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*Eldest & Locally-Owned Senior Newspaper in Southern Colorado*

MARCH 2019      Vol. 38:2      Established February 1982      446 Consecutive Months!

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## THE DUCHESS OF BAY STATE

*Remembering My Irish Grandmother*

BETTY JO TUCKER

In the late 1890s, my Grandma Donahue was only fourteen years old when she stowed away on a boat all by herself to come to America from Ireland. She soon met and married an immigrant from Scotland who had been hired as the first crane operator for the C.F. & I steel mill in Pueblo, Colorado. A few years later as a young mother, she was left with four children to raise when her husband died after being run over by a crane.

Sad but undaunted, Grandma used the company's settlement to establish a number of businesses on Bay State Avenue, a street adjacent to the mill where her husband suffered that fatal accident. Those businesses included a hotel, a bar called Donahue's Cosmopolitan Club, and a pool hall. Of course, in days of yore, two of those establishments were not generally under the management of a woman.

► SEE DUCHESS, PAGE 11

“

*During a severe flu epidemic, she helped many of her customers recuperate by giving them a potion from the old country. It was so successful many people claimed she was a good witch.*

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## DESPITE TAX OVERHAUL SOCIAL SECURITY BENEFITS ARE STILL TAXABLE

(Washington, DC) While the 2017 “Tax Cut and Jobs Act” is expected to lower taxes for many taxpayers, it doesn’t address a feature of the tax law that takes a cut of Social Security income from a growing number of older taxpayers, warns The Senior Citizens League. The income thresholds that subject Social Security benefits to taxation remain unchanged under the new law. “Even the Social Security benefits of retirees with the most modest of incomes— an Adjusted Gross Income only two times higher than the federal poverty level — could be subject to taxation,” says Mary Johnson, Social Security and Medicare policy analyst for The Senior Citizens League.

Social Security benefits were not subject to taxation when the program first became law, but since 1984, beneficiaries with income

► SEE TAXES, PAGE 10

**CHECK OUT the new  
Pueblo Grande on page 20 & 22**  
*“Wow! What a Beautiful Place!”*



# New Tax Law Uses Backdoor Method

(Washington, DC) – The 2017 “Tax Cut and Jobs Act” uses an alternate measure of inflation that will increase what people pay in taxes in coming years, warns The Senior Citizens League.

The new tax law adjusts the tax code for inflation by using the “chained cost – of – living adjustment (COLA).”

“Over time, this method of adjusting for inflation will slow the growth of tax parameters such as the standard deduction, tax brackets, and the maximum amount that can be contributed to retirement accounts before taxes,” says Mary Johnson, a Social Security policy analyst for The Senior Citizens League.

“This backdoor change to the measure of inflation used to adjust taxes will mean a growing number of taxpayers will be bumped into higher tax brackets and see bigger tax bills in coming years,” says Johnson.

Because it grows more slowly than the previous inflation ad-

justment which was based on the Consumer Price Index for Urban Consumers (CPI-U), the chained COLA will increase tax revenues by \$134 billion over the next ten years, the Congressional Joint Committee on Taxation estimated in 2017.

Johnson, who has studied the chained COLA since it’s inception in 2000, says that the average difference between the index used to calculate it, and the CPI-U, can appear microscopic— about 0.25 percentage points on average — but over time that difference really adds up.

“In a few years, U.S. taxpayers with only modest growth of income may find they are paying more in taxes,” Johnson notes.

In addition to adjusting the tax code for inflation, some plans to reduce the federal deficit would use the chained COLA to index Social Security and federal retirement benefits, as a way to reduce the federal deficit.

Doing so would cut COLAs of Social Security recipients, as

*HAD THE CHAINED COLA BEEN USED TO INDEX BENEFITS SINCE 2018, FOR EXAMPLE, BENEFICIARIES WOULD HAVE RECEIVED AN INCREASE OF 2.4 PERCENT RATHER THAN 2.8 PERCENT THIS YEAR.*

well as retired federal workers and military retirees.

Had the chained COLA been used to index benefits since 2018, for example, beneficiaries would have received an increase of 2.4 percent rather than 2.8 percent this year.

For someone with average benefits, that’s a difference of almost \$6 a month less.

Those benefit cuts would compound over time. For example, if the chained COLA had been used to determine COLAs effective in 2018, retirees with an average benefit of \$1,422 would receive an estimated \$42 per month less at the end of ten years — a difference of more than \$500 annually, compared to benefits indexed using the current method.

According to projections by Johnson, over a 30 - year retirement, the chained COLA would

reduce Social Security benefits by about 7 percent versus using the current index, the Consumer Price Index for Urban Workers and Wage Earners (CPI-W).

“Using the chained COLA in the tax code is a stealth tax increase that will cause bigger tax bills for tax payers over time,” says Johnson.

“Used to index the Social Security COLA, it would cut Social Security benefits by tens of thousands of dollars for retirees over the typical retirement,” she adds.

The chained COLA is not popular with retirees. A 2018 survey by The Senior Citizens League found that only 14 percent of survey participants supported using the chained CPI to index Social Security benefits, while 48 percent were opposed, and 38 percent of survey participants were uncertain.

To learn more and to participate in the 2019 Senior Survey, visit [www.SeniorsLeague.org](http://www.SeniorsLeague.org).

*With 1.2 million supporters, The Senior Citizens League is one of the nation’s largest nonpartisan seniors groups. 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. Visit [www.SeniorsLeague.org](http://www.SeniorsLeague.org) for more information.*

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# The Jersey Devil Project Under Way

AN AUDIO/VISUAL program titled ‘MILESTONES-A Checklist for Investors’ will be presented by Lee Albright, owner of Albright Films in Florence.

The independent production being featured is titled ‘The Jersey Devil-The Legend Lives’.

Based on a well-known legend from New Jersey folklore, The Jersey Devil is a flying creature, part human and part animal living in a million square acre wilderness area known as the Pine Barrens of South Jersey.

The original five-star screenplay is based on a true story from 1938 and weaves “...An old -fashioned tale of faith, hope, and redemption.”

The adventure/thriller is currently in the development stage, meaning that none of the film has been shot yet.

However, Albright and his company have carefully guided the project along by achieving six major milestones, each strategically designed to lower the risk of investing in the motion picture.

The presentation is divided into two parts: The SHOW portion, then the BUSINESS portion.

The first half feature clips from Albright’s production team including its New Jersey liaison, Steven Gorelick, Executive Director of the New Jersey Motion Picture and Television Commission.



**FOLKLORE.** Learn how to become part owner of a feature-length motion picture and share the profits from multiple revenue sources.

Additional show pieces focus on the creation of the story, its characters, and the unique location where the film will be shot: A dramatic scene from the screenplay filmed in black and white shows the quality of the acting. The highlight of the SHOW portion is an in-depth look at the creation of the title character. An original 3d model of The Jersey Devil will come to life on the Bell Tower’s big screen.

The second half features high-

lights from the 44 page Business Plan. Items include the presentation of the company’s Mission Statement, Budget, Timetable, Multiple Revenue Sources, Marketing, Distribution, Income Projections and two all-important items: The Break-Even Point and the ROI (Return On

Investment).

If you love movies, the Bell Tower is the place to be on Tuesday evening the 12th of March.

Five dollar admission includes free popcorn, and a colorful door prize.

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LUNCH MENU MARCH 2019  
  
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- Mar 1 - Beef Stew -or- Chicken Cordon Bleu
- Mar 2 - Chicken Chimichanga
- Mar 3 - Stuffed Pasta Shells w/ Meat Sauce
- Mar 4 - Swedish Meatballs -or- Chicken Bacon Sandwich
- Mar 5 - Beef Fajita w/ Peppers, Onions -or- Pork Chow Mein
- Mar 6 - Garlic Herb Tilapia -or- Rancher Steak Salad
- Mar 7 - Pulled Pork Sandwich -or- Lemon Pepper Cod
- Mar 8 - Manicotti -or- Liver & Onions
- Mar 9 - Smothered Pork Chop w/ Onions and Peppers
- Mar 10 - Chicken Mole
- Mar 11 - Sandy's Chicken Chile -or- Rueben Sandwich
- Mar 12 - Chicken Pot Pie -or- Red Shrimp Creole
- Mar 13 - Meatballs w/ Marinara -or- Roast Beef
- Mar 14 - Roast Turkey w/ Gravy -or- Ham
- Mar 15 - Breaded Fish S'wich -or- Veggie Chicken Lasagna
- Mar 16 - Beef Stroganoff
- Mar 17 - Pulled Pork Sandwich
- Mar 18 - Riblettes -or- BBQ Beef on Hoagie
- Mar 19 - Beef Tacos -or- Baked Chicken Mornay
- Mar 20- Chicken Teriyaki -or- Beef Tips & Gravy
- Mar 21 - Bratwurst -or- Orange Chicken
- Mar 22 - Vege-burger -or- Pork Chop
- Mar 23 - Swedish Meatballs w/ Noodles
- Mar 24 - Roast Turkey w/ Gravy
- Mar 25 - Hamburger -or- Breaded Chicken Sandwich
- Mar 26 - Egg Salad on Croissant -or- Beef Stir Fry
- Mar 27 - Chicken Chow Mein -or- Sicilian Sub Sandwich
- Mar 28 - Slow Roasted Beef -or- Pork Roast
- Mar 29 - Salmon w/ Lemon & Dill -or- Chicken Tacos
- Mar 30 - Chicken Teriyaki
- Mar 31 - Riblettes

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- Mar 1:** Beef Stew, Buttermilk Biscuit, Orange, High Fiber Cookie, Raisin Nut Cup

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**Mar 4:** Swedish Meatballs w/ Noodles, Peas & Carrots, Tossed Salad, Orange, Roll

**Mar 5:** Beef Fajita w/ Peppers, Onions, Cheese, Sour Cream & Salsa, Tortillas, Spanish Rice , SW Black Beans, Strawberries

**Mar 6:** Garlic Herb Tilapia, Brown & Wild Rice, Broccoli, Waldorf Salad, High Fiber Cookie, Yogurt

**Mar 7:** Pulled Pork Sandwich, Corn, Salad w/ Raspberry Vinaigrette, Mango Chobani Drink, Apple Sauce

**Mar 8:** Manicotti, Bahama Vegetables, Sunflower Broccoli Salad, Apple, Raisin Nut Cup

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**Mar 11:** Sandy's Chicken Chile, Tortilla, Broccoli w/ Cheese, Carrot Raisin Salad, Diced Pears, Chocolate Chip Cookie

**Mar 12:** Chicken Pot Pie w/ Buttermilk Biscuit, Lima Beans, Tossed Salad w/Red Wine Vinaigrette Dressing, Pear, Cherry Cobbler

**Mar 13:** Meatballs w/ Marinara Pasta, Green Beans, Breadstick Strawberries, V8 Juice

**Mar 14:** Roast Turkey w/ Gravy, Mashed Potatoes, California Blend Vegetables, Tomato Rotini Salad, Apple, WW M&M Cookie

**Mar 15:** Breaded Fish Sandwich w/ Lettuce & Tomato, Vegetable Soup, Corn, Sunflower Broccoli Slaw, Diced Spiced Peaches
- Mar 18** Riblettes, Baked Beans, Potato Salad, Pineapple Mandarin Orange Compote, Roll

**Mar 19:** Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa, Black Beans, Orange, Sugar Cookie

**Mar 20:** Chicken Teriyaki, Brown Rice, Peas, Asian Cabbage Slaw, Apple

**Mar 21:** Bratwurst on Holdog Bun, Potato Leek Soup, Cabbage & Carrots, Spiced Peaches, WW M&M Cookie

**Mar 22:** Vege-burger w/ Lettuce, Tomato & Onion, Corn, Sunflower Broccoli Slaw, Banana Raisin Nut Cup

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**Mar 25:** Hamburger w/ Lettuce, Tomato & Onion, Carrots, Baked Beans, Orange, Sugar Cookie

**Mar 26:** Egg Salad on Croissant, Tomato Basil Soup, Tossed Vegetable Salad w/ Red Wine Vinaigrette, Orange, High Fiber Cookie

**Mar 27:** Chicken Chow Mein, Brown Rice, Asian Vegetables Pear, Chocolate Chip Cookie, Raisin Nut Cup


**Mar 28:** Slow Roasted Beef, Mashed Potatoes, Peas, Peach Cobbler, Banana

**Mar 29:** Salmon w/ Lemon & Dill, Brown Rice Pilaf, Broccoli, Apple, WW Choc. Chip M&M Cookie

Milk is provided with every meal. Silver Key Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.

