



SB Senior Beacon

Eldest & Locally-Owned Senior Newspaper in Southern Colorado

OCTOBER 2018 Vol. 37:8 Established February 1982 440 Consecutive Months!

Committed To Southern Colorado Seniors For 36 Years And Counting!!

SENIOR CONNECTION

Free admission, entertainment, vendor booths and prizes featured at annual show November 5

NOW IN ITS 13th year of community senior expos, WestWind Productions is bringing the Senior Connection show to the Sangre de Cristo Performing Arts Center in Pueblo for the seventh time.

It will be held on Monday, November 5. Located at 210 N Santa Fe Ave, the center has free and plentiful parking. Senior Connection welcomes guests anytime from 9:00 am to closing at 1:00 pm. Take the elevator to the ballroom. Admission is free.

15 minute long entertainment is on-stage every hour on the hour. Every talented person on stage is a senior citizen performing song, dance, music or participating as a model in the fashion show. Pueblo's own version of Patsy Cline will be on stage at 10 am. Back by



MORE THAN MUSIC. Annual Senior Connection show offers more than just music, but also jewelry and other displays to entertain participants.

popular demand, the fashion show at 11 am features women's designs by Christine's Traveling Boutique. These beautiful separates are worry free for comfort and travel. Want to model? All sizes are needed but you don't need experience!

A local couple, Jennifer and Robert Garduno, will sing Oldies but Goodies at noon.

Admission is free for this full day of entertainment, fashion shows, activities and information.

Guests can win door prizes by playing the roulette wheel. Each person will be given two tokens when they enter the ballroom.

They will pick up additional roulette wheel coins as they visit each of the vendors in the hall.

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MEDICARE MONDAY

VACCINES AVAILABLE THROUGH OCTOBER

New Medicare cards, out-of-pocket costs for prescription drugs, changes to disenrollment from Medicare Advantage Plans, and new guidelines for prescription drug plans concerning opioid use are among the changes that will be discussed at Medicare Monday.

Medicare beneficiaries can get the latest information at a one of the many Medicare Monday sessions starting October 15, 2018, on premiums, deductibles, and co-pays for Medicare Part A and B and D, as well as information on Medicare Advantage plans that are available in the markets throughout Colorado. Experts from the Colorado Gerontological Society will deliver the presentations.

Medicare Monday educational programs will start on October 15 at

Northglenn Senior Center, Northglenn; Schlessman Family YMCA, Denver; Servicios de LaRaza (in Spanish), Denver; Commons at Hilltop, Grand Junction; The Inn at Garden Plaza, Colorado Springs; and Windsor Gardens, Denver. Time and locations vary, so check the website or call for more details.

Other sessions will follow on October 22 in Denver, Greeley, Westminster, Aurora, and Carbondale. They will be followed with sessions on October 29 in Centennial, Littleton, and Alamosa. Sessions will also be held in Commerce City on October 25 (in Spanish or call 1-855-880-4777 for a reservation), in Salida on October 30, and in Montrose and Delta on November 7. Call 1-866-294-3971 or visit www.senioranswers.org.

OPINION

5 Ways to Minimize Risk

IT'S ALWAYS A good time to protect your downside. We've been having a roaring bull market. While it's slowed down somewhat I think it'll keep up even as far as 2024. Yet even during raging bulls the markets are down two of three days on average. The markets are always a roller coaster ride. Here's a few ways to stay on track and stay safer.

1. USE MUTUAL FUNDS

We've all heard how birds fly faster, further and stronger as a group. The

same goes with investments. Would you rather have your life savings in one stock called Enron or in a fund that owned Enron and 100 other companies? That's an easy choice, of course.

2. CREATE TRUE DIVERSIFICATION

An investor may have what appears to be a diversified portfolio, filled with 10 different funds, for example. But if most of those investments, while sounding different, are in large U.S. stocks then there's very little variation. You want assets that have low, or negative, correlations. The result? Some "zig" while others "zag." This creates a more-balanced portfolio, often pro-

ducing smaller losses in rough markets.

3. BUY LOW: LOW P/Es AND HISTORIC LOW PRICES:

"Buy straw hats in winter," said famous investor Bernard Baruch. In other words, buy when prices are low. The value approach. Buying at high prices adds to risk because asset classes all go down eventually. Like the Dot-com Bubble, The Gold Bubble, the Real Estate Bubble, Enron, Krispy Kreme and on and on....

This value school has some very successful graduates. Warren Buffett is a value investor. He was slammed for avoiding tech in the 1990s. Multiple hedge fund billionaires use this approach like Carl Icahn and Eddie Lampert. And many other money management billionaires are value oriented, too. Names like Michael Price and Ken Fisher come to mind. So seeking value works and works well.

4. BUY DISCOUNTS TO N.A.V.

Net Asset Value relates to closed-end funds. You can buy these funds at discounts or premiums. A discount is the way to go. For example, you buy ABC Closed-End Fund. It sells for \$9 a share.

But, if the underlying investments were liquidated, it would fetch \$10 a share. If we're buying into the market at a 10% discount, we now have a 10% cushion that the average investor does not.

5. CREATE HIGH PORTFOLIO INCOME

Rapidly disappearing from investors' "collective memory" is the lost decade we recently experienced. From 2000-2010 an investor in the S&P 500 ended up with \$9,090, starting with \$10,000. While passive, non-emotional investing should produce positive results, there's a better way to clear some kind of return. Invest for high income. When the markets are good you get an income "bonus". When bad, you can reinvest or spend your portfolio income, while most folks simply "hold and pray".

Ron Phillips is an Independent Financial Advisor 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 or leave a message on his prerecorded voice-mail day or night at (719) 924-5070. Simply mention Promo Code #1001 when contacting the author.

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GHHJXMGEM

Comparing Drug Costs for Medicare

(Washington, DC) – A new analysis of the highest and lowest prices of 10 of the most frequently prescribed brand name drugs found extreme price variations among Medicare Part D drug plans, according to a new analysis released by The Senior Citizens League.

“One look at the price comparison chart illustrates why Medicare beneficiaries need to check and compare drug plan prices during this fall’s Medicare’s Open Enrollment,” says Mary Johnson, a Medicare policy analyst for The Senior Citizens League.

There can be more than a thousand dollars in price difference among drug plans for the very same drug, the analysis found.

In addition, due to recent legislative changes that limit the co-insurance charged during the “doughnut hole” stage of coverage, some brand name drugs are now less expensive in the “doughnut hole” than in the initial coverage stage, where costs are

typically the lowest.

“Because Medicare isn’t negotiating prices on our behalf, there’s no consistency in drug pricing among Medicare Part D drug plans,” says Johnson, who performed the comparisons using the Medicare website’s Drug Plan Finder.

The disparity in pricing is highest when the drug isn’t listed on the plan’s formulary or list of covered drugs. The diabetes drug Novolog Flexpen, for example, had a low price of \$37 and a high of \$2,012 in a plan where the drug is not on the formulary.

A monthly supply of Lyrica, which is used to treat the nerve and muscle pain of fibromyalgia and seizures, costs a low of \$37 and a high of \$178. The \$178 is higher than what drug plan enrollees would pay in the “doughnut hole” coverage-gap phase, which is \$155.

In 2019, enrollees will pay 25 percent co-insurance for covered brand name drugs in the doughnut hole. However, in a number of plans, initial

coverage co-insurance for top formulary tiers can be as high as 50 percent, which would be twice as much as the doughnut hole in 2019.

In one case, the comparison found the cost of the drug was driven up when the high drug plan premium was factored in. For example, Voltaren Topical Gel ranges from \$28 to \$37 per month.

However, the plan in which the drug cost the least had an unusually high premium. Once the premium of \$159 was added to the \$28, the total cost was \$187 (\$28 + 159), versus \$63 for the lowest-costing plan (\$37 + 26).

“Most people 65 and over take more than one prescription drug. To get the lowest-cost and best plan, people need to compare plans based on all the drugs they actually take,” Johnson explains.

“The Medicare Drug Plan Finder shows the combined cost of drugs and the premium with the lowest costing plan shown first. In addition, consumers should careful-

ly compare prices between in-network walk-in and mail-order pharmacies — those prices can also vary,” Johnson notes.

Information on all drug plans, premiums and drug costs can be found on the Medicare Drug Plan Finder at www.Medicare.gov.

The drug plan finder allows personalized searches based

on the drugs one actually uses.

Comparing plans doesn’t have to be a mind-numbing chore. Medicare beneficiaries can get free one-on-one counseling from State Health Insurance Program (SHIP) counselors by contacting your local Area Agency on Aging or senior center. SHIP contact info can be found at <https://www.shiptacenter.org>.

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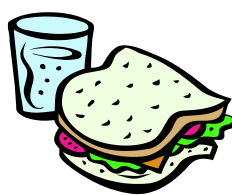
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MONDAY, NOVEMBER 9th

VENDORS

ENTERTAINMENT

Seniors on Stage:

15 minute acts each hour

10:00 am—Dress Barn

Fall Fashion Show

11:00 am—Amazing Expandable Clothing Fashion Show

Noon—Patsy Cline

by Maxine

1:00 pm—Pet Parade

Dog Fashion Show

FREE ADMISSION

EVERYONE WELCOME

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Silver Key Home Delivered Meals
SILVER KEY HOME DELIVERED MEALS
LUNCH MENU OCTOBER 2018
 For reservations call 719-884-2370
 or visit silverkey.org/home-delivered-meals

- Oct 1 - Swiss Steak -or- Sweet & Sour Meatballs
- Oct 2 - Chicken Salad on Croissant -or- Bratwurst
- Oct 3 - Sweet & Sour Pork -or- Catfish
- Oct 4 - Chicken Mole -or- Swiss Steak
- Oct 5 - Lasagna Roll w/Marinara -or- Broccoli Stuffed Chicken
- Oct 6 - Baked Ziti w/Sausage
- Oct 7 - Pork Chow Mein
- Oct 8 - Chicken Tacos -or- Cod Olympia
- Oct 9 - Salmon Burger -or- Riblettes
- Oct 10 - Pesto Chicken -or- Stuffed Shells
- Oct 11 - Stuffed Bell Pepper -or- Italian Wrap
- Oct 12 - Chicken Cordon Bleu -or- Baked Salmon
- Oct 13 - Chicken Mole
- Oct 14 - Lasagna Roll w/Marinara
- Oct 15 - BBQ Beef Sandwich -or- Breaded Chicken Sandwich
- Oct 16 - Lemon Pepper Chicken -or- Pork Roast
- Oct 17 - Roast Turkey w/Gravy -or- Roast Beef
- Oct 18 - Beef Tips -or- Cobb Salad
- Oct 19 - Cod Tuscany -or- Chicken Marsala
- Oct 20- Swiss Steak
- Oct 21 - Pesto Chicken
- Oct 22 - Spinach Ravioli w/Marinara -or- Beef Pot Pie
- Oct 23 - Smothered Pork Chop -or- Crab Cake
- Oct 24 - Chicken Chimichanga -or- Monte Cristo Sandwich
- Oct 25 - Yankee Pot Roast -or- Roast Turkey
- Oct 26 - Stuffed Pasta Shells -or- Chicken Parmesan
- Oct 27 - Roast Turkey w/Gravy
- Oct 28 - BBQ Beef Sandwich
- Oct 29 - Beef Stroganoff -or- Pulled Pork Sandwich
- Oct 30 - Pork Green Chili -or- Citrus Tilapia

Silver Key Connections Café
LUNCH MENU SEPTEMBER 2018
 For reservations call 719-884-2304 or visit silverkey.org/connections-cafe
 (previously Golden Circle)

