

Senior Beacon



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Established February 1982

SEPTEMBER 2024 EDITION

Vol. 43:8

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Cañon City — PUEBLO — Colorado Springs

Monthly Edition

LOCAL NEWS

COLORADO COUGAR LESSONS FROM CALIFORNIA

With the current flap about Colorado cougar management, Coloradans might be interested in California's cougar experience.

California did everything wrong. (At least according to a large element of the wildlife management establishment.)

After a series of moratoria on cougar hunting starting in 1972, the state codified the ban with the 1990 California Wildlife Protection Act.

Managers across the U.S. were aghast: California would be overrun with cougars. Loss of pets, livestock, and wild ungulates would be catastrophic.

In 1990 Dr. Walter Howard, wildlife professor emeritus at UCal Davis, sounded off as follows to The Los Angeles Times: "[The cougar] is a bloody pest... Evolution has demanded that they have a regulatory mortality factor. That's the balance of nature." He went on to claim that without hunting, cougars overpopulate, exhaust natural prey, then turn to domestic animals. All incorrect.

I'm a lifelong hunter. And I was part of the wildlife management establishment in the 1970s. For a time, I believed our party line that hunting is a "necessary wildlife management tool."

But I've learned that hunting is only sometimes such a tool. It certainly is for deer and elk which, in the absence of their natural

► SEE COUGAR, PAGE 3

LOCAL NEWS

MCPHEETERS RUNNING FOR PUEBLO COUNTY COMMISSIONER

PUEBLO—Pueblo native Paula McPheeters announced that she is a candidate for the Pueblo County Commissioner District 2 seat currently held by Daneya Esgar. McPheeters made the announcement at Water-tower Place, speaking in front of a crowd of family, friends, and supporters.

"We need frank conversations about what makes our community safe, vibrant, and healthy," she said. "My priorities are public safety, infrastructure, and economic development. We all know we have challenges with each of these priorities. The reality is we must tackle each one with the understanding that they won't be solved overnight. We need thoughtful planning and decision making to get things done."

McPheeters, 53, is the daughter of a steelworker. She attended South High School and the University of Southern Colorado (now CSU Pueblo), majoring in political science, and later earned a master's degree in public administration from the University of Colorado-Denver. For more than two decades, she has worked at Pueblo Community College in the areas of budgeting and grant management. She is actively involved in numerous civic organizations and recently completed a three-year term on the Pueblo County Retail Marijuana Sales and Excise Taxes Oversight Committee. In her final year, she served as committee chair.

"I'm a Gen Xer. We've grown up

► SEE PAULA, PAGE 9

Free Lunch! Live music, Bingo! Door Prizes! pg. 9

LOCAL NEWS

CELEBRATE AT CTSR: LOCAL GROUP HOSTS ANNUAL EVENT

PUEBLO—The Center Toward Self-Reliance will be hosting the annual Celebration of Self-Reliance on Friday, October 4, 2024 from 11 am to 2 pm at their main office located at 901 W 8th Street, across from the Midtown shopping center.

What is the Center Toward Self-Reliance? CTSR was born out of the Civil Rights movement of the 1960s and then the independent living movement in the 1990s which culminated in the

► SEE CELEBRATE, PAGE 9

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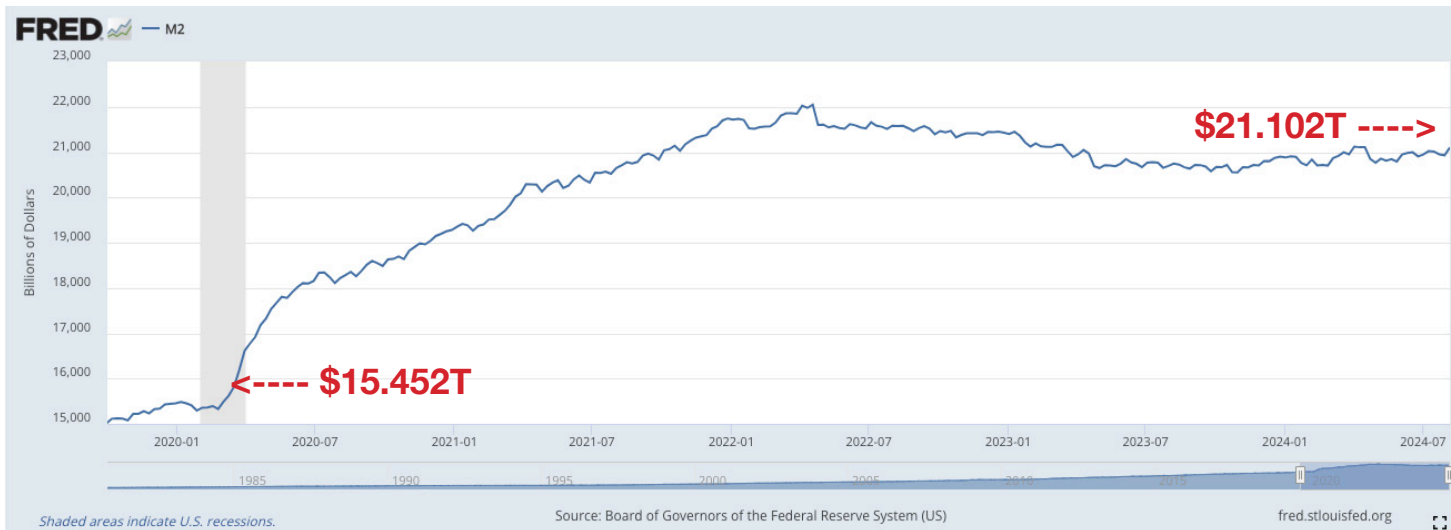
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FINANCE

A Recession In All But Name?

RONALD S. PHILLIPS
Author of two books,
teacher & trusted
columnist



of a recession.

During last year and this year, we also had the yield curve flashing recession signals for the longest time in history. It's been "inverted" for almost two years now. This is when short-term rates are higher than long-term rates. This indicator has predicted recessions every time except one time and, apparently, this period, too? Strange times indeed.

Ask anyone on "Main Street" if these are tough economic times and the answer is fairly unanimous: "Yes!" There are several large reasons but the echoing one is runaway inflation. Frankly, my wife can barely stand to take me to the store because she has to pick me up off of the floor after I see every inflated price. My head gets dizzy. Fainting follows.

In my August 2021 column, I reminded readers that the government printed up **a lot** of money and to expect inflation. At the height, there was over \$6.5 trillion printed from a base of about \$15.5 trillion. **For every 10 dollars in circulation an extra four dollars and twenty cents was printed!** That's a lot of simoleons. And a lot of problems.

And, I believe, that has created a massive amount of economic distortion. Things appear better than they are because they're covered with a fresh paint of green. Green money, that is.

Take the stock market, for example. Since this money faucet has been turned on, in 2020, stocks have gone up about 75 percent. Wonderful performance, right? Subtract out the net inflation and the stock growth drops to just 38%.

The same applies especially to the real estate market and prices. Factoring out inflation, average real estate pricing is just about flat, though.