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Registration open for Rocky Mountain Dementia Conference

An estimated 750 medical professionals, persons living with Mild Cognitive Impairment and early dementia, unpaid and professional caregivers will gather on Monday, April 29, for the 30th annual Rocky Mountain Conference on Dementia, hosted by the Colorado Chapter of the Alzheimer's Association.

Registration is now open for the one-day conference, which will be held from 7:30 a.m. to 4:30 p.m. at the Hyatt Regency Denver Tech Center, 7800 E. Tufts Ave., Denver.

The current state of research to develop a prevention, treatment or cure for Alzheimer's will be the focus of opening keynote speaker Dr. Rebecca Edelmay-er, director of Scientific Engagement for the Alzheimer's Association.

The author of "Tears in My Gumbo, The Caregiver's Recipe for Resilience," Na-dine Roberts Cornish, will be the closing keynote speaker. Cornish is founder of The Caregiver's Guardian, a consultation and support services agency for family caregivers. Her journey began 25 years ago when she became caregiver to her mother, who suffered from a brain tumor, stroke, vascular dementia and breast cancer. To learn more about the Rocky Mountain Conference on Dementia, or to register, click here or call the free Alzheimer's Association Helpline at 800-272-3900.



# SRDA MARCH 2019 CALENDAR

*Special information from Pueblo's SRDA (Plus)*

Senior Resource  
Development Agency  
230 N. Union Ave.  
(719) 553-3445  
[www.srda.org](http://www.srda.org)

Calendar of Events  
**MARCH 2019**

- Friday – March 1  
1:00 Genealogy
- Monday – March 4  
8:00 Taxes, Front doors open at this time, Mon - Thurs. No Fridays!  
2-3 Sr. Self Defense  
3-4 Tai Chi
- Tuesday – March 5  
8:00 Taxes  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
2-3:30 Co-Op Drawing
- Wednesday – March 6  
8:00 Taxes  
9-12 Mahjongg  
TBD Comp. Class Search for Instructor  
TBD Tablet Class “ “  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers
- Thursday – March 7  
8:00 Taxes  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing
- Friday – March 8  
No Tax Preparation on Fridays



**HEALTH BENEFITS.** Tai Chi for seniors is offered at various times for balance and other benefits at the Senior Resource Development Agency.

- 1:00 Genealogy
- Saturday – March 9  
8:30-1:00 AARP Driver's Safety on 1st floor in Dining Room
- Monday – March 11  
8:00 Taxes  
10-12 Water Color Art Class  
2-3 Sr. Self Defense  
3-4 Tai Chi
- Tuesday – March 12  
8:00 Taxes  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
1-3 Knit & Chat  
2-3:30 Co-Op Drawing
- Wednesday – March 13  
8:00 Taxes  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers
- Thursday – March 14  
8:00 Taxes  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
9-12 Sewing Club  
10-11 Chair Yoga  
11-12 Line Dance Too
- Friday – March 15  
8 – 9:30 St. Patrick's Day Fund-raiser Breakfast, Meals by Contribution or Donation  
1:00 Genealogy

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1:30-3:00 Social, Music and Treats Provided

- Monday – March 18  
8:00 Taxes  
10-12 Water Color Art Class  
2-3 Sr. Self Defense  
3-4 Tai Chi
- Tuesday – March 19  
8:00 Taxes  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
2-3:30 Co-Op Drawing
- Wednesday – March 20  
8:00 Taxes  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers
- Thursday – March 21  
8:00 Taxes  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too
- Friday – March 22  
1:00 Genealogy
- Monday – March 25  
8:00 Taxes  
10-12 Water Color Art Class  
2-3 Sr. Self Defense  
3-4 Tai Chi
- Tuesday – March 26  
8:00 Taxes  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
1-3 Knit & Chat  
2-3:30 Co-Op Drawing
- Wednesday – March 27  
8:00 Taxes  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers
- Thursday – March 28  
8:00 Taxes  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
9-12 Sewing Club  
10-11 Chair Yoga  
11-12 Line Dance Too
- Friday – March 29  
1:00 Genealogy

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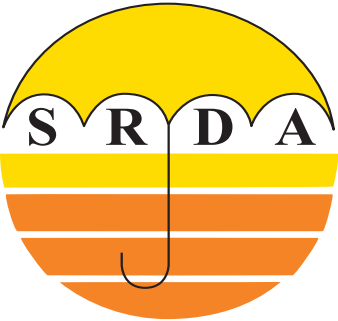
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# ‘LIGHT FOR THE JOURNEY’

**JAN MCLAUGHLIN**  
Director of Prayer for  
Prisoners International



## ‘THE REST OF THE STORY’

My husband and I were in the middle of our morning devotions. After reading from the Scriptures and a devotion-al, Rick reads a few pages from a book by a Chris-tian author. We have read many books and excellent choic-es are endless. On this particular morn-

ing, he was reading from Jentezen Franklin’s book, Be-lieve That You Can. The topic of the paragraph was “Shake it off and Step on it!” The story was about a donkey that fell into a deep well, a seemingly hopeless situation. I was fa-miliar with the story, but Rick had never heard it. The old farmer pondered the situation his donkey was in and decided there was no way he could get the donkey out of the well so he would just bury him with dirt. He picked up a shovel and started throwing dirt in the well. The donkey was hysterical. Rick stopped reading and dived into the story. “This is terrible!” He blurted, “That’s cruel! What a horrible thing to do!” “Just keep reading,” I prompted. “That isn’t the end of the story.” Rick continued reading. The donkey was terrified. “Oh help, God! He’s going to bury me alive!” Just then the don-key had a brilliant idea. “I’m just going to shake it off and

step on it!” The farmer threw shovel loads of dirt in the well, hour after hour, after hour and that old donkey would shake it off and step on it, shake it off and step on it. After many hours the donkey stepped out of the well. Rick and the donkey were both greatly relieved. Rick and I and a few others were at Colorado Territorial Correctional Facility recently for their worship service. There were 18 men attending and Rick was giving the sermon. His message was about the race between the tor-toise and the hare. At the beginning of the story we simply assume the outcome. The rabbit will win. Like Rick, I am of-ten guilty of jumping to conclusions before I get through the rest of the story. However, sometimes I hit a dead end. Right now, for instance! Writer’s block is staring me in the face - heckling me. I have no clue what God wants me to do with this story. No clue where it is going. However, I am remind-ing myself, that this isn’t the end of the story. Let me tell you what happened at the prison when Rick told about the hare and tortoise race. He likened the racers to new Christians. Some start off like a jackrabbit, eager to learn and experience everything God has for them. They rush to every Christian meeting, confer-ence and event possible. Others begin their Christian race like the turtle, cautious and guard-ed, moving forward at a steadfast pace, absorbing and retaining everything the Father teaches them. Rick said the hare ran out of carrots so he be-came weak and lay down to rest. The turtle trudged along passing the rabbit and crossing the finish line. Nearly everyone watch-ing the race that day had bet on the rabbit. They were angry and disgruntled because they

lost their money. They had jumped to a conclusion before they knew the rest of the story. At the end of his mes-sage, Rick said, “I don’t know where you are in the race. Maybe you haven’t even started your race. You might want to begin your race tonight. Or may-be you are like the rabbit, you started and were running a good race but something happened and you got off track. Maybe you want to get back into the race.” A young man spoke up unabashedly. “If you are asking if we were saved and then got off track and are backslid-den and want to recommit our lives to Christ, that’s me! I want to recommit my life to Christ tonight.” Rick invited him to come forward and nine others walked to the front with him. All wanting to recommit their lives to Christ. Rick and I firmly believe that prayers for salvation and rededication should come from their hearts not ours. Each man, in turn, prayed passionate prayers of confession, seeking God’s forgiveness and asking to get back into the race. As each one prayed, oth-ers placed hands on them or arms around them. The Holy Spirit moved mightily and there were tears and then much re-joicing. I am certain there were angels in the chapel rejoicing with us that night. And if you are wonder-ing . . . this still isn’t the rest of the story. Every one of those men in their own way will fin-ish the race. Our prayer is that they finish strong with beauti-ful stories to share along the way and when they reach the finish line. In fact, the rest of this story could be that a revival will break out at CTCF and spread to other prisons in Colorado and on to other states. It could happen! And to bring it closer to home, are you praying for a loved one who seems to

► SEE **LIGHT**, PAGE 7

## Silver Key Friends Thrift Store

### Featuring: Home Medical Equipment Department

The Silver Key Friends Thrift Store features a specialty Home Medical Equipment Department with clean, gently used mobility aids for sale including: wheelchairs, canes, walkers, and shower chairs.

Shop the store for a wide selection of good quality clothing and household items, from vintage to recently recycled. There’s something for everyone!

Your purchase – and donations of your own items – help support the community services provided by Silver Key for anyone age 60+.

1605 S. Murray Blvd.  
Colorado Springs, CO 80916  
Open Monday – Saturday  
9 am to 4 pm  
[www.silverkey.org/thrift-store](http://www.silverkey.org/thrift-store)



### Wednesday Senior Day: Save 15%

Every Wednesday, seniors age 60+ receive a 15% discount (excluding items in the Home Medical Equipment Department).







# NEWS OF THE WEIRD



SPECIAL TO THE SENIOR BEACON FROM THE EDITORS OF **ANDREWS MCMEEL**

**AWESOME!**

**ZEN TV PAINTER** Bob Ross has been gone for 24 years, but his inspiration lives on -- at least at Madison Middle School in Abilene, Texas, where on Feb. 7, students in Brady Sloane's art class donned curly brown wigs, blue shirts and paint palettes for a "Flash Bob Flash Mob." Sloane's pre-Advanced Placement students were stressed about grades and projects, and she "wanted to find a way to reward them," she told the Abilene Reporter News.

The students used music stands as makeshift easels, where they painted "happy little trees" and projected an episode of "The Joy of Painting" as parents memorialized the special day with photos and videos. [Abilene Reporter News, 2/7/2019]

*Hangry*  
Asalene Branch, 29, was only defending her spot in a McDonald's

drive-thru lane on Feb. 18 when she stabbed another woman in the head.  
Fox News reported that Branch and the other woman were waiting at a Memphis restaurant when a physical fight broke out over their places in the line; Branch took out a knife and assaulted the alleged victim, resulting in injuries that were not life-threatening.  
Branch was tracked down by police and charged with aggravated assault. [Fox News, 2/19/2019]

*The Foreign Press*  
Valentine's Day is complicated in Japan. On Feb. 14, women traditionally give men chocolates: "giri choco," or "obligation chocolates," to their male colleagues, and "honmei choco," or "true feelings chocolate," to their boyfriends or husbands. (Men return the favor on White Day, March 14.) But according to Japan Today, Japanese women are rebelling against giri

choco; 40 percent of workers see the custom "as a form of power harassment," and some companies have banned the practice.  
Women find giving chocolates to associates stressful: "Before the office ban, we had to worry about things like how much is appropriate to spend on each chocolate and where we draw the line in who we give the chocolates to," said one worker. [Japan Today, 2/5/2019]

*People Different From Us*  
Looking for a new home? A newly listed suburban Philadelphia home offers something a little sideways from your typical basement rumpus room. The five-bedroom, 2 1/2-bath brick colonial in Maple Glen has three fireplaces, a gourmet kitchen -- and a sex basement.  
The finished lower level includes a bed-in-a-cage, complete with straps, whips and other accouterment for any buyer's "50 Shades of Grey" fantasies. Realtor Melissa Leonard stresses, however, that the basement "can be converted back to a typical suburban basement." Neighbors are shocked to find out what's been going on in their 'hood, but "I know it's a way of life for people," Leonard told Slate magazine. [Slate, 2/8/2019]

*Government in Action*  
You think things are wild in the U.S. Congress? In Albania, Edi Paloka, an opposition lawmaker, was asked to leave the parliament

hall on Feb. 14 and suspended for 10 days after throwing ink at Socialist Prime Minister Edi Rama. It all started when Rama scolded a fellow lawmaker for making accusations of corruption against the leftist government, according to Xinhua.  
A statement from the center-right Democratic party explained, "The action of ink-throwing is a rejection of the bullying exerted by the PM, which is witnessed by the public opinion." Apparently, Rama had repeatedly mocked Paloka during previous sessions of parliament. [Xinhua, 2/14/2019]

*The Weirdo-American Community*  
A dispute over a box of Cheez-Its provoked a DeKalb County, Georgia, man to do the unthinkable on Feb. 12. As Jeremy Lamar Wyatt, 32, his brother and 61-year-old mother argued over the salty snacks, Wyatt went outside, locked his family inside the home, poured gasoline on the front steps and started a fire, according to WGCL-TV. Wyatt's brother was able to lower the mother down from a second-story window, and both escaped without injury. Wyatt, who had reportedly been enjoying some adult beverages with his Cheez-Its, was taken into custody at the scene and charged with arson and criminal damage to property. [WGCL, 2/13/2019]

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# NEWS OF THE WEIRD



SPECIAL TO THE SENIOR BEACON FROM THE EDITORS OF **ANDREWS MCMEEL**

### News That Sounds Like a Joke

At Towson University in Maryland, an unidentified woman was reported wandering around campus just before Valentine’s Day, showing coeds a photo of her son and asking if they’d like to go on a date with him. Awkward!