- Oct 1: Swiss Steak, Mashed Potatoes, Peas, Coleslaw, Pear, Yogurt
 - Oct 2: Chicken Salad on Croissant, Loaded Baked Potato Soup, Raisin Carrot Salad w/ Pineapple, High Fiber Cookie, Orange
 - Oct 3: Sweet & Sour Pork, Jasmine Rice, Asian Vegetables, Mandarin Spinach Salad, Grape Cup, Apple Cobbler
 - Oct 4: Chicken Mole, Green Beans, Spanish Rice, Black Bean Corn Salad, Tropical Fruit, Carrot Cake w/ Cream Cheese Frosting
 - Oct 5: Lasagna Roll/ Marinara, Green Beans, Breadstick, Tossed Salad, Banana
 - Oct 8: Chicken Tacos w/Lettuce, Tomato, Salsa & Sour Cream, Tortillas, SW Black Beans, Orange
 - Oct 9: Salmon Burger w/ Lettuce & Tomato, Cream of Mushroom Soup, Spinach Mandarin Salad, Banana, Peach Cobbler
 - Oct 10: Pesto Chicken, Florentine Rice, Carrots, Whole Grain Roll, Strawberries, Oatmeal Cookie
 - Oct 11: Stuffed Bell Pepper, Potato Medley, Cauliflower, Spiced Peaches, Milk
 - Oct 12: Chicken Cordon Bleu Wild & Brown Rice, Green Bean Almandine, Mandarin Orange Pineapple Compote, Fiber Cookie
 - Oct 15: BBQ Beef Sandwich, Seasoned Pinto Beans, Coleslaw, Orange
 - Oct 16: Lemon Pepper Chicken Wild & Brown Rice, Peas, Beet & Onion Salad, Tropical Fruit, Cherry Cobbler
 - Oct 17: Roast Turkey w/ Gravy Mashed Potatoes, California Vegetables, Mandarin Spinach Salad, Apple, Oatmeal Raisin Cookie
 - Oct 18: Beef Tips, Penne Pasta, Squash Medley, 3 Bean Salad, Pear, Sugar Cookie
 - Oct 19: Cod Tuscany, Baby Bakers, Broccoli Coleslaw, Coconut Crunch Salad, Whole Grain M&M Cookie
 - Oct 22: Spinach Ravioli w/ Marinara, Broccoli, Tossed Salad, Garlic Bread Stick, Strawberries, Raisin Nut Cup
 - Oct 23: Smothered Pork Chop w/ Onions and Peppers, Brussels Sprouts, Baby Baker Potato, Pineapple, High Fiber Cookie
 - Oct 24: Chicken Chimichanga Salsa, Spanish Rice, Broccoli Tossed Salad w/ Red Wine Dressing, Apple
 - Oct 25: Yankee Pot Roast w / Gravy, Baked Potato Medley, Maple Glazed Carrots, Green Bean Salad, Banana
 - Oct 26: Stuffed Pasta Shells w/ Meat Sauce, Green Beans Almandine, Carrot Raisin Salad w/ Pineapple, Garlic Bread Stick, Pear
 - Oct 29: Beef Stroganoff, Penne Pasta, Roasted Brussel Sprouts, Roll, Peaches, Lemon Bar
 - Oct 30: Pork Green Chili, Pinto Beans, Cornbread Muffin, Strawberries, Raisin Nut Cup,
 - Oct 31: Goulash, Green Beans, Salad, WW Roll, Apple, Halloween 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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YOUR BALANCE CONCERNS ABOUT FALLS

A MATTER OF Balance: Managing Concerns about Falls, is the next in a series at the Senior Resource Development Agencies Matter of Balance Series.

The following dates, provided by trainer Jane Schifferdecker, will be from 1:30 to 3:30 p.m.:

- Oct. 4: Introduction to the Program
 - Oct 9: Exploring Thoughts and Concerns About Falling
 - Oct. 11: Exercise and Fall Prevention
 - Oct. 16: Assertiveness and Fall Prevention
 - Oct. 18: Managing Concerns About Falling
 - Oct. 23: Recognizing Fall-ty Habits
 - Oct. 25: Recognizing Fall Hazards in the Home and Community
 - Oct. 30: Practicing No Fall-ty Habits Fall Prevention: Putting it All Together
- The Senior Resource Development Agency Cafeteria is at 230 N. Union Ave., in Pueblo. Classes are handicap accessible, free and fill up quickly. Reservations recommended. For more information, call Jane Schifferdecker at 719-553-3422.

SRDA OCTOBER 2018 CALENDAR

Special information from Pueblo's SRDA (Plus)

Senior Resource Development Agency
 230 N. Union Ave.
 (719) 553-3445
www.srda.org

Calendar of Events OCTOBER 2018

- Monday – Sept. 3
 Monday – Oct. 1
 2-3 Sr. Self Defense
 3-4 Tai Chi
- Tuesday – Oct. 2
 8:45-9:45 Morning Tai Chi
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dancing
- Wednesday – Oct. 3
 9-12 Mahjongg
 10-11 Comp. Class
 11-12 Tablet Class
 12-3 Party Bridge
 3-5 Volunteer Singers
 3-4 Tai Chi
- Thursday – Oct. 4
 8:45-9:45 Morning Tai Chi

- 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dance Too
 1:30-3:30 Matter of Balance
- Friday – Oct. 5
 1:00-3:00 Genealogy Returns
 2:00 Bridge Class Should start this month
 Please call 719-553-3445 for information
- Monday – Oct. 8
 Offices are CLOSED for Columbus DAY
 Dining Room is OPEN
- Tuesday – Oct. 9
 8:45-9:45 Morning Tai Chi
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dancing
 1-2 Karaoke Sponsored by Friendly Harbor
- 1-3 Knit & Chat
 1:30-3:30 Matter of Balance
 3-4 Tai Chi make up class for 9/8
- Wednesday – Oct. 10
 9-12 Mahjongg
 10-11 Comp. Class
 11-12 Tablet Class

- 12-3 Party Bridge
 1-2 Zumba
 3-5 Volunteer Singers
 3-4 Tai Chi
- Thursday – Oct. 11
 8:45-9:45 Morning Tai Chi
 9-12 Sewing Club
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dance Too
 1:30-3:30 Matter of Balance
- Friday – Oct. 12
 1-3 Genealogy
 2:00 Bridge Class
- Monday – Oct. 15
 2-3 Sr. Self Defense
 3-4 Tai Chi
- Tuesday – Oct. 16
 8:45-9:45 Morning Tai Chi
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dancing
 1:30-3:30 Matter of Balance
- Wednesday – Oct. 17
 8:30-1:00 AARP Driver's Safety on 2nd floor
 9-12 Mahjongg
 10-11 Comp. Class

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- 11-12 Tablet Class
 12-3 Party Bridge
 1-2 Zumba
 3-5 Volunteer Singers
 3-4 Tai Chi
- Thursday – Oct. 18
 8:45-9:45 Morning Tai Chi
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dance Too
 1:30-3:30 Matter of Balance
- Friday – Oct. 19
 1-3 Genealogy
 2:00 Bridge Class
 4pm "Romancing the Sea" By Ann Williams
 Call 2nd Floor (719) 553-3445 for Details
- Monday – Oct. 22
 2-3 Sr. Self Defense
 3-4 Tai Chi
- Tuesday – Oct. 23
 8:45-9:45 Morning Tai Chi
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dancing
 1-3 Knit & Chat
 1:30-3:30 Matter of Balance
 6 pm "Rockies West Side Stories" Presented by Dave Lively. For tickets go to the 2nd floor front desk. \$5.00 before 3pm, Oct. 23rd, \$6.00 at the door (no refunds).
- Wednesday – Oct. 24
 9-12 Mahjongg
 10-11 Comp. Class
 11-12 Tablet Class
 12-3 Party Bridge
- Thursday – Oct. 25
 8:45-9:45 Morning Tai Chi
 9-12 Sewing Club
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dance Too
 1:30-3:30 Matter of Balance
- Friday – Oct. 26
 1 Genealogy
 1:30-3:00 Halloween Social, Music and Treats Provided
- Monday – Oct. 29
 2-3 Sr. Self Defense
 3-4 Tai Chi
- Tuesday – Oct. 30
 8:00 am Cripple Creek Bus Trip, purchase tickets for \$25.00 to make reservation, on 2nd floor by Oct 22nd. Bus loads here at SRDA, Joseph H. Edwards Senior Center, 230 N Union at 8am, loads in front of Bronco Billy's Casino at 3:30pm to return to Pueblo.
 8:45-9:45 Morning Tai Chi

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What steps have you taken to make your home safer?



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'WHEN GOD TAKES THE LAMPSTAND!'

Since the 2016 election, the word impeachment resounds over airwaves and splatters newspapers. Spewing from angry, frustrated voters and politicians who didn't get their way at a presidential election.

Like spoiled children throwing tantrums at Mommy for giving them healthy food instead of soda, cookies and candy for lunch, they whine, pout and vomit obscenities. Some so-called news sources are cesspools of lies and accusations that have no grounding or facts, simply because they didn't get their way. Frankly, I find it disgusting, childish and despicable for adults, especially American adults who live in a free country and have a right to vote and choose and speak out. Yes! It is their right . . . but is it right? The American people

spoke.k. They chose.

I hear two extreme voices. One spews venomous hatred. The Apostle Matthew warned, "But the things that come out of a person's mouth come from the heart, and these defile them" (Matt 15:18). I don't know the hearts of people, but I know what I see and hear, and I dare say, the majority are filled with hatred. They hate the president, police officers, authority, rules, and God. They hate anything and anyone in the way of their getting their own way. Perhaps they had no love of parents or discipline as a child. Perhaps some had no dad, or mom. Could it be that they need an introduction to Jesus who IS Love?

Jesus said, "You will always have the poor among you. . ." (Jn 12:8). I don't believe Jesus was only speaking of the financially poor but included the spiritually destitute and poor. These lost souls are prisoners of war, prisoners of an enemy determined to take to hell with him as many human souls as he can entice. This is an enemy set to destroy people made in God's image and use them as instruments to destroy others.

Today's anti-God, anti-America, anti-authority atmosphere is far removed from the Founding Fathers' belief, hope and intention. America's Pillars of three branches of government are based on Isaiah 33:10. "For the LORD is our judge, the LORD is our lawgiver, the LORD is our king; He will save us" (Isaiah 33:22). The Founders believed these three elements were the essential part of the civil magistrate: Judicial, Executive, and Legislative. The intention was to prevent the government from becoming a monster and each branch accountable to the other to keep power

in check. If the rights of citizens come from the state, then the state will take them back when it wants to. Those rights come from the Creator and no man or state can take them. In his farewell address George Washington said, "Of all the dispositions and habits which lead to political Prosperity, religion and morality are indispensable support. In vain would that man claim the tribute of patriotism who should labor to subvert these great pillars of human happiness, these firmest props of the duties of man and citizen. And let us with caution indulge the supposition that morality can be maintained without religion. . . reason and experience both forbid us to expect that National morality can Prevail at the exclusion of religious principle."

Of the strength of our nation Patrick Henry said, "The great pillars of all government and of social life are virtue, morality, and religion. This is the armor . . . and this alone, that renders us invincible." Neither military nor borders made, or can make, America invincible. Think on this. As religion and morality have decreased in America, our invincibility has decreased.

On July 4, 1800 a brilliant orator and 14th and 19th US Secretary of State, Daniel Webster, warned: "To preserve the government, we must also preserve morals. Morality rests on Religion; if you destroy the foundation, the superstructure must fall. When the public mind becomes vitiated and corrupt, laws are a nullity and constitutions are waste paper." I had to research the word vitiated which means to make faulty or defective, to debase in moral or aesthetic status and to make ineffective. When

that happens, laws are a nullity, the quality or state of being null, especially legal invalidity. America is headed there. Could it be that we have arrived in exactly the condition of which Webster warned?

Hearts are rabidly hardened toward God. The Psalmist warned, "Why do the nations conspire and the peoples plot in vain? The kings of the earth take their stand and the rulers gather together against the Lord and against his Anointed One. 'Let us break their chains,' they say, 'and throw off their fetters.' The One enthroned in heaven laughs; the Lord scoffs at them. Then he rebukes them in his anger and terrifies them in his wrath, saying, 'I have installed my King on Zion, my holy hill'" (Psalm 2:1-6 NIV).

Please remember these people who rant and spew ugly words and do unthinkable things desperately need a Savior. They are in bondage. Pray God will open blind eyes. Use every opportunity to reach them with the Lord's amazing love and message of forgiveness and freedom in Christ. Be kind. Be generous. Be Jesus with skin on to men and women who are destined for an eternal fire and pray your behavior will draw them to the Savior.

Be prepared with your spiritual armor on and stay prayed up! Only God knows what tomorrow will bring, but His Word tells us circumstances will get much worse before they get better. Better is when Jesus air-lifts Believers out of this darkness and chaos.

Please go to the polls and vote. Some misguided people believe Christians should not be involved in politics. I assure you, voting is our responsibility as Christians and American citizens. We are to occupy

► SEE LIGHT, PAGE 10

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ARTS

Oil Painting Display Speaks of Romance

WE'RE APPROACHING fall, and that means change and new events at the Arts Center!

Our big change is our new exhibit in the White Gallery entitled Mendoza | Mendoza. Running from October 13 to January 13, this exhibit features well-known John and Dorothy Mendoza.