If we unbox another problem, the stock market being led by just seven companies, then the "growth" becomes downright dismal. If we use an "equal-weight" stock index (one that is not so reliant on "The Magnificent Seven") then we have an after-inflation return of just 15 percent. **Over roughly five years we're looking at barely a three percent annual return! That's the dismal power of money printing.**

Further unboxing the trickery, if we fully factored out the Magnificent Seven stocks then we might be looking at flat or negative *real* growth for the broad market.

Alphabet (GOOGL; GOOG), Amazon (AMZN), Apple (AAPL), Meta Platforms/Facebook (META), Microsoft

(MSFT), NVIDIA (NVDA), and Tesla (TSLA) comprise these seven hot stocks.

All are great companies, are growing a lot, and deserve high valuations. Yet *"M2 is the U.S. Federal Reserve's estimate of the total money supply, including all the cash people have on hand, plus all the money deposited in checking accounts, savings accounts, and other short-term saving vehicles such as certificates of deposit (CDs). Retirement account balances and time deposits above \$100,000 are omitted from M2."*

--Investopedia.com

that doesn't mean they aren't overpriced and also distorting index returns. The lowest performing, in the last almost five years, was 90% (Amazon) and the best performing was 1,923% (Nvidia)—a huge number! Since these big guys make up about 1/3 of a regular S&P 500 index surely they distorted the index performance... a lot.

It looks good. It feels good. Yet it's like the Wizard of Oz's illusion. Fabricated.

INFLATION IS NOT ALONE

Please understand, I don't want a recession. It just feels like one at times. And, in fact, we did have a recession but it didn't get a lot of attention. According to Statista and government data, in the first half of 2022, we did have two down quarters of GDP (gross domestic product). That is the classic definition

when short-term rates are higher than long-term rates. This indicator has predicted recessions every time except one time and, apparently, this period, too? Strange times indeed.

We also had The Conference Board, with their popular and very accurate Leading Indicators, saying it's a practically sure thing for recession for many months. But nope, all good, folks.

This non-recession recession has defied all logic, rules, and horse sense.

WHAT'S AN INVESTOR TO DO?

As usual, I tell clients to have a smart asset allocation (many unique asset classes, including gold and CDs), produce high income with your portfolio, rebalance by selling gains regularly, and,

► **SEE DISTORTION, PAGE 7**

3	8	7	2	5	9	6	4	1
2	9	6	1	7	4	8	3	5
5	4	1	3	8	6	2	7	9
1	2	5	4	3	7	9	8	6
4	6	8	5	9	2	3	1	7
9	7	3	6	1	8	4	5	2
7	5	9	8	2	3	1	6	4
6	3	2	7	4	1	5	9	8
8	1	4	9	6	5	7	2	3

◀ FROM COUGAR PAGE 1

predators, overpopulate and trash wildlife habitat, including their own. It certainly is not for those natural predators – cougars and wolves.

Unlike traditional game, predators don't compensate for mortality with fecundity. They self-regulate. They don't require killing by humans.

After not being hunted for 52 years have California cougars overpopulated? Not hardly. In 2024 a UCal Davis study amended the statewide population estimate from 6,000 to 4,500. And the state Fish and Game Commission has ruled that a petition to protect cougars under the California Endangered Species Act in the southern and central-coast areas is warranted. A decision is pending.

What about all the predicted game depletion and depredations of livestock and pets? Immediately after The Wildlife Protection Act, there was a spike in depredation reports. But this wasn't because there were more depredations, only because people were required to report them. The state's deer population has been relatively stable for 35 years. Elk and desert bighorn sheep are increasing. Sierra Nevada bighorns were doing better until they took a hit from heavy snow in 2022.

This from Dr. Rick Hopkins who has

researched California cougars for 45 years: "For the long-term average, 100 to 120 California cougars have been killed annually via depredation permits. That's a tiny fraction of what sport hunters kill in other states and Canada. California arguably supports more high-quality habitat than most western states (if not all) and Canadian provinces. We also support more people (nearly 40 million) than any other state. And have more cattle and sheep than all western states and Canadian prov-

the human population (surrogate for annual recreational visitor days in cougar habitat), and livestock numbers across the western U.S. and Canada, California ranks ninth or tenth out of fifteen."

While the depredation numbers haven't changed, the state's approach to them has. In 2020 the "Three Strikes" law required landowners whose pets or livestock are attacked

connectivity is Highway 101 in and near Los Angeles.

But the state is taking action. The \$92 million Wallis Annenberg Wildlife Crossing over Highway 101 (near completion) will connect protected lands in the Santa Monica Mountains and the Sierra Madre Range, thereby reducing frag-

mentation and road-kills.

The main take-away from California's cougar experience is this: Cougar hunting isn't wildlife management; it's hunter management. There's not a shred of evidence that killing cougars creates more game or decreases depredations.

And there is much evidence that,

because cougar hunters target large trophies, age structure is disrupted with the result that younger, inexperienced animals, particularly males, disperse to developed areas, causing increased depredations.

Ted Williams writes exclusively about fish and wildlife. He is a former information officer for the Massachusetts Division of Fisheries and Wildlife.



inces, other than Texas.

"If cougar hunting were a 'wildlife management tool,' one would assume that California would have substantially greater human-cougar conflicts when compared with other western states and Canadian Provinces that all support aggressive sport hunt seasons. Yet when normalized for cougar habitat in a state (a surrogate for population size),

by cougars to attempt non-lethal deterrence. After the third try, a landowner may request a depredation permit. Last year only ten depredating cougars were killed.

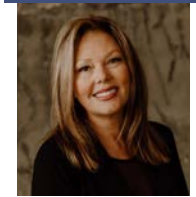
Cougars are stable in most of California but hurting in the developed south where habitat fragmentation is causing inbreeding and vehicle traffic is causing road kills. A huge vehicle threat and barrier to cougar



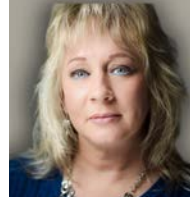
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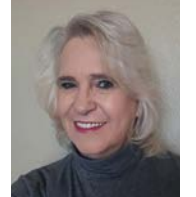
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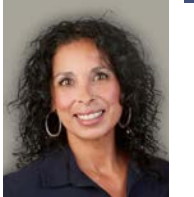
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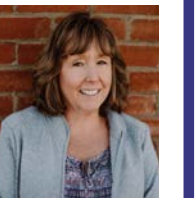
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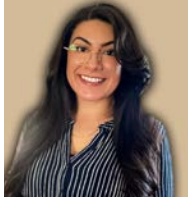
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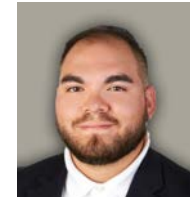