The woman, thought to be in her 50s, staked out the Cook Library and the Center for the Arts in hopes of securing a love connection for her son, reported the Baltimore Sun. Towson police are hoping to identify her, not so they can arrest her, but to ask her to stop. [Baltimore Sun, 2/10/2019]

### Least Competent Criminals

-- The moral of the story? If you’re going to rob a bank in February, target Florida or Texas. Jason Mackenrodt, 37, was making his getaway after robbing the Bangor Savings Bank in Waterville, Maine, on Feb. 12.

He scrambled across four lanes of traffic and into a restaurant parking lot -- where he slipped on the ice and sprawled on the ground, right in front of Maine State Police Special Agent Glenn Lang, who was sitting in his parked car.

Lang didn’t know the bank had been robbed, but he became suspicious when “the money and the gun he had stashed in his jacket pocket spilled onto the parking lot,” Police Chief Joseph Massey told the Morning Sentinel. (The weapon turned out to be a BB gun.) Lang tackled Mackenrodt and took him into custody as police were responding at the bank.

Mackenrodt was charged with robbery and terrorizing. [Morning Sentinel, 2/12/2019]

### The Continuing Crisis

Passengers on an 12-hour Air France flight on Feb. 18 became alarmed when a man seated in the

bulkhead row boarded the plane, then removed his pants and socks, settling into his seat in just his boxers and a T-shirt.

Sitting across the aisle from him, passenger Lizzie Thompson took photos and posted on Twitter throughout the flight, reported The Sun.

“Alerted the flight attendant. He offered to move me ... but just shrugged when I suggested he ask the man to put his pants back on,” she wrote. Thompson also wrote that six hours into the flight from Paris to Los Angeles, the scantily clad passenger got cold, “so PUT ON HIS PUFFY JACKET.”

The man put his pants and socks back on after landing, much to Thompson’s relief. “Nothing bonds a group of passengers like a man half naked in your section,” Thompson wrote. [The Sun, 2/19/2019]

### The Meth Made Me Do It

In Seattle, Douglas Braden Smyser, 21, boarded a plane on Feb. 13 on his way to Los Angeles and a drug rehab center in Malibu, but his behavior during the flight finally caused the pilot to land in Portland and have him removed from the plane.

Smyser, from Bonney Lake, Washington, would not stay in his seat, tried to sit in first class and threw his backpack in the aisle. Passengers helped contain him until the plane could land safely. Smyser admitted later that he had eaten meth before boarding, which made him “suspicious and paranoid,” reported KIRO TV.

He also claimed to have a gun. He was charged with second-degree disorderly conduct and menacing, along with a federal charge of interference with a flight crew. [KIRO, 2/19/2019]

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- March 5 – Meatloaf w/Mushroom Gravy, Garlic Mashed Potatoes, Green Bean Almandine, Beef Vegetable Soup, Cranberry Pear Salad, Raisin Nut Cup.
- March 6 – Macaroni & Cheese, Winter Mix Vegetables, Seasoned Asparagus, Navy Bean Soup/Crackers, Pineapple Tid Bits.
- March 7 – Hamburger, Broccoli Walnut Parmesan, Calabacitas, Chicken Gumbo Soup/Crackers, Lettuce Garnish/Hamburger Bun, Apple Fruit-Cup.
- March 8 – Vegetable Pasta Primavera, Chuckwagon Corn, Sugar Snap Peas, Cream of Broccoli Soup/Crackers, Carrot Raisin Salad, Blueberry Fruit-Cup.
- March 11 – Italian Chicken Orzo, Cheesy Cauliflower Italian Mix Vegetables, Chicken Noodle Soup/Crackers, Banana.
- March 12 - Salisbury Steak, Parslied Potatoes, Peas & Carrots, Peach Crisp, Orange.
- March 13 - Chicken Fajita/Tortilla, Seasoned Mixed Beans, Stewed Tomatoes, Carrot & Sweet Potato Soup/



**Donna Esquibel**  
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- Breadstick, Apple.
- March 18 – Pinto Beans & Ham, Sweet & Red Potatoes, Seasoned Green Beans, Tomato Florentine/Crackers.
  - March 19 – Slopper w/Green Chile, Ranch Beans, Bermuda Mixed Vegetables, Sweet & Sour Coleslaw,

- Apple-Fruit Cup, Hamburger Bun/Garnish.
- March 20 – Beef & Bean Burrito w/ Green Chili, Seasoned Mixed Vegetables, Beef Vegetable Soup/Crackers, Carrot Raisin Salad, Blueberry Fruit-Cup.
  - March 21 -Open Faced Hot Turkey w/Gravy, Peas & Onions, Garden Vegetable Mix, Pasta Salad, Sl. Bread, Strawberries & Peaches.
  - March 22 - Potato Crusted Fish, Pasta Alfredo, Seasoned Asparagus, Tomato Cucumber Salad, Apple/Condiments.
  - March 25 -Brunswick Stew, Mashed Potatoes, Scandinavian Mixed Vegetables, Chilled Apricots, Raisin Nut Cup, Crackers.
  - March 26 – Vegetable Lasagna, Sugar Snap Peas, Winter Mix Vegetables, Navy Bean Soup/Crackers, Dice Pears.
  - March 27 – Sesame Chicken, Fried Rice, Lima Beans & Carrots, Lentil Soup/Crackers, Mandarin Oranges, Overnight Oats.
  - March 28 – Baked Ham, Scalloped Potatoes, Bermuda Mixed Vegetables, Split Pea Soup/ Crackers, Pineapple Tid Bits.
  - March 29 – Fish w/Veg Sauce, Vegetable Couscous, Stewed Tomatoes, Seafood Gumbo/Crackers, Cherry Crisp, Orange.

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FINANCE

# How To Invest Politically

**IT COMES UP** often nowadays. Clients want to invest with their politics. And on the surface it makes sense. For example, the day before Trump got in some folks wanted to be in 100 percent cash.

If you looked at the futures markets that night, it was saying we'd have a large drop the next post-Trump morning.

If you were investing with politics you weren't alone.

*SOME WARNINGS*

**RON PHILLIPS**  
Independent financial advisor  
and Pueblo native

Originally I was going to write this as why not to invest politically. I do not condone or endorse investing this way. The reality, though, is it's sometimes too tempting for investors and I want you to at least use a smart approach.

*IT'S A GREAT TIME NOW FOR THE MARKETS*

Research says that the markets should do fine based on who is in Congress and the White House. Historically, the markets like when there is a mix. But all Democrat or all Republican? Then we get weaker performance. So relax. We have a good mix now.

Smart approach No. 1? Stay invested. The economy is doing great.

The U.S. markets are the best option worldwide. Everywhere else is a mess, for now. You need money overseas but also a large domestic slice, too.

*USING SECTORS*

This is a classic way to play politics. You can invest into financials and medical when Republicans get in. Less regulation and controls are usually boosts to these sectors.

When Democrats are dominant, you can use technology and energy sectors. Energy prices can move up when regulations are increased and alternatives are pushed. This usually results in lower investment in the sector and lower supplies.

Are you feeling particularly bullish? Then use consumer discretionary and industrials. The Vanguard Consumer Discretionary ETF fund (symbol: VCR) only pays about one percent in dividends but is up 12.28 percent this year.

Feeling bearish? Stick to defensive consumer staples or short-term bonds and cash. The SPDR Consumer Staple

fund (symbol: XLP) is up 6.5 percent this year and has a solid yield of almost three percent.

Smart approach No. 2? Use sector mutual funds. You can stay diverse and still not lose a whole lot if things go the other way.

*THE NIGHT BEFORE*

Remember again that fateful night that we got a new president? The futures market predicting a really large tumble? The reality is that the markets shot up and then hit even more new highs after.

Smart approach No. 3? Consider carefully before pulling the trigger on an emotional strategy.

*Ron Phillips is an Independent Financial Advisor, teacher, author of two books and a Pueblo, Colorado native. He and his wife are currently raising their three sons in Pueblo. For a free copy of Ron's second book "Armchair Investor" visit [www.RetireIQ.com](http://www.RetireIQ.com) or leave a message at [RonPhillipsAdvisor@gmail.com](mailto:RonPhillipsAdvisor@gmail.com)*

◀ FROM **TAXES**, PAGE 1

Social Security income. In 1984 only 8 percent of retirees — those with the highest-income — paid tax on their Social Security benefits. In 2019 however, more than half of all retired households — about 51 percent on average — report paying the tax according to surveys by The Senior Citizens League.

The reason this is occurring is due to fixed income thresholds. Unlike tax brackets that are adjusted annually for inflation, the income thresholds that subject Social Security benefits to taxation have never been adjusted for inflation. Single filers with income between \$25,000, and \$34,000, pay tax on up to 50 percent of their annual Social Security benefits. For single filers with income over \$34,000, up to 85 percent of Social Security income may be taxable. Joint filers with income between \$32,000 and \$44,000 pay tax on up to 50 percent of Social Security benefits. Up to 85 percent of Social Security benefits are taxable on income over \$44,000 of joint filers. To determine whether income is taxable, nontaxable interest (if any), plus one - half of Social Security benefits, is added to the adjusted gross income.

"Had these income levels been adjusted for inflation since 1984, the \$25,000 threshold for single filers would be \$61,933 today, and the \$32,000 level for joint filers would be \$78,895," says Johnson. "When this tax was originally passed into law, lawmakers sold it to the public

as a tax mostly affecting wealthy Social Security recipients," says Johnson. "But in reality, it now affects retirees with very modest incomes," Johnson notes.

The revenues raised from the taxation of Social Security benefits go to the Social Security and Medicare Trust Funds. Revenues from the 50 percent taxation level go to the Social Security Trust Fund, and revenues from the 85 percent taxation level go to the Medicare Hospital Insurance Trust Fund.

The Senior Citizens League supports legislation that would adjust the income thresholds to better protect retired taxpayers with lower incomes. The Social Security 2100 Act would replace the current thresholds with a single set of thresholds at \$50,000 single filers and \$100,000 for joint filers. To learn more and to participate in the 2019 Senior Survey, visit [www.SeniorsLeague.org](http://www.SeniorsLeague.org).

*With 1.2 million supporters, The Senior Citizens League is one of the nation's largest nonpartisan seniors groups. 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. Visit [www.SeniorsLeague.org](http://www.SeniorsLeague.org) for more information.*

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◀ FROM DUCHESS, PAGE 1

The entire Donahue family became involved in helping to make these undertakings survive and succeed. But Grandma was the boss.

Surviving Prohibition and the Great Depression, Josephine Bridget Donahue became known as the “Duchess of Bay State.” No one messed with her. Maybe it was that charming brogue – but, more likely, her brave approach to dealing with the problems at hand that kept enemies at bay and friends so close.

While growing up, I lived part of the time with Grandma at the Cosmopolitan Club. There were lots of rooms at the back of the building, so I had one of the bedrooms. And Grandma assigned her most trusted bartender to watch over me. Fortunately, I had lots of time to watch Grandma in her business mode. She was equally firm with customers, employees, and family members. This was a woman who knew how to handle most of the problems that came up – or which person to call on for help, if needed.

