He and Boo Boo join forces with his long-standing friendly rival, Ranger Smith, and must find a way to save the park. Set against the natural beauty of national parks, "Yogi Bear" is a great way to show your family all the fun the outdoors has to offer.

National parks can be a won-

derful getaway for families to have some fun while making invaluable memories that will last a lifetime.

For more information on na-

tional parks, visit www.us-national-parks.net; for more information on "Yogi Bear," visit www.warnerbros.com.



El Pueblo History Museum

by Kathleen Eriksen

Each Saturday through May, from 10:00 a.m. to 3:30 p.m., visitors may explore the adobe post's six period rooms and interact with living history interpreters as they go about their daily endeavors on the frontier. Admission is free for children 12 years old and under, \$5 for adults, \$4 for senior citizens and students. Paid admission also includes the museum galleries with their new interactive exhibits.

"The Espinosa Controversy: A Legacy of Conflict" Lecture by Rick Manzanares

They've been called the "bloody" Espinosas. Having killed thirty-two people in the 1800s, the Espinosas remain Colorado's most prolific serial killers. History Colorado's Rick Manzanares, director of Fort Garland Museum, will present different perspectives on the story and why the controversy continues on May 6, Friday, at 7:00 p.m. Eventually two of the Espinosas were tracked and killed by scout Tom Tobin; their severed heads were presented to Fort Garland's commandant. The lecture is co-sponsored by the Pueblo Archaeological and Historical Society and El Pueblo History Museum. Admission is a requested donation. Call the museum at 583-0453 for reservations. Lecture will be at El Pueblo History Museum, 301 North Union.

"Southern Colorado Photography Society" Exhibit

A diverse range of photographic subjects will showcase the talents of the region's photographers in the High Vista Gallery at El Pueblo History Museum. The exhibit runs from May 6, through June 25, during regular museum hours of 10:00 a.m. to 4:00 p.m. Admission to the gallery is free.

"Song of Pueblo" Concert Season Begins

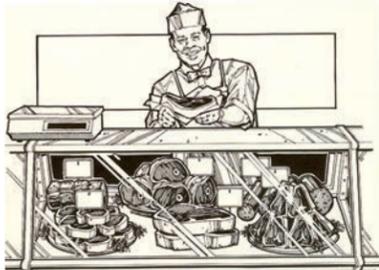
On May 21, Saturday, the first concert of the season begins. Experience music and history combined into a live and intimate performance at El Pueblo History Museum. An original Oratorio, written and composed by noted playwright, composer Daniel Valdez, it tells the diverse and compelling stories of Pueblo's past through song, narration, vignettes and historical images. Performed by El Pueblo Ensemble. Doors open at 6:00 p.m., concert is at 7:00 p.m. Tickets are \$15.

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Located in the exquisite Russian River Valley of Sonoma County, California, the historic MacMurray Ranch is increasingly known for crafting a collection of elegant, expressive wines from cool-climate vineyards in premier growing regions. The ranch itself began in the 1850s. Then, in the 1940s, it was taken over by Hollywood legend Fred MacMurray. Now, his daughter Kate has a genuine appreciation for viticulture and winemaking. MacMurray Ranch wines have received critical acclaim from many top wine critics.

“Our wines reflect our passion for the special places that give us extraordinary grapes,” she says. “We carve out unique vineyard blocks to make small lots of Pinot Noir, while our cool-climate Pinot Gris and Chardonnay embody the unique characteristics of Sonoma Coast.”

Kate MacMurray sees parallels between her ranch and her former life in film production. “One of the techniques actors use is called ‘sense memory,’ reaching for remembered aromas or flavors to evoke a time and place and emotion. Tasting our Pinot Noir wines is like that... one sip reminds you of wild berries; the next sip is earthy and warm like a summer afternoon; the next carries the sense of cool ocean fog. You really get a whole movie in every glass.”

Kate treasured the times when

her family would get together for a memorable fine food and wine experience. Here are two of her favorite recipes to enjoy with delicious MacMurray Ranch® wines.

BUFFALO SLIDERS WITH POINT REYES BLUE CHEESE AND CARAMELIZED ONIONS

Serves 4-6

Preparation time: 30 minutes

Cooking time: 10 minutes

- 1 pound ground buffalo meat
- 12 slider buns
- 2 ounces blue cheese (preferably Point Reyes)
- 1 onion
- 1 tablespoon olive oil
- Salt

Divide ground buffalo meat into 12 patties. Slice the onion and add to sauté pan. Cook onions with salt in olive oil on medium heat until golden brown, approximately 15 minutes. Toast slider buns under broiler. Cook sliders to your liking. Flip and add Pt. Reyes blue cheese. Place caramelized onion on the bottom half of slider bun.

Top with slider patty and top bun.

Served in some of the most elegant restaurants in the country, sliders are fantastic companions to MacMurray Ranch Central Coast Pinot Noir. The gamy flavor of the buffalo is nicely balanced by the caramelized onions and complements the red cherry and cola aromas of the wine.

BARREL STAVE ROASTED SHRIMP AND SCALLOPS WITH GREEN APPLE SLAW

Serves 4-6

Preparation time: 15 minutes

Cooking time: 10 minutes

- ½ pound fresh sea scallops
- ½ pound fresh prawns
- 1 green apple
- ½ red onion
- 2 radishes
- 2 tablespoons minced parsley
- 2 tablespoons olive oil
- Salt and pepper

Soak barrel stave (or cedar plank) in cold water for 1-2 hours. Pre-heat oven to 450 degrees. Place scallops and prawns on barrel stave and place

in the oven for 12 minutes. Grate green apple. Slice red onion and radishes.

Combine apples, onions and radishes, parsley, olive oil, salt and pepper and toss together.

This dish is designed to pair with the MacMurray Ranch Sonoma Coast Chardonnay. The creaminess and mineral aspects of the seafood, especially the scallops with the green apple slaw, complement delicate aromatics of ripe melon and passion fruit of the wine perfectly.

You can find these wines at fine wine shops and dining establishments and online at www.macmurrayranch.com.



