



SB Senior Beacon

Eldest & Locally-Owned Senior Newspaper in Southern Colorado

AUGUST 2018 Vol. 37:6 Established February 1982 438 Consecutive Months!

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

A PICNIC AND *more*

THE ANNUAL BLACK Forest AARP Chapter picnic was that and much more.

In addition to the fried chicken, side dishes, watermelon, ice cream, lemonade, games, and good socializing, the Chapter took this occasion to contribute to three local charities and to recognize businesses and organizations that support the Chapter and its members.

Chapter President, Ray Rozak, presented a donation check to Rev. Marta Fioriti of the Black Forest Community Church, to help restore the Original Log Community Church in Black Forest.

Lavonne Hidy accepted two donation checks, one on behalf of the Black Forest Cares Pantry and another for the Black Forest Community Log School Park Foundation Inc. The donations were the Chapter



FUN IN THE PARK. Black Forest AARP Chapter 1100 picnic at the Black Forest Regional Park was well attended by members, friends, and community partners.

The Chapter will have a sales booth at the upcoming Black Forest Festival on August 11.

member's way of contributing to make the community strong. The money for these donations came from various Chapter fund-raising activities over the past year. As a Thank You from the Chapter, each of the merchants who assisted in the publishing and distribution of the Chapter Newsletter was invited and recognized. Several other organizations that partnered

recently with the Chapter in meaningful ways were also invited to attend the picnic.

Paula Blair, Case Manager Tri-Lakes Cares, reminded everyone about the many ways Tri-Lakes Cares supports the community through its pantry programs, seasonal programs for children, and on-going financial assistance, and medical referral programs.

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ELDER CARE

CONNECTING CAREGIVERS TO LOCAL RESOURCES AND SUPPORT

Americans are living longer these days. The number of older adults is expected to reach 73 million by 2030.

With 30 percent of Americans serving in a caregiving role, it is important to remember that caring for a loved one can be both rewarding and difficult.

Often, caregivers don't know where to turn for advice and assistance. That's where the Eldercare Locator—a program of the U.S. Administration on Aging and administered by the National Association of Area Agencies on Aging (n4a)—Comes in. By connecting older adults and their caregivers to local resources and support, the Eldercare Locator makes life a bit easier all around.

The Eldercare Locator connects older adults and their caregivers to local services and supports across the spectrum of need, including in-home and community-based services, transportation and healthy aging.

What It Offers

Some of the Eldercare Locator's more popular publications are:

- "Before You Give Up the Keys: Create a Roadmap for Transportation Independence"
- "Older Adults and Medication Safety"
- "You Gave, Now Save: Guide to Benefits for Seniors"
- "Living Well with Dementia in the Community: Resources and Support"

Learn More

For tips and advice on caregiving, visit www.eldercare.acl.gov or call 1 (800) 677-1116 and see @eldercarelocator on Facebook and @EldercareLoc on Twitter.

NEWS

Did You Know? Workshop Resources

(NAPS)-To help veterans, active-duty members of the military and their families better cope with stress and trauma, the Red Cross created a new set of Mind- Body Workshops teaching easy-to-use skills that connect the body with the mind to promote healing.

Learn more at www.redcross.org/mindbodyworkshops.

The Employer Assistance and Resource Network on Disability Inclusion (EARN) offers free information to help employers of all sizes and industries tap the benefits of employing people with disabilities. It's funded by the U.S. Department of Labor's Office of Disability Em-

ployment Policy.

Learn more at AskEARN.org.

People with dementia can get connected to local resources that can help them maintain independence and maximize well-being from the Eldercare Locator, the only national information and referral resource for issues affecting older Americans.

A program of the U.S. Administration on Aging, the Eldercare Locator can be contacted at www.eldercare.acl.gov and (800) 677-1116.

Replacing your old, electric water heater with a model that bears the ENERGYSTAR can put a significant dent in your energy costs.

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LEARNING MORE. People with dementia can get connected with local resources that can help maintain independence.

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For example, each Monroe strut assembly is both fit- and ride-checked on the corresponding vehicle model prior to introduction.

Learn more at www.monroe.com.

The team at 1-800-Flowers.com travels the globe in search of the latest trends and original designs.

This year, it found inspiration in purple roses.

You can make someone smile

with purple roses or any flower by calling 1-800-FLOWERS, clicking www.1800flowers.com or visiting a 1-800-flowers store.

Two clinical studies conducted at McGovern Medical School showed that AHCC mushroom extract can clear infections in women with recurrent human papillomavirus, an infection that can lead to cancer.

Learn more at www.ahccresearch.org.

Over 40 percent of people who don't keep tissues on hand during cold and flu season have used a piece of paper or their sleeves, reports the Clarus Research Group.

These substitutes can easily irritate your nose, so keep Puffs Plus Lotion nearby.

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NEWS

Homestead Exemption: Under Attack

IN 1935, COLORADO voters approved the Old Age Pension with excise taxes making a minimum monthly income available to all Coloradoans age 60 and over to ensure they would have a home.

Given Colorado's long history of taking care of older persons, in 2000 Colorado voters passed the Senior Property Tax Homestead Exemption to help all homeowners age 65 and over who lived in their home for ten years or more by paying a percentage of the property taxes.

The intent was to ensure that older adults do not become homeless because they are unable to pay the property taxes.

Legislators are required to approve funding every year. In the past when the state budget was tight, homeowners did not get the tax credit.

The legislature has funded the program 12 out of the past 18 years. Legislators also have the authority to not fund the program for reasons other than lack of funding, such as using the money to pay other state obligations.

Governor John Hickenlooper's 2018-19 budget called for eliminating the benefit.



LEGISLATURE FUNDING. The Homestead Exemption, which reduces senior's property taxes, are under attack.

Despite the Governor's request, the legislature budgeted \$150 million, costing the state about one-half of one percent of the total state budget for 2018-19. The program has grown from \$60 million in 2006.

Some policy makers would like to use the money for other purposes such as education, Medicaid and transportation. Other policy makers suggest this growth is unsustainable and

want to limit the benefit.

Still others want to eliminate it, and some are suggesting alternative ways to provide some help for older homeowners to pay their taxes.

The question for you as a home owner is a) do you want the benefit to continue, b) to be eliminated and the money used for other purposes, or c) for the benefit to continue, but with major changes.

Senior advocates and policy makers need to hear the voices of homeowners who are taxpayers.

Join the Colorado Gerontological Society which is teaming with the Colorado Senior Lobby and the Strategic Action Planning Group on Aging to sponsor a forum on August 14, 2018 from 8:45 am to 1 p.m. at the Police Protective Association, 2105 Decatur Street, Denver.

Registration opens at 8 am. There is no charge to attend. You can register at www.senioranswers.org or by calling 1-866-294-3971. Reservations are suggested. For more information, call 303-333-3482.

Eileen Doherty, MS is the Executive Director of the Colorado Gerontological Society. Her areas of expertise include management and administration of nonprofit organizations, education and training on issues related to older adults, advocacy and policy development on senior issues, and clinical practice in working with seniors and families to manage their lives in the later years. She has been the Director of the Society since 1982. She teaches Nonprofit Management for Fort Hays State University.

Time for a Change?

Villa Pueblo Senior Living Community

Senior Living at **Villa Pueblo** is an affordable option for adults over the age of 55.