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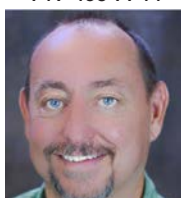
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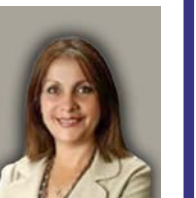
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gencies that
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temporary
suspension of
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Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day Silver Key closed 	3 Shepherd's Pie Winter Blend WW Roll w/ Butter Diced Peaches Milk	4 BBQ Chicken Sandwich Green Beans Corn, Applesauce Peanut Butter Cookie & Milk	5 Cheese Ravioli Succotash WW Roll w/Butter Diced Tropical Fruit Milk	6 Beef Burrito w/Green Sauce Spanish Rice SW Black Beans Diced Mango Milk
9 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear & Milk	10 Beef Stroganoff WW Penne Pasta Brussel Sprouts Apple Milk	11 Chef's Choice Chicken 	12 Sloppy Joe WW Bun Carrots Coleslaw Pineapple & Milk	13 Chicken Salad On Lettuce Quinoa Salad Orange Milk
16 Stuffed Bell Pepper Baby Bakers Carrots Orange Milk	17 Sweet & Sour Chicken Brown Rice Asian Veg High Fiber Cookie Pear & Milk	18 Breaded Chicken w/Country Gravy Mashed Potatoes Succotash Apple & Milk	19 Swedish Meatballs WW Pasta Brussels Sprouts Banana Milk	20 Chicken Marsala Roasted Red Potatoes Brussel Sprouts Apple Milk
23 Broccoli Stuffed Chicken Sweet Potatoes w/Dates & Nuts Succotash Orange & Milk	24 Chef's Choice Pork 	25 Chicken Cacciatore WW Pasta Green Beans Diced Pears Milk	26 Spaghetti w/ Meat Sauce Italian Blend WW Roll w/ Butter Banana Milk	27 Hamburger on WW Bun Lettuce, Tomato, Onion, Carrots, Coleslaw Diced Pears & Milk
30 Chicken Teriyaki Brown Rice Succotash Orange Milk				

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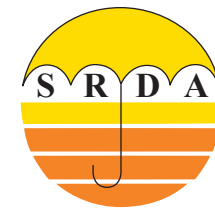
Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

SRDA MENU: 2024 MEALS ON WHEELS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
 No Meal Service Today	Beef & Corn Tamale Pie (41) Cilantro Rice (18) Hacienda Corn & Black Beans Diced Mango (14) Banana Chocolate Bar (24) Milk (12) Calories: 860 Carbs: 133g Fiber: 10g Protein: 40g Fat: 23g Sodium: 830mg	Chicken Schwarma Pita Couscous salad Chickpea Soup Apple Fruit Cup (12) ~~~~ Milk (12) Calories: 1115 Carbs: 153g Fiber: 18g Protein: 54g Fat: 37g Sodium: 1125mg	Manicotti (18) Roasted Cauliflower (6) Cucumber & Tomato Salad (5) Garlic Bread (15) Apricots (21) Milk (12) Calories: 1040 Carbs: 133g Fiber: 10g Protein: 39g Fat: 45g Sodium: 940mg	Chicken Tarragon (4) Penne Pasta (18) Garden Vegetables (12) Side Salad w/ dressing (11) Mixed Melon (20) / Pudding (23) Milk (12) /Crackers (5) Calories: 875 Carbs: 105g Fiber: 10g Protein: 42g Fat: 36g Sodium: 830mg
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Pasta Tortelloni Primavera (49) Roasted Winter Veggies (7) Coconut Fruit Salad (17) Breadstick (20) ~~~~ Milk (12) Calories: 900 Carbs: 105g Fiber: 11g Protein: 32g Fat: 44g Sodium: 1035mg	Shepard's Pie (30) Seasoned Spinach (5) Corn O'Brien (12) Diced Peaches(15) Confetti Birthday Cake (40) Milk (12) Calories: 795 Carbs: 108g Fiber: 10g Protein: 37g Fat: 29g Sodium: 975mg 	Chicken Scallopini (5) Wild Rice (17) Asparagus Veg Florentine Soup (13) Apple Fruit Cup (10) Milk (12) / Dinner Roll w Marg (1) Calories: 855 Carbs: 113g Fiber: 9g Protein: 40g Fat: 30g Sodium: 685mg	Fried Pork Chop Collard Greens Macaroni & Cheese Cornbread Peach Cobbler Milk (12) Calories: 935 Carbs: 103g Fiber: 8g Protein: 48g Fat: 41g Sodium: 430mg 	Fish Tacos (30) Calabacitas (6) Pinto Beans (20) Tomato Cilantro Corn Salad (18) Ambrosia (21) Milk (12) Calories: 655 Carbs: 106g Fiber: 15g Protein: 39g Fat: 14g Sodium: 615mg
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Pork Diablo (7) Mashed Potatoes (19) Steamed Carrots (16) Side Salad (5) Peaches & Yogurt Parfait (35) Milk (12) / Ranch Dressing (2) Calories: 745 Carbs: 97g Fiber: 9g Protein: 37g Fat: 27g Sodium: 785mg	Crispy Buffalo Chcken Wrap (19) Tomato & Cucumber Salad (5) Fruit Cup w/ Grapes (16) Baked Potato Chips (16) & Frozen Meal for 9/19 Milk (12) Calories: 720 Carbs: 73g Fiber: 9g Protein: 28g Fat: 41g Sodium: 1165mg	Turkey Club Hoagie Red Skin Potato Salad (20) Apple Pear & Walnut Salad (15) Cherry Gelatine (20) & Frozen Meal for 9/20 Milk (12) Calories: 730 Carbs: 86g Fiber: 10g Protein: 58g Fat: 21g Sodium: 1155mg	 SRDA Closed for Chili Festival No Meal Service Thursday or Friday	
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Cheese Pizza (31) Roasted Broccoli (6) Caprese Salad (10) Grape Fruit Cup (15) Milk (12) ~~~~ Calories: 725 Carbs: 74g Fiber: 11g Protein: 42g Fat: 33g Sodium: 905mg	Beef Chow Mein (29) Sweet & Sour Carrots (32) Oriental Green Beans (7) Vanilla Yogurt with Blueberries (14) Milk (12) Calories: 645 Carbs: 93g Fiber: 11g Protein: 36g Fat: 20g Sodium: 1050mg	Chipotle Chicken Torta (18) Mexican Street Corn Soup (18) Diced Mango (14) Vanilla Ice Cream (27) Milk (12) ~~~~ Calories: 1050 Carbs: 113g Fiber: 13g Protein: 48g Fat: 50g Sodium: 1085mg	Meatloaf w/ Gravy (13) Garlic Mashed Potatoes (18) Seasoned Spinach (5) Side Salad w/Italian Dressing (7) Ambrosia(18) Milk (12) / Dinner Roll (18) Calories: 820 Carbs: 79g Fiber: 8g Protein: 40g Fat: 43g Sodium: 1200mg	Fish w/Vegetable Sauce (3) Rice Pilaf (18) Green Bean Almondine (7) Chocolate Pudding (6) Sliced Orange (8) Milk (12) / Dinner Roll w/ Marg (2) Calories: 605 Carbs: 71g Fiber: 9g Protein: 41g Fat: 22g Sodium: 570mg
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Lasagna - meat (28) Brussel Sprouts (8) Garlic Bread (15) Side Salad w/Dressing (8) Oranges w/ whipped topping (18) Milk (12) Calories: 805 Carbs: 88g Fiber: 9g Protein: 38g Fat: 39g Sodium: 1165mg	Pork Tips (4) Multi Grain Rice w/ Peppers (27) Honey Dijon Brussel Sprouts (11) Dinner Roll w/Margarine (22) Apple Fruit Cup (13) Milk (12) Calories: 860 Carbs: 82g Fiber: 9g Protein: 53g Fat: 39g Sodium: 815mg	Italian Chicken Sandwich Oven Roasted Vegetables (5) Orange, Beet & Spinach Salad (5) Squash Bisque Soup (15) Heavenly Hash (21) Milk (12) Calories: 540 Carbs: 63g Fiber: 7g Protein: 22g Fat: 29g Sodium: 500mg	Jambalaya (15) Red Beans (32) Cornbread (7) Creole Green Beans (7) Fresh Banana (18) Milk (12) Calories: 825 Carbs: 103g Fiber: 16g Protein: 45g Fat: 30g Sodium: 895mg	Salisbury Steak w/ Gravy (9) Roasted Red Potatoes (19) Honey glazed Carrots (17) Pineapple & Mandarin Oranges (6) Dinner Roll w/Margarine (22) Milk (12) Calories: 720 Carbs: 93g Fiber: 10g Protein: 32g Fat: 29g Sodium: 475mg

IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.
 *reassessing recipe for accuracy

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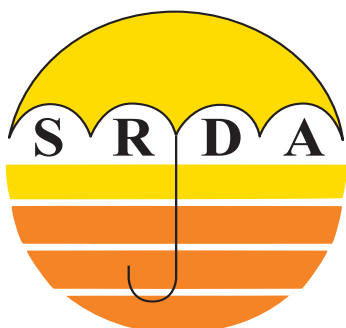
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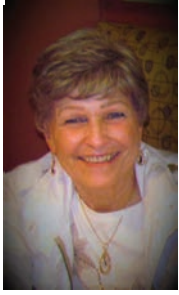


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'LIGHT FOR THE JOURNEY'

JAN MCLAUGHLIN
Columnist & founder of an international prison ministry



WHY I BECAME A "TREE HUGGER"

Life is a continual series of stories. I love stories and God continues to give me new ones to share with my readers and prisoners. There are some old favorites that can be as fresh as the day they happened. And this is one of my very favorite. This incident shows the power of a mighty God protecting His children and knowing the roads we take before we begin the journey. The story of this tree demonstrates God's faithful provision for our every need, even before the need arises. He always goes before us. Here is my story which happened over 20 years ago.

Camping is one of my favorite activities. My preference is tent camping. However, considering hungry aggressive bears and crazy people, it was not wise for a single woman to tent camp alone! The purchase of an older model motor home, "just my size," was the answer for my desire to camp. I find contentment in the "back country" with no amenities. The motor home is mostly

self-contained, and my idea of a perfect campsite is a secluded quiet hideaway.

Occasional quiet time alone, away from my home office, is a survival tactic that became more necessary with passing years. Serving as director of the Prayer For Prisoners International ministry kept my life full of activity, travel and excitement. Every day an adventure with Jesus. However, occasionally, I needed to be away from all of it to get revived.

That particular year, I was blessed with a trip to my favorite place near Montrose Colorado, Owl Creek Pass. Having been there in the summer, I could only imagine how gorgeous it must be in the autumn when the leaves are colored. I prayed the Lord would take me back there in the fall and He answered that prayer first week in October that year.

Owl Creek Pass must be the prettiest place on earth in the fall. Around every corner, a unique picture post card unfolded before my eyes. The scenery was breath taking. I gasped often at the display of beauty painted by the Master's hand, stopping many times to capture it on film.

Driving through this wonderland, I glimpsed a fantastic scene through a clearing on the left side of the road. I slammed the brakes and began to back up to get a picture. My attention was on finding the "perfect angle" for the shot--not where I was backing. Suddenly the truck lurched over a huge bump and came to a sudden stop. A quick glance in the rear-view mirror revealed a tree right against the back of the camper. I tried to move forward a couple of times; it wouldn't budge. Getting out, I looked at the camper, smack up against that tree! The tree had kept me from going backwards over about a 20 ft. embankment. Had the tree not been there, the camper would likely have rolled backwards over the bank and probably been on its top. I thanked God for planting that tree many years ago in that very spot and for putting my name on it!

Slightly shaken, I wondered what was keeping the truck from moving forward. A quick walk to the other side was followed by a gasp at the startling sight. The outside rear tire was hanging in midair! A few more inches, it possibly would have rolled on its side over the bank landing on its top.

The outside rear tire had rolled over a huge, pointed rock shaped like a ramp above a very deep hole and hung suspended there. Even though the inside tire was mostly on solid ground and not blocked, the rock in front of the other

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tire kept the truck from pulling forward. It was an "impossible" situation! In my mind were pictures of a crane having to lift the truck out of that predicament and dollars fluttering away in midair. (This is NOT a main highway but a dirt mountain road with very little traffic.)

I was so excited when a young man stopped to see if I needed help. I asked, "Do you have a rope? He checked out the mess I was in and said with exasperation, "Lady, I don't think I could help you if I HAD a rope." He went off to find a rope and perhaps someone to help. I sat down on a rock by the road and prayed for God to send someone with a rope. **I never pray big enough!**

He sent some people from Houston, Texas with a jeep and a winch. I never thought to pray for a winch or a sledgehammer! They jacked up the truck and then broke off the top of the rock with the sledgehammer they just happened to have with them. With the winch strap attached, the jeep pulling and my little truck working, it came over the remaining rock out onto the road. We all breathed a huge sigh of relief.

We stood around for a bit, amazed that the truck wasn't over the bank upside down. I looked at the tree and said, "You know, I'm not an environmentalist, but I have this incredible urge to go hug that tree!" The lady said, "You hug the tree; I'll take your

picture!" I am now an official "tree hugger!" One tree! One very grateful person who learned to be more careful when backing up! One great and wonderful God who planted that tree there, just for me.

As I said earlier, every day is an adventure with Jesus! Knowing He has prepared the way and is always with me is the best part of the journey. **"You've gone into my future to prepare the way, and in kindness you follow behind me to spare me from the harm of my past. You have laid your hand on me"** (Psalm 139:5 TPT)!

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► CROSSWORD ANSWERS ► GAMES ON PAGE 14

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REELING

SURPRISING ROMANCE

BETTY JO TUCKER
Pueblo award
winning film critic



A SURPRISING ROMANCE AWAITS YOU IN A FAMILY AFFAIR STARRING NICOLE KIDMAN AND ZAC EFRON. In this case, the woman is many years older than the man.

But if you only saw Efron in all those High School Musicals, you won't recognize him as a grown up leading man here. And Kidman, fresh off her AFI Life Achievement Award, looks lovely while we can't help thinking how much older she is than Efron in real life.

Nicole Kidman and Zac Efron get romantic and love sick on. A FAMILY AFFAIR it is. With Efron playing the big whiz.

His role here the glamorous star with true love seeming way afar. Kidman, a widow and a mom, falls hard for Efron like a bomb.

But Kidman's daughter won't have this. She thinks the pair is a big miss. She works for Efron and knows him. To her, this boss seems way too grim.*

For a rom-com the laughs are rare. But skip that if you like a dare. Kidman always gives us a treat. And Efron as grown-up is neat!