Getting More Enjoyment From Your RV

(NAPSI)—Whether you are a rookie or a veteran when it comes to the pleasures of traveling in a recreational vehicle—or RV—GEICO professionals say that a review of the basics can help to keep you on the road to safety. Here are some tips:

Realize your size. Many road mishaps occur because of an RV's additional size and weight. For instance, operators accidentally drive under an overpass without enough clearance because they forget about the additional height.

Know your RV's height and keep it handy. Also know the clearances of the bridges and tunnels along your route—especially on back roads. A road atlas specifically for RVers or semi drivers can help.

Maintenance is important. An RV that's mechanically sound will be less apt to break down.

Be meticulous about maintenance. Make a pretrip checklist and do an inspection every time you get behind the wheel.

A proper maintenance program should include:

- Inspecting all belts and hoses for cracking and replacing where required;
- Checking headlights, brake lights and turn signals;
- Making sure your tires have the correct air pressure and sufficient tread depth.

Have a plan if you do break down. Carry your cell phone and know the emergency numbers to call. Also, leave your itinerary with relatives or friends so they can contact you in case of emergency.

Always wear safety belts. Passengers should be belted in also. Laws don't require RVs to have safety belts in all areas where passengers can sit, but it is better to be safe, so buckle up!

Avoid these common causes of RV accidents:

- Fires that occur from leaking

LP gas (propane);

- Tire blowouts due to overloading or to under inflated or worn-out tires;

• RV awnings and steps—Make sure RV outside steps are put away before traveling. Store them during travel and questionable weather;

• Clearance and height driving mistakes—RVs hitting bridges and gas station overhangs;

• Overloading—uneven weight can cause restricted braking and steering problems.

Make sure your coverage is up to date and fits the RV lifestyle. Not all insurance companies understand the needs of RV drivers, so it is wise to pick one that specializes in RV coverage. For example, GEICO has a dedicated team of RV insurance agents who are experts in issuing and servicing insurance policies for all types of RVs.

To learn more, visit the websites at www.rvsafety.com and www.geico.com/information/safety/rv/.



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Probiotic Powerhouse

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

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

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

To learn more, visit the Web site at www.stonyfield.com.

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"C" HOME SITTING and/or Basic Pet Service: References and Insured!

CRUISING

from page 11.

restaurant, get your reservation in early, preferably before the ship sails. These are sold out each week, said Holland America executives, who added that all specialty dining opportunities on Nieuw Amsterdam tend to be booked up by the second or third day of each cruise.

With Tamarind, which serves Asian fare, and the Pinnacle Grill, a steakhouse, Nieuw Amsterdam offers four gourmet menus at a total extra cost of about \$185 per person (which includes wine at Le Cirque and the Master Chef's Table). Of course, no passenger is required to do or pay for any of this. Nieuw Amsterdam's main dining room, Manhattan, serves a fine menu each night, including special suggestions by Chef Sodamin.

Curiously, while most of the big mass-marketed cruise ships are moving away from the all-inclusive concept and adding various experiences for extra fees, the more luxurious ships are moving in the opposite direction, toward being more inclusive in dining rooms where reservations seldom are an issue, in bars, and on shore excursions.

Crystal Cruises, for instance, recently announced that starting in spring 2012 there will no longer be charges aboard for alcohol and for staff gratuities. That makes Crystal's two ships almost all-inclusive.

The change "responds to the desires of today's upscale cruise traveler," said Crystal president Gregg Michel. These are travelers who just want to show up.

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

Carolyn Brass 719-404-3441 or email lynbrass@q.com #0611

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WANTED! Older golf putters, signed

Coulter

from page 8.

that, during his presidency, the Supreme Court was required to decide whether a government employee could be fired for talking on the job about John Hinckley's assassination attempt against Reagan, saying, "I hope they get him."

Where have you gone, rock-ribbed Republican government employees?

With the nation in the fight of its life against incompetent government bureaucrats who can never be fired and think the world owes them \$100,000 a year, free health care, and endless vacation, sick, personal and mental health days -- all granted to them by Democratic politicians to buy their votes --

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.

golf books and pictures, older golf tournament programs, pins and badges. (719) 687-1227. Masters golf items too. #0411

WILL DO HOME health care for you or loved one. Prepare meals showers, doctor appointments, light cleaning, companion, southside. Call Carmen, 564-2157. #0411

WANTED: Certain record albums and 45's from 1950s and '60s. Also pre-1960 boy scout items. Also 10 cent comic books. 719-566-7975. Tom. #0411

JOIN MY HUSBAND AND ME on an 11-day Christian Heritage tour to Israel leaving Denver Sept. 15th. For more information on this opportunity, check my website: bettyeller.grouptoursite.com or call 719-289-0728.

FOR SALE: Timeshare. Festival Group, 26 resorts available and 6 sailing vacations to Caribbean Islands. Use 2 1/2 weeks as desired. Price negotiable. World-wide resorts also. 719-583-2042. #0411

CONCRETE WORK Driveways, patio, monolithic, garage floor slabs - Tractor work and landscaping Professional work at a reasonable price.

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TURN KEY RENTAL PROPERTY in friendly Colorado farming town of Rocky Ford. Investors, retirees, entrepreneurs - live in one, rent out the rest and let this one-of-a-kind mansion pay for itself. 14.5 bedrooms, 8 baths. 8 kitchens. Loads of character, possibilities! Make offer - willing to negotiate. Owner selling due to health reasons. 50 miles east of Pueblo. Close to golf course, nursing home, hospital, Amtrak, college, shopping, schools, churches. Call for details/appointment: 719-568-4293 - ask for Jan. <http://www.coloradoincomeproperty.info> #0511

CNA WILLING and able to provide for your Home Health needs to keep you in your Home. Sixteen years experience! Excellent references. Call Donna, 719-320-3034. #1210

WE HAVE AN OPENING in our Christian home. If you or your loved one needs care 24/7 please call [do-vehomellc](http://do-vehomellc.com). Call 719-542-3496 NOW! These openings don't last long. #0611

liberals love to pretend the governor of Wisconsin is at war with West Virginia coal miners.