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Reasons Why Pueblo Can Afford Energy Break Away

DO YOU REMEMBER last March when Black Hills Energy (BHE) wrote in a full-page ad that San Isabel Electric Association offered \$1.1 billion to buy BHE's electric operations in south-central Colorado and BHE turned them down?

Whoa—\$1.1 billion wasn't a large enough check? Then how can Pueblo possibly pay more than San Isabel offered?

For close to a year now, BHE has been quietly spreading the word around town that Pueblo can't afford to buy them out. They're wrong. Consider these three reasons.

First, Pueblo would only have to condemn and pay Black Hills for the distribution system—poles, wires, substations, etc.—required to deliver electricity to Pueblo's 40,000-plus electric customers.

Pueblo does not have to buy the pricey natural gas generators at the Pueblo airport.

Nor would Pueblo have to buy the vastly larger distribution system serving BHE's 50,000+ other electric customers, scattered from Rocky Ford to Canon City plus several mountain towns.

For the limited distribution system hardware and software that Pueblo would need, the cost would be closer to one-tenth what San Isabel offered.

Second, there are major financial benefits to offset that cost. As utility consultant Jerry Warren told Pueblo's Electric Utility Commission in early May, whenever a city wants to break away from an investor-owned utility, the key financial difference-maker is access to electricity at cheaper wholesale prices. And that's available.

Other savings come from not having to support high corporate salaries, not having to fund expensive future BHE

► SEE **ENERGY**, PAGE 11

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

- August 1 - Taco Salad -or- Shrimp Fried Rice
- August 2 - Riblettes -or- Honey Mustard Grilled Chicken Sand.
- August 3 - Breaded Catfish -or- Beef Stew
- August 4 - Chicken Marsala
- August 5 - Yankee Pot Roast w/Gravy
- August 6 - Cheese Ravioli Alfredo -or- Chicken Spinach Wrap
- August 7 - Chicken Salad Sandwich -or- Stuffed Pepper
- August 8 - Beef Stroganoff -or- Panko Fried Chicken
- August 9 - Chicken Teriyaki -or- Goulash
- August 10 - Sloppy Joe -or- Grilled Ham & Cheese
- August 11 - Roast Turkey w/Gravy
- August 12 - Riblettes
- August 13 - Lemon Pepper Cod -or- Chicken Stir Fry
- August 14 - Egg Salad on Croissant -or- Pesto Chicken
- August 15 - Pork Carnitas -or- Chef Salad
- August 16 - Stuffed Pasta Shells -or- Turkey Melt
- August 17 - Chicken a la King -or- Catfish
- August 18 - Cheese Ravioli w/Alfredo Sauce
- August 19 - Beef Stroganoff
- August 20- Smothered Pork Chop -or- Chicken Marsala
- August 21 - Salmon Burger -or- Tamale w/Green Chile
- August 22 - BLT -or- Manicotti
- August 23 - Meatloaf w/Gravy -or- Chicken & Dumpling
- August 24 - Chicken Alfredo -or- Swedish Meatball
- August 25 - Sloppy Joe
- August 26 - Stuffed Pasta Shells w/Meat Sauce
- August 27 - Beef Chimichanga -or- Bratwurst on Hoagie
- August 28 - Meatball Sub -or- Chicken Salad Sandwich
- August 29 - Chicken Carbonara -or- Shrimp Creole
- August 30 - Swiss Steak -or- Chicken BLT
- August 31 - Baked Citrus Tilapia -or- Roast Turkey

- Aug 1:** Taco Salad w/Lettuce, Tomato, Salsa, Sour Cream & Avocado, Tortilla Bowl, Corn Chowder, Banana
- Aug 2:** Riblettes, Baked Beans, Potato Salad, Applesauce, Bread
- Aug 3:** Breaded Catfish, Wild & Brown Rice, Peas, Spinach Mandarin Salad, Apple, Peanut Butter Cookie
- Aug 6:** Cheese Ravioli w/Alfredo Sauce, Broccoli, Tossed Salad, Strawberries, Raisin Nut Cup
- Aug 7:** Chicken Salad Sandwich on Croissant, Loaded Baked Potato Soup, Raisin Carrot Salad w/ Pineapple, High Fiber Cookie, Orange
- Aug 8:** Beef Stroganoff, Penne Pasta, Roasted Brussel Sprouts, Roll, Tropical Fruit Salad, Brownie
- Aug 9:** Chicken Teriyaki, Brown Rice, Peas, Asian Cabbage Slaw, Apple
- Aug 10:** Sloppy Joe, Carrots, Sunflower Broccoli Salad, Banana, Sugar Cookie
- Aug 13:** Lemon Pepper Cod, Wild & Brown Rice, Broccoli, Roll, Pear, Yogurt, Oatmeal Raisin Cookie
- Aug 14:** Egg Salad on Croissant, Tomato Basil Soup, Tossed Salad w/ Red Wine Vinaigrette, Orange, High Fiber Cookie
- Aug 15:** Pork Carnitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa, Tortillas, Mexican Corn, SW Black Beans, Strawberries
- Aug 16:** Stuffed Pasta Shells w/ Meat Sauce, Cauliflower Salad w/ Red Wine Vinaigrette Dressing, Apple, Raisin Nut Cup

- Aug 17:** Chicken a la King, Jasmine Rice, Green Beans, Carrot Raisin Salad w/ Pineapple, Banana Cherry Cobbler
 - Aug 20:** Smothered Pork Chop w/ Onions and Peppers, Brussel Sprout, Baby Baked Potato, Pineapple, High Fiber Cookie
 - Aug 21:** Salmon Burger w/ Lettuce & Tomato, Cream of Mushroom Soup, Spinach Mandarin Salad, Yogurt, Apple, Raisin Nut Cup
 - Aug 22:** BLT, Black Bean Lentil Soup, Pasta Vegetable Salad, Spiced Peaches, Sugar Cookie
 - Aug 23:** Meatloaf w/ Gravy, Mashed Potato, Peas and Carrots, Three Bean Salad, Tropical Fruit, Oatmeal Raisin Cookie
 - Aug 24:** Chicken Alfredo, Penne Pasta, Caesar Salad, Peas, Strawberries
 - Aug 27:** Beef Chimichanga, Spanish Rice, Black Bean Lentil Soup, Corn, Carrot Raisin Salad, Apple
 - Aug 28:** Meatball Sub, Vegetable Soup, Cauliflower, Orange
 - Aug 29:** Chicken Carbonara, Bahamas Vegetables, Green Bean Salad, Pear, Oatmeal Raisin Cookie
 - Aug 30:** Swiss Steak, Mashed Potatoes, Peas, Coleslaw, Banana
 - Aug 31:** Baked Citrus Tilapia, Lemon Herb Rice, Mixed Vegetables, Tropical Fruit, High Fiber Cookie, Roll
- Milk is provided with every meal. Silver Key Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.