John's work is a diary of the man and his view of life.

His oil paintings and watercolors speak of romance, nostalgia, and natural beauty.

Exploring different media and technique has been the history of Dorothy's paintings.

In 1998, she began experimenting with acrylics, merging the fluid transparent quality of watercolor with the opacity of oils and gouache.

The colors in this exhibition will



DIARY. Exhibit Mendoza | Mendoza showcases diary of man and his view of life while wife illustrates different media. ■ Image by **JOHN MENDOZA**

amaze you!

Our popular Fall Lucille Christmas Tea & Tour takes place Monday, Oct. 15 from 2 - 3:30 pm. For only \$8 enjoy a delightful fall tea and get a private tour of our galleries. Space is limited. Reserve yours today by calling 719-295-7200.

Current exhibitions:

Mendoza | Mendoza | White Gallery | Oct. 13 – Jan. 13, 2019
 “Going Out of Business Sale”
 A Retrospective: Tom Vail | Regional & Hoag Galleries | Through Nov. 11

Western Romance From the King Collection | King Gallery | Oct 5 – Jan 13

Lawrence Harris: Renowned Afro-American Artist | 3rd

Floor Foyer | Through Jan. 20, 2019

Contemporary Western | 3rd Floor Foyer | Through Jan. 20, 2019

At the Buell Children's Museum, our current exhibit Super Squad 5 closes Oct.27, but that's also our annual Puebloween! Trick-or-Treat party from 11AM to 4PM.

The Sangre de Cristo Arts Center galleries, 210 N Santa Fe, Pueblo, are open Wednesday through Saturday 11 AM - 4 PM, Sunday 12-4PM. The Buell Children's Museum is open Tuesday through Saturday 11AM-4PM and Sundays 12-4PM. Admission grants entry to both the Children's Museum and Helen T. White Galleries and is \$8 for adults, \$6 for children, seniors 65+, and military. Arts Center members are always free. Visit online at www.sdc-arts.org.

BOB CAMPBELL

Marketing and events manager with the Sangre de Cristo Arts & Conference Center

OUR POPULAR FALL LUCILLE CHRISTMAS TEA & TOUR TAKES PLACE MONDAY, OCT. 15 FROM 2 - 3:30 PM. FOR ONLY \$8 ENJOY A DELIGHTFUL FALL TEA AND GET A PRIVATE TOUR OF OUR GALLERIES. SPACE IS LIMITED. RESERVE YOURS TODAY BY CALLING 719-295-7200.

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NEWS OF THE WEIRD



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

Family values

LAURENCE MITCHELL, 53, gets this week's Most Helpful Dad award for graciously driving his 15-year-old son and the son's girlfriend, also 15, to a Port St. Lucie, Florida, park on Sept. 6 so they could "do their thang," as Mitchell described it.

The Smoking Gun reported that when Port St. Lucie police officer Clayton Baldwin approached Mitchell's car around 11:30 p.m., after the park had closed, Mitchell told him the kids "aren't out there stealing, they are just having sex. They could be out there doing worse." When the teenagers returned from the nearby soccer field, Mitchell's son told the officer they were "just smokin' and f---in'."

Mitchell was charged with contributing to the delinquency of a

minor, a misdemeanor. [The Smoking Gun, 9/17/2018]

Compelling Explanations

While shopping at a Peoria, Illinois, Walmart on Sept. 20, an unnamed 30-year-old woman filled her cart but also added a few items to her backpack: leggings, pencils, a quart of oil and a "Jesus Calling" Bible. After she paid for only the items in her cart, a loss prevention officer stopped her before she left the store. Peoria police were summoned, reported the Peoria Journal Star, and the woman explained to them she was hoping the Bible could help her spiritually: "(She) told me that it sounds strange, but she was trying to be more Christian," an officer reported. She was charged with misdemeanor theft. [Peoria Journal Star, 9/21/2018]

After trying repeatedly on Sept. 12 to pull over a Toyota Prius driving

with expired tags on I-5 near Marysville, Washington, a Washington State Patrol officer finally caught up to the car at an intersection and verbally instructed the unnamed 42-year-old woman driver to pull over, reported the Everett Daily Herald. "I will not. I drive a Prius," was the woman's reply. The officer then asked her to step out of the vehicle, which she also refused to do, so he forced her out. "I will own your bank account," she told him. "I will own your house." When he asked her name, she responded, "None of your business." Finally, she was arrested for failing to obey instructions, failing to identify herself and obstruction. [Herald.net, 9/16/2018]

No Good Deed

Tammie Hedges of Goldsboro, North Carolina, founded the non-profit Crazy's Claws N Paws in 2013

to help low-income families with vet bills and pet supplies, so it was natural for her to take in 27 animals displaced by Hurricane Florence in September. Hedges treated many of the animals, found in the streets or surrendered by fleeing residents, with antibiotics and painkillers for fleas, cuts and other ailments. For that, The Washington Post reported, she was arrested on Sept. 21 for practicing veterinary medicine without a license, after an official from Wayne County Animal Services visited the warehouse where the animals were housed. Kathie Davidson, a volunteer with Claws N Paws, said: "If she hadn't done what she did, then they'll be charging her with animal neglect and cruelty. What was she supposed to do?" Hedges was released on bond, and the charges were later dropped. [The Washington Post, 9/24/2018]

SRDA MONTHLY MENU

Call SRDA at 545-8900 for congregational meal sites and Meals-on-Wheels info!

OCTOBER LUNCH MENU

- Oct. 1—Chicken Tahitian, Seasoned Cabbage, Cilantro Rice, Navy Bean Soup/Crackers, Blueberry-Fruit Cup.
- Oct. 2—Pulled Pork Sandwich/Hamburger Bun, Ranch Beans, Scandinavian Mixed Vegetables, Creamy Coleslaw, Pineapple Tid Bits.
- Oct. 3—Polish Sausage, Mashed Potatoes, Steamed Carrots, Black Bean Lentil Soup/Crackers, Peach-Fruit cup, Mustard Packet.
- Oct. 4—Chili Relleno Casserole, Pinto Beans, Calabacitas, Cinnamon Applesauce, Banana Chocolate Bar.
- Oct. 5—Chicken Salad Sandwich/2Sl Bread, Vegetable Cous Cous, Harvard Beets, Fresh Orange.
- Oct. 8—Manicotti w/Sauce, Honey Glazed Carrots, Steamed Broccoli, Chicken Gumbo Sup/Crackers, Apricots.
- Oct. 9—Chicken Scaloppini, Rice Pilaf, Roasted Brussel Sprouts, Vegetable Florentine Soup/Crackers, Cranberry Pear Salad, Raisin Nut Cup.
- Oct. 10—Beef Taco Salad, Seasoned Mixed Beans, Stewed Tomatoes, Strawberry Blueberry Crisp, Lettuce Tomato Garnish.
- Oct. 11—Beer Pot Pie, Parslied Potatoes, Seasoned Asparagus, Split Pea Soup/Crackers, Apple Fruit-Cup.
- Oct. 12—Baked Fish w/Dill, Scaloped Potatoes, Scandinavian Mixed Vegetables, Chicken Barley Soup/Crackers, Broccoli Salad, Pineapple

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- Oct. 15—Chicken Noodle Casserole, Orange Glazed Carrots, Broccoli Walnut Parmesan, Tomato & Rice Soup, Strawberries & Pineapple.
- Oct. 16—Chicken Enchiladas, Seasoned Black Beans, Seasoned Mixed Vegetables, Green Chili Soup/Crack-

ers, Diced Peaches.

- Oct. 17—Tuna Salad Sandwich, Capri Mixed Vegetables, Asparagus, Garden Veg. Soup/Crackers, Orange w/Whipped Topping, 2 Sli. Bread.
- Oct. 18—Roast Beef w/Beef Gravy, Mashed potatoes, Cheesy Cauliflower, Dinner Roll/Margarine, Peas & Carrot

Salad.

- Oct. 19—Frittata, Sweet Potatoes, Zucchini & Tomatoes, Lentil Soup/Crackers, Orange.
- Oct. 22—BBQ Beef Sandwich, Seasoned Succotash, Oregon Mixed Vegetables, Tomato & Rice Soup/Crackers, Diced Pears Hamburger Bun.
- Oct. 23—Cheese Tortellini, Seasoned Spinach, Winter Mixed Vegetables, Breadstick/Tomato Cucumber Salad, Peach Fruit-Cup.
- Oct. 24—Swedish Meatballs, Parslied Pasta, Roasted Brussel Sprouts, Beef Mushroom Barley Soup/Crackers, Waldorf Salad.
- Oct. 25—Sweet & Sour Pork, Steamed Rice, Oriental Vegetables, Black Bean Soup/Crackers, Fruit Cocktail.
- Oct. 26—Chicken Fajita/Tortilla, Seasoned Pinto Beans, Oregon Mixed Vegetables, Grape-Fruit Cu, Yogurt w/Granola.
- Oct. 29—Meatloaf w/Mushroom Gravy, Steamed Rice, Steamed Broccoli, Split Pea Soup/Crackers, Strawberry & Peaches.
- Oct. 30—Herb Baked Chicken, Rice Pilaf, Seasoned Succotash, Carrot & Sweet Potato Soup/Crackers, Confetti Cottage Cheese Crunchy, Banana.
- Oct. 31—Chicken Tarragon, Penne Pasta, Caribbean Vegetables, Italian Chicken Noodle Soup, Heavenly Hash, Breadstick.

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RELIGION

Rebooting Old-Fashioned Religion

GOD THE DRILL sergeant calls from heaven:

"I don't know what you've been told, something new has taken hold. Love the Lord your God like this: Heart and mind and soul and strength. I

DARLENE FRANKLIN



don't know what you've been told, I'll lead you back to something old. Love the Lord Your God like this: Heart and mind and soul and strength."

While I'm marching in place, awaiting instructions, God checks my form.

The practice of faith which began with Adam and Abel tests where I'm at and trains me to get where I'm headed, the "way that time has proven true." (Psalm 139:24, CEV)

God the Great Physicians brings me to full health in at least four disciplines—cardiol-

ogy, neurology, psychiatry, and orthopedics.

The Holy Spirit probes my heart in ways a cardiologist can't, looking for blockages in my spirit.

He checks my nerve ending to see if my senses are ready to accept and pass on life.

Sometimes He allows pain until I confess my wrong ways.

As soon I do, He operates to get blood flowing again.

Physically and spiritually, I need to pursue a heart-healthy lifestyle.

That means obedience and fellowship, and when I sin, quick confession.

Otherwise they build up in my system. I should feed myself from God's word and breathe deeply of His spirit.

God the neurosurgeon operates like a gold assayer, searching for the treasure He put in me.

He tests me for impurities. What am I thinking and

saying?

Am I anxious?

Instead of tossing me out as unworthy,

He burns out any canerous cells filled with wrong thinking and instead tunes my brain to listen to His Spirit.

The prescription for follow up care?

To have the mind of Christ by listening to whatever is true, noble, right, pure, loyal, worthy of respect, excellent, worthy of praise (Philippians 4:8, NIRV)

God the psychiatrist shows me my offensive ways as He works with me one-on-one.

As we fellowship, I see when I've offended others or let bitterness and fear take root.

He shows me how He sees me, and makes transformation possible.

God the orthopedist is the way, the truth the life.

My shoes are made from the gospel of peace.

The lame leap like a deer.

Necessary strength comes from Him.

The Divine Healer is available for appointments at any time. He reminds me to check in.

He doesn't need machinery and doesn't wait for second opinions.

But He won't change me without my consent.

Open the Bible with me to Psalm 139:23-24 and pray with me: (words from hymn MORECAMBE by George Croly)

Search me, God, and know my heart.

Make me love You as I ought to love.

Test me and know my anxious thoughts.

Take the dimness of my soul away.

See if there is any offensive way in me.

Let me seek You and let me find.

Lead me in the way everlasting.

My heart an altar and Your love, the flame.

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◀ FROM LIGHT, PAGE 10

until the Lord's return (Jeremiah 29:5 and Luke 19:11-27.) We are to do everything possible to be light in this dark world. Voting for men and women who have similar core values, those who stand on God's Word and truth (and there are many) is

the right thing to do. I am not telling you who to vote for. But VOTE! Noah Webster said, "It is alleged by men of loose principles, or defective views of the subject, that religion and morality are not necessary or important qualifications for

political stations; But the Scriptures teach a different doctrine. They direct that rulers should be men who rule in the fear of God, able men, such as fear God, men of truth, hating covetousness . . ."