A FAMILY AFFAIR is a four character film. Efron as Chris Coles, the big action movie star; Kidman as Brooke Harwood, a widow, mom and writer; Joey King as Zara Ford. Brooke's outspoken daughter; and Kathy Bates as Zara's comforting grandma. Kudos to them all. These actors made each character come to life for me.

However, Joey King almost makes Zara hard to take at the beginning until we see how boss Chris makes her do everything for him, even get his groceries. And my only complaint involves how long the movie goes on until Chris



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and Brooke meet each other. As soon as that happens, the excitement begins and holds up through the film.

Two highlight scenes for me include Brooke (Kidman) preparing a first date with Chris (Efron) by trying all kind of dresses she used to wear. And what a knock-out she chooses! My second high-

light shows Chris giving some wonderful presents during a Christmas scene. He seemed so happy to give not take.

Is it true love for these two very different individuals? By the end of A FAMILY AFFAIR, I couldn't stop rooting for them.

Any time not spent on love is wasted.

--- Torquato Tasso

(Available at Netflix and rated PG-13.)

If you enjoy this romance film, I recommend another similar one titled THE IDEA OF YOU is available at Prime Video. Anne Hathaway and Nicholas

Galitzine co-star.

◀ FROM DISTORTION PAGE 2

for the time being, invest in these growing areas. But be cautious for a jolt in the markets at any time.

This article is for illustrative purposes only. Ron is not recommending any investment security for you but just trying to educate the community. INVESTMENTS CAN AND DO DROP IN VALUE; THEY HAVE NO BANK OR OTHER GUARANTEE. He is licensed and regulated by the great State of Colorado.

Ron Phillips is The Investment INCOME Advisor, a Pueblo, CO native, and an independent business owner. Order a free copy of his book *Investing To Win* by leaving a message at (719) 220-3005. Visit RetireIQ.com or email RonPhillipsAdvisor@gmail.com

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◀ FROM PAULA PAGE 1

with doom and gloom predictions about our future," she said. "But I'm also an optimist. I am a person of strong faith. We can never lose hope that things can get better – that each of us, in our own way, can contribute and make a difference."

Addressing the partisanship and grand-standing that have dominated politics in recent years, McPheeters emphasized Puebloans' diversity and ability to see beyond labels.

"Pueblo is not monolithic in its politics. We have voted for Democrats, Republicans, and Independents," she said. "We vote for the person, not the party."

"We need leadership that raises the bar (and) 2024 presents us with an opportunity to change the way Pueblo does politics," she said. "Petty political gamesmanship is not what Puebloans are about. You want leadership and results."

McPheeters said she will spend the next year "listening and learning," developing common ground to address the major issues faced by Pueblo County residents.

"I don't have all the answers to every challenge we face, but by collaborating, I will learn what is needed to do this job well," she said. "You may not agree with every decision I make, but you can trust my heart to serve everyone in Pueblo County."

For more information, visit PaulaForPueblo.com and on Facebook [@PaulaForPueblo](https://www.facebook.com/PaulaForPueblo)

◀ FROM CELEBRATE PAGE 1

passing of the Americans with Disabilities Act. The idea that people with disabilities can make their own decisions about how and where they want to live their lives is at the center of the independent living philosophy.

Today there are more than 400 CILs (Centers for Independent Living) nationwide, and the Center Toward Self-Reliance (CTSR) is proud to be one of nine CILs representing the state of Colorado. Covering roughly 26% of the state, CTSR provides assistance and supports to the disability community across 17 counties. Our programming includes youth transitions, nursing home transitions, blind and low vision equipment, training and support groups, deaf services and a food pantry, along with many other areas. While CTSR has been known by different names over the years (the Sangre De Cristo Independent Living Center and the Center for Disabilities), our original purpose remains the same: to empower persons with disabilities to move toward self-reliance.

Nursing Home Transition services is one of our five core services. Our goal is to help people with disabilities live as independently as possible within the community of their choice. This is a program that is highly used by those wishing to move from a more restrictive setting, such as a nursing home, to a less restrictive place such as an apartment or home with their family. It can be a long, difficult process and our Nursing Home Transition Specialist, Jose, has five years of experience in the field and can help facilitate this process for people. He has developed many community connections and works closely with all interested parties to help the transition process flow smoothly.

The Center Toward Self-Reliance has many ways of assisting people with disabilities, but we do not provide residential services.

If you are interested in learning more about our services, please join us at our October event or call 719-546-1271 and ask for Alison. You can also check out our website at CFDpueblo.org or join us on [Facebook](https://www.facebook.com).

WHAT IS PROJECT 2025?

Project 2025 (formally titled Mandate for Leadership) is a plan for the federal government should Donald Trump be elected in November. The plan is a well-funded (eight-figure) effort of the Heritage Foundation, as well as more than 100 organizations and many members of the former Trump administration. The plan proposes both a radical vision for our government as well as a roadmap for implementing it through Executive Branch action alone.

Key proposals that would be implemented without new legislation and by the Executive Branch alone include:

- Cutting overtime protections for 4.3 million workers, relaxing worker safety rules, and weakening child labor protections.
- Pushing seniors enrolled in Medicare towards Medicare Advantage and other private options.
- Stopping efforts to lower prescription drug prices.
- Limiting access to food assistance, which approximately 40 million Americans rely on monthly.
- Eliminating Head Start and the Department of Education and rolling back student loan programs, making higher education unaffordable for many.
- Restricting access to medication abortion and contraception and limiting which disabilities qualify veterans for benefits.
- Targeting mass deportation of undocumented people, allowing for mass family separation, eliminating fami-

**The Center Toward Self-Reliance will be celebrating:
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Want More information? The entire 900+ page manuscript is available at

<https://static.project2025.org/2025MandateForLeadershipFULL.pdf> and a briefer summary of its impact at <https://democracyforward.org/the-peoples-guide-to-project-2025/>. A series of videos to train future Trump personnel to implement 2025 is at <https://www.propublica.org/article/video-project-2025-presidential-training-academy-trumpelection>.