**Why Not Give a Shout Out to
 the Crew at
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SRDA AUGUST 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 AUGUST 2018

Wednesday – Aug. 1
 9-12 Mahjongg
 10-11 Comp. Class
 11-12 Tablet Class
 12-3 Party Bridge
 3-4 Tai Chi

Thursday – Aug. 2
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dancing Too

Friday – Aug. 3
 Genealogy on Summer Break till
 Friday Oct. 5th at 1pm.
 2:00 Bridge Class

Monday – Aug. 6
 Offices are CLOSED for
 COLORADO DAY
 Dining Room is OPEN

Tuesday – Aug. 7
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dancing
 3-4 Tai Chi make up class for 8/6

Wednesday – Aug. 8
 8:30-1:00 AARP Driver's Safety
 on 2nd floor
 9-12 Mahjongg
 10-11 Comp. Class

11-12 Tablet Class
 12-3 Party Bridge
 3-4 Tai Chi

Thursday – Aug. 9
 9-2 Pinochle
 9-12 Sewing Club
 10-11 Chair Yoga
 11-12 Line Dance Too

Friday – Aug. 10
 2:00 Bridge Class

Monday – Aug. 13
 2-3 Sr. Self Defense
 3-4 Tai Chi

Tuesday – Aug. 14
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dancing
 1-3 Knit & Chat

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 Looking to make new friends?
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Wednesday – Aug. 15
 9-12 Mahjongg
 10-11 Comp. Class
 11-12 Tablet Class
 12-3 Party Bridge
 3-4 Tai Chi

Thursday – Aug. 16
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dance Too

Friday – Aug. 17
 1:30-3:00 Social, Music and
 Treats Provided
 2:00 Bridge Class

Monday – Aug. 20
 2-3 Sr. Self Defense
 3-4 Tai Chi

Tuesday – Aug. 21
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dancing
 3-5 Volunteer Singers RETURN

Wednesday – Aug. 22
 9-12 Mahjongg
 10-11 Comp. Class
 11-12 Tablet Class
 12-3 Party Bridge
 3-4 Tai Chi

Thursday – Aug. 23
 9-2 Pinochle
 9-12 Sewing Club
 10-11 Chair Yoga
 11-12 Line Dance Too

Friday – Aug. 24
 2:00 Bridge Class

Monday – Aug. 27
 2-3 Sr. Self Defense
 3-4 Tai Chi

Tuesday – Aug. 28
 9-2 Pinochle
 10-11 Chair Yoga
 11-12 Line Dancing
 1-3 Knit & Chat
 3-5 Volunteer Singers

Wednesday – Aug. 29
 9-12 Mahjongg
 10-11 Comp. Class
 11-12 Tablet Class
 12-3 Party Bridge
 3-4 Tai Chi

Thursday – Aug. 30



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'REMEMBER THE BOYS IN THE BOAT'

TRUST IN THOSE TO CALM STORMS IN LIFE, IN THE HEART

TRUST JESUS TO CALM THOSE STORMS. THEN YOU CAN BE THE ONE ASLEEP IN THE BOAT

You know the story. You've likely heard it dozens of times. The story is from the fourth chapter of Mark. Jesus is by the lake teaching a great throng that had gathered around him. The crowd was so large, he got into a boat and sat in it on the lake.

He taught them many things by parables. The farmer, for instance, who scattered seeds on different types of soil.

He taught the parable of the mustard seed and about putting a lamp under a basket. He repeatedly stated, "If anyone has ears to hear, let him hear."

When they were alone, the confused disciples asked Jesus to explain the parables.

He told them, "The secret of the kingdom of God has been given to you. But to those on the outside everything is said in parables. . . (then he said something strange) so that they may be ever seeing but never perceiving, and ever hearing but never understanding; otherwise they might turn and be forgiven"

These devout followers of Christ lived with him, dined with him and watched him perform myriads of miracles.

They, for the most part, had grown to trust his heart.

When evening came, Jesus said to his disciples, "Let's go over to the other side."

They left the crowd behind and took Jesus in the boat with them. Jesus fell asleep on a cushion in the stern.

An angry storm came up. Mighty waves broke over the boat and nearly swamped it. The disciples were terrified.

Realizing Jesus was sleeping, they woke him. "Teacher, don't you care if we drown?"

Jesus got up, rebuked the wind and the waves. "Peace! Be still!" Then the wind died down and the ocean was completely calm.

He asked his disciples, "Why are

you so afraid? Do you still have no faith?"

They were terrified more of Jesus calming the storm than they were about the fury of the storm.

"Who is this?" they asked each other. "Even the wind and the waves obey him!"

Do you relate to these frightened men? Has fear overwhelmed you to your detriment, causing you to take your eyes off Jesus, the One who calms storms?

If you follow my column, you are aware of my husband's massive heart attack.

Rick has seen God move mountains in his walk with the Lord. Yet, like us all, has a tendency when the storm is raging to take his eyes off Jesus.

Rick struggles maintaining his blood pressure and sugar level, feeling frustrated when the readings aren't what he is comfortable with.

The memory of nearly a month in the hospital stirs anxiety. He fears going back.

The routine of measuring blood pressure and testing blood sugar levels keeps him in a constant state of concern.

For days, Rick prayed the Lord would speak clearly to him.

"Jan," he nearly yelled one early morning, "God just spoke to me!"

Of course, he had my attention immediately.

"You know what he said to me? He said, 'Remember the boys in the boat?'"

"OK," I responded. Clueless to the meaning, I prompted him to explain.

"He was reminding me of the disciples in the boat. They knew Jesus.

They walked with him, ate with him, ministered with him, saw him do hundreds of miracles. If anyone should trust Jesus, it should have been them.

Yet, when the storm arose they were terrified.

Jesus was asleep, so they frantically woke him. 'Master, don't you care if we drown?'

"Jesus got up, stretched out his hand and said, 'Peace! Be still.' And the storm died down." Tears streaked Rick's face.

"Jan, Jesus is telling me to remember the boys in the boat to remind me he can calm this storm in my heart. He just wants me to trust him."

Beautiful words to a song by Rich Mullin float through my mind.

"Hold me Jesus, I'm shaking like a leaf. You have been King of my glory; won't you be my Prince of peace?"

Is Jesus your Prince of peace? Does he calm the storms in your life? Have you seen him work miracles for you? He is the same yesterday, today and forever.

If circumstances become overwhelming and more than you can bear, just remember the boys in the boat!

Trust Jesus to calm those storms. Then you can be the one asleep in the boat, knowing the One who calms the storms never sleeps.

"Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid" (John 14:27 NIV.)

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THERE'S NOTHING LIKE A HOLIDAY



OWNING A VACATION HOME IS FAR MORE AFFORDABLE NOW

Relaxing by the water or in the mountains is more than a once-a-year vacation for people who own a second home, and the explosive growth of the vacation home rental industry has put the dream of affording a vacation home within reach for more people.

For those who already own a second home, the increasing popularity of

renting those homes to others is boosting retirement savings, college tuition payments and disposable income.

How It Works

Here's helpful information to know when estimating how much you can earn by renting out a second home to others: Vacation home owners who list their properties for rent on one site, HomeAway.com®, garner an average of \$32,000 each year, according to HomeAway data.

That income lets most owners cover a significant chunk of their mortgage payment each year, 75 percent or more.

The numbers get even more appealing if house payments are split among more than one owner. In fact, nearly one in three

vacation homes are owned by multiple people, typically family members and friends.

What You Should Know

Here's what potential buyers should consider before taking the plunge into buying and renting out a vacation home:

- HomeAway.com offers a free online tool called "Earn" that lets you enter a home's address and other information, then presents a range of rental income potential based on nearby high-performing, like-sized properties already being rented out.

The tool is available at HomeAway.com by clicking on "List Your Property" or going directly to www.homeaway.com/earn.

- Calculate more than the mortgage. Vacation home owners often must

The numbers get even more appealing if house payments are split among more than one owner. In fact, nearly one in three vacation homes are owned by multiple people, typically family members and friends.

pay for additional insurance coverage and may want to hire professional cleaners between guests. New owners may need to invest money to get a house guest-ready with fresh paint and linens, as well as for professional photography for the online listing. Also consider the tax obligations on the home's income, as well as any local or state tax that may apply to the home as a rental property.