Again: We're not talking about unions in industries where there is something called "management" on the other side of the bargaining table. We're talking about government jobs used to buy Democratic votes with your hard-earned money.

Until five minutes ago, journalists sneered at the very blue collar workers they are now using as a cat's paw to burnish the image of government workers.

Real union members are people like Todd Palin, who have nonprogressive views on things like gay marriage, abortion, public displays of religion, illegal immigration and the treatment of detainees at Guantanamo. Most of them

don't even care whether the Screen Actors Guild provides sufficient coverage for Jungian psychotherapy.

The media's true kinship is with functionaries who work for state bureaucracies, not machinists, loggers and coal miners.

But now that journalists need to generate warm feelings toward surly government bureaucrats, they are suddenly portraying the bureaucrats as the salt-of-the-earth, blue-collar types they usually revile.

Democratic Sen. Dick Durbin perfectly illustrates the mentality of the average liberal. Discussing a proposal to raise the retirement age of Social Security before there's no money left, Durbin said on MSNBC's "Morning Joe" that for people like him, who work at a desk, it's no big deal. But for "folks involved in physical and manual labor, another year or two becomes problematic."

And what profession did Sen. Durbin choose to illustrate the idea of backbreaking work? A construction worker? A woman working in a chicken processing plant? A commercial fisherman?

No. He cited postal employees. "It's tough," he said, "to say, just stick around and deliver mail for another couple years."

Even in their sleep, liberals must dream about new ways to suck up to public sector employees.

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Social Security & You

from Melinda Minor, District Manager - Pueblo



SOCIAL SECURITY AND PUBLIC SERVICE

Public Service Recognition Week takes place from May 1 to May 7, 2011. We at Social Security appreciate the hard work and dedication of not only our own employees but all people who serve the American public.

Celebrated the first week of May since 1985, Public Service Recognition Week is a nationwide public education campaign honoring the men and women who serve our nation as Federal, State, county and local government employees — such as school teachers, police officers, and fire fighters — and who ensure that our government is the best in the world.

Recognition of public service goes back further than 1985. In 1961, President John F. Kennedy said, "Let the public service be a proud and lively career. And let every man and woman who works in any area of our national government, in any branch, at any level, be able to say with pride and with honor in future years: 'I served the United States Government in that hour of our nation's need.'"

Social Security employees consider it a privilege to serve the American public. You only need to visit an office,

call our toll-free number, or visit www.socialsecurity.gov to see that when it comes to serving the public, we want to be the best.

A convenient service option for many Americans is our web site. For example, if you need to obtain general information about Social Security, apply for benefits, or get an estimate of your future benefits, visit us online at www.socialsecurity.gov or go directly to our online services page at www.socialsecurity.gov/onlineservices.

You also can call Social Security toll-free at 1-800-772-1213 (TTY 1-800-325-0778) or visit your local Social Security office. If you're not sure where the nearest office is located, just visit www.socialsecurity.gov/onlineservices and select the "Social Security Office Locator" at the left side of the page.

Learn more about Social Security at www.socialsecurity.gov.

A VALUABLE GIFT FOR MOM

Mother's Day is right around the corner. It's always nice to give Mom a card, flowers, and candy. But this year people all over the country are helping their moms save nearly \$4,000 a year on the cost of prescription drugs. You can help your mom too — and it won't cost you a dime.

The high cost of prescription medication can be a burden on mothers (or anyone) who have limited income and resources. But there is Extra Help — available through Social Security — that could pay part of her monthly premiums, annual deductibles, and prescription co-payments. That Extra Help is worth an average of almost \$4,000 a year.

To figure out whether your

mother is eligible, Social Security needs to know her income and the value of her savings, investments, and real estate (other than the home she lives in). To qualify for the Extra Help, she must be enrolled in Medicare and have:

- Income limited to \$16,335 for an individual or \$22,065 for a married couple living together. Even if her annual income is higher, she still may be able to get some help with monthly premiums, annual deductibles, and prescription co-payments. Some examples where income may be higher include if she or her spouse:

- Support other family members who live with them;
- Have earnings from work;
- Live in Alaska or Hawaii;

- Resources limited to \$12,640 for an individual or \$25,260 for a married couple living together. Resources include such things as bank accounts, stocks, and bonds. We do not count her house and car as resources.

Social Security has an easy-to-use online application that you can help complete for your mom. You can find it at www.socialsecurity.gov. Just select the link on the left of the page that says, "Get extra help with Medicare prescription drug costs." To apply by phone or have an application mailed to you, call Social Security at 1-800-772-1213 (TTY 1-800-325-0778) and ask for the Application for Help with Medicare Prescription Drug Plan Costs (SSA-1020). Or go to the nearest Social Security office.

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

So this Mother's Day, give your mom a gift she can really use year-round — a savings of up to \$4,000 a year on her prescription drugs. Flowers wither and candy is consumed, but the Extra Help through Social Security will keep on giving throughout the year.

CONNECTING TO OLDER AMERICANS

Older Americans Month is an occasion to show appreciation and support for our seniors as they continue to enrich and strengthen our communities. This May, the theme — Older Americans: Connecting the Community — pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities and highlights how technology is helping older Americans live longer,

healthier, and more engaged lives.

Social Security uses technology to make dealing with Social Security easier for seniors. We offer a variety of services at www.socialsecurity.gov. Just look at the "top services" column to the left of the page to see the wide range of services that technology allows us to offer online.

Social Security has a special relationship with American seniors since we pay benefits, at one time or another, to just about every one of them. Nine out of ten Americans aged 65 or older receive Social Security benefits.

Here are some more statistics to consider. Among older Social Security beneficiaries, 52 percent of married couples and 72 percent of unmarried persons receive half or more of their income from Social Security. Older Americans are a growing group, too. Life expectancy continues to rise, and by 2035, it's estimated that there will be twice as many older Americans as there are today.

Older Americans, as well as people who don't expect to retire anytime soon, who use Social Security's website give it consistently high customer satisfaction ratings. Right now you can get an estimate of your future retirement benefits, plan your retirement, even apply for retirement benefits right over our website. Visit us online at www.socialsecurity.gov.