I remember how calm Grandma was during a robbery. I witnessed this first hand as a young child sitting at one of the tables in the bar area. The thief, who had a gun, walked right behind me on his way to escape. I was terrified. But not Grandma. Later, I found out she pressed a buzzer under the bar, and it was like an alarm for security. Imagine how surprised the criminal was at being caught outside the Club before he could make his getaway!

Running a business wasn’t the only accomplishment credited to Grandma Donahue. During a severe flu epidemic, she helped many of her customers recuperate by giving them a potion from the old

country. It was so successful many people claimed she was a good witch.

Grandma also had her fun side. She loved the weekly bank night giveaways at Pueblo’s Uptown movie theater. And she frequently visited Ojo Caliente in New Mexico to take advantage of the mineral springs there. When she returned after one trip, she talked about a fascinating night dancing with Hollywood star Cesar Romero.

When I was learning to tap dance at a very young age, Grandma encouraged me to rehearse on the Cosmopolitan Club’s huge dance floor. She always smiled when she let me do my time step and shuffle-off-to-Buffalo steps for her customers, who threw pennies at me as they applauded my Shirley

Temple routines.

After I graduated from Central High School, Grandma accompanied me on a train trip from Pueblo to New York City. She wanted to stay in the Waldorf-Astoria Hotel for a couple of days while making sure I was getting settled in at Barnard College. When we arrived at the Waldorf registration desk, the clerk told Grandma, “Go to the servant’s entrance!” – probably because of her thick Irish brogue.

How well I remember her flashing blue eyes and quick correction of the poor man’s error! But we cheered up a couple of hours later, for we had no difficulty getting into the Radio City Music Hall and enjoying the fabulous Rockettes as well as Tony Martin singing “Toot-Toot Tootsie” and

Ingrid Bergman giving one of her compelling performances in Alfred Hitchcock’s Under Capricorn.

Her grandchildren and great grandchildren remained in fearful awe of Grandma Donahue. But we loved to hear her sing songs from the old country. My daughter Susan enjoyed listening to her belt out “Oh, my little black-eyed Susan and the Yankee Men of War” whenever she saw her.

Although Grandma Donahue lived to be 80 plus, she never had a gray hair. And she washed her coal-black mane just once a year. But each night she used a fine-tooth comb on every strand. Like so many other things, this probably worked only for the Duchess of Bay State.

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**DIRECTOR JULIAN**  
Schnabel's "At Eternity's Gate" offers viewers a mesmerizing exploration of painter Vincent Van Gogh's last days. Filmmaker Schnabel, also a painter, wisely chose Willem Dafoe for the lead role here. Because of Dafoe's revelatory performance, we see can't help seeing things through Vin-



**PAINTING A PORTRAIT.** Actor Willem Dafoe plays Vincent Van Gogh in 'At Eternity's Gate.'

cent's eyes. And we feel empathy for this lonely, talented artist who has difficulty selling his beautiful paintings in Paris, even though his caring and supportive brother Theo (Rupert Friend) sells paintings for a living.

We hope things perk up for Vincent when he meets fellow painter Paul Gauguin (Oscar Isaac), who advises him to go South and "paint bright paintings painted in sunlight."

Following Gauguin's advice, Vincent moves to Arles in the South of France.

Although reveling in the experience of being surrounded by so much Nature and sunlight, Vincent gets in trouble for trying to pose a lovely girl (Lolita Chammah) he sees on the road and also for reacting violently to some unruly school children.

When Gauguin leaves after a visit to Arles, Vincent mutilates himself and ends up in an asylum.

But before that, we get to watch several scenes of Vincent painting – and it's like we are right there with him!

One of the film's highlights shows Gauguin and Vincent painting Madame Ginoux (Emmanuelle Seigner) in the same sitting.

Seeing their different styles -- plus hearing the two men argue about what painting should be -- added to my enjoyment of this fine film.

So, of course, I couldn't resist writing a poem about it.

*It's time to praise Willem Dafoe*

*for his work as Vincent Van Gogh.*

*Watching "At Eternity's Gate," we see painting as Vincent's fate.*

*Lush with color and shapes unique, such artistry for one to seek! His brother and Gauguin knew this, while others the big prize did miss.*

*So painting for eternity became Vincent's true destiny. His sunflowers and starry skies now please most everybody's eyes.*

*A film like this may move too slow. And yet for me it seems to glow. Scenes touch something down deep inside, seeing how Vincent lived and died.*

(Released by CBS Films and rated "PG-13" for thematic content. Available now on DVD.)



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# FOR A HEALTHIER YOU

## Making The Most of Medical Visits

THESE DAYS, HEALTH care is viewed as a partnership between patient and provider, with both parties responsible for ensuring a constructive relationship.

**LISA M. PETSCHÉ**  
Medical social worker  
and freelance writer



Patients--also now referred to as health care consumers--are taking a more active role than ever in this regard.

Good communication is essential, of course, to any positive doctor-patient relationship, whether it involves your family physician or a specialist recommended by him or her.

Following are some ways you can do your part to make the most of medical visits.

### *Before an appointment*

Make a list of the things you want

to discuss, in order of priority. Also jot down any symptoms you're experiencing, including their frequency, duration and intensity, and how they are affecting your daily life. Note, too, any treatments you have tried. Always bring a list of the medications you're taking--prescription and over-the-counter drugs as well as any natural remedies--including the dosage.

Bring along a note pad and pen to jot down key information.

Consider asking a good friend or family member to accompany you; they can help with processing information and remembering instructions. They may also have questions that hadn't occurred to you.

### *During the visit*

If you have a hearing or visual impairment, let the doctor know at the outset of the visit. If you have a language impairment from a stroke or other condition, such that it's hard for others to understand you,

bring along someone who knows you well and can interpret your responses if necessary, or ask questions on your behalf.

Share information. Provide as much detail as possible about any problems you are experiencing and how these are affecting you. Don't leave out anything--let the doctor decide what's relevant. Share your list of medications, too. Be honest about your lifestyle and habits--for example, if you're diabetic but you don't stick to the recommended diet, or you haven't been taking medications as prescribed. Let the doctor know about anything going on in your life that may be contributing to your situation--for example, a recent loss or other traumatic event that's causing significant stress.

Write down important information provided to you. If you have brought someone along, ask him or her to do this so you can give the doctor your undivided attention.

Ask for details. If you're diag-

nosed with a medical condition, inquire about what to expect, including how long it's likely to last, treatment or management options, and where you can get more information. For any recommended test or treatment, inquire about cost, where it must be done, what's involved, benefits and risks, and alternatives.

Request a layperson's explanation if you don't understand medical jargon used by the doctor. Summarize aloud the information he or she gives you, to check if you have interpreted it correctly.

Don't try to be an expert. While there's a wealth of medical information readily available to consumers these days (especially via the Internet), and it's good to be informed, don't act as if you know more than the doctor does. Be tactful if you wish to challenge findings or recommendations. For example, it's much less threatening to say, "I've read about a new medication called X; what do you think of it for my situation?" rather than, "Why aren't you prescribing X?"

Don't hesitate to voice doubts, worries or fears. If, after your doctor addresses them, you're still uncomfortable with a diagnosis or the treatment options presented to

► SEE PETSCHÉ, PAGE 15

## Isn't it time to update your hearing too?

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GOLDEN AGE CENTER

728 N. Main St.-Canon City Mon-Fri  
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- March 1: Spinach lasagna, tossed vegetable salad, seasoned green beans, banana, ww bread
- March 4: Turkey pot pie, peas and carrots, tossed salad with ranch, banana, oatmeal cookie, ww dinner roll
- March 5: Pueblo beef stew with brown rice, cornbread, coleslaw, raisin nut cup, orange
- March 6: Lemon baked fish, scalloped potatoes, oranges, banana, ww bread
- March 7: Combination burrito, salsa, lettuce, tomato, cilantro lime rice, refried beans, citrus cup
- March 8: Chicken and noodles, seasoned green beans, baked acorn squash, apricot pineapple compote, ww bread
- March 11: Salmon patties with cream sauce, brown rice with parsley, mixed veg, tangerine, raisin nut cup, ww bread
- March 12: Chili con carne, cornbread, spinach salad with mandarin oranges, apricot pineapple compote
- March 13: Honey bbq chicken, oven browned potatoes, broccoli and carrots, diced pear, carrifruit salad
- March 14: Sweet and sour pork,

- brown rice, California veg blend, orange, ww roll
- March 15: American lasagna, green beans, tossed salad, banana, ww roll
  - March 18: Turkey tetrazzini, Italian green beans, strawberry applesauce, chocolate chip cookie, ww bread
  - March 19: Chili relleno bake, corn and zucchini Mexicana, ww tortilla, salsa, tossed salad with lemon wedge, plums
  - March 20: Spaghetti with meat sauce, tossed salad with Italian, seasoned green beans, orange
  - March 21: Oriental pepper chicken, brown rice, steamed broccoli, apple, fortune cookie, ww roll
  - March 22: Baked potato, broccoli with cheese sauce, tossed salad with Lite French, plum, fruit cocktail, drop biscuit
  - March 25: French dip sandwich with au jus, oven browned potatoes, mixed veg, sliced strawberries
  - March 26: Beef barley soup, ww crackers, sesame broccoli, apricot pineapple compote, ww bread, apple
  - March 27: Baked ham with raisin sauce, whipped sweet potatoes, green beans amandine, cranberry mold, pecan pie, ww roll
  - March 28: Sloppy Jo on a bun, scalloped potatoes, broccoli and

- carrots, apple
- March 29: Tuna stuffed tomato, cottage cheese, spinach salad with mandarin oranges, pasta salad with chick peas and sunnies, apple, rye bread

SALIDA/BUENA VISTA

719-539-3341  
before 9:30am Tue/Th/Fri

- March 1: Chicken fajita, savory black beans with cilantro, tortilla, ww wheat, cheddar sheese, Mexicali corn, orange
- March 5: Center Closed for Shrove Tuesday. No Meals on Wheels or Congregate Meal served
- March 7: Pork chow mein, steamed brown rice, cabbage with red pepper, banana, fortune cookie, ww bread
- March 8: Chicken and noodles, seasoned green beans, baked acorn squash, apricot pineapple compote, ww bread
- March 12: Sloppy Joe on a bun, scalloped potatoes, broccoli and carrots, apple
- March 14: Sweet and sour pork, brown rice, California veg blend, banana, ww roll
- March 15: American lasagna, green beans, tossed salad, banana, ww roll
- March 19: Chili relleno bake, corn and zucchini meicana, ww tortilla, salsa, tossed salad with lemon wedge, plums
- March 21: Oriental pepper chicken, brown rice, steamed broccoli, apple, fortune cookie, ww roll
- March 22: Beef stroganoff, orange spiced carrots, pickled beat and onion salad, ww bread
- March 26: Beef barley soup, ww crackers, sesame broccoli, apricot pineapple compote, ww bread, apple
- March 28: Salmon patties, cream sauce, steamed brown rice with parsley, mixed vegetables, tangerine, raisin nut cup
- March 29: Baked ham with raisin sauce, whipped sweet potatoes, green beans amandine, cranberry mold, pecan pie, ww roll

- Beef, Cabbage, New Potatoes
- March 19: Fried Chicken, Mashed Potatoes, Mixed Vegetables
  - March 21: Tuna Noodle Casserole, California Vegetables, Watergate Salad
  - March 26: Potluck \*
  - March 28: Brunch for Lunch

Menu Subject to Change - Suggested Donation \$3.00  
\*Bring a dish for Potluck on the 26th and avoid the \$3.00 donation!