- Be realistic about how much time the house will be available to renters. The typical vacation home on VRBO.com is occupied by renters 18 weeks a year, leaving plenty of time for use by the owners' family and friends.

Owners who use their homes during peak travel times will earn less than those who block their calendars during less popular vacation times.

- Decide whether managing the property is a do-it-yourself project or is better left to a professional property manager to handle reservations, guest communications, cleaning and maintenance.

Homeowners report they spend seven hours a week managing their vacation homes when they do it themselves.

Vacation rentals continue to grow in popularity each year.

Travel research firm Phocuswright measures the private accommodation industry in the U.S. alone to be worth nearly \$37 billion by the end of this year, a figure that is growing at twice the rate of the travel industry's.

For further information on the financial opportunity of renting a second home, visit www.homeaway.com/earn.

"Vacation home owners who list their properties for rent can cover a significant chunk of their mortgage payment each year.

A free online tool called "Earn" from @homeaway can help you figure out how much you can get. <http://bit.ly/2M1Yjik>"

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NEWS OF THE WEIRD



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

Karma

WALT DEAN KING, 69, just wanted to take a look at a used car for sale on July 4.

But when he approached the vehicle in the small California town of Tracy, about 60 miles east of San Francisco, he was suddenly knocked off his feet by a bull that had gotten loose.

King felt the bull's horn go through his side and crawled between a bush and a house as the bull stood over him snorting for about 20 minutes.

FOX40 reported that King underwent three hours of surgery, after which doctors told him his belly fat had saved him from worse injury.

King believes karma kept him alive: "Back in the '70s, I had pulled a lady out of a burning building, so now I think I'm being paid back,

by not dying," King said. [FOX40, 7/6/2018]

People With Too Much Time on Their Hands

■ Silicon Valley entrepreneurs who have made their fortunes in tech-related fields have discovered a spiritually enriching new guru, Jess Magic, a ukulele player and singer who calls herself a "heartist." At Magic's intimate, invitation-only "Soul Salons" (and now on a 10-city national tour), participants share their energy and join in "songversations" -- philosophical rap and improvised music and dance -- a process Magic calls "a play date for your inner child." Andrew Hewitt, creator of Game Changers 500, explains: "For people who live most of the time in their head, this feels like magic." The New York Times reported that Magic believes her

appeal is in response to the spiritual hollowness wealthy executives feel. "People forget that they are human beings rather than human doings," she said. [The New York Times, 6/29/2018]

■ Patriotism inspired Rain Wiggand, 22, and Zane Liles, 21, of Collins, Ohio, to construct an American flag using more than 2,000 Budweiser, Bud Light and Miller Lite beer cans. Wiggand posted pictures of the "beer flag" on Twitter on July 4. "It was a rough month of work for Zane and I," Wiggand confessed, adding that they "averaged somewhere around 14 beers a night for 28 days straight." Six other friends helped, he said, but they only drank on Thursdays to Sundays. Liles told BuzzFeed News, "It was a month-long hangover that nothing could cure." However, he said the project

had not ruined beer for him. "I can still drink beer with the best of them." [BuzzFeed News, 7/5/2018]

Cultural Diversity

In Ghana, the reaction of mourners at a funeral is a measure of the deceased's position in the community. But for family members who are unable to express their emotions openly, professional mourners will cry on their behalf. A leader of one team of criers told BBC Africa in July that they charge based on the size of the funeral, and the Kumasi Funeral Criers Association offers different styles of crying, such as crying with swagg, crying and rolling on the ground, and crying and vomiting. Ghanaian funerals also feature dancing pallbearers and giant billboards to announce the funeral arrangements. [BBC Africa, 7/1/2018]

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AUGUST LUNCH MENU

- Aug. 1 – Pulled Pork Sandwich/Hamburger Bun, Rancho Fiesta Vegetable Mix, Claremont Salad, Yogurt w/Granola, Apple-Fruit Cup.
- Aug. 2 – Beef Soft Taco Spanish Rice Creamed Spinach, Black Bean Soup/Crackers, Lettuce Garnish, Tortilla, Mandarin Orange.
- Aug. 3 – BBQ Chicken w/BBQ Sauce, Ranch Beans, Carrots, Broccoli Salad, Vanilla Pudding, Fresh Orange.
- Aug. 6 – Beef/Turkey Cabbage Casserole, Steamed Rice, Vegetable Mix, Prince Edward, Split Pea Soup/Crackers, Strawberry & Peaches.
- Aug. 7 – Chicken Tarragon, Penne Pasta, Caribbean Vegetables, Italian Chicken Noodle Soup/Breadstick, Heavenly Hash.
- Aug. 8 – BBQ Beef Sandwich/Hamburger Bun, Seasoned Succotash, Oregon Mixed Vegetables, Tomato & Rice Soup/Crackers, Diced Pears.
- Aug. 9 – Salisbury Steak, Scalloped Potatoes, Peas & Carrots, Dinner Roll/Margarine, Lentil Soup, Grape-Fruit Cup.
- Aug. 10 -Grilled Chicken Patty/Hamburger Bun, Mexican Corn, Broccoli Salad, Lettuce Garnish/Mayonnaise, Peach Crisp.
- Aug. 13 – Sweet & Sour Chicken, Fried Rice, Lima Beans & Carrots, Cream of Broccoli Soup/Crackers, Bananas.
- Aug. 14 – Spaghetti & Meat Sauce, Italian Mix Vegetables, Winter Mix,



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- Vegetables, Minestrone Soup/Breadstick, Ambrosia.
- Aug. 15 – Macaroni & Cheese, Green Beans Almondine, Brussel Sprouts, Creamy Tomato Soup/Crackers, Kidney Bean Salad, Fresh Grapes.
- Aug. 16 – Herb Fish w/Lemon Juice, Sweet & Red Potatoes, Peas & Mush-

- rooms, Washington Chowder/Crackers, Fresh Apple, Raisin Nut Cup.
- Aug. 17 – Egg Salad Sandwich/Sl. Bread, Rancho Fiesta, Southwest Vegetables, Potato Salad, Strawberries & Applesauce.
- Aug. 20 – Chicken Tahitian, Seasoned Cabbage, Cilantro Rice, Navy Bean

- Soup/Crackers, Blueberry-Fruit Cup.
- Aug. 21 – Polish Sausage, Mashed Potatoes, Cabbage & Carrots, Black Bean Lentil Soup/Crackers, Peach-Fruit Cup, Mustard Packet.
- Aug. 22 – Pulled Pork Sandwich/Hamburger Bun, Ranch Beans, Scandinavian Mixed Vegetables, Creamy Coleslaw, Pineapple Tid Bits.
- Aug. 23 – Chili Relleno Casserole, Pinto Beans, Calabacitas, Cinnamon Applesauce, Banana Chocolate Bar.
- Aug. 24 – Chicken Salad Sandwich/Sl. Bread, Vegetable Cous Cous, Harvard Beets, Fresh Orange.
- Aug. 27 – Manicotti w/Sauce, Honey Glazed Carrots, Steam Broccoli, Chicken Gumbo Soup/Crackers, Apricots.
- Aug. 28 – Beef Taco Salad, Seasoned Mixed Beans, Stewed Tomatoes, Strawberry Blueberry Crisp, Lettuce Tomato Garnish.
- Aug. 29 – Chicken Scaloppini, Rice Pilaf, Roasted Brussel Sprouts, Vegetable Florentine Soup/Crackers, Cranberry Pear Salad, Raisin Nut Cup.
- Aug. 30 – Beef Pot Pie, Parslied Potatoes, Seasoned Asparagus, Split Pea Soup/Crackers, Apple Fruit-cup.
- Aug. 31 – Baked Fish w/Dill, Scalloped Potatoes, Scandinavian Mixed Vegetables, Chicken Barley Soup/Crackers, Broccoli Salad, Apricots.