Learn more about what you can do to celebrate Older Americans Month by visiting the organization's website. www.olderamericansmonth.org

Question & Answers

RETIREMENT

Question:

What can Social Security do to help me plan for my retirement?

Answer:

Social Security has some great online financial planning tools you can use to make an informed decision about your retirement. Social Security's online Retirement Planner and our online Retirement Estimator are both tools you can access online at any time. These will let you compute estimates of your future Social Security retirement benefits. They also provide important information on factors affecting retirement benefits, such as military service, household earnings, and Federal employment. You can access our Retirement Planner at www.socialsecurity.gov/retire2. Find the Retirement Estimator at www.socialsecurity.gov/estimator.

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Burst And The
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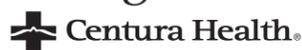


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Senior Beacon

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

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

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Here's How To Save Your Money On Gasoline

(NAPSI)—With the rising price of gasoline, people are looking for ways to save money at the pump. Here are tips from Al Unser, Jr. that will save you money on gas as well as lower vehicle emissions and reduce maintenance costs.

1. Don't drive aggressively. You drastically increase the fuel you consume and the emissions your car gives off when you accelerate quickly and stop quickly. Also, the more errands you take care of in one trip, the better for your mileage.

2. Do keep your car in shape. Regular tune-ups will keep your car producing less greenhouse gases, using less gasoline and preventing future trouble. If every American's tires were properly inflated to the right level, it could save 3 billion gallons of gas every year.

3. Don't run hot and cold. Unless your car's a classic, chances are it's electronically controlled and doesn't need to be warmed up by idling. Also, go easy on the air conditioner. Park in the shade.

4. Do upgrade for efficiency. Invest in quality high-flow air filters, synthetic oils and spark plugs for better performance. Also, try not to carry unnecessary weight in your car. Check your trunk for unused items that add to the weight your engine has to move.

5. Do add an engine conditioner when you fill up the gas tank. It lubricates the combustion chamber to help prevent engine damage. Engines break down and operate inefficiently with long-term wear and tear on vital parts. By lubricating them, you can increase the longevity of your vehicle.

What's more, every time you fill up at the pump, there's one condi-

tioner that can save you money while reducing the amount of toxic emissions. It's called Force For Earth Fuel & Engine Conditioner. Force is 100 percent natural and biodegradable and works with all fuels. The easy-to-use conditioner helps your engine burn more efficiently and is nontoxic and nonhazardous so it's safe for the environment.

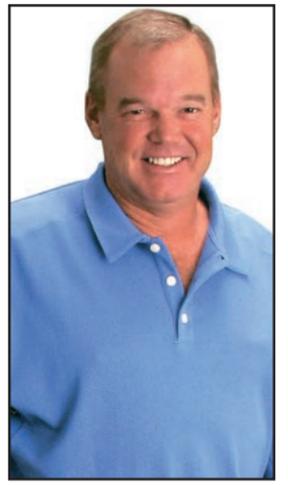
Other benefits include:

- Increased fuel economy
- Reduced heat and friction
- Clean, lubricated engine parts
- Improved vehicle performance

6. Don't forget to add Force in your oil to clean and lubricate your engine for better performance and to extend the life of the oil.

Unser uses the product in his race car, family car and even in his boat's outboard motor. As he explains, "Force

increases fuel mileage and reduces emissions by 30 percent or more. Leaving a smaller carbon footprint is very important to me as well as saving up to 19 percent on fuel and money. Who doesn't like doing that?"



To learn more and to order the product with free shipping, visit www.gasnewsusa.com or call toll free (877) 342-2111. And like them on Facebook: www.facebook.com/forcefuel.

WEIRD

from page 4.

his body, bouncing up and down much more randomly than do people who are merely poor dancers.

-- From the September 2010 issue of the journal *Endoscopy*, reported by three physicians at the Albert Einstein Medical Center in Philadelphia: A 52-year-old woman undergoing a routine colonoscopy was shown on the screen to have a cockroach in her traverse colon. A literature review revealed no previous cases of cockroaches (but, e.g., ants, wasps, bees). Though the cockroach was not welcome, the doctors acknowledged that in some other countries, they are delicacies.

-- Scientists Just Wanna Have Fun: A team of whimsical researchers at the University of Osaka (Japan) Graduate School of "Frontier Biosciences" has produced a strain of mice prone to "miscopying" DNA -- making them susceptible to developing sometimes-unexpected mutations, such as their recently born mouse that tweets like a bird. Lead researcher Arikuni Uchimura told London's *Daily Mail* that he had expected to produce, instead, a mouse with an odd shape, but the "singing mouse" emerged. Previously, the team produced a mouse with dachshund-like short limbs.

Leading Economic Indicators

-- People With Too Much Money: (1) During New York City's Fashion Week in February, "fanny packs" made a comeback (though certainly not under that name), according to a *Wall Street Journal* report, ranging in price from a \$325 Diane von Furstenberg to a Hermes "Kelly Bandeau" model, expected to sell for \$4,675. (2) An uniden-

tified "coal baron" in northern China purchased an 11-month-old, 180-pound red Tibetan mastiff recently from a breeder in Qingdao for the equivalent of about \$1.52 million. "The price is justified," said breeder Lu Liang. "We have spent a lot of money raising this dog, and we have the salaries of plenty of staff to pay."

-- What Federal Cutbacks? In March, *Daily Caller.com*, combing federal government job announcements, found more than 1,000 in Washington, D.C., including a Facebook manager for the Interior Department (\$115,000 annually), a student internship at the Housing Finance Agency (\$48,000) (the same salary as being offered by the Pentagon for mailroom clerks), and managers of equal-opportunity employment programs at the Peace Corps (\$155,000) and the Transportation Department (almost \$180,000).