Please vote and take others to the polls.

Make a difference while you still have opportunity. The curtain may fall at any moment. When God takes the lampstand, the place where it once stood becomes unspeakably dark. "You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house" (Matt 5:14-16 NIV). This house called America desperately needs light.

May I remind you that the angry mob, the masses, didn't just impeach Jesus. They crucified Him.

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PATRIOT DAY, September 11, the National Day of Service and Remembrance or 9/11 Day is a federally recognized day of unity and charitable service, annually observed throughout the United States and in other countries around the world on the anniversary of the September 11, 2001 terrorist attacks.

It has grown to become the largest annual day of charitable service in the United States. Colorado Springs Chapter

1100 of AARP in conjunction with AARP Colorado in Denver, and the Bruce McCandless Veterans Community Living Center near Florence, Colorado, recently teamed up to provide some useful items for the Center's residents in appreciation for their service.

At a special ceremony, Mr. Jeremiah Mora, AARP Associate State Director-Community Outreach, with several members of Chapter 1100, presented 30 wheel chair pouches to

the Center for distribution to residents.

After the ceremony the AARP guests spent time chatting with many of the veterans at the McCandless Center before departing.

The Veterans Colorado Community Living Centers serve only veterans, veterans' spouses, and Gold-Star Parents, creating a unique atmosphere among long-term care facilities. Residents enjoy camaraderie with other

veterans and respect from staff and volunteers, who value the contributions these service men, women and their families have made to our country.

The Bruce McCandless Veterans Community Living Center at Florence is a Colorado State Department

of Human Services facility which provides Long-term and Short-term Services and Rehabilitation, Special Programs, and many Amenities for veterans their children and families, and people with disabilities.



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BETTY JO TUCKER
Pueblo award winning film critic



DON'T LET THE long title of this film put you off. "The Guernsey Literary and Potato Peel Pie Society" is a wonderful movie.

It shows how one book can bring together two very different people who live far apart.

And the charming Lily James ("Mamma Mia 2!") -- gives another terrific performance, this time as a big-city

author whose life changes because of a visit to Guernsey Island, where she expects to write an article about the local residents.

During her time there, she forms a special bond with the place and its inhabitants.

James' strong supporting cast members also deliver memorable turns in this touching and very entertaining offering.

I have to admit falling for every one of the colorful characters, but especially the thoughtful pig farmer Dawsey Adams, played by Michiel Huisman.

Fortunately, James and Huisman project a sweet chemistry with each other on screen.

Director Mike Newell and his casting director Susie Figgis brought together a splendid cast that also includes Tom Courtenay, Penelope Wilton, Katherine Parkinson, Jessica Brown Findlay, Matthew Good, Glen Powell and Kit Connor.

After World War II on Guernsey, a writer found a mystery.

To solve it she faced causing pain, losing friends, and nothing to gain.

Why was this unique book club formed?

Don't write about it she was warned.

A darling child and missing mom, are keys to this potential bomb.

A mouthful is the title here.

But this film makes you want to cheer.

History, mystery and romance

come together like a fine dance.

Surprises and a lovely man

help our writer make a good plan.

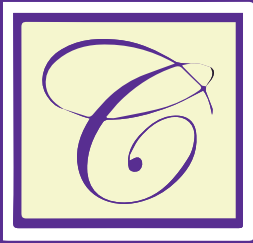
The story and acting are first-rate.

So see it now. You shouldn't wait!

Based on the book of the same name by Mary Ann Shaffer and Annie Barrows, this movie is a superb period piece emphasizing love, friendship, compassion and loyalty.

Frankly, I didn't want this special film to end. (Available now on Netflix.)

Our Friday night book club became a refuge to us. A private freedom to feel the world growing darker all around you, but you only need a candle to see new worlds unfold. That is what we found in our society. — Dawsey Adams



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FOR A HEALTHIER YOU

When Cancer Hits Close To Home, Stress

A DIAGNOSIS OF A diagnosis of cancer is life-changing for the diagnosed person and those close to them.

Not only does it cause anxiety and fear, but it also launches them into a whole new world of medical information and procedures.

LISA M. PETSCHÉ
Medical social worker
and freelance writer



Life suddenly revolves around consultations, tests and treatments, and the outcome is uncertain.

If the diagnosed person has pre-existing health conditions, such as dementia, their care needs are multiplied.

If you are caring for a relative with cancer, the following are some things

you can do to help manage the stress.

ACCEPT

Accept the reality of the illness. Let go of any bitterness resulting from interrupted plans and dreams so you can channel your energy in constructive ways.

Allow yourself to experience all emotions that surface.

Bear in mind that cancer affects people physically, mentally, emotionally and spiritually and that, although there may be similarities, no two people will experience it the same way.

Accept that how your relative feels and what they can do may fluctuate.

Be flexible about plans and expectations.

LEARN

Educate yourself about your relative's type of cancer. Share the information with family and friends to

help them understand.

Research community services that can help. The local Cancer Society branch and office on aging are good resources.

COMMUNICATE

Allow yourself time to adjust to your relative's illness and the changes it necessitates. Your relative will also need time to adapt. Be patient and keep communication lines open.

Allow your relative to express any and all emotions. Don't try to talk them out of their feelings, discourage tears or change the subject because of your discomfort.

Involve your relative (if able) and other family members in decision-making as much as possible. Don't shoulder all of the responsibility.

Ask questions and express concerns when meeting with health profes-

sionals. Bring a notebook to appointments.

Keep loved ones informed of changes in your relative's treatment plan and health status, but only tell them what your relative is comfortable sharing.

A valuable resource from the American Cancer Society (ACS) is called MyLifeLine and can be found at www.mylifeline.org; it's a free social network for cancer patients and caregivers that "connects them to their community of family and friends, allowing them to share their cancer journey, get support, and focus on healing."

PREPARE

Find out what to expect in terms of caregiving skills, medical equipment and community supports likely to be needed.

Talk with your relative about their wishes. Discuss living arrangements, outside help, surrogate decision-making, medical intervention and end-of-life care, and funeral arrangements. Be careful not to make promises you may not be able to keep.

Help your relative complete legal paperwork such as advance directives, powers of attorney and a will.

SIMPLIFY

Eliminate as many sources of stress in your life as possible. Set priorities, streamline tasks and learn to settle for less than perfection.

Take things one day at a time so you don't become overwhelmed.

Learn to live in the moment and focus on life's simpler pleasures.

PRACTICE SELF-CARE

Set aside quiet time each day, to nurture your spirituality and help keep you grounded.

Do something that provides you with meaning and purpose outside of the caregiving role, such as scrapbooking or researching your family tree.

Look after your health. Eat nutritious meals, get adequate rest, exercise and see your primary physician regularly.

Find something relaxing you can do every day - perhaps reading or listening to music.

Schedule regular breaks. Take a couple of hours, a day or an overnight. By being kind to yourself this way, you'll be more effective when you resume your caregiving tasks.

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GOLDEN AGE CENTER

728 N. Main St.-Canon City Mon-Fri
 719-214-8280

- Oct. 1: American lasagna, tossed salad, seasoned green beans, banana, ww bread
- Oct. 2: Hot turkey sandwich on ww, whipped potatoes, asparagus amadine, pineapple mandarin compote, banana
- Oct. 3: Beef and broccoli stir fry, brown rice, steamed carrots, pineapple tidbits, ww bread
- Oct. 4: Roast pork with gravy, oven browned potatoes, spinach/mandarin salad, parslied carrots, apple
- Oct. 5: Beef stroganoff, orange spiced carrots, pickled beet and onion salad, orange, ww bread
- Oct. 8: Teriyaki chicken, brown rice, oriental vegetables, spinach salad with mandarins, orange, fortune cookie
- Oct. 9: Stuffed peppers, chopped spinach with malt vinegar, applesauce cake, ww bread
- Oct. 10: Smothered pork chop with gravy, mashed red potatoes, cooked collard greens, apple, bran muffin
- Oct. 11: Beef stew with sweet corn, cauliflower/broccoli salad, fresh plums, ww crackers
- Oct. 12: Roast beef sandwich with mustard, maya, lettuce and tomato,

- chunky vegetable soup, waldorf salad, banana
- Oct. 15: Tuna noodle casserole, mixed veggies, sliced zucchini, peaches, ww bread
 - Oct. 16: Turkey sandwich on ww, mustard and dressing, tomato soup, green beans, tangerine, almond beach- es
 - Oct. 17: Baked potato, broccoli with cheese sauce, salad with French, plum, fruit cocktail, biscuit
 - Oct. 18: Hungarian goulash, California veg medley, green peas, pineapple tidbits, ww bread
 - Oct. 19: Pork chow mein, brown rice, cabbage with red pepper, banana, fortune cookie
 - Oct. 22: Salisbury steak, brown gravy, mashed red potatoes, California veg mix, nectarine, ww bread
 - Oct. 23: Chili con carne, steamed broccoli, cornbread, trail mix with nuts and raisins, apple
 - Oct. 24: Spinach lasagna, tossed salad, seasoned green beans, banana, ww bread
 - Oct. 25: BBQ pork ribs, coleslaw, corn cob, seasoned greens, watermel- on, bran muffin
 - Oct. 26: Sweet and sour chick- en, brown rice, Chinese vegetables, mandarin oranges, fortune cookie, ww bread
 - Oct. 29: Turkey pot pie, herbed green

- beans, baked potato, baked apples with raisins, ww roll
- Oct. 30: Hamburger on a bun, lettuce, tomato, onion, baked beans, potato salad, watermelon
 - Oct. 31: Manager's choice: White bean chicken chili with spinach salad with Ital- ian, cornbread, apple, orange juice

NOTES: Tuesday the 23rd is Potluck ... Please everyone bring a dish to share !! Menu Subject to Change - Suggested Donation \$3.00 Bread and milk available with most meals All meals served with dessert Lunches served at 12 Noon, All Ages Welcome!

NOTE: NEW OPPORTUNITY !! Please put your name on the list at the center or call in advance if you plan to dine with us: 719-372-3872 Names with advance notice will be put on a ticket for a drawing at the end of the month. If you want to win a nice prize, be sure your name is on a ticket!!

Carry out available. Please call between 9:30 and 10:00 for same day carry outs Carry out available

SALIDA/BUENA VISTA

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

- Oct. 2: Hot turkey sandwich on ww, whipped potatoes, asparagus amandine, pineapple mandarin compote, banana
- Oct. 4: Roast pork with gravy, oven browned potatoes, spinach/ mandarin salad, parslied carrots, apple
- Oct. 5: Beef stroganoff, orange spiced carrots, pickled and onion salad, orange, ww bread
- Oct. 9: Beef stew with sweet corn, cauliflower/broccoli salad, fresh plums, ww crackers
- Oct. 11: Stuffed peppers, chopped spinach with malt vinegar, apple- sauce cake, ww bread
- Oct. 12: Baked potato, brocco- li with cheese sauce, salad with French, plum, fruit cocktail, biscuit
- Oct. 16: Pork chow mein, brown rice, cabbage with red pepper, ba- nana, fortune cookie
- Oct. 18: Hungarian goulash, California veg medley, green peas, pineapple tidbits, ww bread
- Oct. 19: Turkey sandwich on ww, mustard and dressing, toma- to soup, green beans, tangerine, almond peaches
- Oct. 23: Chili con carne, steamed broccoli, cornbread, trail mix with nuts and raisins, apple
- Oct. 25: BBQ pork ribs, coleslaw, corn cob, seasoned greens, water- melon, bran muffin
- Oct. 26: Sweet and sour chicken, brown rice, Chinese vegetables, mandarin oranges, fortune cookie, ww bread
- Oct. 30: Manager's choice: Ham and beans, collard greens sea- soned, cornbread, orange juice

FLORENCE

100 Railroad St. - Florence Tues-Thur-Fri
 Call us: 719-784-6493

- Oct. 2: Hot turkey sandwich on ww, whipped potatoes, asparagus amandine, pineapple mandarin compote, banana
- Oct. 4: Road pork with gravy, oven browned potatoes, spinach/ mandarin salad, parslied carrots, apple,
- Oct. 5: Beef stroganoff, orange spiced carrots, pickled beet and onion salad, orange, ww bread
- Oct. 9: Stuffed peppers, chopped spinach with malt vinegar, apple- sauce cake, ww bread
- Oct. 11: Beef stew with sweet corn, cauliflower/broccoli salad, fresh plums, ww crackers
- Oct. 12: Baked potato, brocco- li with cheese sauce, salad with French, plum, fruit cocktail, biscuit
- Oct. 16: Turkey sandwich on ww, mustard and dressing, toma- to soup, green beans, tangerine, almond peaches
- Oct. 18: Hungarian goulash, California veg medley, green peas, pineapple tidbits, ww bread
- Oct. 19: Pork chow mein, brown rice, cabbage with red pepper, banana, fortune cookie
- Oct. 23: Chili con carne, steamed broccoli, cornbread, trail mix with nut and raisins, apple
- Oct. 25: BBQ pork ribs, coleslaw, corn cob, seasoned greens, water- melon, bran muffin
- Oct. 26: Sweet and sour chicken, brown rice, Chinese vegetables, mandarin oranges, fortune cookie, ww bread
- Oct. 30: Manager's choice, enchi- lada pie, succotash, sliced yellow squash, cornbread and mixed fruit

PENROSE CENTER

405 Broadway-Penrose (Tues/Thur-Noon)
 Call in advance, 719-372-3872.

- Oct. 2: Beef Tips over Noodles, Tossed Salad
- Oct. 4: Oven Fried Chicken, Mashed Potatoes & Gravy, Green Beans
- Oct. 9: Spaghetti, Tossed Salad, Bread
- Oct. 11: Breakfast for Lunch!!
- Oct. 16: Pork Roast with Oven Browned Potatoes, Cole Slaw, Watergate Salad
- Oct. 18: Hamburgers, Baked Beans, Potato Chips, Condiments
- Oct. 23: Pot Luck
- Oct. 25: BBQ Pork Sandwich, Macaroni Salad, Fruit Sala
- Oct. 30: Mac 'n Cheese, Broccoli/Corn

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Signs of Nursing Home Neglect, Abuse

Moving a loved one into a nursing home is a difficult decision. Families doing this expect their loved one to be treated properly and with dignity. The unfortunate truth is that nursing home neglect happens more often than one expects, affecting millions of people in America every single year.