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RELIGION

Ready, Aim ... Music?

I'VE NEVER BEEN to war. Neither had anyone in the desert-hardened Israelite army as they prepared to fight for the land promised to them by God.

How did they feel? Nervous, excited, scared, raring to go? Imagine how they felt, all 600,000 of them, when all they did was to march around the walls of Jericho once every day for a week with trumpets sounding.

DARLENE FRANKLIN



You may know the story. On the final day,

they circled the city seven times, the instruments blared, the men shouted—and the walls fell down. The battle ended before they threw a spear (Joshua 6).

Centuries later, the judge Gideon led a small group of three hundred men to fight the Canaanite nations who'd oppressed the Jewish people. Again, God used the weapon of music—a blaring trumpet—to defeat the opposition (Judges 7).

Is it any wonder that Isaiah links strength and music?

Behold, God is my salvation; I will trust, and not be afraid; for the Lord JEHOVAH is my strength and my song; He also is become my salvation. (Isaiah 12:2 KJV)

Music composed in battle has become national anthems—"The Star Spangled Banner" and "La Marsellaise." In the mid-twenti-

eth century, "We Shall Overcome" played a vital role in the civil rights movement.

Many translations of Isaiah 12:2 plainly place music in war's arsenal: the Lord is my strength and my song (emphasis mine). Some even change the English word from "music" to "defense" instead. None

Was it possible that music was the defense? Perhaps so. Over thirty hymns have been composed based on Isaiah 12:2. Here are a few of my favorite phrases:

"Jesus! 'Tis music in the sinner's ears, 'Tis life, and health, and peace"—Isaac Watts
"I am trusting Thee for power, Thine can never fail"—Frances Ridley Harvergal

Anyone who's ever been moved by a song on the radio or at a concert can testify to the power of music.

It slips into the heart, curls up next to the spirit and warms it even before we take in the words.

Who doesn't want to stand and shout when they hear "I'm Proud to be an American" on the 4th of July?

Not to mention Katherine Lee Bates' immortal words about "America the Beautiful."

Music has the capacity to bypass logic and doubt and stir our worship to God.

The Creator's creation calls for songs of praise. Yahweh, the great I AM, is the source of songs of praise.

He was Salvation for those before Jesus took on human form, born of the virgin Mary.

The love demonstrated at the cross "demands my soul, my life, my all." (Isaac Watts)

God my salvation and strength is also my defense. Let His praise be continually on my lips.

Senior Beacon

Senior Beacon serves Pueblo, El Paso, Fremont and the 12 surrounding counties that make up most of Southeastern Colorado. It is a monthly newspaper dedicated to inform, serve, educate and entertain the Senior Community of these areas. Subscriptions are available, pre-paid with order, at \$21.95 for one 12-month period. Send your order to the mailing list below.

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◀ FROM **ENERGY**, PAGE 3

headquarters west of Pueblo Blvd., not having to help cover BHE's federal corporate tax payments, and not having to pay nearly 10% to satisfy BHE's return on their investments in their Colorado electric service territory.

Third, there are already several financial players with deep pockets which are interested in funding Pueblo's breakaway efforts.

The latest to step up to the plate is Capital Dynamics, an independent global asset manager with offices in eight countries.

Benoit Allehaut, a director with the company, says that over the last 18 months Capital Dynamics has financed \$6.4 billion of new utility-scale assets, all in renewable energy sector.

On July 24th, Allehaut will share information about Pueblo's opportunity to partner with institutional capital, during his remarks to Pueblo's Electric Utility Commission's afternoon meeting as well as at a town hall meeting that evening.

"I've looked at the fundamentals in Pueblo," said Allehaut.

"When you have the highest electricity rates, it is such an impediment to local economic development. It hurts the economic health of the community. We can finance the buyout from Black Hills of Pueblo's electric distribution asset and then offer long-term fixed-price contracts for energy.

"The city has the opportunity to reap the same benefit of public power utilities and save significant money for ratepayers.

"Pueblo now has an opportunity to get a breath of financial fresh air for every homeowner and every business in town."

"The most important aspect of municipalization of the electricity system is local sovereignty, local control," said Allehaut.

He notes that without local control, the regulated "cost-plus" system leads to unnecessarily high

costs throughout the supply chain.

"The timing is very important because Pueblo has an opportunity to capture the benefit of lower generation costs from renewable energy projects.

The federal subsidies are declining in value over the coming years so today is the perfect time to capture these benefits. It is like jumping from a flip phone to the latest smartphone".

Allehaut states that switching to a properly designed municipal utility with locked-in costs for energy vs. adjustable rates should be cheaper for all customer classes.

Capital Dynamics is the second-largest owner of utility-scale solar assets in the U.S.

They own 2,250 megawatts of solar and 460 megawatts of wind energy generation and are expanding.

"We're not speculators," Allehaut insists.

"We hold utility assets for 30 years. We invest on behalf of institutional investors such as pension plans."

Allehaut will present information about "big money issues" at Pueblo's Electric Utility Commission on July 24 (between 3 and 4 p.m., in City Council Chambers at 1 City Hall Place).

He will also share those thoughts at a town hall meeting that evening (5:30 - 7:00 p.m.) to be held at 101 W. 10th St. in the Emergency Operations Center; Pueblo's Energy Future is the sponsor.

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the story of a young English girl who wrote the famous Frankenstein novel back in the 1800s.

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Women authors have faced the plight, lack of respect, and that's not right.

"Mary Shelley," a fine movie, shows how sad this fact can be

This biopic is quite a treat. Acting and visuals? Hard to beat.

Dramatic license – what's the fuss?

That's all done to entertain us.

As the child of two literary figures (William Godwin, a political novelist, and Mary Wollstonecraft, author of "A Vindication for the Rights of Woman"), Mary inherited a love of writing.

Her mother died shortly after her birth, so Mary is raised by her father (Stephen Dillane) and a strict stepmother (Joanne Froggatt).

Before her romance with Percy Shelley (Douglas Booth), Mary feels close to her father.

She also loves her younger sister (Bel Powley), who can't get enough of Mary's imaginative stories, especially the spooky ones.

And Mary reads everything she can get her hands on.

While still a teenager, Mary meets the dashing Percy.

She falls hard for this handsome poet, and their passionate romance begins.

That's when everything changes – not necessarily for the better.

Mary believes in "free love" just like Percy.

The problem?

She loves Percy only, but he practices his belief.

The result?

Marriage misery.

However, Percy does want Mary to write, even though he thinks her work could be so much better.



One fateful night during a terrible thunder storm, Percy's friend Lord Byron (Tom Sturridge) suggests a story contest, which motivates Mary to start thinking about a tale that ultimately becomes "Frankenstein."

Mary wrote the first sci-fi book.

With Gothic themes, just take a look.

"Frankenstein" makes life from the dead.