Least Competent Criminals

Clever, But Didn't Think It All the Way Through: (1) Daryl Davis, 30, was arrested in Springfield, Pa., in March and charged with stealing a pickup truck off of a dealer's lot. According to police, Davis had carefully forged an owner's credential for the truck at another dealership and obtained a "duplicate" key, allowing him to drive the truck off the second dealer's lot. However, when he made the original bogus credential, he had used his own name and photograph and was easily tracked down. (2) LaShay Simmons, 22, was charged in March in Houston with theft of about 250 Sprint phones by (according to police) ordering 10 to 20 phones at a time under the names of legitimate businesses, but then calling Sprint back

later to change the delivery location. However, she always made the callbacks using her own easily traceable Sprint phone.

Rattlesnake Roundup

Laney Wallace, 16, won the beauty contest at the 53rd Rattlesnake Roundup in Sweetwater, Texas, in March and the next day fulfilled the first duty of her reign: to behead and skin a western diamondback. "You have to make sure you don't pop the bladder," the 2011 Miss Snake Charmer said shortly after taking a few swipes with a machete. "That (would be) a huge mess."

Compelling Explanations

-- Convicted heinous Minnesota sex offender John Rydberg, 69 and still detained after having served his sentence because he is still a "danger," exhibited an upbeat demeanor for a three-judge panel in March, hoping for release. He said his number of victims was far fewer than the "94" he previously admitted to, explaining that he offered a purposely high number because he was afraid underplaying his crimes might make it appear that he was lying. "What can I say?" offered Rydberg. "I'm a work in progress."

Ironies

-- Go Figure: (1) The author of most of the text of *The New York Times* obituary on Elizabeth Taylor, published on March 23, was *Times* reporter Mel Gussow, who passed away almost six years before Taylor. (2) At George Washington University's men's basketball game on March 5, accountancy department professor Robert Kasmir was honored at halftime for being one of the elite financial donors to the university,

but he was not around for the end of the game. He was ejected from the stands in the second half for harassing a referee about the officiating.

Leading Economic Indicators

-- In February, Wisconsin state Rep. Gordon Hintz was caught up in an ongoing investigation of prostitution at the Heavenly Touch Massage Parlor in Appleton that resulted in six arrests. Police merely issued Hintz a municipal citation (indicating that he might just have been in the wrong place at the wrong time). Nonetheless, Hintz refused to discuss the matter. "I am willing to take responsibility for my actions," he said, but "(m)y concern right now" is not to be "distract(ed) from the much more important issue" of "stand(ing) up for Wisconsin's working families."

-- People With Too Much Money: The average sale price of a home in Aspen, Colo., in 2010 was about \$6 million, and as of early March 2011, the lowest-price single-family home on the market there was listed at \$559,000, according to a *Wall Street Journal* report. The home is located in a trailer park.

The Litigious Society

-- The family of the late Roger Kreutz filed a lawsuit in St. Louis in March over the fatal head injuries he received when a car knocked him down in a Starbucks parking lot in 2008. The driver was Aaron Poisson, who was trying to get away from Kreutz, but Poisson was not sued. According to the lawsuit, the cause of the fatal injury was negligence by Starbucks -- because it had mindlessly placed its tip jar in full view on a counter, thus (according to the theory of the lawsuit) goading Poisson into snatching up the money and running out the door, and inspiring Kreutz, as a good Samaritan, to chase Poisson and try to retrieve the employees' tips.

Creme de la Weird

-- Lucas Kocab, 31, was arrested in Medina, Ohio, in February and charged with "persistent disorderly conduct" after an incident that he attributed to having snorted "bath salts." Kocab had called police to help him evict the "30" intruders in his home, and although none were found, Kocab insisted that the intruders were merely making it seem like they were not there and that they were actually blending into the surroundings, disguised as chairs or trees. Police said they were forced to Taser Kocab because he would not stop running in circles and yelling. The police examined the "bath salts" and determined that the substance is not illegal in Ohio.

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Tasteful Mystery For Readers Who Like Suspense

A TASTEFUL MYSTERY FOR READERS WITH AN APPETITE FOR SUSPENSE

(NAPSI)--There's good news for fans of delicious food and delightful mysteries. A caterer who is also a sleuth extraordinaire has returned in another tasty and suspenseful adventure from a writer who has been described as the Queen of the Culinary Mystery.

New York Times bestseller Diane Mott Davidson is back with her 15th mystery featuring Goldy Schulz. In "CRUNCH TIME: A Novel of Suspense" (William Morrow Hardcover), Goldy cooks up big trouble when she tries to help her longtime friend and fellow chef Yolanda Garcia.

When the rental house shared by Yolanda and her irrepressible aunt Ferdinanda is destroyed by arson, they move in with cop-turned-PI Ernest McLeod. But then Ernest is shot dead and his house is set on fire.

Concerned for her friends, Goldy invites them all to stay with her while the sheriff's department investigates. The action really starts to heat up when another body appears. Swapping her chef's hat for a sleuthing cap, the intrepid Goldy steps up the investigation. But she's got to move fast. It's crunch time to close in on a killer before he can close in on her.

As a bonus, the story contains a number of recipes for delicious dishes. Here's an example:

Crunch Time Cookies

- 1 cup pecan halves
- 1 1/4 cups all-purpose flour
- 1/2 teaspoon kosher salt
- 1/2 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/2 pound (2 sticks) unsalted butter, at room temperature

- 1/4 cup softened cream cheese
- 1 cup dark brown sugar, firmly packed
- 3/4 cup granulated sugar
- 2 large eggs, at room temperature

- 1 teaspoon vanilla extract
- 2 1/2 cups rolled oats
- 8 ounces (1 1/2 cups) semisweet chocolate chips

- 4 ounces (2/3 cup) toffee bits (Heath Toffee Bits or Bits 'O Brickle)

In a large frying pan, sauté the pecans over low heat, stirring frequently, for about 10 minutes or until the nuts begin to change color and emit a nutty scent. Turn the nuts out onto paper towels and allow them to cool, then chop them roughly and set aside.

Sift or whisk together the flour, salt, baking powder and baking soda. Set aside.