Vulnerability of Nursing Home Residents

Nursing home residents are most often not able to care for themselves any longer and are admitted into such a living situation because of their personal vulnerability to injury or death if not cared for in supervised accommodations. Most residents are over the age of 65, although some may be younger people with disabilities.

Many of these residents do not have another place to live due to limited personal resources or few family members in close proximity. Families unable to care for their

AARON CRANE

North America's go-to expert when it comes to all things real estate

elderly loved ones may place them in a home to ensure they receive the best possible attention and treatment that cannot be provided at home. Lack of space, financial issues, long work hours, other obligations and situations may apply that prevent families from caring for their own family members in a family environment.

Neglect of Nursing Home Residents

One in three residents of nursing homes suffer from neglect, according to recent studies of American eldercare homes. Neglect is a failure to provide the attention and services required for personal security and comfort of residents. Neglect is not always an intentional act by nursing home staff or management. It is the existence of the situation that causes danger, harm and anxiety to people living in these homes, however.

Federal and state laws regulate how nursing homes must be

operated. Neglect can be attributed to overlooking issues of importance, ignoring resident needs and even direct actions of staff leading to grief or misery of residents, whether or not physical harm occurs.

Warning Signs of Nursing Home Neglect

Nursing home residents who do not have regular contact with family members are more often the victims of neglect than those who are frequently visited by family members. Family visitations should include careful observance of the elderly person to look for any signs of neglect or abuse.

Bed sores, stiff joints and other physical signs may be present to indicate there is a problem of neglect when the individual is left in one position for too long on a bed or in a chair. Medical neglect can occur when ailments or injuries are not treated or are improperly handled. There may also be signs of behavioral

changes in the elderly person, staff behavior changes toward the patient or limited access to your loved one. Malnutrition and dehydration may also be present. You may have noticed increased frequency of trips to the E.R., hospital or other medical facilities.

Prevention of Nursing Home Neglect

There are many ways that nursing home neglect may occur. But many incidents can be prevented. By being aware and observant of the circumstances of your loved one's living arrangements, behaviors and care, you can be quick to notice nursing home neglect, should it occur.

Ongoing and regular family contact is the best way to keep nursing home neglect from happening. A thorough background check should be conducted into the performance of a particular nursing home before family members are admitted to the facility.

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◀ FROM CANCER, PAGE 13

openly - someone who will listen and empathize. It's important to express your thoughts and feelings.

Talk with other caregivers. Join a support group in your community or online.

GET HELP

Accept offers of help. Ask other family members to pitch in and be specific about what you need.

Take advantage of outpatient and home care services in your community. For referrals to

programs and resources (as well as cancer information), call the ACS Helpline at 1-800-227-2345 or go online to www.cancer.org and use the Live Chat feature. (END)

Lisa M. Petsche is a social worker and a freelance writer specializing in boomer and senior health matters. She has personal experience with elder care.

See the Difference at Mountain View Cemetery



Gerry & Dian Montgomery



Mausoleum



Columbarium



Marvin Steward

At Mountain View Cemetery, we continue our commitment to Puebloans with the best selection of crypts and niches in Southern Colorado. More and more families are choosing the peaceful tranquility of Mountain View Cemetery to commemorate and celebrate a life that has been lived.

Our stunning modern chapel mausoleum contains 2,244-square-feet, with inside and outside crypts. Additionally, for cremated remains, exterior granite front niches, as well as a limited number of glass-fronted niches surrounding a beautiful, inviting fireplace are still available.

We invite you to visit Mountain View Cemetery to see for yourself the various options available. We also offer a gazebo columbarium, cremation scattering garden and burial spaces. Our commitment to Southern Colorado families continues with service to all faiths and plenty of room to grow.

We'd be happy to talk with you at our Montgomery & Steward Funeral Directors home office, or the cemetery office about your pre-need plans.

Also, visit our web site: www.montgomerysteward.com. We know you'll like what you see.

- Chapel Mausoleum
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THE WELL-DRESSED GARDEN

Tree Season: Beauty and Value

IT'S THE SEASON of the trees. After all their hard work keeping things green and cool this summer, deciduous trees are putting on their final performance of the year. Now, while they're flaunting their finest costumes, is an appropriate time to take stock of what trees do for us. It is also a good time to plant new trees for the generations to come.

We appreciate trees for their magnificence and beauty through the seasons, but it's easy to forget all the ways they contribute to our quality of life. A handsome tree in the front yard makes a house a much nicer place to come home to. Oaks, maples, lindens and other deciduous trees lining city streets shelter whole neighborhoods and fill them with character. Trees mark ancient trails and punctuate contemporary landscapes,

MARTY ROSS
Freelance garden
journalist and gardening
columnist for Universal Press



TIL THE SEASON. A handsome tree in the front yard makes a house a much nicer place to come home to.

subtly defining our view of the world.

Trees are one of the most massive elements of our environment. In the process of photosynthesis, they remove carbon dioxide from the air

and replace it with oxygen.

Their extensive root systems filter the water in the soil. Trees provide food and shelter for wildlife, especially birds and the insects they need to survive. Without

trees, the world would be dreary and inhospitable.

With increasing urgency, arborists and urban foresters are studying trees in cities, public gardens, parks and the countryside to try to determine which trees are the most adaptable to changing climate conditions, including extreme weather events such as droughts and flooding.

The Chicago Botanic Garden started its Trees for 2050 project specifically to help the garden decide how to replace about 400 trees recently lost to infestations of the emerald ash borer.

Of 50 different kinds of trees at the botanic garden, the study found that 40 of the native and well-adapted exotic species remain good choices until 2050, says Phil Douglas, curator of woody plants at the garden.



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HEALTH AND WELLNESS

Sweet Dreams, Sweet Life

IN OUR FAST-PACED, hectic world often taken for granted is the need for adequate sleep.

With widely varied schedules and relentless use of multi-media devices, the entire country has

CHARLENE CAUSEY
Barre Fitness Studio,
Billiant Balance



earned the title of the society that never sleeps.

However, recent research is proving once again that tried and true practices, such as a good night's

sleep, are still valid, if not necessary.

Sleep deprivation boosts the level of the stress hormone, cortisol, and can increase blood pressure and place strain on the heart.

Research suggests that the fewer hours a person sleeps has a direct correlation to risk of death from cardiovascular causes.

Our bodies need a certain amount of sleep to recover and recharge after completing its work. According to the CDC, only one

in three Americans feels like he or she gets enough sleep. Chronic sleep disorders contribute largely to the problem of inadequate sleep. Sleep apnea, often aggravated by obesity, restless leg syndrome, anxiety or panic disorders and adrenal exhaustion are just a few of them. In fact, one study revealed that those who work the graveyard shift are more susceptible to illnesses, including cancer. This finding suggests working graveyards disrupts the body's circadian rhythm, causing an imbalance that, over time, takes its toll.

So how much is enough sleep? Current recommendations are seven to nine hours on a regular schedule, which means retiring at the same time and rising at the same time, even on weekends. Beyond the obvious benefits, of feeling rested and able to tackle the challenges of a new day, proper amounts of sleep

help with anti-aging because sleep regenerates the immune system and fights inflammation. Adequate sleep de-stresses the body and balances the endocrine system such as the hypothalamus, pituitary, thyroid and adrenal glands. Additionally, enough sleep keeps serotonin levels up and helps ward off depression and anxiety.

Restful sleep fights weight gain by balancing hunger control hormones. Weight control issues arise due to fluctuations in the hormones, ghrelin and leptin. The hormone, ghrelin, which serves to trigger hunger, increases when there is sleep deprivation. Another hormone, leptin, which signals the sensation of fullness, decreases when sleep is lacking and this inverse response can trigger hunger, cravings and insatiability. That is yet another reason to make sleep a priority!

For those who have challenges with their sleep patterns here are some ways to get more z's. Go to bed and wake up at the same time each day. The body has a certain rhythm that it prefers to maintain and sleeping regular hours upholds that balance. During the day, get exposure to natural light, and at night, gradually reduce the lights and keep the room

as dark as possible while sleeping. Do not sleep where there are electronic devices or even alarm clocks with bright displays.

Eat breakfast including protein and low glycemic, whole grain carbs to begin the day right. Keep food intake on a regular schedule to stay energized and avoid caffeine for 12 hours before bedtime. Exercise for at least 30 minutes five or six times per week, but don't exercise any later than 5 hours before you want to sleep. Eat dinner 4 hours before bedtime and don't eat more than 200 calories for a bedtime snack. A few tablespoons of raw pumpkin seeds make a great snack that promotes restful sleep.

Wind down about an hour before you want to be asleep. Have a cup of herbal tea, shut down electronics, play soft music or use a guided imagery CD, dim the lights, turn down the thermostat, practice deep breathing exercises, write down stressful thoughts and literally put them away. There are natural remedies that are mostly herbal, as well as certain amino acids which help to improve quality of sleep. Whatever you can do to ensure sound sleep and sweet dreams will pay off in major health dividends that will sweeten your waking hours.



CANTERBURY FOR SHERIFF FIRM - FAIR - CONSISTENT

OUR MISSION: I have approximately 29 years of experience in Law Enforcement, Bail Bonds, and Bounty Hunting as well as a Bachelor's degree in human relations. At one time I was a town trustee. I was formally CLETA certified along with being a CLETA instructor I have been through a lot of the same schooling as my opponents as homicide investigations, drug trafficking, weapons techniques, crime scene investigation's, as well as operating a multi million dollar budget But this isn't what it's all about.

This upcoming election isn't about me. It's about you and what we can do together for our community, and how we can make a difference in our Sheriff's Department.

My mission is firm, fair, and consistent.

There is no greater calling than to protect the rights and freedoms of those we serve. Protecting freedom is more important than the outcome of any single incident. Every employee, regardless of role or assignment, is critical to this element and each employee must live up to the oath which has been taken.

There is no greater feeling than to serve our citizens, in a manner that demonstrates vision and initiative - where each employee seeks to achieve the highest level of quality in all aspects. This would be our goal for the Fremont County Sheriff's Department.

Each employee will set an example that influences excellence in personal behavior and job performance, and inspires others. Our positive engagement with the people of Fremont County improves the quality of life in our community--it's called accountability.

As your sheriff and giving my professional role of authority, it is a sacred trust between employees, myself, and those we serve. The manner in which we enforce laws and rules must demonstrate dignity, fairness, and compassion, (firm, fair and consistent). The rule of law is a foundational component and must be understood.

Preserve the peace, solve problems, enforce laws and rules with a measure of restraint and justice should always be our goals.

By accomplishing the goals of the Fremont County Sheriff's Department begins with the core values that must be preserved by every employee of the Sheriff's Department.