His Creature lives and causes dread.

When the book is published, Mary's name does not appear as the author.

Percy pens the introduction, so most people assume he's the author.

After the success of this first publication, the second one gives Mary Shelley her well-deserved author credit! (Released by IFC and rated PG-13 for sexuality and thematic elements including substance abuse. DVD release: 8/28)



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FOR A HEALTHIER YOU

Don't Let Inclement Weather Get You Down

WHEN WE THINK of summer time, we usually envision spending plenty of time outdoors, at home and visiting at friends' homes as well as in parks and other public places.

Unfortunately, allergens, poor air quality, intense heat, humidity, rain showers and thunderstorms can keep us indoors more often than we would like.

The following are some suggestions for warding off cabin fever when the weather is less than favorable.

LISA M. PETSCHÉ
Medical social worker
and freelance writer



IDEAS FOR ENJOYMENT:

Prepare or purchase special summer treats to enjoy

– for example, lemonade, iced tea, strawberry shortcake and blueberry pie.

Buy colorful, acrylic dishes and matching placemats for serving food and beverages. You don't need to spend much: check out the offerings at the local dollar store or discount department store.

Snack on fresh fruit and vegetables from your garden or the local farmers' market. Or pick up pre-sliced, ready-to-serve watermelon, pineapple and other refreshing offerings in your supermarket's produce section.

Enjoy ice cream novelties, such as popsicles and ice cream sandwiches, purchased in bulk from the grocery store or individually from the local convenience store. Or make your own ice cream floats and sundaes.

Order take-out food for a change

of cuisine. Try something different, but not too heavy, such as an apple pecan chicken salad, for example.

Bring a bit of nature into your home: nurture some plants, keep vases filled with flowers from your garden or buy fresh flowers.

Burn candles with novel summer scents, such as raspberry lemonade and peach Bellini.

Read a magazine about a favorite summer pastime – gardening or golf, for example.

Listen to relaxation CDs that feature your favorite summer sounds – for example, waves lapping at the shore, a babbling brook, a waterfall, birds or other wildlife.

Look through photo collections or watch home movies from past summers. Reminisce about family traditions, special people and places and humorous moments.

Read a new book or reacquaint

yourself with an old favorite you have on hand.

Start a daily journal.

Watch a summer-themed movie.

Try out a new recipe.

Work on a jigsaw puzzle or word puzzles.

Play card games or board games with others in your household, if applicable. Go with classic board games such as checkers or chess, or be adventurous and try one of the latest offerings on the market. For even more fun, invite friends over for an afternoon or evening of games and socializing.

Start a new hobby, such as sketching or scrapbooking, or revive an old pastime – for example, knitting or crocheting.

Get a bird feeder and seed, binoculars and a bird watching guide.

Go to the mall, even if you're not looking to buy anything. Window shopping and people watching can be enjoyable pastimes. Have a snack or a meal while you're there.

Plan an outing with a friend to a favorite restaurant or an indoor concert or play. Take a taxi to ensure door to door service.

PRACTICAL ACTIVITIES

Accomplishment, especially when it involves tackling long-postponed projects, brings satisfaction and a sense of renewal. Involve others in your household as appropriate.

Some ideas for projects:

Organize your collection of photos, music or movies.

Do some de-cluttering around your home (kitchen drawers, closets, spare rooms, basements and attics are typical hot spots). Pack up unwanted items for donation to a local charity.

Organize paperwork – bills, medical documents and so on - in portable file boxes or three-ringed binders equipped with dividers.

Rearrange the furniture in one or more rooms, or swap furnishings and accessories among rooms. Or start planning a major room redecorating or home renovation project.

Make an extra effort to look after your health, including exercising regularly – good for both your physical and mental well-being. A stationary bike or treadmill is a good choice – you can use it year-round, regardless of the weather.

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

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- Aug. 1: Tahitian chicken, green beans, brown rice, tossed salad with Italian, apple, ww bread
- Aug. 2: Tuna noodle casserole, spinach salad with eggs, perfection salad, apple, ww roll
- Aug. 3: Meatloaf with sweet potatoes, gravy, roasted sweet potatoes, ww bread, brussels sprouts, tossed salad, pineapple tidbits
- Aug. 6: Beef & sweet peppers, brown rice, orange spiced carrots, grapefruit half, ww bread
- Aug. 7: Stewed chicken with olives, Greek spinach rice, Greek mixed salad, parslied carrots, orange, raisin nut cup
- Aug. 8: Turkey pot pie, broccoli, tossed salad with French, apricots, biscuits
- Aug. 9: Hamburger on a bun, catsup, mustard, onion, sliced tomato, lettuce, baked beans, potato salad, orange
- Aug. 10: Kielbasa, parsley buttered new potatoes, mixed vegetables, acorn squash, pineapple/mandarin orange compote
- Aug. 13: Beef stew, cauliflower, banana, cornbread, tossed salad with ranch
- Aug. 14: Spinach cheese squares, tossed salad with pear, hubbard squash, citrus cup, ww bread
- Aug. 15: Chicken a la King, tossed salad with ranch, green peas, orange, raisin nut cup, biscuits
- Aug. 16: Hungarian goulash, California

- veggie medley, chopped spinach with malt vinegar, banana, ww bread
- Aug. 17: Fish Veracruz, cilantro lime rice, Mexicali corn, tossed salad with ranch, cornbread, orange
 - Aug. 20: Roast beef, mashed potatoes with gravy, green bean amandine, apricot peach compote, ww roll
 - Aug. 21: Dijon chicken, brown rice, tossed veggie salad, broccoli, strawberries, ww bread, raisin nut cup
 - Aug. 22: Enchilada pie, succotash, sliced yellow squash, mixed fruit, cornbread
 - Aug. 23: Teriyaki beef, brown rice, Asian vegetables, cabbage salad, orange, fortune cookie
 - Aug. 24: Ham & scalloped potatoes, spinach/mandarin orange salad, hard boiled egg, mixed veggies, sliced peaches, roll
 - Aug. 27: BBQ beef with chicken rice soup, creamy coleslaw, banana, ww crackers
 - Aug. 28: Roast turkey with gravy, mixed red potatoes, California veggie mix, spinach salad with mandarins, pineapple tidbits, ww roll
 - Aug. 29: Baked potato, broccoli with cheese sauce, tossed salad with French, plum, fruit cocktail, biscuit
 - Aug. 30: Pueblo beef stew, brown rice, coleslaw, orange, cornbread, raisin nut cup
 - Aug. 31: Manager's choice: Corned beef dinner, parsley buttered new potatoes, apple, cabbage and carrots, spinach mandarin salad