In a large mixing bowl, beat the butter and cream cheese on medium speed until the mixture is very creamy. Add the brown sugar and beat very well, until the mixture is creamy and uniform. Add the granulated sugar and again beat very well, until you have a uniform, creamy mixture. Add the eggs, one at a time, and beat well after each addition. Stir in the vanilla.

Using a large wooden spoon, stir in the dry mixture just until combined. Then stir in the oats, chocolate chips, cooled nuts and toffee bits, blending only until thoroughly mixed.

Cover the bowl with plastic wrap and put it in the refrigerator until completely chilled, at least three hours or overnight.

When you are ready to bake the cookies, take the bowl out of the refrigerator and allow the batter to warm slightly while the oven is preheating.

Preheat the oven to 375°F. Place silicone mats on 2 cookie sheets.

Measure the batter out by tablespoonfuls, two inches apart. Place no more than a dozen cookies on each sheet. Bake, one sheet at a time, for 9–11 minutes, until the edges of the cookies are very brown and the centers are no longer soft.

When you remove a cookie sheet from the oven, place it on a cooling rack for 2 minutes, so the cookies can set up. Then use a pancake turner to remove the cookies to cooling racks and allow them to cool completely. Store in airtight containers or in zippered freezer bags. These cookies freeze well.

Makes 4 dozen

WHERE ARE THEY NOW?

by Marshall Jay Kaplan

CHARLOTTE RAE

Everybody's favorite housekeeper and Den Mother, Mrs. Garrett, played by the wonderful Charlotte Rae, still has that funny voice and still continues to act.

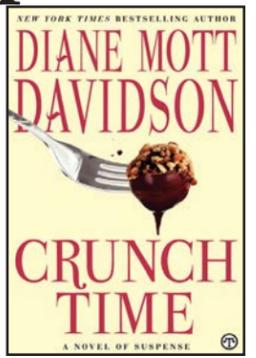
Charlotte Rae was born on April 22, 1926 in Milwaukee, Wisconsin to Russian-Jewish immigrants. Charlotte always wanted to be an actress and as a teenager she began acting in a local children's theatre. Her uniquely funny voice helped land her many radio parts. She eventually joined a professional theatre company and moved to New York City at the age of 22.

Rae was unique. She could sing, act and had a funny voice – and even funnier comedic timing. She was successful on Broadway during the 1950's in such plays as *The Three Penny Opera* (with Bea Arthur) and her favorite role as 'Mammy Yokum' in *Lil' Abner* (1956).

Rae loved living in New York. And not only became a popular character actress on stage, but became popular on live television in New York. She became so popular that she constantly flew out to Los Angeles for television roles on such shows as *The Phil Silvers Show*, *Kraft*



New York Times bestselling author Diane Mott Davidson has written 15 mysteries featuring caterer/sleuth Goldy Schulz. Born in Honolulu, she currently lives in Evergreen, Colorado. She is married with three sons.



To learn more, visit www.dianemottdavidson.com.

Television Theatre and Philco Television Playhouse.

In 1961, she achieved success on her first sitcom as a regular – *Car 54 Where Are you?*, playing Sylvia Schnauser (wife of Leo – played by the great Al Lewis). After the show ended, she returned to New York appearing on the stage for another ten years. She also became famous for an Easy-Off oven cleaning commercial. And then.... Norman Lear came calling.



Norman Lear was a huge fan of Charlotte's work. He was so confident about her abilities, he hired her immediately in 1978 for his new show, *Diff'rent Strokes*, as housekeeper, Edna Garrett opposite Conrad Bain and Gary Coleman. After 24 episodes in the first season, Edna Garrett became a hit and Lear wanted to create a spin-off centered around her. So, they specially wrote an episode of *Diff'rent Strokes*, titled, 'The Girls School' – that centered around a private girls school. A new show was born.

In 1979, both Rae and Lear proposed "The Facts of Life" to NBC. The show was approved and *The Facts of Life* was born, lasting eight seasons and focusing on pretty powerful topics of the day. Charlotte had a lot of power and influence on the show including casting (she discovered Mindy Cohn) and stories – after all, it was her show!

After the grueling shoot schedule, Charlotte decided to take it easy. She continued to act, but less frequently. She made numerous television appearances and returned to her first love – the stage. Most recently Charlotte was cast in a very humorous scene in Adam Sandler's film, "Don't Mess with the Zohan".

Today Charlotte lives in a beautiful, spacious condominium on Wilshire Blvd on the outskirts of Beverly Hills. She is as animated as ever and more importantly, she still sounds like Edna Garrett – the voice that America fell in love – and laughed – with.

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“Light For The Journey”

By Jan McLaughlin - Director of Prayer Warriors For Prisoners



“ENCOUNTERS WITH JESUS - BEHIND THE RAZOR WIRE”

Through a well known parable, Jesus told His disciples, ‘I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.’ So WHO are the “least of these?” Jesus made it clear. He didn’t mince words. They are the sick, the hungry, the homeless, the naked and yes... even the prisoners. The “least of these” are those most of us don’t want contact with for fear of being, shall I say, contaminated? Exposure is scary and Jesus was straight forward. He cut to the heart exposing the rebellion and self-righteousness, often making a listener wince from conviction. This parable is especially convicting because Jesus is speaking of touching untouchables.

There is something about DOING the will of God that is beyond satisfying. Much like what Jesus expressed when the disciples returned to the well after having left Him in search of food. While they were away, Jesus had the encounter with the untouchable Samaritan woman. This was unthinkable. However, Jesus made an impact on this woman that forever changed her life and consequently her entire village. In obedience to the Father, He spoke with love to this sinful woman. She responded, first with sarcasm, then amazement, then excitement and awe. She HAD to tell others. She could not contain what she experienced. Jesus set her free. She was free to tell the world. It bubbled out and there was

no stopping her. She had encountered the living Christ.

To the untouchables of today, the Samaritan woman’s story speaks volumes about Jesus’ love and forgiveness.

When the disciples returned they urged Jesus to eat the food they had brought. “But He said to them, ‘I have food to eat of which you do not know.’ Therefore the disciples said to one another, ‘Has anyone brought Him anything to eat?’ Jesus said to them, ‘My food is to do the will of Him who sent Me, and to finish His work.’” John 4:31-35. NKJV

Encounters with untouchables are rewarding and satisfying. Let me share a few of these encounters.