We will honor our oath for the people we serve. We will wear our badge with dignity and restraint. We will enforce the law with equality, compassion, and respect for individual rights. We are not only public servants. We are citizens of this community as well.

Vote Boyd Canterbury for your next Fremont County Sheriff in November.

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SOCIAL SECURITY & YOU

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

Why Retirement is Important to Women

SOCIAL SECURITY PLAYS an especially important role in providing economic security for women.

In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history.

But, women face greater economic challenges in retirement.

Women:

- tend to live longer than men. A woman who is 65 years old today can expect to live, on average, until



LIVING LONGER. Women face greater economic challenges in retirement.

about 87, while a 65-year-old man can expect to live, on average, until about 84;

- often have lower lifetime earnings than men; and
- may reach retirement with smaller pensions and other assets than men.

Social Security offers a basic level of protection to all women.

When you work, you pay taxes into the Social Security system, providing for your own benefits.

In addition, your spouse's earnings can give you Social Security coverage as well.

Women who don't work are often covered through their spouses' work.

When their spouses retire, become disabled, or die, women can receive benefits.

If you're a worker age 18 or older, you can get a Social Security Statement online.

Your Statement is a valuable tool to help you plan a secure financial future, and we recommend that you look at it each year.

Your Statement provides a record of your earnings.

To create an account online and review your Statement, visit our website at www.socialsecurity.gov/myaccount.

If your spouse dies, you can get widow's benefits if you're age 60 or older.

If you have a disability, you can get widow's benefits as early as age 50.

Your benefit amount will depend on your age and on the amount your deceased spouse was entitled to at the time of death.

If your spouse was receiving reduced benefits, your survivor benefit will be based on that amount.

You may be eligible for widow's benefits and Medicare before age 65 if you have a disability and are entitled to benefits.

You also may be eligible for benefits if you are caring for a child who is younger than 16.

Our "People Like Me" website for women has valuable resources for people of all ages.

You can access it at www.socialsecurity.gov/people/women.

To read more about how we can help you, read and share the publication What Every Woman Should Know at www.socialsecurity.gov/pubs/EN-05-10127.pdf.

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- You hear, but have trouble understanding.
- You often ask people to repeat what they have said.
- You find telephone conversation increasingly difficult.
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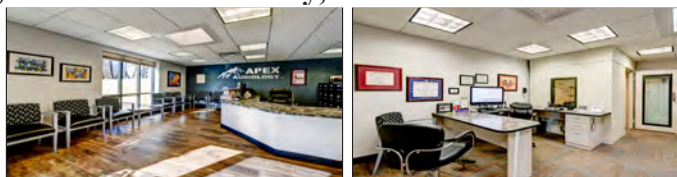
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MEET THE DOCTOR

Dr. William F. Herholtz III
Au.D., CCC-A, F-AAA

Dr. Herholtz is a third generation audiologist and was Southern Colorado's first Doctor of Audiology. He holds a Doctorate in Audiology from the University of Florida where he graduated with honors and a Master's of Science in Audiology from Arizona State University. His undergraduate degree was completed at the University of Colorado at Boulder. Dr. Herholtz also attended Cheyenne Mountain High School here in Colorado Springs. He specializes in the diagnosis and treatment of hearing loss with an emphasis in fitting the most advanced digital hearing instruments from the best manufacturer's in the world. With three generations of knowledge, twenty years of experience and a Doctorate in Audiology you can rest assured that you will receive world-class hearing care combined with good old-fashioned service. We practice the golden rule in all we do at Apex Audiology and are passionate about providing exceptional hearing care that is effective and affordable.



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SOCIAL SECURITY & YOU

Question:

Someone stole my Social Security number, and it's being used repeatedly. Does Social Security issue new Social Security numbers to victims of repeated identity theft?

Answer:

Identity theft is one of the fastest growing crimes in America, so you aren't alone.

If you've done all you can to identify and fix the problem, including contacting the Federal Trade Commission, but someone is still using your number, Social Security may assign you a new number.

If you decide to apply for a new number, you'll need to prove your identity, age, and U.S. citizenship or immigration status.

You'll also need to provide evidence you're having ongoing problems because of the misuse of your current Social Security number.

You can read more about identity theft at www.socialsecurity.gov/pubs.

Question:

My same-sex partner and I recently married. Will we qualify for Social Security benefits?

Answer:

You may be eligible to apply for Social Security benefits.

Many factors affect your eligibility for benefits, including how long you worked and your age.

Social Security is now processing more claims in which entitlement or eligibility is affected by a same-sex relationship.

We encourage you to apply for benefits right away, even if you aren't sure you're eligible.

Applying now will protect you against the loss of any potential benefits.

You can apply safely and securely at www.socialsecurity.gov/applyonline.

Learn more about Social Security for same-sex couples by visiting www.socialsecurity.gov/same-sexcouples.

Question:

I applied for a replacement Social Security card last week but haven't received it yet.

When should I expect to receive my new card?

Answer:

You'll usually receive your replacement card in about 10 days.

We work hard to protect you, to prevent identity theft, and to ensure the integrity of

your Social Security number.

To do that, we have to verify documents you present as proof of identity.

In some cases, we must verify the documents before we can issue the card.

For more information about your Social Security card and number, visit www.socialsecurity.gov/ss-number.

Question:

How do I schedule, reschedule, or cancel an appointment with Social Security?

Answer:

For many things, you don't need an appointment to transact business with Social Security.

For example, you don't need an

appointment to file for benefits or appeal a disability decision. You can file for the following benefits online at www.socialsecurity.gov:

- Retirement;
- Medicare;
- Spouses; and
- Disability.

If you don't want to apply for benefits online, or if you need to speak to us for any other reason, you can schedule, reschedule, or cancel an appointment by

- Calling us at 1-800-772-1213 (TTY 1-800-325-0778) between 7 a.m. to 7 p.m., Monday through Friday; or
- Contacting your local Social Security office.

Question:

I applied for my child's Social Security card in the hospital but have not received it. How long does it take?

Answer:

In most states, it takes an average of three weeks to get the card, but in some states it can take longer. If you have not received your child's card in a timely manner, please visit your local Social Security office.

Be sure to take proof of your child's citizenship, age, and identity as well as proof of your own identity.

And remember, we cannot divulge your child's Social Security number over the phone.

Learn more at www.socialsecurity.gov.

FREE Consultation & X-ray with Dr. Rogers, Dr. Bull or Dr. Shanahan

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\$8

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COMPANION MAUSOLEUMS in Imperial Gardens for sale - \$7200 (3rd level).

Contact (310) 663-0929

GOOD WORKER: WILL DO YARD WORK FOR \$10 PER HOUR. Must use your tools. Three hour minimum. Pueblo area only. Call Tor at 719-289-1692

AD&H-HANDYMAN: Property Clean-up Services-Repairs: Minor electrical/plumbing/carpentry. Trash haul-off. Rock landscaping Cleaning. Special Needs Sensitive! Cañon City local surrounding areas. Will Travel. Call 719-429-0775. Handy_Iam@outlook.com

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ceivers, Amps, Tape Decks, Turntables. Also interested in Cameras and Photo equipment. Please call Hank at 719-367-1879.

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you have of value and hand you a stack of cash! Car, truck, camper trailer; house full of stuff? Anything of value. I use a special software to market your items--no charge until it sells. I do not make a dime until you do. Keep item until it sells. James; text/call 719-650-8699 Have a blessed day!

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Phone: 392-9624 or 459-8231.

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TREE TRIMMING:

Weeds - mowing - odd jobs

Call: 719-744-4178

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SENIOR CLASSIFIED AD REQUEST

This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is \$10.00 for the first 25 words or less and \$.25 for each word over 25. TO PLACE AN AD here's all you need to do:

Write your ad in the space provided below.

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

Phone: _____ Your Name: _____

Mail ad and check (send no cash) to:
Senior Beacon
P.O. Box 8485
Pueblo, CO 81008

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clarissa.castillo@yahoo.com

COLORADO SPRING SENIOR CENTER

OCTOBER 2018 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. All classes require registration.

SPECIAL EVENTS

■ **Living History-** A Sister's View of Mary Queen Palmer M Oct 1st 1:30-2:30 \$5 Local history comes alive! Delores Gustafson portrays Charlotte Scalter, younger sister of CS founder William J. Palmer's wife, Queen Mellen Palmer. Discover this unique perspective of our cities earliest family.

■ **Domino's Pizza Party** F October 5th 2-4 \$5 You're invited! We are having a pizza party! Pick your 2 slices when you register and soda pop will be provided during the PARTY! Bring your friends and family to join in on the fun.

■ **Tunes on Tuesday** - Saxophone Quartet T October 9th 1:30-2:30 Free Four Air Force Veterans, former members of Norad and the Academy bands, will bring to life big band and jazz classics. Experience the wide range of tones generated by soprano, alto, tenor and baritone Saxes.

■ **Craft Notion Sale** Th/F Oct. 18th, 19th 9-2 Free Do you spend your spare time crafting items for gifts or just the pleasure it gives you? This sale is for you! Stock up on your crafting inventory for \$5 per bag. Proceeds benefit the Senior Center art programs.

■ **50+ Yoga Retreat** S October 20th 8:45-1 \$25

Take a step away from a busy weekend and treat yourself to this special yoga retreat. Different classes will be offered such

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

as Vinyasa Flow and Gentle Hatha, as well as yoga for stress management. All levels of experience are welcome. Cost includes a healthy lunch, giveaways, a keynote speaker and a wonderful time. This retreat is in partnership with AARP

■ **The Dinner Detective** - Murder Mystery Dinner Show T October 23rd 6-9 \$30 America's LARGEST interactive comedy murder mystery dinner show is now playing nationwide! At The Dinner Detective, you'll tackle a challenging crime while you feast on a fantastic dinner. Just Beware! The criminal is lurking in plain sight, and you may find yourself a prime suspect before you know it. Please sign up early as this event will sell out quickly.

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.
Medicare Prescription Health Plan Oct. 1st M 12-1
Build and Elevate Healthy Relationships Oct. 1st M 10-11:30
Understanding Alzheimer's and

Dementia Oct. 9th T 10-11:30
Nurse Chats- Apple Cider Vinegar Oct. 10th W 1-2
Breathe and Be Oct. 11th Th 10-11
Medicare Made Clear Oct. 16th T 1-2:30
Essential Oils and Weight Oct. 16th T 10-11
Chinese Diet and Nutrition Oct. 24th W 10:30-11:30
Boost Your Immune System Oct. 29th M 10:30-11:30
Look on our website or call for more class info and to register.

DAY TRIPS

- Lottery will be held on Monday Oct. 1st 8-10
- Denver Historical bus Tour- Architecture Thursday Oct. 4th 7:30-4 \$40 On this guided Bus tour we will look at the various decades in Denver's architecture, showing you the lovely and maybe not so lovely buildings and homes. Much of Denver's Victorian Heritage was torn down during urban renewal, but there are pieces left to be found! Fancy some Art Deco? How about Brutalist, Post Modern, International or Romanesque? We've got it! Lunch will be on your own at a restaurant on the bus route.
- "I Love You" at the Boulder Dinner Theatre Weds. Oct. 10th 2:30-11 \$75 Let's go to Boulder and watch the romantic comedy, "I Love You, You're Perfect, Now Change!" Follow the journey from dating and waiting to love and marriage from in-laws and babies and trips in the family car, to pick up techniques for geriatrics. This hilarious revue pays tribute to anyone who has loved and lost and even fallen on their face for romance. Dinner is included in the price of your ticket.
- Shopping Trip- Outlet Mall in Castle Rock Tuesday Oct. 16th 12-7:30 \$25 Let's go shopping! Christmas is coming and it is never too early to get those items purchased! We will shop for 2.5 hours and then make our way to the Castle café for dinner where they brag about their World Famous Pan Fried Chicken! Dinner is on your own.
- Savory and Spices Demo and Dinner Th Oct. 25th 3:15-8:15 \$20 Come and enjoy an exclusive demo from the owners of the Savory & Spice shop in Downtown Colorado Springs.

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HOME TOUCH

Happy (Home) Campers popping up

CAMPERS ARE POPPING up as additional living spaces in the backyards of American homes. While it may not be uncommon to see a recreational vehicle or travel trailer "dry-docked" on private property, the digital age has ushered in a modern non-traveling twist that utilizes the space to add square footage to a homeowner's property for a guest bedroom, home office or man cave, says Jay Cullis, spokesman for Airstream, based in Jackson Center, Ohio.