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- Aug. 2: Tuna noodle casserole, spinach salad with eggs, perfection salad, apple, ww roll
- Aug. 3: Meatloaf with sweet potatoes, gravy, roasted sweet potatoes, ww bread, brussels sprouts, tossed salad, pineapple tidbits
- Aug. 7: Stewed chicken with olives, Greek spinach rice, Greek mixed salad, parslied carrots, orange, raisin nut cup
- Aug. 9: Hamburger on a bun, catsup, mustard, onion, sliced tomato, lettuce, baked beans, potato salad, orange
- Aug. 10: Kielbasa, parsley buttered new potatoes, mixed veggies, acorn squash, pineapple/mandarin orange compote
- Aug. 14: Hungarian goulash, California veggie medley, chopped spinach with malt vinegar, banana, ww bread
- Aug. 16: Spinach cheese squares, tossed salad with pear, hubbard squash, citrus cup, ww bread
- Aug. 17: Fish Veracruz, cilantro lime rice, Mexicali corn, tossed salad with ranch, cornbread, orange
- Aug. 21: Dijon chicken, brown rice, tossed green salad, broccoli, strawberries, ww bread, raisin nut cup
- Aug. 23: Teriyaki beef, brown rice, Asian vegetables, cabbage salad, orange, fortune cookie
- Aug. 24: Ham and scalloped potatoes, spinach/mandarin orange salad, hard boiled egg, mixed veggies, sliced peaches, roll
- Aug. 28: Spaghetti with meat sauce, tossed salad with Italian, seasoned green beans, orange, ww bread
- Aug. 30: Pueblo beef stew, brown rice, coleslaw, orange, cornbread, raisin nut cup
- Aug. 31: Manager's choice: Roast turkey with gravy, mashed red potatoes, California veg mix, spinach salad with mandarins, pineapple tidbits, ww roll

- Aug. 28: Pot Luck *
- Aug. 30: Salisbury Steak, Mashed Potatoes, Corn, Dessert

NOTES:

► Tuesday Aug. 28 is Potluck ... Please everyone bring a dish to share!
 Menu Subject to Change - Suggested Donation \$3.00
 that you call in advance so we can plan accordingly: 719-372-3872

FLORENCE

100 Railroad St. - Florence Tues-Thur-Fri
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- Aug. 2: Tuna noodle casserole, spinach salad with eggs, perfection salad, apple, ww roll
- Aug. 3: Meatloaf with sweet potatoes, gravy, roasted sweet potatoes, ww bread, Brussels sprouts, tossed salad, pineapple tidbits
- Aug. 7: Stewed chicken with olives, Greek spinach rice, Greek mixed salad, parslied carrots, orange, raisin nut cup
- Aug. 9: Hamburger on a bun, catsup, mustard, onion, sliced tomato, lettuce, baked beans, potato salad and orange
- Aug. 10: Kielbasa, parsley buttered new potatoes, mixed veggies, accord squash, pineapple/mandarin orange compote
- Aug. 14: Spinach cheese squares, tossed salad with pear, hubbard squash, citrus cup, ww bread
- Aug. 16: Hungarian goulash, California veggie medley, chopped spinach with malt vinegar, banana, ww bread
- Aug. 17: fish Veracruz, cilantro lime rice, Mexicali corn, tossed salad with ranch, cornbread, orange
- Aug. 21: Dijon chicken, brown rice, tossed green salad, broccoli, strawberries, ww bread, raisin nut cup
- Aug. 23: Teriyaki beef, brown rice, Asian vegetables, cabbage salad, orange, fortune cookie
- Aug. 24: Ham and scalloped potatoes, spinach/mandarin orange salad, hard boiled egg, mixed veggies, sliced peaches, roll
- Aug. 28: Roast turkey with gravy, mashed red potatoes, California veggie mix, spinach salad with mandarins, pineapple tidbits, ww roll
- Aug. 30: Pueblo beef stew, brown rice, coleslaw, orange, cornbread, raisin nut cup
- Aug. 31: Manager's choice: Ham n Beans, seasoned greens, cornbread, orange juice

PENROSE CENTER

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

- Aug. 2: Tater Tot Casserole, Veggie, Dessert
- Aug. 7: Sloppy Joes, Potato Salad, Dessert
- Aug. 9: Smothered Chicken, Mashed Potatoes, Mixed Veggies, Dessert
- Aug. 14: Chicken or Tuna Salad Sandwich, Fruit Salad, Dessert
- Aug. 16: Pork Chop w/ Stuffing, Mashed Potatoes, Gravy, Green Beans, Dessert
- Aug. 21: Hot Dogs w/ Chili, Potato Chips, Carrot Salad
- Aug. 23: Pasta Dish, Salad, Bread, Dessert

ALL MEALS SERVED WITH MILK AND BREAD.
 Call ahead for info!

THE GOLDEN AGE CENTER

57TH ANNIVERSARY CELEBRATION

WE WILL BE STARTING THE CELEBRATION AT 11:00 A.M. IF YOU WOULD LIKE TO ATTEND, YOU WILL NEED TO MAKE YOUR DINNER RESERVATIONS IN ADVANCE.

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Is LASIK Safe? Six Answers to Questions

(NAPSI) — You've had it with glasses and contacts getting in the way of your lifestyle.

You've heard about LASIK and maybe even talked to one of the more than 19 million people who have had the popular laser vision correction procedure.

Dr. John Vukich, assistant clinical professor of ophthalmology at the University of Wisconsin and member of the Refractive Surgery Council, answers six of the most-asked questions about LASIK:

1) Is LASIK safe?

"All surgery comes with risk, but there is a huge amount of clinical research backing LASIK as safe and effective," assures Dr. Vukich.

"That research, and the clinical experience with the procedure, shows it has a 96 percent patient satisfaction rate and the risk of sight-threatening complications is extremely low—less than 1 percent."

2) Does it hurt?

"The procedure is relatively

A SHOUT OUT

This SENIOR SAFETY Page is Proudly Sponsored by four of the finest Assisted Living facilities in the region: North Pointe Gardens, Trinity Life Gardens, Oakshire Garden Assisted Living and the beautiful newly expanded Pueblo West Gardens. Matt Coffman and all the employees of these fine facilities welcome you to call them for a tour.

In Colorado Springs, visit Point of the Pines!

painless because numbing drops are used throughout," Dr. Vukich confirms.

"Some people experience some mild discomfort after the procedure, mostly irritation and dryness, but that usually disappears within 24 hours."

3) What are the side effects?

"Some patients experience dry eye symptoms. Some have light sensitivity, glare, halos, ghosting or starbursts," says Dr. Vukich. "These generally go away with time and healing, but sometimes additional

medication or other treatment may be needed."

4) Will I be rid of glasses forever?

"LASIK doesn't stop the aging process, so everyone needs reading glasses at some point," answers Dr. Vukich.

"LASIK improves the vision you have at the time of the procedure, but it won't prevent the vision conditions that occur naturally over time, such as presbyopia and cataracts."

5) Can anyone have LASIK?

"About 20 percent of patients aren't good candidates for the procedure," says Dr. Vukich.

"Eye health, the shape of the cornea, medical conditions like lupus and diabetes, or certain medications can make it a less than ideal choice. It is important to share your complete medical history with your eye surgeon."

6) Do they actually shoot lasers into your eyes?

"The short answer is yes! Today's laser technologies reshape the cornea and correct vision without damaging any surrounding tissue," says Dr. Vukich.

"The technology we use today is so precise, the vision correction is customized to the individual patient's eye, not just his or her prescription."

If you are thinking now is the time to seriously look into LASIK, get the facts and go into it as an informed patient. Get started by visiting www.americanrefractive-surgery.org/blog.



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Do you like to sing?

The Senior Chorus of the Rockies welcomes all new members – sopranos, altos, tenors and basses – to practice from 1 to 3 p.m. every Monday at the Colorado Springs Senior Center, 1514 N. Hancock St.

If you would like to join the group, come to the next practice on Monday, Aug. 13.

There will be rehearsals for the holiday concerts.

For details, call the center at 719-955-3400 and leave a message for either Elizabeth Parris or Sue Teehan. One of them will return your call.