I was sitting at a table in prison waiting for Rick to join me and a few inmates for a short Bible study. Matthew, whom I had not previously met, spotted me and rushed over to sit at the table. His face was glowing and he obviously had something important to share. In his excitement he barely sat still. His eyes sparkled with joy as words of testimony gushed from his heart like a soda shaken and bubbling over.

“God delivered me from homosexuality!” he blurted. “That’s all I’ve known for 34 years and He delivered me! And He just keeps washing me and washing me on the inside.” Tears filled Matthew’s eyes. “I’m free! I’m clean! I’m forgiven! And Jesus just keeps washing me from all of that stuff and the memories and thoughts. I’m forgiven! I’m free!”

Matthew’s excitement was contagious and I rejoiced with him wiping tears of my own.

Matthew’s story is just one of

many that I hear regularly from prisoners. These men and women meet Jesus Christ and are set free from bondage of every sort.

I looked recently into the empty eyes of a young man and asked, “Do you have any prayer needs, Larry?”

“I’m a Muslim.”

“I can pray for Muslims too, Larry. Would you like me to pray for you?” He nodded in affirmation and his eyes brightened slightly.

“Larry, do I have your permission to pray how God would have me pray for you?” He nodded again, giving me permission.

The prayer God gave me for Larry was filled with grace and mercy, a prayer for enlightenment and freedom from bondage; a prayer for him to have hope and understanding of how much God loves him and that He has a plan for him; a prayer for him to know the truth and the truth would set him free.

When I finished praying, Larry thanked me and I GAVE HIM a Freedom Walk newsletter. He walked away reading it.

Then I met Jeff, a young man in his late twenties. “Do you want prayer, Jeff?”

“Yeah!”

“How can I pray for you?”

“Pray I can get out of this place.”

He replied, scowling.

“Jeff, is there something inside you that needs to change before God will open that door? Something more than your getting out? What is in you, Jeff, that you know is not right with God and He is not pleased with? What would that

prayer look like?”

It’s amazing to see these men and women

search their hearts after a question like that. Their expressions change and their eyes convey thoughtful reflection. I don’t know what is going on inside them but Jesus does and I trust Him to lead me as I minister and pray with them.

After some thought, Jeff responded. “I’m mad and I have a hard time accepting things, like from my parents. See, I grew up with everything. I had anything I wanted. Now I have nothing. I lost everything and when they send me stuff I refuse it.”

“Oh! You’ve been humbled!” Jeff’s eyes widened as he looked directly at me, like a child caught with his hand in the cookie jar.

Hanging his head, he replied, “Yeah!”

“That’s a pride issue, Jeff. God hates pride. Pride is ugly to Him. Satan got kicked out of heaven because of his pride. Pride sets itself above God. It says ‘I am God!’ God doesn’t like that. So what do you think you can do about that, Jeff?”

“Ask God to forgive me.”

“So, will you do that right now, Jeff? Will you pray and I will agree with you? When you are finished, I will pray for you. And Jeff, while you are praying, ask God to help you write a letter of apology to your parents asking them to forgive you. They send you things because they love you, Jeff. You hurt them deeply by refusing their gifts. Will you ask God to help you write that letter?”

Jeff nodded and prayed a precious prayer as he wiped tears. When he finished, I prayed for him and then gave him a Freedom Walk newsletter. I said, “Now, Jeff, don’t you DARE start reading this until you have that letter written to your parents! I raised three boys! I know how you guys are!” Jeff laughed, took the newsletter and promised to write his parents before he read it.

Some people think this is crazy but I don’t believe God does. If Jesus meant what He said, “I was in prison and you visited me...” then these men and women I encounter in prisons ARE Jesus with skin on! Some know Him and others will come to know Him. It isn’t for me to question, speculate or judge where their hearts are. My mission is to let them know Jesus loves them and died for them. Sometimes it means confronting their issues in love and holy boldness as the Spirit leads and pray God will do His work in their lives. For me, there is no greater joy than being His Ambassador in prisons and sharing His love with incarcerated men and women. He died for them, just as He died for the men and women who fill church pews.

I see the Spirit move regularly as men and women come to know Christ behind the Razor Wire. It is an honor and a privilege I never want to take for granted. My life verse is Acts 20:24 and I strive to live by it. “I consider my life worth nothing to me, if only I may finish the race and complete the task the Lord Jesus has given me — the task of testifying to the gospel of God’s grace” Acts 20:24. NIV

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

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Just What Does Multiple Sclerosis Mean To You

(NAPSI)—Phil Keoghan, host of “The Amazing Race” reality show, knows there is nothing more amazing than watching someone respond to a challenge with grace and power. Multiple sclerosis (MS) is a life-altering disease that affects each person in a unique and different way. So if you’re like Phil and know someone living with MS, you too know someone truly amazing.

Multiple sclerosis is an unpredictable, often disabling disease of the central nervous system that interrupts the flow of information within the brain and between the brain and body. Symptoms range from reduced

or lost mobility to numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men having the disease. In the U.S. alone, someone is newly diagnosed each hour.

Advances in research are moving closer to stopping the disease, restoring function and ending MS forever, and we’ve seen MS move from an untreatable disease

in 1993 to a treatable one today for the vast majority of people now diagnosed, thanks to the growing public support spurring exciting research breakthroughs. In fact, the first oral therapies that treat MS and manage MS symptoms are now available.

Moreover, there are at least a dozen therapies moving through the pipeline that hold promise of new and improved treatments for the disease.

Find out how you can join Phil Keoghan and be a part of the amazing race to end multiple sclerosis during MS Awareness Week and beyond. Find out what MS means to the hundreds of thousands of people living with its daily challenges. Visit www.nationalMSSociety.org.

• Whether you volunteer, bike, walk, advocate, educate, sup-

port—every action is a way of moving us closer to a world without multiple sclerosis.