Authored by Cindy Jones

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2 Closed Labor Day	3 #8 BBQ Beef BBQ Beef Brisket WW Bun Chicken Rice Soup Creamy Coleslaw WW Crackers Banana	4 #99 Tuna Pasta Salad Creamy Cucumber Salad Peach Orange Juice SF Gelatin w/Banana Raisin Nut Cup WW Rolls w/Butter	5 #79 Salisbury Steak Brown Gravy Smashed Red Potatoes California Mixed Vegetables Nectarine WW Bread w/Butter	6 #6 Baked Potato Broccoli w/Cheese Sauce Salad w/Lite French Plum Fruit Cocktail Drop Biscuit w/Butter
9 #65 Pork Chow Mein Steamed Brown Rice Cabbage w/Red Pepper Banana Fortune Cookie WW Bread w/Butter	10 #73 Roast Chicken Mushroom Sauce Steamed Brown Rice Cauliflower Broccoli Mix Apple Pear Salad w/Almonds WW Bread w/Butter	11 #58 Lentil Soup Egg Salad Sandwich Shredded Lettuce & Tomato Slices Banana	12 #88 Stuffed Peppers Chopped Spinach w/Malt Vinegar Applesauce Cake WW Bread w/Butter	13 #9 BBQ Chicken Potato Salad Spinach Salad w/Mandarin Oranges Apple WW Roll w/Butter
16 #80 Salmon Patties Cream Sauce Steamed Brown Rice w/Parsley Mixed Vegetables Tangerine Raisin Nut Cup	17 #32 Chili con Carne Steamed Broccoli Cornbread Trail Mix w/Nuts & Raisins Apple	18 #109 Turkey Pot Pie Peas & Carrots Salad w/Lite Ranch WW Roll w/Butter Orange Oatmeal Cookie	19 #63 Pasta Primavera Spinach Salad w/Egg & Lite Italian Dressing Apple/Pear Salad w/Almonds Plum Garlic Bread	20 #29 Chicken Noodle Soup Chicken Caesar Salad WW Saltine Crackers Mitzie's WW Rolls Apple Orange Juice Raisin Nut Cup
23 #22 Chicken A la King Green Peas Salad w/Lite Ranch Raisin Nut Cup Orange	24 #90 Swedish Meatball Whipped Potatoes w/Beef Gravy Chopped Spinach Orange Bran Muffin	25 #16 Beef Stroganoff Orange Spiced Carrots Pickled Beet & Onion Salad Orange WW Bread w/Butter	26 #47 Scalloped Potatoes w/Ham Spinach Salad w/Mandarin Oranges Hard Boiled Egg Sliced Peaches WW Dinner Roll	27 #86 Spinach Lasagna Seasoned Green Beans Salad w/Lite Italian Banana WW Bread w/Butter
30 #14 Beef Stew Green Beans Salad w/Lite Italian Banana WW Bread w/Butter	A \$3.00 suggested donation per meal is appreciated, but not required.	Must have assessment form for our meal program on file with UAAACOG. Eligibility 60+		The following major food allergens are used as ingredients: Milk, Egg, Fish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients.

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Tuesday	Thursday	Friday
3 #98 Teriyaki Chicken Brown Rice Oriental Vegetables Spinach Salad w/Mandarin Oranges Fortune Cookie Orange	5 #79 Salisbury Steak Brown Gravy Smashed Red Potatoes California Mixed Vegetables Nectarine WW Bread w/Butter	6 #6 Baked Potato Broccoli w/Cheese Sauce Salad w/Lite French Plum Fruit Cocktail Drop Biscuit w/Butter
10 #25 Chicken Cordon Bleu Wild Rice Pilaf Seasoned Asparagus Chilled Apricots WW Bread w/Butter	12 #88 Stuffed Peppers Chopped Spinach w/Malt Vinegar Applesauce Cake WW Bread w/Butter	13 #9 BBQ Chicken Potato Salad Spinach Salad w/Mandarin Oranges Apple WW Roll w/Butter
17 #95 Taco Salad w/Salsa Tomato, Lettuce Garnish Strawberry Applesauce Flan Custard Cornbread w/Butter	19 #63 Pasta Primavera Spinach Salad w/Egg & Lite Italian Dressing Apple/Pear Salad w/Almonds Plum Garlic Bread	20 #29 Chicken Noodle Soup Chicken Caesar Salad WW Saltine Crackers Mitzie's WW Rolls Apple Orange Juice Raisin Nut Cup
24 #51 Hot Turkey Sandwich Whipped Potatoes Asparagus Amandine Pineapple Mandarin Compote Banana	26 #47 Scalloped Potatoes w/Ham Spinach Salad w/Mandarin Oranges Hard Boiled Egg Sliced Peaches WW Dinner Roll	27 #86 Spinach Lasagna Seasoned Green Beans Salad w/Lite Italian Banana WW Bread w/Butter
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"Living With the Many Affects of Grief", by Local Senior Expert

Grief is a profoundly personal experience, a complex emotional journey that can be as unique as the individual enduring it. It is a universal aspect of the human condition, emerging in response to loss, and its manifestations can be as diverse as the people who experience it. At its core, grief is the process of coming to terms with a significant loss. This might be the death of a loved one, the end of a relationship, the loss of a job, or even a more abstract loss, such as the loss of a cherished dream or a way of life. Grief is not confined to the moment of loss but unfolds over time, often in waves that can catch us by surprise. The immediate aftermath of a loss is frequently marked by shock and disbelief. This initial stage can be characterized by numbness, detachment from reality, and overwhelming confusion about how to proceed.

As time progresses, the reality of the loss begins to set in more deeply. This is often when the full weight of grief becomes apparent. People might experience various emotions, including sadness, anger, guilt, and even relief. Sadness is a natural response, a profound sorrow that can permeate every aspect of life. Anger might emerge from feelings of injustice or the perceived unfairness of the loss. Guilt often arises from a sense of having failed the deceased or the belief that one could have done more to prevent the loss. Relief can accompany grief, especially if the death follows a prolonged period of suffering.

The process of grieving is often described through various models, such as the well-known Kübler-Ross model, which outlines five stages: denial, anger, bargaining, depression, and acceptance. However, it's crucial to understand that these stages are not linear. People might oscillate between stages or experience them

personal factors, cultural background, and the nature of the loss itself.

Unlike physical wounds that heal with time, emotional wounds from grief do not necessarily heal completely. Instead, they transform, integrating into the fabric of one's life. The intensity of grief might diminish, but the sense of loss can remain a part of one's identity. This ongoing process is often described as finding a new normal. The person who is grieving may gradually adapt to life without the loved one or without the previous circumstances, but the absence is always felt.

Supporting someone through their grief involves acknowledging and validating their feelings without rushing them through their process. Each person's grief journey is unique, and what might be comforting for one person may not be for another. It is essential to offer a listening ear, patience, and understanding, rather than trying to impose solutions or minimize their pain.

Grief can also impact physical health. The emotional stress of grieving can lead to a variety of physical symptoms, such as fatigue, changes in appetite, and disruptions in sleep. Stress hormones like cortisol can be elevated, affecting overall well-being. Therefore, taking care of one's physical health through proper nutrition, exercise, and rest is vital during the grieving process.

Friends and family members might not always know how to respond to someone who is grieving, and the bereaved might feel isolated or misunderstood. Building a support network, whether through formal counseling, support groups, or informal connections with understanding friends and family, can be crucial in navigating this challenging time.

Therapy, especially grief counseling, provides a space for individuals to express their emotions and gain insights into their grieving process. Support groups offer



in a different order, and some might not experience all of them. Grief is deeply individual, and its course can be influenced by

communal spaces where people can share their experiences with others who understand their pain, providing both solace and

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practical advice.

Understanding that grief does not have a set timeline or a one-size-fits-all approach is essential. It is a deeply personal journey that evolves. For some, the pain of loss may never fully go away but becomes a part of their life's narrative. Others may find that their grief diminishes and is replaced by a sense of acceptance and integration.

Ultimately, grief is a testament to the depth of our connections and the love we hold for those who are no longer with us. It reflects the profound impact that people and experiences have on our lives. While grief is undoubtedly painful, it is also a reflection of the richness of our emotional lives and the meaningful relationships we have built. As we navigate our way through

grief, we may find that, despite the pain, we emerge with a deeper understanding of ourselves and the world around us.