FLORENCE

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- March 1: Swedish meatballs, whipped potatoes with beef gravy, chopped spinach, orange, bran muffin
- March 5: Pueblo beef stew with brown rice, cornbread, coleslaw, raisin nut cup, orange
- March 7: Beef and sweet peppers, steamed brown rice, orange spiced carrots, grapefruit half, ww bread
- March 8: Chicken and noodles, seasoned green beans, baked acorn squash, apricot pineapple compote, ww bread
- March 12: Kielbasa, parsley buttered new potatoes, mixed vegetables, baked acorn squash, pineapple mandarin orange compote
- March 14: Sweet and sour pork, brown rice, California veg blend, banana, ww roll
- March 15: American lasagna, green beans, tossed salad, banana, ww roll
- March 19: Chili relleno bake, corn and zucchini Mexicana, ww tortilla, salsa, tossed salad with lemon wedge, plums
- March 21: Oriental pepper chicken, brown rice, steamed broccoli, apple, fortune cookie, ww roll
- March 22: BBQ chicken, potato salad, spinach salad with mandarin oranges, apple, ww roll with butter
- March 26: Beef barley stew, ww crackers, sesame broccoli, apricot pineapple compote, ww bread, apple
- March 28: Italian sausage, marina sauce, spaghetti, broccoli, tossed salad, ww bread
- March 29: Baked ham with raisin sauce, whipped sweet potatoes, green beans amandine, cranberry mold, pecan pie, ww roll

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- March 7: Smothered Chicken, Mashed Potatoes, Green Beans, Fruit
- March 12: Ham & Scalloped Potatoes, Salad
- March 14: St. Patricks Lunch – Corned

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# SENIOR SAFETY

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## Blood Pressure Risk Poses Alzheimer's Threat

A RECENT STUDY study released by Rutgers University regarding extremely high blood pressure rates among inner-city African Americans highlights concerns that this same population group is facing abnormally high risk for developing Alzheimer's disease and other forms of dementia.

Compared to the national average, inner-city African Americans were found by Rutgers researchers to be five times more likely to have hypertensive emergency, which is defined as extremely high blood pressure that leads to strokes, heart attacks and acute kidney damage.

Researchers at the Alzheimer's Association have found that these same high blood pressure risks are leading risk factors for the devel-

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opment of Alzheimer's and other forms of dementia. Overall, African Americans are considered the population group at highest risk for developing dementia: double the rate for the average person in the U.S.

"This is a medical crisis of epic proportions," said Rosalyn Reese, director of Diversity and Inclusion for the Colorado Chapter of the Alzheimer's Association. "Along with age and heredity, lifestyle helps define our risk for developing

dementia, and high blood pressure is among the leading risk factors for African Americans.

"While February – Black History Month – is a time to celebrate the accomplishments of African Americans, it also should be a time when we recognize the risks that our people face from diseases like Alzheimer's," said Reese. "It is somewhat ironic that Dr. Solomon Carter Fuller, the first African American psychiatrist in the United States and the grandson of a

slave, worked side by side with Dr. Alois Alzheimer on his pioneering work on this deadly disease, and his descendants are at the highest risk for developing Alzheimer's disease."

This most recent study from Rutgers University used data from the emergency department of Newark Beth Israel Medical Center, a New Jersey hospital that serves predominantly African-American communities. Rutgers investigators analyzed the medical records of 3,568 patients with elevated blood pressure, and identified severe increases in blood pressure were present in 50 percent of the studied patients.

◀ FROM **PETSCH**E, PAGE 13

you, request a second opinion.

Don't worry about taking up too much of your doctor's time. Ask all of your questions and express any concerns. However, prioritize your issues (lower priority ones may have to wait for another appointment), be concise and don't get off topic.

Before leaving, make sure you are clear about any next steps—for example, whether you should schedule another appointment, when and how you'll learn of test results, and what you should do if your condition worsens or you experience an adverse reaction to a new medication.

Ask about the best time to call if any more questions occur to you after you leave the office.

*Lisa M. Petsche is a medical social worker and a freelance writer specializing in boomer and senior health matters.*

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# Hydrangeas Top Prize For Every Garden

IN THE NEVER-ENDING horticultural competition for best flowering shrub, hydrangeas consistently take the top prize.

No other family of flowering shrubs can compete with hydrangeas for their beauty and versatility.

Gardeners are the big winners: For every garden, there is a hydrangea -- or three. Hydrangeas are natural problem-solvers.

They make a great impression when they're planted in billowing waves across the front of a house. They're magnificent specimens on their own. They fill a small garden with luxurious, long-lasting blooms, and they are grand enough to more than hold their own in a big garden.

They're also extremely handsome in pots. And, if you can bear to pick them, their flowers are gorgeous in bouquets.

The challenge is deciding which ones to grow. In the past

**MARTY ROSS**  
Freelance garden  
journalist and gardening  
columnist for Universal Press



**BIG WINNERS.** Hydrangeas are natural problem-solvers.

couple of decades, dozens of ever more colorful, hardy, hardworking new hydrangeas have been introduced.

These new varieties tolerate steamy summers and cold winters, bloom for months and need no pampering.

Hydrangeas are almost the essence of summer.

The original Endless Sum-

mer hydrangea -- a blue mop-head flowering variety known for its long blooming period, from early summer through fall -- was introduced in 2004 and was an immediate sensation: 18 million plants were sold in its first seven years on the market. Since then, three more hydrangeas have been added to the Endless Summer

collection: Blushing Bride, a white-flowering variety; Twist-n-Shout, a variety with delicate lace-cap flowers; and BloomStruck, which has deep blue blooms.

This year, they are joined by Summer Crush, which has luminous raspberry-colored flowers on a compact plant.

Endless Summer hydrangeas are bred to last.

They flower both on new shoots and on the previous year's growth, so their first flowers open earlier and their last ones bloom later than most hydrangeas on the market. Their hardiness also sets them apart from any previous summer-flowering hydrangeas, but in the coldest climates, planting them in protected spots is still a good idea.

As gardeners have rediscovered the pleasures of mop-head hydrangeas, hybridizers have broadened the selection of panicle-blooming hydrangeas, too.



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HEALTH AND WELLNESS

# Rev Up Your Metabolism And Health

**REGARDLESS OF YOUR** age maintaining a healthy metabolism is vitally important.

By definition metabolism is the amount of energy your body needs to perform all of the

**CHARLENE CAUSEY**  
Barre Fitness Studio,  
Brilliant Balance



activities necessary for living. Determined by individual height, weight, age, and level of activity, daily calorie intake represents metabolic

needs. Beginning in our 20's, our bodies accumulate fat, while muscle may decrease.

As a result, metabolism gradually slows and with each decade more muscle is progressively lost if precautions are not taken

to prevent this eventual decline.

The good news is maintaining muscle is possible, and the more muscle you have, the higher your metabolic rate will be in order to maintain that muscle.

Being active with a well-rounded fitness routine is essential. Keep fat accumulation at bay with an exercise plan consisting of three components.

First, a form of aerobic or cardio exercise will help to burn fat and elevate the metabolism.

In fact, after a high intensity, fat burning session, the body continues to burn calories at a slightly more elevated rate for several hours.

Secondly, weight resistance training using your

own body weight and/or dumbbells will promote muscle maintenance and development.

Muscles are like tiny furnaces that when stoked with activity keeping burning at a higher rate, therefore raising the metabolism again.

Lastly, a good stretching plan, using both dynamic stretches, such as dance or barre warm-ups, or Pilates and static, holding stretches serve to promote long, lean muscles and keep you flexible.

There are some important dietary guidelines to be aware of to assist in the quest for your optimum fitness level. Eliminate or dramatically reduce the following:

1) White flour products, especially wheat. Wheat, due to the fact that it's often genetically processed, causes inflammation which in turn creates a whole array of health issues and can slow your metabolism. Because of the high glycemic index of many wheat products, you may as well be eating sugar, which also causes inflammation and affects hormones.

2) Eliminate all artificial sweeteners except for all natural, organic stevia such as Sweet Leaf Stevia.

The refinement process of certain stevia products results in making this sweet herb as unhealthy as Nutrasweet and Sucralose. Artificial sweeteners are poison to the body and death to your metabolism. Some studies have shown that those who use them actually gain

weight over long term use.

3) Conventional dairy with hormones or antibiotics used in its production should be restricted or eliminated. In general, dairy contributes greatly to saturated fat intake, cholesterol, and added calories. If you do have dairy, it should be organic from grass fed cows.

4) Eliminate peanuts and peanut butter and reduce all nuts and nut butters while embarking on the challenge.

Common allergens, peanuts often have a mold, known as aflatoxin, which can cause candida or yeast problems.

Those are the principles to get you started on igniting your metabolism. Apply these to your total program and you will be on your way to a long lasting metabolic makeover.

*Charlene Causey is a former registered nurse. She has also been a model, nutrition and fitness instructor, and educational consultant. With over 40 years of experience in research and development, Charlene assists individuals in balancing their bodies in harmony with nature. Currently, she holds certifications in Natural Health, Personal Training and Ballet Body Barre. Her main focus is a natural approach to health and wellness. Recently, Charlene launched Pueblo's premier Barre Fitness and Wellness Studio, Brilliant Balance. You can reach Charlene at [www.facebook.com/brilliantbalance](http://www.facebook.com/brilliantbalance) or go to [www.brilliantbalance.org](http://www.brilliantbalance.org).*

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# SOCIAL SECURITY & YOU

JOSH WELLER, PUBLIC AFFAIRS SPECIALIST-SOCIAL SECURITY ADMINISTRATION - PUEBLO COUNTY, FREMONT COUNTY AND EL PASO COUNTY

## How To Recieve Qualifying Disability

**SOCIAL SECURITY IS** required by law to review, from time to time, the current medical condition of all people receiving disability benefits to make sure they continue to have a qualifying disability.

Generally, if a person's health hasn't improved, or if their disability still keeps them from working, they will continue to receive their benefits.

These continuing disability reviews help us ensure that only eligible people receive disability benefits.

It supports the integrity of the Social Security system while delivering fair services to wounded warriors, chronically ill children and adults, and other people with disabilities.

To help us make our decision, Social Security first gathers new

**DAVID G. MOLYNEAUX**  
Writes travel pieces and is the editor of [TheTravelMavens.com](http://TheTravelMavens.com)



**DISABILITY.** Social Secuity reviews medical condition of people to make sure they can continue to receive disability benefits.

information about an individual's medical condition. We'll ask their doctors, hospitals, and other medi-

cal sources for their medical records. We'll ask them how their medical condition limits their activities, what their medical tests show, and what medical treatments they've been given.

If we need more informa-

tion, we'll ask them to get a special examination or test, for which we'll pay.

If we decide their disability benefits will stop, and they disagree, they can appeal our decision.

That means they can ask us to look at their case again.

When they get a letter telling them about our decision, the letter will tell them how to appeal the decision.

You can read more about how we decide if you still have a qualifying disability at [www.socialsecurity.gov/pubs/EN-05-10053.pdf](http://www.socialsecurity.gov/pubs/EN-05-10053.pdf).

People can check the status of their disability application with a personal my Social Security account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

This secure account gives people access to many tools that can save them time.

Find out how Social Security is securing today and tomorrow at [www.socialsecurity.gov](http://www.socialsecurity.gov).

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A photograph of the Legacy Center building. It is a single-story building with a red door and a sign above the door that says "Legacy Center". There are some plants and a sidewalk in front of the building.

## Our Belmont Lodge Rehab Team can help you get back to the activities you enjoy!

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A photograph of an elderly man and woman using a walker. The man is wearing a grey shirt and the woman is wearing a white shirt. They are both smiling and looking towards the camera.

A photograph of an elderly man and woman holding a baby. The man is wearing a yellow shirt and the woman is wearing a purple and white striped shirt. They are all smiling and looking towards the camera.



# Gated Community Open to All Ages

NESTLED ON THE north side of the historic city of Pueblo is a manufactured home community that offers an active, independent lifestyle for residents. Pueblo Grande is a gated community open to all ages that offers a host of activities and amenities to ensure residents of this Southern Colorado hidden gem are getting the utmost value from their neighborhood.

In just over a year, Pueblo Grande has undergone a true revitalization through an array of improvements throughout the community. Everything from the new security gate and front entryway to the upgraded swimming pool, basketball courts, clubhouse and ongoing landscaping enhancements make the community surroundings enjoyable for all residents. Enhancing the growth of the community, we are upgrading the electrical infrastructure to support the addition of new homes giving home buyers and renters peace of mind.

Currently Pueblo Grande is offering brand new homes for sale or rent with various options to suit a variety of needs. The mix of two and three bedroom homes range from about 900 to 1,200 square feet,



**GRANDE LOCATION.** The Pueblo Grande offers active, independent lifestyle for residents in Southern Colorado.

with a starting price of just over \$66,000 to purchase or a monthly rent of \$949. These brand new homes are energy efficient and feature central air conditioning and come with a one-year warranty and 8x8 shed included. Customers also have the ability to order a custom built home for placement in the community as the development continues to grow well into 2019.

Whether a buyer or renter of

a beautiful new manufactured home, residents of Pueblo Grande all get to take advantage of the activities and amenities throughout the community.