"We're finding that people who buy Airstream trailers are finding all kinds of uses for them, beyond going on vacation," Cullis says. "As long as people have a Wi-Fi connection and the creature comforts of home, folks are exercising their freedom to use their Airstreams in unique ways."

The iconic Airstream trailer -- with its streamlined riveted aluminum exterior -- has been touted as a home for the road since 1931, and has become emblematic of

MARY G. PEPITON

Marketing and events manager with the Sangre de Cristo Arts & Conference Center



GLAMPING. Home away from home allows people who use campers are finding multiple uses for them.

American-style travel. With trailers that are efficiently outfitted with a kitchen, bathroom and bedroom, owners can use these spaces as getaways without traveling anywhere.

When not on the road, campers and trailers are pulling double duty and being used as:

- A home office, creating a space that is both productive and professional, includ-

ing easy commutes to and from the backyard.

- A man or mom cave, which can serve as either a place for social interactions or a space to work on projects in solitude.

- A teen hangout, which creates a drama-free scene in your home by allowing a special space for young adults to

watch movies, play computer or video games and stay during sleepovers.

- A guest suite is sweet for visiting friends and family, with enough space and privacy to accommodate loved ones.

"This generation is trading stuff for experiences, and silver bullet Airstreams attract those who appreciate midcentury modernism," Cullis says. "In an era of digital nomadic jobs, it's less about where your office is and more about how you office."

Kris Kircus owns nearly two acres of land surrounding her home, located outside Austin, Texas. Two years ago, Kircus bought an Airstream trailer, which she has nicknamed "Vie," the French word for "life." When not on the road, Vie is parked in the Kircus' backyard and is easily accessed by traversing a stone walkway from her home.

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Villa Pueblo
Senior Living Community

MEDICARE AND YOU

1-800-MEDICARE | 1-800-MEDICARE | General Medicare information, ordering Medicare booklets, and information about health plans | Toll free: 800-633-4227 | Medicare.gov

MEDICARE HEALTH PLANS

ARE THERE ANY OTHER HEALTH PLANS?

Some types of Medicare health plans that provide health care coverage aren't Medicare Advantage Plans but are still part of Medicare. Some of these plans provide Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance) coverage, while others provide only Part B coverage.

In addition, some also provide Part D prescription drug coverage. These plans have some of the same rules as Medicare Advantage Plans. However, each type of plan has special rules and exceptions, so you should contact any plans you're interested in to get more details.

Medicare Cost Plans

Medicare Cost Plans are a type of Medicare health plan available in certain areas of the country. Here's what you should know about Medicare Cost Plans:

You can join even if you only have Part B.

If you have Part A and

Part B and go to a non-network provider, the services are covered under Original Medicare. You'll pay the Part A and Part B coinsurance and deductibles.

You can join anytime the Cost Plan is accepting new members.

You can leave anytime and return

to Original Medicare.

You can either get your Medicare prescription drug coverage from the Cost Plan (if offered), or you can join a Medicare Prescription Drug Plan. Even if the Cost Plan offers prescription drug coverage, you can choose to get drug coverage from a

different plan.

Note: You can add or drop Medicare prescription drug coverage only at certain times. See pages 84-85.

For more information about Medicare Cost Plans, visit the Medicare Plan Finder at Medicare.gov/find-a-plan. Your State Health Insurance Assistance Program (SHIP) can also give you more information. See pages 125-128 for the phone number.

How do I switch?

Follow these steps if you're already in a Medicare Advantage Plan and want to switch:

- To switch to a new Medicare Advantage Plan, simply join the plan you choose during one of the enrollment periods explained on pages 75-76. You'll be disenrolled automatically from your old plan when your new plan's coverage begins.

- To switch to Original Medicare, contact your current plan, or call 1-800-MEDICARE (1-800-633-4227). TTY users can call

1-877-486-2048. If you don't have drug coverage, you should consider joining a Medicare Prescription Drug Plan to avoid paying a penalty if you decide to join later.

ASSISTANCE SITES STARTING MID-OCTOBER AIS OFFICE AVAILABLE NOW.

**Allen Insurance Services | 3559
Baltimore Ave. | Pueblo CO 81008**

HOURS

Monday: 9 to 5
Tuesday: 9 to 5
Wednesday: 9 to 5
Thursday: 9 to 5
Friday: 9 to 5

**Inside Walmart | 4200 Dillon Dr. |
Pueblo, CO 81008**

HOURS:

Monday: 10 to 3
Tuesday: 9 to 2
Wednesday: 10 to 3
Saturday: 9 to 2

**Inside Walmart | 4080 W. Northern
Ave. | Pueblo, CO 81005**

HOURS:

Tuesday: 9 to 2
Thursday: 9 to 2
Friday: 10 to 3
Saturday: 10 to 3

**Inside Walmart | 78 N. McCulloch
Blvd. | Pueblo West, CO 81007**

HOURS:

Monday: 9 to 2
Tuesday: 9 to noon
Wednesday: 9 to noon
Friday: 9 to 2
Saturday: 9 to 4

**Inside Walmart | 6 Conley Rd. |
La Junta, CO 81050**

HOURS

Monday: 9 to 2
Thursday: 9 to 2
Friday and Saturday: 9 to 2



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- ✓ Open and inviting Floor Plans
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- ✓ Central Air Conditioning
- ✓ Covenant Protected Community with beautiful Community Park
- ✓ Quiet Neighborhood
- ✓ Premium Lots
- ✓ Custom Home Packages Available
- ✓ Handicap Accessibility




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

You may also want to consider joining a Medicare Supplement Insurance (Medigap) policy if you're eligible. See page 79 for more information about buying a Medigap policy. For more information on joining, dropping, and switching plans, visit Medicare.gov or call 1-800-MEDICARE.

Request Your FREE DISPLAY AD Info Packet!

Save 20% off regular rates! Starting at \$180 - 20% = just \$144

VISIT: SeniorBeacon.info (use "Contact" page) **EMAIL:** BeaconNewsGroup@gmail.com

'INTERMISSION — A PLACE IN TIME'

GLEN VOLLMECKE

THIS IS THE NEXT EXCERPT IN A SERIES FROM GLEN VOLLMECKE



REMINISCENT OF A DICKENS ERA, THE WET COBBLESTONE STREETS OF LIVERPOOL WERE FORLORN AND HOSTILE, AND AFTER AN EARLY MORNING ARRIVAL BY TRAIN, THE STEEP HILL SAPPED MY ALREADY EBBING ENERGY.

After much consideration, we kept the Dean's appointment. "We'll visit him with no expectations and afterwards you can make a rational decision regarding your future," Mum said. She sounded optimistic, but I was skeptical.

Knowing of no options available, I agreed to the meeting.

Shrouded by a misty fog, Wallacey School of Art's location in Central Park was emerald green, and bordering the magnificent huge brick structure were daffodils and spectacular wild flowers. They all resembled an artist's palette.

Bending down to smell the early blooms, tensions eased as we laughed at our pollen-smearred noses.

"Well, I think we should go inside for our meeting, Glen."

Mum sensed my misgivings even at this late hour.

The art school was formidable.

For decades, artist's oils and paint thinners had accumulated and saturated the rich wooden tiled floors and indisputably a spontaneous fire would be disastrous. (Sadly, forty years later, this prophecy would prove correct resulting in the obliteration of our beloved school.)

Slowly walking through vacuous hallways, we passed the common room.

Slightly ajar, we heard subdued voices as unusual odors of distinctive smoke seeped into the hallway.

In another room, a potter's wheel spun rhythmically as it sporadically sent splashes of

brown clay into the air.

Like zombies, and disregarding our intrusion, furtive shadows of resident students darted across the hallway.

Linking arms, we briskly ascended the stairs for our scheduled appointment.

A tall hospitable man, Dean Mansfield sported a mass of red hair, and heavy, black-rimmed glasses almost masked his light blue eyes.

"Welcome ladies. Do come in and have a seat."

Shaking our hands robustly, he offered refreshments, and we felt like royalty.

Picking up the phone, he requested Earl Grey tea and digestive biscuits.

His enthusiasm was contagious and heartening.

"You should be very proud of yourself, young lady. With your artistic aptitude you could excel in our school."

He sounded sincere, although in my mind the uncertainties were rampantly obvious.

Ungainly sounds echoed from the hallway, as expertly kicking her heel on the door behind her, his secretary Ellie entered.

Balancing a large tray, which she laid on the desk, she courte-

► SEE VOLLMECKE, PAGE 27

Cup and Cone
331 ROYAL GORGE BLVD

Fall Features

New! Wine Sundae

New! Caramel Apple Cream Soda

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Gingerbread Bakery **Chocolate Shop**

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COME JOIN US FOR BRAUTS,
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OCTOBER 20th
12:00

Music will be provided by **Bernie & Diane Mann, Guffey Brauts** and all the fixin's
Meal by donation
Please bring a dessert to share

This is a fundraiser for GAC

◀ FROM VOLLMECKE, PAGE 26

ously served tea in fine china cups with biscuits on a matching plate.

“Better not ask for cognac,” Mum whispered playfully.

Listening politely to Dean Mansfield’s explanation of the two-year stint, I suddenly felt my uncertain-

ties fade.

We agreed that I would commence classes at Wallasey School of Art within a week, but during this time our finances worsened.

B.H. had stopped his checks, so money was nonexistent and our

fragile fears resurfaced. I changed my mind.

“I must contribute, Mum, otherwise we can’t eat.”

I was saddened, but finally she reluctantly conceded and so I applied for a paying job in Liverpool at Nanette’s in Lord Street.

The ads asked for junior sales clerks.

Hushed were Mum’s unapproachable dreams, but the inadequate sum of ten shillings (\$15.00) each week was preferable to nothing.

Reminiscent of a Dickens era, the wet cobblestone streets of Liverpool were forlorn and hostile, and after an early morning arrival by train, the steep hill sapped my already ebbing energy.

Similar to a concentration camp boss, the despised supervisor Miss Rose issued her tyrannical orders.

Just a month earlier her tea had been laced with straight pins, which caused instant reprisals.

The liberty of all juniors was in jeopardy, and yet no one confessed.

Our various duties involved sewing buttons, vacuuming, cleaning, hanging clothes, and making tea.

Endlessly overworked, the young

people endured daily exhaustion though transitory relief was available.

My new friend Diana offered a suggestion.

“Find a button-less coat and you can sit upstairs while sewing the buttons on. Everybody does it.”

I crept through the dark corridor towards the alteration room as dozens of plastic bags stifled sounds from the passageway.

Soon from behind closed doors, the continuous humming of patterning sewing machines was evident.

Unmindful of the melancholy downstairs, women laughed, gossiped, and smoked in their attic refuge.

Unseen, I gently pushed the door open and slipped into a closet.

As no alterations were noticeable, in exasperation I selected a smart crimson red coat and snipped off two gold buttons.

Then selecting a cozy chair, I started to sew.

Absolutely nothing prepared me for the embarrassment and mortification that followed.

“THAT’S MY COAT!”

Shouted the red faced tailor...

Wonderful Holiday Adventures

Grand Canyon By Rail/Lake Powell



Departs Pueblo 3/25/19 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:** 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.

The Spectacular Canadian Rockies



9-Day Tour from Calgary to Vancouver by rail, luxury motor coach and ferry. Departs 5/14/19 from Colorado Springs. \$2975 per person, based on double occupancy. Single rates available. Deposit of \$350 needed to secure space; final payment due 2/1/19

Price includes roundtrip airfare from Colorado Springs, 9-day fully escorted tour, lovely accommodations, 2 breakfasts, 1 dinner, all transfers, sleeper car on train, ferry tickets, all taxes and surcharges. Optional travel insurance is \$249.

Spectacular scenery, exciting cities, and thrilling experiences—this western Canada tour includes all of this and more. You’ll overnight in Calgary, Banff National Park, Jasper National Park, Vancouver, and Victoria. You’ll also overnight on Via Rail’s the Canadian, a tour highlight that takes you across Canada’s Rocky Mountains and brings you back to the days when the journey was part of the fun. In comfortable cabin accommodations and renovated cars, you’ll witness snowcapped mountains, ranchlands along the South Thompson River, and fertile fields as you sit back, relax, and travel from Jasper to Vancouver.

Another tour highlight is the journey from Banff National Park to Jasper National Park. You’ll stop at breathtaking Lake Louise, with green-blue waters forming a perfect mirror reflection of Mount Victoria, and you’ll pass snowcapped mountains, exquisite lakes, and steep gorges on your way to Columbia Icefield. Here, you’ll experience the Ice Explorer, an all-terrain vehicle that travels on ice measuring 1,200 feet thick! Before heading to Jasper, you’ll enjoy two nights and free time in Banff National Park, one of Canada’s favorite resorts. Two nights in Jasper National Park give you time to explore, hike, or take an optional narrated cruise on Lake Maligne.