If you are struggling with grief and would like assistance, there are several local providers and agencies can help. Please feel free to call and I will help you local a provider that can assist you with your unique situation.

Please feel free to call Bambi Creek RN, MSN, and owner of A Place at Home, at 719-561-1111 or refer to her advertisements in the Senior Beacon each month.

HISTORIC EVENTS: SUPERNATURAL ACTIVITIES: GHOSTLY ENCOUNTERS.

GLEN VOLLMECKE
Author: "Intermission
a Place in Time."



**Part II:
Smugglers and
Pirates:
Imagine.**

We'll now continue our story of 'Mother Redcaps,' the tavern built in 1595. Sinister passages and caves named 'The Red-noses,' currently reach for miles under my county of Cheshire, town of Wallasey U.K. Although each visible entrance on the seashore was guarded by multiple customs officers, specific quantities of contraband, alcohol and other substances gained entry, and continued to be distributed throughout my place of birth. Mother Redcap's tavern was a welcome port of call for privateers and fishermen, also a convenient place for pirates to safely board their vessels.

Contrabandists and buc-

caners found a safe haven in the tavern, as all activities were overseen by Molly, a buxom lady devoted to her (bandits) aka clientele. Many unseen crevasses provided security for the sailor's wages, including monies from multiple illegal sources. Five inches thick the front door wasn't entirely formidable in itself. Therefore, in order to ensure her patrons safety, she devised a way of securing and preventing unwanted guests, especially at night. A trap door was invisibly connected to the heavy front door, which when unlocked opened a gaping hole allowing the intruder to spiral down nine feet into a damp, dark cell.

Since its construction in the fifteen hundreds, the oak beamed ceilings, and ancient, huge oak wrapped fireplaces resembled blue steel with age. The massive kitchen used by Molly dispersed many enjoyable meals, accompanied by the dark ale, which she also brewed on site, the aroma alone satisfied the most hardened sailor! Outside greenhouses provided fresh herbs and vegetables, allowing her versatility as a chef to excel: all which thrilled her tenants, who were reluctant to leave. Eventually, due to excessive requests stretching Moll's hospitality to the breaking point, the demolition of several inner walls allowed Molly's boarders additional areas to lodge. Regularly, a privacy curtain kept an appearance of extra bedrooms, which of course in reality

ensured limited space in the inn.

Molly described as a handsome quietly spoken Cheshire woman, was reputedly honest in all her transactions. Her established reputation, known for miles.

Molly described as a handsome quietly spoken Cheshire woman, was reputedly honest in all her transactions. Her established reputation, known for miles. The moniker was due to incessant use of her woolen red cap. Although once hiring her niece for assistance, the girl eventually married a customs officer, leaving Aunt Molly to fend for herself.

The moniker was due to incessant use of her woolen red cap. Although once hiring her niece for assistance, the girl eventually married a customs officer, leaving Aunt Molly to fend for herself. Obviously, work was in constant overload.

Always determined to safe guard her 'sailors' she invented a remarkable, creative contraption for outside the inn, known as a weather vane: a dummy, attached to a round wooden socket in the shingle, which could be manually manipulated in any direction. A useful device for signaling smugglers. When pointed toward the tavern it meant 'Come on,' when pointing away 'Keep off.' At the end of the wooden seat, was another post...the sign adorned with a painted picture of Mother Redcap read...

*All ye that are weary come in and take a rest,
Our eggs and our ham they are the best,
Our ale and our porter are likewise the same,
Step in if you please and give 'em a name.*

--Mother Redcap.

Just a few yards from the shoreline of the River Mersey, hidden in the sand, many Spade Ace guineas were discovered near her front door. (Although the building is no more, surely one day a successful treasure hunt will ensue?)

In the year 1690 troops of William III were encamped nearby awaiting embarkation to Ireland. (Presently, the usual ship leaving Liverpool for Ireland is being commissioned once again, the

closest route known.) Earlier, a small private plane called the Redcap cruised between here and Ireland, carrying several despatchers for King James' partisans.

Once three aristocrats jumped ship landing at the tavern's oak door, causing an armed crew to make a hurried

albeit uneventful search.

During 1778-90 the tavern was frequented by officers and crews of the



privateers. Here's a historic fact for you: Redcap 16 guns: Nemesis 18 guns: Alligator 16 guns: Racehorse 14 guns: Ariet 12 guns: also, other smaller vessels known as 'Red Bets' were docked opposite the tavern. At a later date a small canon was recovered from the site, among many other ancient souvenirs, all a solid testament to the astounding history of the past.

Thought for the day:

"A changed thought system can reverse cause-and-effect as we have known it. For most of us, this is a very difficult concept to accept, because of our resistance to relinquishing the predictability of our past belief system, and to assume responsibility for our thoughts, feelings and reactions. Since we always look within before looking out, we can perceive attack outside us only when we have accepted the first attack as real within."

GERALD G. JAMPOLSKY.

Author Glen Vollmecke can be reached at AlpacasRus@hotmail.com

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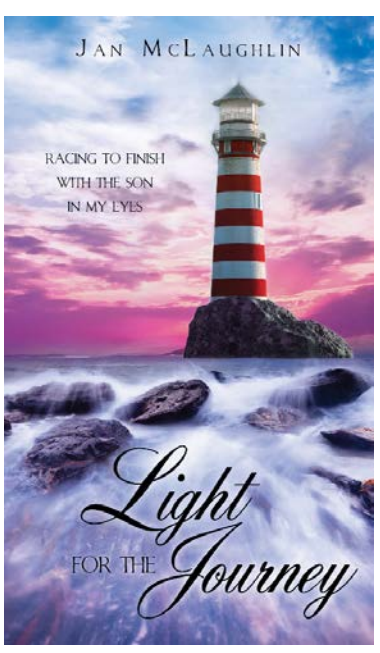
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HAPPY 89TH ANNIVERSARY, SSA!

AS WE CELEBRATE THE 89TH ANNIVERSARY of the Social Security Administration, we reflect on nearly nine decades of dedication, service, and support to the American public. Since 1935, we have played a crucial role in providing financial security and stability to millions of Americans, especially during their most vulnerable times.

As we celebrate, please view our Social Security Action Plan for 2024. This document, the result of employee suggestions, outlines the steps necessary to continue to meet the needs of our customers given our current budget and staffing challenges.

Social Security is one of the most successful anti-poverty programs in the world. Our collective efforts have ensured that retirees, people with disabilities, and families facing hardship receive the benefits they need. This milestone is a demonstration of our unwavering commitment to compassionate public service. View our most recent blog to read more about how Social Security has protected families for 89 years.

SOCIAL SECURITY EXPANDS COMPASSIONATE ALLOWANCES LIST

SSA announced nine new Compassionate Allowances (CAL) conditions and revisions to two existing CAL

conditions: Bainbridge-Ropers Syndrome, Costello Syndrome, Adult Heart Transplant Wait List – Status Levels 1-4, Child Heart Transplant Wait List – Status Levels 1A/1B (revised existing condition), Histiocytic Malignancies, Histiocytosis Syndromes (revised existing condition), Neonatal Marfan Syndrome, PACS1 Syndrome, Plasmablastic Lymphoma, Renal Medullary Carcinoma, and Snijders Blok-Campeau Syndrome.