According to The World Health Organization physical activity is very important as you age, and adults aged 65 and older should participate in at least 2.5 hours of physical activity per week. A survey conducted by myMHcommunity.com, a website that counts Pueblo Grande among its featured commu-

nities, showed that residents in manufactured home communities offering amenities and activities average 5.4 hours of activity per week, while the average for single-family home dwellers was about 3.7 hours per week.

The same survey also found that residents living in active, amenitized manufactured home communities are more social. On average, these residents spend 4.1 hours a week in social settings compared to those in single family homes, who spent 3.3.

The pet-friendly community features the upgraded swimming pool and clubhouse, a game room, a picnic area and a spacious community park perfect for an outdoor stroll with any four-legged friends. Those who enjoy being social and getting to know their neighbors do not need to travel far. The onsite management team hosts daily, weekly, monthly and annual activities throughout the year.

When it comes to location, Pueblo Grande proves convenient to all the shopping, movies and entertainment one would need, confirming the value residents find when making Pueblo Grande their home.

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SOCIAL SECURITY & YOU

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During your working years, earnings covered by Social Security are posted to your Social Security record.

You earn credits based on those earnings. If you become disabled or die before age 62, the number of credits needed to qualify for Social Security benefits depends on your age at the time you die or become disabled.

A minimum of six credits is required to qualify for Social Security benefits regardless of your age. You can create a my Social Security account to check and periodically monitor how many credits you have. Just go to [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Question:  
What type of information will I need to provide if I'd like to apply online for Social Security retirement benefits?

Answer:  
Whether you apply for retirement benefits online, by phone, or in an office, we suggest that you have the following information at hand when you do it. This will make completing the application easier for you.

- Your birthdate, place of birth and Social Security number;
- Your bank account number and your bank's routing number, for direct deposit;

- The amount of money you earned last year and this year. If you are applying for benefits in the months of September through December, you may also need to provide an estimate of what you expect to earn next year if you plan to continue working;
- The name and address of your employer(s) for this year and last year;
- The beginning and ending dates of any active military service you had prior to 1968; and
- The name, Social Security number and date of birth of your current and any former spouses.

Depending on your situation, you may need to provide additional documentation with your application.

We'll give you instructions on how to mail or bring it to us. To get started, visit our Retirement Planner at [www.socialsecurity.gov/retire2](http://www.socialsecurity.gov/retire2).

Question:  
I've heard you can apply online for retirement benefits. But isn't it easier just to go into an office?

Answer:  
Retiring online is the easier way to go. There's no need to fight traffic to travel to a local Social Security office and wait for an appointment with a Social Security representative. You can apply in as little as 15 minutes.

Just visit [www.socialsecurity.gov](http://www.socialsecurity.gov). Once you submit your electronic application, you're done. In most cases, there are no forms to sign or documents to mail. Join the millions of people who already retired online. Visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

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As a non-profit organization, we provide honest, ethical dental care focused on your personal wants and needs.

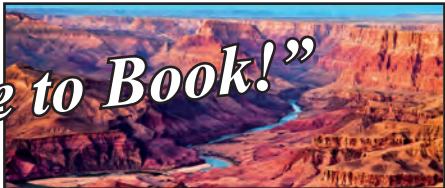
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Wonderful Holiday Adventures  
**Grand Canyon By Rail/Lake Powell**



**Departs Pueblo 3/18/19 A breathtaking tour of the magnificent Grand Canyon and the sparkling blue waters of Lake Powell.**

Seven Day Adventure. Day 1: Interactive Alpaca farm, 3000 sq. ft. gift shop, Fort Union National Monument, Old Town Albuquerque, more! Day 2: Williams, Arizona, Meteor Crater, Grand Canyon Railway Hotel, much more! Day 3: Observation Dome Car on the train, complete with panoramic windows in all directions; even the ceiling! Grand Canyon, entertainment on board the train, escorted tour of South Rim of the Grand Canyon. Evening is yours at Maswik Lodge. Day 4: Afternoon train back to Williams, Flagstaff where we'll overnight at the Drury Inn and Suites, magnificent food throughout the whole trip. Day 5: Lovely views of Lake Powell, the second-largest man-made lake in the United States. The striking beauty of this lake will take your breath away with the vivid blue colors, boat cruise, Best Western View hotel, lovely views of Lake Powell. Day 6: Ignacio, Colorado, Sky Ute Casino, gaming onsite, bowling alley, pool and fitness center, mini-golf, a lovely Spa, gift shops and a wonderful Native American Museum which has just recently opened. Day 7: We say goodbye to Ignacio and head for home with so many wonderful memories, new friends and amazing sites on our mind!

\$1575 per person, double occupancy; single supplement is \$480. Deposit of \$400 per person required to reserve space; final payment due 2/15/19

*Price includes roundtrip transportation aboard a luxury motorcoach, fully escorted tour as described, 6 nights lovely accommodations, Domed Observation Car rail tickets aboard the Grand Canyon Railroad, Grand Canyon tour, Lake Powell Cruise, entrance fees to all attractions as described, breakfast each morning, 2 lunches, 2 dinners, luggage handling and all taxes.*

**Yellowstone & Glacier Nat'l Park**  
*A tour highlighting the beauty of Wyoming, Idaho, Utah, Montana and Colorado! Departs 6/1/19!!*



**\$1985/PERSON, DOUBLE. SINGLE SUPPLEMENT \$625.**  
**DEPOSIT OF \$200 PER PERSON TO SECURE SPACE;**  
**FINAL PAYMENT DUE 5/1/19.**

Price includes fully escorted tour aboard a luxury motorcoach, expert tour guide throughout entire trip, lovely accommodations, 9 breakfasts, 4 lunches, 2 dinners, all sightseeing as described, luggage handling, all taxes.

**Day 1:** Depart Pueblo/Colorado Springs for Cheyenne. Lunch at Bison Ranch and you can feed the bison if you'd like. Next is historic Cheyenne, one of the most iconic western towns in America! Original Train Station and tales of the cowboys, legendary rodeos, railroaders and early settlers who made Wyoming famous. Then to Casper where we'll spend the night.

**Day 2 -** Visit the National Historic Trails and Interpretive Center, a remarkable museum dedicated to Western history. Then riding old-fashioned trolley rides and attend the world-famous Cody Stampede over-nighting in the legendary Irma Hotel.

**Day 3:** This morning we travel toward majestic Yellowstone National Park which is home to about half of the world's geysers, thousands of bison and over 200 species of animals. We'll be sure to see Old Faithful, an amazing experience!

**Day 4:** More Park wonders. Walk along the steamy fumerole pools, stop for photos at the Dragon's Mouth Spring and the Prismatic Pool. Next is an old-fashioned Chuck Wagon dinner, complete with a wagon ride to the cookout!

**Day 5 -** Great Falls, Montana, in the heart of Big Sky Country is next. Tour the Lewis and Clark Interpretive Center located on a bluff overlooking the Missouri River and filled with historic artifacts and amazing exhibits on western heritage! Just the first 5 days then you'll see Glacier National Park, Kalispell, Idaho Falls, old Montana prison, auto museum, Salt Lake City, Canyonlands National Park, Montrose and Black Canyon National Park, Montrose, Gunnison and Monarch Pass. What wonderful memories you'll take home; not to mention all the pictures!

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#0219

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#0119

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#0319

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#0319

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**Peggy 719-778-7570**

#0219

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#0319

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to meet an old man who regards the fine art of conversation as a common need for a woman? And knows how to complement?--Greg **719-621-7097**

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Write your ad in the space provided below.

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**Please print clearly.** Deadline is the 20th of the month.

Phone: \_\_\_\_\_ Your Name: \_\_\_\_\_

Mail ad and check (send no cash) to:  
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# COLORADO SPRING SENIOR CENTER

## MARCH 2019 CALENDAR

COLORADO SPRINGS  
SENIOR CENTER  
955-3400

Please stop by or go online to find the full listing of classes, trips and special events at [www.csseniorcenter.com](http://www.csseniorcenter.com). All classes require registration.

### SPECIAL EVENTS

- Mardi Gras Mix and Mingle-T March 5th 6-8 \$10 Want to rejuvenate your social life and find friends to go to the movies with, or out to eat or get coffee with? Enjoy drinks and appetizers while you get to know others looking for the same!
- Fire Engine 6 March 7th Th 10-11:30 Free Meet the team that responds to our needs! Our very own Fire Engine 6 will be here bringing their fire truck, great conversation and safety tips.
- Newcomer's Orientation Th March 7th 1-2:30 Free Whether you've already started taking classes or not, come and learn more about the Senior Center and all it has to offer. Learn about class registration, volunteer opportunities, clinic services, and more.
- Campfire on the Patio W March 13th 5:30-6:30 \$3 Nothing beats an outdoor fire on a cool spring evening. Join us on the patio for a campfire with hot dogs, s'mores, and good company. Come to share stories, play your guitar and get to know other people. Invite your family or grandchildren!
- Shamrock Showdown F March 15th 1:30-3:30 \$5 We all have the luck of the Irish on St. Patrick's Day. Join

## A SHOUT OUT

*The fine folks at Hotel Elegante are proud to sponsor The Colorado Springs Senior Center Calendar this month. Why not give Tracey Hampton a call and thank her for their support? (719) 576-5900*

us for an afternoon of fun-live music, refreshments, trivia, surprises and prizes! Wear Green!

- Living History-Franklin D. Roosevelt M March 25th 1:30-2:15 \$3 Step back to the 1930's and 40's and visit with the dynamic 32nd president FDR. This memorable presentation features Richard Marold as FDR, speaking on the Great Depression, WWII, leadership, his relationship with Churchill, and other issues that shaped the first half of the 20th century.
- Coffee with a Cop W March 27th 9:30-10:30 Free A great conversation!

### EXERCISE & DANCE

This is not a complete list, so please stop by or go online to find the full listing.

- Nia
- Yoga- Several classes to choose from including Vinyasa, Gentle and Chair yoga
- Drums Alive!®- This unique drumming class is different from every other exercise class you've tried. It captures the essence of movement and rhythm utilizing drum sticks and a stability ball. Super fun alert!
- Silver Sneakers Boom – Silver Sneaker Classes have now

added more options to their class offerings. We are proud to offer SilverSneaker Boom Muscle which is a higher intensity strength focused class. This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill. If you are a SilverSneakers member this class is free for you to take.

- Feldenkrais- Awareness thru movement, develops awareness, flexibility, coordination and balance.
- Power Moves Power Moves provides community exercise, enrichment, education, and empowerment for everyone to get better and stay better. The Y has created a comprehensive, neuroplasticity-principled program that integrates the latest exercise and wellness research. This program provides a supportive exercise environment to optimize brain recovery and repair. We utilize exercise as medicine to increase quality of life so that you can get better and stay better.

### HEALTH EDUCATION

FREE, but please register. A donation of \$1 to the Senior

Center is requested. This is NOT a complete list.  
Nurse Chats-Dry Skin March 13th W 9-10  
Breathe and Be March 14th Th 10-11  
Health and Neuropathy March 14th Th 9:30-11  
The Benefits of Pink Pepper Essential Oil March 19th T 11-12  
Boost Your Nutritional Health March 21st Th 9:30-10:30  
It's in the Air: Problems with Pollen March 25th M 10:30-11:30  
Legal and Financial Planning for Alzheimer's- March 27th W 9:30-10:30  
Look on our website or call for more class info and to register.

### ART CLASSES

You do not have to be an artist to take an art class! Find your creativity and let it flourish through the variety that we offer. Some classes have additional supply costs. So many to choose from including Drawing, Painting, Mixed media chair caning and other unique offerings, Call for more info! 955-3400

### LIFELONG LEARNING CLASSES

Pickling for Beginners March 4th M 10-11 \$15  
A Short Colorful History of Colorado Springs March 4th M 9:30-10:30 \$2  
Different Ways to Pay for Long Term Care March 5th T 10-11:30 \$5  
What to Look For in Your Realtor March 7th Th 10-11:30 Free  
Social Security March 8th F 9:30-11:30 \$5  
Energy Secrets March 7th T 10-11:30 \$12  
Humane Society of the Pikes Peak Region March 19 T 1-2:30 Free  
Annuities March 20 W 10-11:30 Free  
Brand New! Hike for Life-Edna May Bennet Trail March 13th W 12-4 \$15

### TECHNOLOGY CLASSES

Ebay-Listing, Selling and Promoting March 7th Th 1-3 \$20  
Shutterfly March 12 T 10-11:30 \$20  
Computer Basics March 13th W 10-11 \$5  
All about Facebook March 22nd F 1-3 \$20



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**Monday - Friday: 8AM - 5PM \* Saturday & Sunday: 11AM - 4PM**



HOME TOUCH

# Fiery Features

**TODAY'S GAS FIREPLACES** are hot with cool designs. Flames that leap from realistic-looking logs, tranquil stones or ceramic glass can warm up any home design.