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OPINION-EDITORIAL

ANN COULTER
Political columnist
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*THE PANTSUIT
THAT CRIED WOLF*

IF YOU'VE EVER wondered how Russia became America's most fearsome enemy, long after that country gave up Communism, gulags, forced starvations and mass murder (all of which liberals were cool with), the answer is: This crackpot idea came from the same woman who blamed a "vast right-wing conspiracy" for Monica Lewinsky.

The Russia conspiracy is classic Hillary, as detailed in my new book, "Resistance Is Futile!" Throughout her long and blemished public career, Hillary has always blamed her troubles on bad people conspiring against her.

When her husband's mistress, Jennifer Flowers, stepped forward as Bill Clinton was running for president in

1992, Hillary blamed a former gubernatorial opponent of her husband, who "has now spent the last two years doing everything he can to try to get even, and it's a sort of sad spectacle."

Bill later admitted to the affair.

When Hillary callously fired long-serving White House travel office employees to make room for her friends' travel business, she responded to the public outcry by accusing the head of the travel office, Billy Dale, of embezzlement. To continue the charade, her husband's government criminally prosecuted Dale. The jury acquitted him after about three minutes of deliberation, but Dale was left jobless and nearly bankrupt.

When Hillary's health care bill went

down in flames, hurting the Democrats and leading to the first Republican Congress in 40 years, she blamed the media for having "bought into the right-wing attack." (You know how the media slavishly repeat conservative talking points.)

As mentioned above, when her husband was caught for the millionth time molesting the help, Hillary blamed a "vast right-wing conspiracy."

When DNA proved the story was true, she blamed the fuss in the media on "prejudice against our state" -- meaning Arkansas. "They wouldn't be doing this if we were from some other state," Hillary said. Even The San Francisco Chronicle hooted at that one.

When she lost to Obama in 2008, she blamed the media's rampant sexism.

In fact, a ham-handed liar like Hillary could only have survived in politics as long as she did thanks to the media's devotion to her. Quiz: When the Democratic National Committee's emails popped up on Wikileaks in July 2016, embarrassing her campaign and enraging Democrats, would Hillary:

A) Apologize to Bernie Sanders for the DNC's horrible mistreatment of him;

B) Demand an accounting of the inept computer security measures at the DNC;

Or

C) Invent a story about Russia conspiring against her?

Answer: C. Russia had to become the next Linda Tripp, a mysterious enemy undermining our heroine.

Hillary's campaign manager Robby Mook launched the Russia conspiracy theory on the eve of the Democratic National Convention on ABC's "This Week With George Stephanopoulos" -- because who better to ask the tough questions than a former top aide to Hillary's husband?

Mook explained:

"Well, what's disturbing about this entire situation is that experts are telling us that Russian state actors broke into the DNC, took all these emails and now are leaking them out through these websites. ... And it's troubling that some experts are now telling us that this was done by -- by the Russians for the purpose of helping Donald Trump." Stephanopoulos may not have burst out laughing, but, at the time, every serious journalist in America did. Right up until Trump drove liberals mad by winning the election, Hillary's Russia conspiracy theory was scoffed at throughout the media. A New York Times story described Mook's claim as an "eerie suggestion of a Kremlin conspiracy to aid Donald Trump." It was, the Times reporters said, a "remarkable moment." Even at the height of the Cold War, such an accusation had never been leveled by one presidential candidate against another.

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"Yes," she said, laughing, when I asked whether most Americans set their cups on the table, while most European passengers would take a more formal approach, using the saucer. She said that I was free to do whatever I wanted with the cup, but that the ship's policy for her was always to use the saucer.

"More sophisticated?" I asked. She nodded agreement.

That simple moment of style fits the atmosphere of Azamara Club Cruises, one of the world's smaller

DAVID G. MOLYNEAUX

Writes travel pieces and is the editor of TheTravelMavens.com



DOWN THE HATCH. Oysters were a big hit at the white party on Azamara Pursuit in August. ■ Photo by **AZAMARA CLUB CRUISES**

cruise lines that nonetheless sails to hundreds of ports round the world. Azamara's fleet of two – 690-passenger sister ships Azamara Journey and Azamara Quest – grew in August to three with the addition of the

702-passenger Azamara Pursuit.

"We are up-market but not formal," said Larry Pimentel, Azamara's president. "It's a rarity to see a (neck)tie onboard our ships. We are friendly and outgoing, genuine, not contrived."

As Azamara has evolved during eight years of leadership by Pimentel, the passenger list, while mostly American, now has a diverse flavor, with a strong European content. Europeans no doubt influence some of the sophisticated style of Azamara's ships just as they have cars – in decades past most of European auto manufacturers did not even equip their cars with coffee cup holders ("Get out of your car if you want to drink," said Mercedes-Benz of Germany).

The line's three ships, patterned after boutique hotels, are quiet, comfortable, and classy in their cabins, their four dining rooms, and their impressive, art-filled stairwells, one fore, one aft. At sea, passengers tend to mingle and chat about history, travel, music, literature, and events of the day – with an educated depth that often leads to relationships lingering after the cruise.

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OPINION-EDITORIAL

GEORGIE ANN GEYER
Columnist, writer for the
Universal Press Syndicate



**CLIMATE IS
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How do we report this "new" news? How does one measure accuracy in grains of sand, in drops of water, in the winds that rise silently at night?

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WHEN I FIRST went overseas as a foreign correspondent in the 1960s, the style of foreign coverage fit the stories of the time. But those stories were tremendously different from the important stories of today, and we ignore the startling changes facing us only at serious risk. In those early days, coverage tended to be boringly acronymic. The MNR was pitted in elections in the Andes against other acronyms of political parties; the PRD in Santo Domingo led another procession of largely ho-hum stories. Wars and internal struggles occurred between countries and between militaries, and not only our atlases but our minds assumed that the proclaimed borders of even politically fragile nation-states were what we should be writing about.

Today those borders are no longer the true lines dividing -- and destroying -- peoples. The new threats do not adhere to lines drawn by statesmen in London or Paris. The political parties are largely mute about these new questions, and terrorists do not understand them either. These new threats move stealthily, making the old secrets of MI6, the CIA and the KGB seem simple.

You don't believe it? Think of Africa, source of many of the waves of despairing migrants flooding Europe. Why? In great part because the Earth's largest hot desert, the Sahara, is rapidly advancing south, turning formerly green vegetation dry and making it impossible for farmers to live there. Scientists

publishing in the Journal of Climate now see the Sahara taking over a water basin that drains into Lake Chad -- and they see other deserts expanding as well, largely from climate change. In Iraq, 14 years after we Americans so blithely thought we were "liberating" Iraqis, what is really happening is what some scientists are calling an "existential threat" -- the Tigris River and the 1,700-mile-long Euphrates are being diverted by Syrian and Iranian dams and poisoned by American policies. "If there's a new frontier in political science, it's the realization that environmental problems, particularly water shortages, not only worsen conflict but may actually cause it," the respected writer Joshua Hammer wrote in Smithsonian Magazine, the journal of the Smithsonian Institution. He then notes how the terrible Syrian civil war started with a "devastating drought in the Euphrates Valley beginning in 2006," which forced farmers to migrate to urban centers, thus driving the unemployment that led young men to start the revolution.

In the oil-rich country of Nigeria, the dry seasons are getting longer, and desertification and population explosions have pitted the "killer herdsmen," or Fulani pastoralists, now armed with AK-47s, against the sedentary farmers. The old relative harmony between the two is being destroyed before our eyes, as violent conflicts killed some 2,500 in 2016, more than those killed by Boko Haram,

the African ISIS.

Nor is the Western Hemisphere exempt from these secretive movements. In Guatemala, home to so many poor human beings trying to live out their destiny by crossing the American borders of "El Norte," drought and rising temperatures are destroying hopes for natives to remain at home. El Salvador, too, has been hit by a devastating drought, which has been little reported since there are almost no regular foreign correspondents based now in Latin America.

Already, the U.N. High Commissioner for Refugees estimates that, since 2008, 22.5 million people have been violently uprooted by climate-related or extreme weather events and are searching for new homes across the globe, from Darfur, to Bangladesh, to Puerto Rico, to Gambia, to Ethiopia. For starters!

How do we report this "new" news? How does one measure accuracy in grains of sand, in drops of water, in the winds that rise silently at night? These stories stubbornly refuse to adhere to the old conventions of coverage of political parties, of votes, of decisions in the Security Council. We might also ask what kind of government, what kind of institutions in the future might serve to deal with these new problems.

Of course, we need a presidency and a Congress and institutions that will study these developments.



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OPINION-EDITORIAL

DAVID SHRIBMAN
Executive editor of
the Post-Gazette



WHAT TO LOOK FOR AS THE MIDTERMS NEAR

SIX WEEKS OUT, and this year's vital midterm congressional elections finally are coming into focus.

We've known for some time that these contests were important; at stake is not only control of the two chambers on Capitol Hill but also the character and trajectory of the final two years of Donald Trump's presidential term.

But now we have some clarity about what this election is about, what the terms of engagement are and what the fulcrums of power are in the 470 separate races scattered about the country.

These elections increasingly are taking on a national profile, because the question of party control in the Senate and the House suddenly seems so important -- and so much in doubt. Throw away all the predictions.

The commentators cannot have any comprehensive vision of all the moving parts; if the

conventional wisdom was so wrong in the one high-profile contest of 2016, dismissing Trump as a phenomenon but not a factor, then most assessments of these myriad races cannot be trusted.

But as they grow nearer, some factors stand out as critical: -- Impeachment. It remains very unlikely that Trump -- assailed on the left, embraced on the right -- will be removed from office before his term expires in January 2021. That doesn't matter. Impeachment is one of the principal themes of these midterm elections anyhow. Who said there was any logic to American politics?

First, let's dispel the end-of-days fantasy held by so many never-Trumpers. Absent some major developments or exceedingly damaging findings from the inquiry being conducted by Robert S. Mueller III, the removal of the president must be considered a dim possibility.

Take the three "even ifs": Even if the Democrats take control of the House; and even if they initiate an impeachment process; and even if the House votes to impeach the president, the removal of the president requires a two-thirds margin in the Senate, and it's never happened.

The only president who came close to being convicted in the Senate, Andrew Johnson, exactly 150 years ago, survived by a single vote.

But does that matter for this November? Not at all. Few Democrats will utter the word "impeachment," though the Democratic base is thinking impeachment.

Perhaps just as important: The more the Democratic narrative

includes, even subliminally, impeachment, the more that threat will motivate the Republicans and the Trump base.

A good analogue of this dynamic might lie in 1940s France, where Charles de Gaulle, in exile and desperate to rally Frenchmen to resistance, was barely a factor in metropolitan France ... until Vichy France condemned him to death. Then -- voila! -- he won immense favor and support. Threaten Trump with impeachment and his supporters will flock to the polls.

-- The profile of the parties. Both of the major political parties are in transition. And how they appear on Nov. 6 will be a critical factor.

The Democrats are struggling to decide whether they ought to stride to the left (like congressional insurgents Ayanna Pressley, a Boston city councilwoman who defeated Rep. Michael Capuano, a 20-year veteran of the House, and Alexandria Ocasio-Cortez, a political newcomer, who upset Rep. Joseph Crowley of Queens and the Bronx) or hug the center (like Rep. Conor Lamb, who won a Pittsburgh-area congressional district that went for Trump less than two years earlier).

Meanwhile, the GOP is struggling to decide whether to stick with Trump, whose political style does not play well to suburban Republicans, or break with him, perhaps by criticizing his behavior but praising his policies, especially on the economy.

-- The blue-collar vote. This was perhaps the most important, and least understood, swing vote in the presidential election that swept Trump into office and swept away many of the assumptions that ani-

mated American politics. Trump appealed to -- and largely continues to appeal to -- blue-collar voters. Though labor families are a shrinking part of the American electorate, their voting behavior remains an intriguing phenomenon; Trump's performance among these voters, since the New Deal a reliable part of the Democratic coalition, matched that of Ronald Reagan in his 1984 re-election campaign.

He also outperformed Reagan among white union members. Related and just as important: Trump far outperformed former Gov. Mitt Romney of Massachusetts, the 2012 Republican nominee, among white women without college degrees.

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