• From the Society’s national site you will find ways to build the MS Movement. You can even find out how you can share your own video story, download Web banners, sign up to participate in or volunteer for Walk MS or Bike MS or some other special chapter event.

To continue to move us closer to a world free of MS, we must leave no opportunity wasted in this MS research revolution.



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Reeling "Favorite Moms On Film"

by Film Critic Betty Jo Tucker, Pueblo

FAVORITE MOMS ON FILM

With Mother's Day arriving on Sunday, May 8th, I thought it would be fitting to write about some of my favorite films featuring a mother as one of the main characters – so here goes. (Fortunately, all the films mentioned below are available now on DVD.)

In the atmospheric thriller "Dark Water," Jennifer Connolly shows what lengths a mom will go to in order to save her child. This Oscar-winning actress -- for "A Beautiful Mind" -- gives one of her best performances here as a woman trying to protect her daughter from the mysterious things happening in their creepy new apartment. Likewise, Jodie Foster, a two-time Oscar-winner (for "Silence of the Lambs" and "The Accused"), excels in "Flightplan" as a mother frantically searching for her daughter when the little girl disappears during a flight from Berlin to the U.S.

Not surprisingly, two of my favorite films of this type star Susan Sarandon, who began playing movie moms at an age when most actresses would even consider this kind of role. Sarandon was only in her thirties when she took on the role of Brooke Shields' mom in "Pretty Baby," and

since then she's been a "reel" mother in many other movies -- including "Little Women," "Stepmom," "The Banger Sisters," "Anywhere but Here" and "Igby Goes Down." In my opinion, she gave her best "mom" performances in "Lorenzo's Oil" and "Moonlight Mile."

As Michaela Odone in "Lorenzo's Oil," Sarandon becomes a "tiger mother" trying to protect and save her son, a youngster suffering from a disease doctors claimed was incurable. In "Moonlight Mile," Sarandon's "Jo-Jo" grieves in her own sarcastic way for a daughter killed in a random act of violence. Both of these roles showcase Sarandon's skill in portraying strong yet vulnerable women who must deal with tragic situations. On the other hand, Sarandon can play outrageous moms almost as well as she nails these serious ones. If you don't believe me, check out "Anywhere but Here."

And speaking of outrageous movie moms, another favorite of mine is Juliette Binoche's character in "Chocolat." The luminescent Binoche projects a wonderful playfulness as the mother of a preteen daughter in this unusual romantic fantasy. Maybe the two don't always get along, but how

could anyone stay angry at a mom who makes everyone's favorite chocolate confections?

Shirley MacLaine's memorable turn in "Carolina" as a grandmother who raises all her son's daughters is also something special to me, probably because I spent so much time with my own amazing grandmothers as a child. Playing Grandma Mirabeau, the incomparable MacLaine exudes raw energy, bold determination and an unwavering love for her character's dysfunctional family. It's a flamboyant and poignant performance worth treasuring.

Finally, a "mom in training" played delightfully by Kate Hudson in "Raising Helen," deserves recognition. Hudson manages to be immensely watchable as an ambitious career woman who's been appointed guardian of three children after her sister's fatal car accident. Struggling with the added responsibilities of caring for her nieces and nephew, Hudson's character tries to keep a lucrative position in the glamorous world of fashion. She helps us realize that while it's difficult to be a Mom Club member in good standing, it's worth the sacrifices that have to be made. (For Kelly Tucker and Sue Litton, with love, from Mom.)

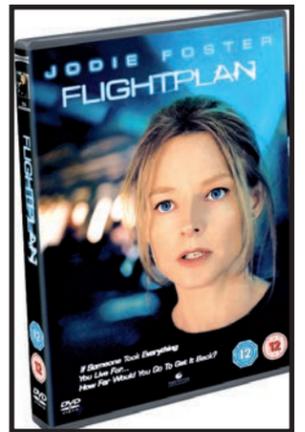
CAPTAIN JACK SPARROW SETS SAIL AGAIN THIS MONTH

Like most Johnny Depp fans, I'm looking forward to the fourth installment of his exciting Captain Jack Sparrow adventures, "Pirates of the Caribbean: On Stranger Tides," which arrives in our multiplexes on May 20th. This time, the roguish Sparrow meets up with a woman from his past, played by Penelope Cruz, who just might be a

ruthless con artist only interested in using him to help her find the Fountain of Youth. After the woman forces him aboard Black-beard's (Ian McShane) s h i p ,

Sparrow can't decide whether to fear her or the intimidating pirate more.

I hope this sequel offers us another rollicking good time at the movies. Of course, I'm not a bit objective where Depp is concerned. I always feel optimistic about his films -- and have seldom been disappointed. In fact, Depp's amusing and mischievous Jack Sparrow is one of my all-time favorite movie characters. Plus Dame Judi Dench joins the cast for "On Stranger Tides," so she'll probably add class to the seafaring fun. I can hardly wait!



Read more film reviews by Betty Jo Tucker at ReelTalkReviews.com. Copies of her two books, *CONFESSIONS OF A MOVIE ADDICT* and *SUSAN SARANDON: A TRUE MAVERICK*, are available on Amazon.com and at *Barnes & Noble Booksellers in Pueblo*. *IT HAD TO BE US*, the award-winning romantic memoir she and her husband co-wrote under the pseudonyms of *Harry & Elizabeth Lawrence*, can be ordered at *Amazon's Kindle store*.

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Mom already has a home

She loves her sunny front porch and wants to stay in her home. But we have a tough time taking care of her complicated health care needs.

Then we heard about Total Longterm Care

Total Longterm Care (TLC) is a Program of All-inclusive Care for the Elderly (PACE) for aging individuals with long term care needs. The comprehensive program helps people stay in their own homes and communities.

More than care, coordinated care.

TLC participants receive all needed health care, including primary care, specialist physicians (other than emergency services) from TLC or a person or company authorized by TLC. TLC participants may be fully and personally liable for the costs of services not authorized by TLC.

- In-home services
- Transportation
- Health Care
- Prescriptions
- ...and more



Call Today
553.0400
totallongtermcare.org