Last year, nearly 800,000 gas fireplace units were shipped from manufacturers to retailers in the United States and Canada, according to the Hearth, Patio and Barbecue Association (HPBA), based in Arlington, Virginia.

“The gas fireplace has evolved beyond the traditional hearth in the family room,” says John Crouch, HPBA spokesman. “You can have the convenience of an instant fire in the fireplace by using a simple remote.” Extinguish any notion that a gas-burning fireplace’s options are limited to dismally fake logs placed into an existing masonry firebox.

With flames that rival a wood-burning fire, today’s contemporary and sleekly designed gas-burning fireplaces can be built directly into a wall. To achieve the look of cool combustion, many homeowners are turning to a zero-clearance fireplace made of metal with a



**COZY FLAMES.** Fireplaces can warm up any home with good design.

masonry lining. This fireplace is a self-contained unit that gives homeowners a viable option to add a gas-burning fireplace to their house without a conventional hearth, chimney and flue.

“Many homeowners have zero-clearance model fireplaces installed at eye level in the wall for a modern minimalist look,” Crouch says, “Technology is such that direct-vent fireplaces

can actually be part of a wall, acting as a transition from indoors to outdoors, or from one room to another.” Gas direct-vent fireplaces eliminate the need for a chimney and flue and are vented through a horizontal pipe that exits through an outside wall. On front-sealed glass models, all of the air needed for combustion comes from outside the home.

If you find yourself getting fired up for the colder weather, Crouch says today’s gas-burning fireplaces can heat up a new or existing home. “A fire in the fireplace just naturally becomes the

focal point of a room,” he says. “Some gas-burning fireplace units aren’t just decorative, they can act as zone heaters.”

A sealed-combustion gas-burning fireplace doesn’t draw air from a home, and some models can output the heat they generate back into the house. “Not only do you have the beauty of a fire,” Crouch says, “but these gas fireplaces have remotes equipped with a timer and thermostat.”

Before becoming consumed with an inferno of ideas for fireplace features, Crouch says it’s best to involve a professional installer certified by the National Fireplace Institute (NFIcertified.org). “You want to consult a local professional to ensure the fireplace feature you want will work in the space,” he says. “A certified fireplace professional will make sure it is installed according to the manufacturer’s specifications, because you are still dealing with gas and fire.”

With enough planning, a fireplace can be located nearly anywhere inside or outside the home. A bedroom’s design can be metaphorically set ablaze with a see-through fireplace feature with flames that dance on colored crystals or glass. A see-through fireplace can be floor- or wall-mounted, to serve as a home’s hot spot.

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## Canon City Senior Activity Center

### First Friday of the Month Dance Party

7:00-9:00pm \* \$2/person    Dance to Larry Pickens and Friends Band while enjoying the art exhibit of our featured artist Rob Brown

- \* **Lunch Available Monday - Friday**  
Reservations required before 9:30am  
(719) 345-3064
- \* **GAC Transit Program**  
Call (719) 276-5200 for a ride
- \* **Bingo every Wednesday at 1:30pm**
- \* **2nd & 3rd Friday Entertainment and 4th Friday**  
Karaoke/Dance Party 7-9:00pm \$2/person

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## HOME DELIVERED MEALS

*MAKING LIFE A LITTLE EASIER WITH SILVER KEY*

Tired of all of the preparation that goes into making a home-cooked meal? Anyone age 60+ can arrange for a home delivered meal through Silver Key. There are so many benefits, once you've registered for meals you'll wonder why you didn't do this sooner!

Here's how it works: After registering by phone (719-884-2370) you choose a 3, 5 or 7 day weekly meal plan. During the week on your home delivery days, a vetted and friendly volunteer will bring your food to your door. Silver Key clients enjoy the visit and personal service. Hot meals are available Monday through Friday with reheatable meals provided for the weekends for easy, healthy food options seven days a week.

Each month, you receive a printed menu calendar – which is also available online at [www.silverkey.org/home-delivered-meals](http://www.silverkey.org/home-delivered-meals). Your choice of meal selections can be conveniently made online or by returning a weekly order form. It's that easy!

Family members also appreciate the convenience of Silver Key Home Delivered Meals. Sometimes, managing family needs while working can be a lot to coordinate. This service provides them confidence that their loved ones are receiving a friendly visit along with a nutritious meal.

Each meal is \$5.75 and you'll receive a monthly invoice that you can pay by check or credit card in the mail or online. Silver Key is also the area Meals on Wheels provider, so if you need



**HOME DELIVERY.** Silver Key now offers home delivery for people who also are in the area of Meals on Wheels providers.

assistance in paying for the meals, a client assessment will help identify eligibility and ways to get community funding support.

Discover the convenience of having meals home delivered! Anyone age 60+ can benefit from having meals arranged and brought to their door by a friendly Silver Key volunteer. If you are interested

in making your life a little easier by taking advantage of freshly prepared Silver Key Home Delivered Meals, please call 719-884-2370 to register before placing an online order. You'll be glad you did!

If you're looking to enjoy a freshly prepared meal, but want to get out of the house more, Silver Key Connec-

tions Café meals are available daily at several locations in the community. You can find a location near you at [www.silverkey.org/connections-cafe](http://www.silverkey.org/connections-cafe). Silver Key Reserve & Ride offers transportation services as well – register online at [www.silverkey.org/reserve-ride](http://www.silverkey.org/reserve-ride). You can also call 719-884-2300 to learn more.

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THEIR SMALL ROW HOUSE, SITUATED IN LEA ROAD IN HOYLAKE WAS JUST ACROSS THE NARROW STREET FROM AN IDENTICAL HOUSE WHERE CYNTHIA AND HER HUSBAND, JOHN LENNON, STAYED WITH HER PARENTS.

Luckily, I found work at Woolworth’s, close to my brother’s residence. I was assigned to the candy counter, that Sunday afternoon, when my brother Bill stopped in. Smiling impishly, he requested a pound of caramels, but my scales were off and he

Our Long Time Contributor, Glen Vollmecke, author of ‘Intermission A Place In Time’, Will Be Signing Her Book On March 20th

WHERE: Pueblo Community College  
51320 US-50 Outside Canon City  
WHEN: 9-5 PM 719-296-6100

Please Stop By And Say ‘Hello’, And She’ll Sign Her Book For You. See You There!

got a pound and a half. My job lasted until five ‘o clock that same day. By now, Bill and Elsie had established residence with his in-laws. Their small row house, situated in Lea Road in Hoylake was just across the narrow street from an identical house where Cynthia and her husband, John Lennon, stayed with her parents. Rumors surfaced continuously, concerning John’s marriage. As the Beatles’ popularity climbed, and on the advice of Brian Epstein, John was to refrain from mentioning his marriage. The fans would not like it. Their manager Brian Epstein’s foreboding was eventually accepted and John moved on. Preferring the adoration of his female fans, and possibilities of fame and fortune, John adamantly continued to deny his marriage. We felt badly for Cynthia, who, at home with a small son, was seldom included on their path to fame. Coincidentally, both of their in-laws shared the Welsh name of Powell, which confused the postal carriers. Bill and Elsie, in due course, had two sons - Mark and Nick. Their first-born son was Mark. Cynthia’s new baby, Julian Lennon, was just a few yards away across the street, and often my family returned fan mail and gifts, originally addressed to Julian Lennon to John’s house. Vacating our rented home, Mum enthusiastically left for Jersey, and afterwards, Diane’s parents graciously offered me accommodation. I would contribute financially from my weekend job’s income from the Tower. Fairground employment was notoriously transitory, but it stabilized during summertime. I enjoyed working the cash register in the Tower ballroom café, as often several groups, including the Beatles, purchased cups of

► SEE VOLLMECKE, PAGE 27



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*Jim & Paula Cappadona*

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◀ FROM **VOLLMECKE**, PAGE 26

hot tea, and cellophane wrapped snacks.

Sometimes they would stop to chat.

While in line, Ringo searched his pockets for cash, but instead, the change awkwardly scattered to the floor.

Fumbling with his tray, he blushed shyly, then he would say, “I’m sorry, luv.”

I grinned back to avoid awkwardness, and assured him it was not important.

Most Saturday’s Diane and I danced until two ‘o clock in the morning, usually missing the last bus home.

Although assistant manager of the Iron Door, my boyfriend Clem also worked weekends as the Tower disc jockey, and during the ten-minute intermission, I sometimes assisted him on stage as he played his records.

One Saturday, Clem seemed preoccupied, ‘Faron and the Flamingoes’ had concluded their performance, and now the Beatles were due on stage for their gig.

Emerging from across the dance floor, the lads walked toward us. Clem jumped up.

He was not happy. “There they are. The little bastards,” he whispered.

Carrying their guitars, the Beatles approached tentatively, and Clem strode purposely toward them.

In a small circle on the dance floor stood John, Paul, George and Ringo.

Deeply involved in conversation with Clem, they silently motioned with their hands. Gesturing impatiently, they stood next to my boyfriend.

Feeling alone and conspicuous I jumped off stage, and standing between Paul and Clem, I listened to their conversation.

“It’s been longer than four bloody months this time,” said Clem intently.

“You have a job, so why not pay up?”

He was angry and the discussion continued.

Dejectedly, Paul stared at his shoes.

“I’m sorry Clem, but I just don’t have any cash,” said Paul as he adamantly defended his position, while the other three vigorously nodded their heads in agreement.

At which time Paul pulled out the lining of his empty pockets, and he shrugged.

“I haven’t got any money at all, mate. I’m broke.”

“Yer, he’s skint,” said George convincingly, Ringo stared; his blue eyes were wide and innocent.

“That’s right, he’s broke, mate. He has no money at all. In fact he owes me a couple of bob which he’s not repaid.”

It was undeniably a clumsy conspiracy, as noiselessly, in support of his mate, John nodded too. Clem was furious, but eventually gave up.

After a full ten minutes of debate, the Beatles proceeded to set up their musical equipment, and I joined a frustrated Clem who climbed onto the stage as he proceeded to dismantle his own paraphernalia.

“What was that all about?” I asked. “Paul borrowed five pounds (equivalent to seven dollars) several weeks ago and he hasn’t paid me yet. It’s like whipping a bloody dead horse.”

*This excerpt is from Glenn Vollmecke’s newly published book: “Intermission: A Place in Time.” Her memoirs describe life in war-torn Great Britain. Typical British humor is evident, offering a mixture of Wallace & Gromit and Angela’s Ashes. Her book’s cover is an original Beatles ticket, introducing Liverpool’s “Mersey Beat” era. Enjoy reading “Intermission” monthly: Contact [alpacastrus@q.com](mailto:alpacastrus@q.com) Availability: Amazon/Barnes & Noble. An autographed copy is available from [www.alpacastrus.net](http://www.alpacastrus.net). Here’s a direct link to her book: <https://www.etsy.com/shop/CedarCanyonArtistry/>*

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# OPINION-EDITORIAL

**ANN COULTER**  
Political columnist  
and commentator



## HUSH LITTLE PORN STAR, DON'T SAY A WORD

I GATHER I was supposed to gasp when Michael Cohen said during his testimony before Congress on Wednesday, “The president of the United States thus wrote a personal check for the payment of hush money as part of a criminal scheme to violate campaign finance laws.” If that’s the best he’s got, Trump should demand we hold the election this coming Tuesday.

Cohen was referring

to Trump’s 2017 reimbursement of the \$130,000 hush money he paid to porn star Stormy Daniels to stay quiet about her claim that she’d had sex with Trump, aka Cohen’s client -- meaning much of Cohen’s testimony is barred by attorney-client privilege. But who cares about this sacred legal privilege? We’re trying to get Trump!

Neither the media nor Cohen seem to realize that Cohen wasn’t doing anything illegal when he paid the “hush money.” (Just because Trump thinks every Jewish lawyer is Roy Cohn doesn’t mean you have to, too, New York Times.)