The Compassionate Allowances program quickly identifies claims where the applicant's medical condition or disease clearly meets Social Security's statutory standard for disability. Due to the severe nature of many of these conditions, these claims are often allowed based on medical confirmation of the diagnosis alone. To date, more than one million people with severe disabilities have been approved through this accelerated, policy-compliant disability process, which now includes a total of 287 conditions.

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1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
	19				20			21	22					
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44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
	57	58	59					60				61	62	
63						64	65			66				67
68						69				70				
71						72				73				

THEME: AT THE SUPER-MARKET

ACROSS

- Marriott hotel chain
- Lockheed Martin Corporation @NYSE
- Desert in central Asia
- Tinder user?
- Distinctive period in history
- Munchausen's title
- Likewise
- Campfire leftover
- Jason Bateman/Laura Lin-

ney TV drama

- *Traditionally clipped
- *OS in POS at the super-market
- Bro's sibling
- "___ there, done that"
- T in Greek
- FBI's cold one
- Windshield ____, pl.
- "The ___ for Red October"
- Coach of Dallas Mavericks
- Bow's partner
- Black and white killer
- Be in accord
- First word in fairy tale

DOWN

- *What registers do
- Nonclerical
- Football legend Graham
- Unborn vertebrate
- ___ of Cancer
- *Like freezer aisle "Cuisine"
- "___ Robinson" by Simon & Garfunkel
- California/Nevada lake

44. Formerly known as Pleasant Island

46. Long-lasting Steelers coach

47. TV's "man named Brady"

48. *GO in BOGO

50. French "place"

52. 6th sense

53. Adored one

55. What cruelty and crush have in common

57. *Dairy aisle package

60. *S&H Green

63. Non motorized vessel

64. I have

66. Nev.'s neighbor

68. Offspring, collectively

69. Rank above maj.

70. Visual

71. QBR in football, e.g.

72. Will Ferrell's Christmas classic

73. Like a gymnast

SODUKU

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

8					1			
		5				4		8
4			3				6	7
9	7	8		5				
				2		6	4	9
7	5				9			6
2		6				7		
			2					1

- Mediterranean Strip
- Not written
- Dull one
- Pen juice
- Home to Sarajevo
- Port city in Japan
- Like marines in slogan
- Cowboy's bedding
- Flip-flop
- Plural of aura
- Adam Sandler's "___ Gems"
- Manual communication gesture
- High school ball
- Bert's TV buddy
- Ice in a cocktail
- *TV's "Supermarket ___"
- Tropical tuber
- 38.

- items section
- Choose a president
- "___ we stand, divided we fall"
- Tokyo, once
- Adenine's partner in RNA
- Chilled (2 words)
- Savory taste sensation
- *Rolling supermarket carrier
- Dwarf buffalo
- Type of canal, in dentistry
- Ego's main concern
- Surveyor's map
- Accompanies relief
- "Big Three" TV network
- Radio knob, abbr.
- ATM extra

KYLE ABER RUNNING FOR DISTRICT ATTORNEY

PUEBLO -- Like most communities, Pueblo has seen a rise in crime after the COVID-19 Pandemic. While we are starting to see the number of annual offenses decrease, we still have a long way to go to ensure Pueblo is a safe community for all of us. There is no age limit on being a victim of crime, and our seniors are continually targeted as victims of scams, threats, and mistreatment. In Colorado there are more than 25,000 reports of elder abuse every year, with many more offenses going unreported. The impacts of crime reach beyond those that are direct victims. How many of us know someone who is responsible for raising grandchildren, or great-grandchildren because their parents have been caught up in the criminal justice system? How many of us suffer from higher prices resulting from shoplifting and theft? How many of us are reluctant to engage in our community because they do not feel safe? We need to do better. That is why I am running to be Pueblo's next District Attorney. I want to bring new energy and new ideas to the DA's office so we can tackle crime before, during, and after it happens.

Just like our Police and Sheriff departments, the DA's office is suffering from a lack of staff and resources. We are making progress in addressing crime in Pueblo, but we need to approach these issues from multiple angles. An important approach is to prevent crime before it happens. When we decrease crime, we save on valuable resources which allows us to address those crimes that do occur more thoroughly. A lot of the work to reduce crime is already being done throughout our community. Unfortunately, the individuals and organizations trying to reduce crime do not have a central hub they can go to, to share their successes and ask for help. As DA, I want to build a broad coalition from across our community, whose one goal is to make Pueblo a safer place. When we work together, we can share resources, ideas, and effort, reducing the overall cost of crime prevention and increasing our effectiveness. We also need open lines of communication with our community so people can bring their concerns and ideas to the DA's office, and we can take steps to address problems together.

Despite our best efforts, we cannot

eliminate crime completely. For the DA and the victim, a crime is ongoing from the first criminal act until we hear the word 'guilty.' During this time, we need well trained law enforcement officers and prosecutors who can fight for the community and the victim to ensure the perpetrator is held accountable. 30% of our prosecutor positions are currently vacant in Pueblo County. As DA, I will prioritize recruiting new attorneys and, more importantly, developing those new and existing attorneys into experienced and effective prosecutors. Moreover, we need to strengthen the ties between the DA's office, our law enforcement, and the community. When we all work together in harmony, we can make sure crime does not go unaddressed.

We cannot stop with a guilty verdict; the DA's office must ensure that offenders face appropriate consequences; consequences that make the victim whole, keep the community safe, and ensure the offender will not commit more crime in the future. While it is the judge's job to sentence the offender, it is the DA's office that fights day in day out to make sure those sentences are effective. We cannot rely on the dichotomy of either incarceration or probation, we need more options. As DA, I will advocate at all levels for better and more accessible mental health and substance abuse treatment, for jobs programs that help offenders get back on the right side of the law, and for reintroduction programs that keep people from leaving prison and returning right back to a criminal lifestyle. When prosecutors have better options, they can argue for better sentences. Engaging the community and the various individuals and organizations already working to reduce crime, gives the DA's office more options which will lead to more effective sentences.

This work will not be easy, but it must be done. We cannot accomplish this important work relying solely on prosecution and imprisonment. The DA's office needs a leader that will bring the community together in a broad reaching effort to make Pueblo Safer. As DA, my one and only job will be to protect the people of Pueblo County. When we work together. This goal is within our reach.

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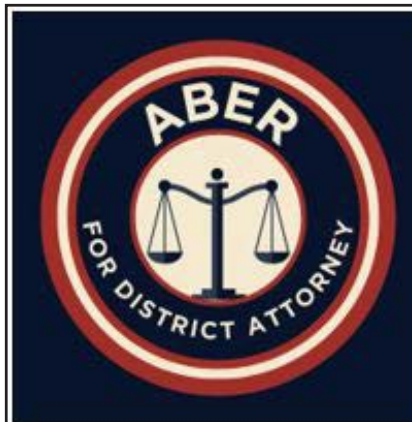
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