Words like “hush money” and “porn star” make the payments sound unsavory -- especially to The New York Times, known during the Clinton era as Defender of Inappropriate Presidential Sex -- but there’s nothing criminal about paying money to suppress embarrassing information, even in the middle of a political campaign.

If it wasn’t illegal for Cohen to pay the hush money, it’s certainly not illegal for Trump to reimburse him for it.

Cohen was, after all, Trump’s lawyer. He got reimbursed for a lot of things. But we have to have days of hearings in hopes of establishing that Trump violated the campaign finance report-

ing requirements with these payments, in which case, OH MY GOSH, HE’D HAVE TO PAY A FINE.

I’d be more impressed if they got Trump on a jaywalking charge. President Obama had to pay \$375,000 in fines for actual campaign violations during his 2008 run, and I don’t think we needed 16 prosecutors, half of Congress and the entire media on the case.

The theory of Trump’s alleged campaign finance violation is that if you’re running for office, all normal life expenses suddenly become campaign-related.

According to these neurotics, ANY money Trump or his companies spent during the campaign is a potential campaign finance expenditure. Paying your gardeners is a campaign expense -- because who would vote for a man who can’t even keep the hedges tidy at Mar-a-Lago? If Trump had gone to the hospital for an appendectomy -- well, he got his appendix cut out because he feared that if he died of appendicitis, he wouldn’t get the nomination.

Luckily our laws aren’t as insane as our media. For the hush money payments to be campaign expenses, the government would have to prove:

1) Trump, with his fine legal mind,

knew he was violating the law; and

2) He authorized the payments only because he was running for office.

So prosecutors have a fantastic case, provided they can get Trump to admit on the stand, Oh no, I wasn’t worried that these allegations would hurt my brand at all. I didn’t care about what my grandkids or Melania would think. I had Cohen pay off a porn star for the sole purpose of misleading the public into voting for me on the basis of my character.

Such an argument would be absurd with anyone, but we’re talking about Donald Trump. He didn’t exactly hold himself out to the voting public as a moral paragon. As voters were well aware, Trump’s been married three times, has appeared in Playboy videos, and was a fixture on the Howard Stern show for years, discussing breast sizes and ranking women’s looks. In the very first GOP debate, Fox News reminded viewers that Trump had called women “fat pigs, dogs, slobs and disgusting animals.”

The reason the “Access Hollywood” tape failed so spectacularly was that Trump had never appealed to Americans based on his character.

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IN THE LATEST extravaganza at sea, Oceania Cruises has introduced a six- course Dom Perignon dinner that pairs three vintage champagnes with a remarkable chef’s tasting menu. The meal, during voyages on Oceania Marina and Oceania Riviera, is a splurge at \$295 per person, plus gratuities, but the price is equaled by the decadence of the menu and the opportunity to drink amazing champagne.

For those of us who sip champagne mostly as a ceremonial toast or an occasional aperitif, this Oceania Cruises dinner is a revelation of tastes. Not only do diners drink from generous pours of three Dom Perignon vintages – from 2006, 2009 and a special 2004 rosé – but also taste a series of ingredients in a chef’s menu that was designed to pair and interact with these champagnes.

During the two-and-one-half-hour presentation, like mine on Oceania Riviera in January, chefs and waitstaff explain the best sequence for drinking and eating during the six courses. Each of the three champagnes is paired with two courses. We would start with a sip of champagne without food, followed by tasting a specific combination of food from our plates and drinking the paired champagne. We paid attention to the changes of flavors and senses in our mouths as the bubbly and food merged like ingredients in a science project – only this endeavor included such specialties as rich foie gras, lobster, and gold leaf atop black truffle risotto.

Scallops with foie gras, accompanied by a deep flavored mole, and roasted pineapple joined the 2009 Dom Perignon for the first course. In the second course, Brittany blue lobster, yellow curry broth and coco foam awaited the 2006 vintage, as did the third course, the black truffle risotto with aged parmesan.

Out came the 2004 Dom Rosé for a course of very rare sashimi-style Wagyu beef, sautéed arugula, blood orange-soya juice, and French caviar. The rosé also was paired with the fifth course of French cheeses, served with a black currant-pepper paste and thyme flower, which provided a powerful punch when the pepper met the champagne.

DAVID G. MOLYNEAUX  
Writes travel pieces and is the editor of TheTravelMavens.com



**CHEAT SHEET.** From left, foie gras, scallops, and roasted pineapple, lobster and curry sauce, Wagyu beef and French Caviar. ■ Photos by **FRAN GOLDEN**

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# OPINION-EDITORIAL

**GEORGIE ANN GEYER**  
Columnist, writer for the  
Universal Press Syndicate



## ENDLESS WARS DEMAND NOTICE AMONG PRESIDENTIAL CANDIDATES

IN HIS STATE of the Union address, President Trump, who is admittedly not given to eloquent or self-reflective musings, voiced an odd phrase that seemed both rather strange and rather perceptive. “Great nations,” he said,

“do not wage endless wars.” Now of course, there have been long wars across history, but even the infamous Hundred Years’ War in Europe in the 14th and 15th centuries was waged only by minor French and English claimants to the thrones. Truly powerful nations supposedly move swiftly to resolve wars. The way, in fact, we have not. The strangest thing in our country today is that virtually no one talks about our seemingly eternal and too often unnecessary wars, which boast neither tactics nor strategy. Even stranger is that, so far, none of our eager candidates for the presidency has even mentioned them. Since Vietnam, we have turned our faces innocently away from the fact that we have lost virtually every war we have engaged in after the Korean War (and that was only a tie). In fact, only now are such “secrets” beginning to seep out in public and press journals.

In a recent special issue of Smithsonian magazine, “America at War,” the articles relate how, 17 long years after the attack on the Twin Towers, the U.S. now has American troops engaged in the global war on terrorism in 80 nations on six continents. Its map of the world looks like a chicken pox of circles of American power plopped here and there -- 800 bases from Djibouti to Kosovo to South Korea -- the purposes of which often elude common sense. Smithsonian notes that the U.S. has spent \$1.9 trillion fighting terrorism since 2001, which brings the cost for those conflicts alone to roughly one-tenth of the national debt of \$21 trillion.

And of all these wars, I can count only our easy takeovers of Panama and Grenada as successes. Otherwise, from Afghanistan to Iraq to Somalia to Yemen to Syria, we are losing. Take Afghanistan. The Taliban now controls 40 percent of the country, and we are negotiating with the Taliban because President Trump wants to get out. Our obvious eagerness encourages the Taliban and the Iranians. Moscow just hosted the opposition parties from formerly Soviet-occupied Afghanistan, thus trying to undercut the American-backed Afghan government. Sound good to you? Then consider Iraq. Still overseeing a nation half-destroyed from our bombing and then from the ruinous destruction of ISIS, the Iraqi government is now enraged by President Trump’s statements that we are there not to build Iraq, but to “monitor” Iran. We must really want the Iraqi government to cooperate with us, right? Even further, Smithsonian reports,

according to a new poll it conducted along with Stars and Stripes and the Schar School of Policy and Government at George Mason University, “more than 80 percent of 1,031 service members and veterans surveyed agreed” that those occupations have “been going on too long.” This figure is backed up by many indicators of substantial dissatisfaction among America’s armed forces, a sentiment that’s dangerous to any nation and which I, as a correspondent who spent time in Saigon, remember all too well in the aftermath of Vietnam.

Finally some comments are emerging comparing America’s current wars to Vietnam. From writer Max Hastings, these sardonic words: “We’ve learned the lesson from Vietnam so well we can exactly repeat it.” Many military officers voice the idea that in the Middle East, like Vietnam, we can’t win, but we can’t afford to lose.

The point is to realize we are draining our lifeblood, our resources, and our political and moral standing in the world with these “wars of choice” (or, as I call them, “theoretical wars”), while across the globe people yearn for an America that is a positive example and a wise steward of our history.

Perhaps we need to form a group of “wise men” in the Pentagon or some appropriate venue. But at the very least, our presidential candidates must show they are truly interested in serious issues and not in frivolous and juvenile name-calling and score-settling.

We voters are going to have to insist they act like adults. I guess I need to correct, or at least add to, President Trump’s odd phrase: Yes, great nations DO engage in endless wars -- but they soon cease being great nations.

Georgie Anne Geyer has been a foreign correspondent and commentator on international affairs for more than 40 years. She can be reached at [gigi\\_geyer\(at\)juno.com](mailto:gigi_geyer(at)juno.com).

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# OPINION-EDITORIAL

**DAVID SHRIBMAN**  
Executive editor of  
the Post-Gazette



## TRUMP AND THE LONG-TERM IMPLICATIONS OF HISTORY

ONE OF THE casualties of the modern age is the substitution of Presidents Day for the annual celebration of the birthdays of Abraham Lincoln on Feb. 12 and of George Washington on Feb. 22 -- two dates that every American schoolchild once knew, marking the births of two presidents every American schoolchild once revered.

As a consequence, on Monday we celebrate automobile and department-store sales rather than salute the president whose dignity and restraint helped create the country and the president whose compassion and vision ended the scourge of slavery. But what is worse is that this generic Presidents Day provides equal approbation for William McKinley and for Theodore Roosevelt, for Herbert Hoover and for Franklin Roosevelt. To say nothing of how Franklin Pierce and James Buchanan can claim coverage by the antiseptic holiday Americans have celebrated since 1971.

All of which brings us to the

current incumbent, who on Presidents Day might pause from the momentary impact of Twitter to consider the long-term implications of history.

Donald J. Trump's detractors and supporters alike might agree that the 45th president does not possess the instinct for introspection, but that may be too facile a judgment. Consider for a moment his reverence for his father -- not occasionally but constantly.

And consider how Trump measures himself against his predecessors -- not humbly but obsessively, even on the most trivial of matters. Just last week, in discussing his administration's responses to the crisis in Venezuela, he said, "I have great flexibility. I probably have more flexibility than any man that's ever been in this office."

Bill Clinton and George W. Bush -- one a flamboyant showoff much praised for his intellectual agility, the other a sneak-intellectual much derided for his perceived intellectual shortcomings -- both spent eight White House years reading presidential biographies. They wanted to understand the office they occupied, to be sure, but they also wanted to see how history measured presidents. Two men whose opponents besieged them searched for the keys to greatness and historical redemption.

So do not blithely dismiss the notion that Trump may be considering his legacy, maybe not by reading Robert W. Merry's biography of James K. Polk (a surpassingly successful president) or by dipping into Amity Shlaes' life of Calvin Coolidge (whose record has more to say for itself than Coolidge had

to say himself).

That's not Trump's way, though as president an earlier populist and disruptor, Theodore Roosevelt, read Plutarch, Aeschylus, Euripides, Macaulay, Gibbon, Carlyle -- and his friend Owen Wister, whose novels might actually appeal to the current president, and Jack London's "Call of the Wild," whose title and contents surely would entertain Trump, including this quote:

"During the four years since his puppyhood he had lived the life of a sated aristocrat; he had a fine pride in himself, was even a trifle egotistical."

Presidents customarily are preoccupied with their place in history, and this preoccupation usually sets in during the second half of their term; they don't, after all, know whether they will get a second four years. It was this preoccupation that led Richard Nixon to travel to the Soviet Union and China in 1972, essentially repudiating his status as a committed and, in election years, cruel Cold Warrior. It was this preoccupation that led George H.W. Bush to embrace the 1990 budget accord that included new taxes, baldly repudiating his read-my-lips nomination speech delivered in 1988.

Both men -- Republican presidents, though Democrats have made similar mid-course corrections -- worried that the politics of the moment would look small in the larger view of history and opted to be farsighted rather than near-sighted. For one of those presidents -- Nixon -- that vision paid off, and he won a second term. For Bush, the price was far harsher: a GOP rebellion led by Rep. Newt

Gingrich of Georgia that undermined Bush's moral authority for the short term -- though outside of movement-conservative circles, he largely has been redeemed in retrospect.

In both cases, a conservative president did not so much abandon his base as seek to lead that base in a different direction, trusting that the verdict of history would redeem him. Is this something that Trump might attempt?

Not likely, because though Trump has changed parties (from Democrat to Republican) and abortion views (from favoring legalization to opposing it), he has not altered his essential personality or character.

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