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THE WELL-DRESSED GARDEN

Skinny Plants for Tight Spaces Desirable

IN A TINY courtyard, in a side yard or wherever a garden just needs a pretty punctuation mark, skinny plants fill the bill.

Plants with slim profiles can have a big impact.

A columnar yew or holly, a twisting topiary juniper or a slim boxwood can all fit into a small space without overwhelming it. Skinny plants stay in scale, so you can enjoy your green oasis without having to struggle to control a plant that only wants to outgrow its space.

“Hybridizers -- and nature -- have made sure there are all kinds of plants for tight spaces,” says Kate Karam, a landscape architect who works with Monrovia, the international wholesaler that grows and introduces thousands of ornamental and edible plants.

Slim-profile plants have a way of making any landscape look a little more formal, Karam says, but that formality isn't necessarily out

MARTY ROSS
Freelance garden
journalist and gardening
columnist for Universal Press



TALL DRINK OF WATER. Slim profile plants have a way of making any landscape look more formal.

of character even in a country garden. A tall, narrow conifer or two will give an informal cottage garden a touch of class, she says. In a formal garden, skinny plants simply enhance the tailored look.

Evergreens of all kinds are

among the most obvious choices for tight spaces, but annual and perennial flowers and ornamental grasses also fit nicely into tight spots. H. Paul Davis, a landscape architect in Washington, D.C., likes the effect of tall, wispy ornamental grasses, such as feather reed grass and big bluestem, which add a lot of drama to a small space.

“If you have a limited space, you really have to make a careful selection,” Davis says.

He looks for reliable, adaptable plants that do not demand excessive pruning and pampering, and he recommends combinations of shrubs and perennials, rather than just one or the other.

“Horticultural diversity is healthier and more interesting” than the repetition of a single plant again and again, even if it's a beautiful plant, Davis says.

In his own tiny garden, Davis has a hedge of upright Green Tower boxwood, which can grow to 9 feet tall but is only 1 to 2 feet wide. In a water garden

in a flowerpot, he grows papyrus (sometimes called umbrella sedge), which grows up to 4 feet tall in the course of the summer: Its green flower spikes seem to spray like fireworks from the tops of the tall stems.

Standard-trained hydrangeas (pruned to resemble small trees) also work well in spots that call for compact plants, Davis says. He likes canna lilies in pots, too, for their upright stature and bright splash of colorful blooms, which attract hummingbirds, even in the city.

Garden designers often turn to skinny plants to help define the spaces in a garden -- they might emphasize the line of a path, for example, or accentuate the corners of a patio.

Upright plants can be used to frame a pretty view, or to hide an undesirable one. Along a wall, a few slim upright plants break up the solid face and give the garden “more interesting definition,” Karam says.



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HEALTH AND WELLNESS

Balance Matters – Vitality As You Age

AS WE AGE, there are indicators that suggest what our future quality of life will be.

Age is expressed from two perspectives; one is the chronological age and the other is biological

CHARLENE CAUSEY
Barre Fitness Studio,
Billiant Balance



age. Chronological age is the age we are in years based on the date we were born.

Biological age is the age of the body as measured by a variety of factors.

The biological age may, hopefully, be younger than the chronological age, but also, may be older than the chronological age.

Some of the factors that are considered when determining biological age are genetic predispositions, medical history, lifestyle choices, psychological parameters, and stress indicators.

Some of the factors are static or unchangeable, but many

Choosing to make changes takes courage. Whether in the realm of eating, fitness, or daily routine, change means a definitive shift in focus and effort.

are controllable.

Improving areas that can be modified can alter the biological age and therefore the quality of life now and in later years.

Try this exercise as a visual illustration.

On a piece of paper draw a horizontal line about six inches or more.

Put 0 at the end on the left side and, as an example, 100 at the end on the right side. This is your timeline.

Put a mark where you are on the timeline based on your age. Now draw a vertical line about six inches at the point representing your age.

This vertical line signifies where you are regarding your overall wellness and vitality.

Somewhere on that line is a point that corresponds to your current level of wellness.

Scientifically, the term homeostasis refers to the delicate balance representing a stable condition of wellness.

The goal in life is to maintain the balance of homeostasis, indicating optimal wellness.

As stated earlier multiple factors

influence the balance of wellness.

In this article, physical factors, specifically nutrition will be the focus. This list of guidelines is designed to assist in maintaining optimal wellness.

You are everything you eat, and what you don't eat.

Daily choices of what you choose to ingest become a part of you, in some way.

To function at your best, only the best food sources should be consumed, much like operating a car with the best fuel designed for maximum performance.

Choosing to make changes takes courage.

Whether in the realm of eating, fitness, or daily routine, change means a definitive shift in focus and effort.

The encouragement here is to choose non-gmo, or even organic, and minimally processed food items. That entails less convenience, but more nutrition and good health.

1. Increase dietary fiber to 25-35 grams a day from a variety of

► SEE **CHAUSEY**, PAGE 19

CANTERBURY FOR SHERIFF FIRM - FAIR - CONSISTENT

Being your Independent candidate for Sheriff of Fremont County doesn't mean I am against the Republican or Democrat's, it's time for change.

What it means is that I have ideas and ways to better the Fremont County Sheriff's department and to enhance the welfare and safety of our community. It also means I would do every possible thing to enhance the education and professionalism of our deputies by bringing back a great team to you the community, firm, fair, and consistent, treat people like people.

Being an independent candidate and self-funding my own campaign I would owe no one and have no political ties like other candidates. I would work for you the people of Fremont County, not the party at which time we would treat everyone equal, with no promises to pay back.

As your Independent Sheriff I will bring back professionalism, transparency, communication along with community awareness, and community policing.

I will be going through the current policies and procedures as:

1. Structure and responsibilities
- 2.Chain of command
- 3.Grant writing
- 4.Organizational structure
- 5.Records and reports And so on.

I am not here to be a show boat like some other candidate's I am here to work for you starting with.

1. Taking hard drugs off the streets
2. Protecting you and your family needs.
3. Working the safety of our schools.
4. Mutual aid.
5. Provide Law Enforcement services to the unincorporated areas of Fremont County.
6. Coordinate search and rescue efforts.
7. Suppress fires and so on.
8. Community involvement.

As your Sheriff I will make positive changes for this community. It wouldn't be politics as usual. There is no (I owe you's) there is no party affiliation, which finally Fremont County would have a Sheriff's Department that belongs to you the community. I chose to be your Independent Sheriff's candidate, not for the prestige of being Sheriff but to be a servant of you the people of Fremont County.

You don't have to vote party line or for any party. Just register to vote and vote for change.

Vote for the welfare and interest of Fremont County, your county, it's your home, your family, and vote for James Boyd Canterbury, it's time for change. We need community involvement.

Your Independent candidate for Sheriff of Fremont County,
James Boyd Canterbury

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SOCIAL SECURITY & YOU

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

You'll Feel Like You're On Vacation

AUGUST MIGHT BE the last of the months that people think of when we say "summer vacation," but it's by no means the least.

People are still taking trips and hosting family while enjoying America's beaches and national parks.

Social Security might not be on the top of your to-do list when you're on vacation, but we've made it so easy to do business with us online that you can connect with us pool-side or on the go.

We are constantly expanding our online services to give you freedom and control in how you wish to conduct business with us.

Our online services help you plan for the future and keep you in

control of your benefits.

You can go online to:

Find out if you qualify for benefits;

Use our benefit planners to help you better understand your Social Security protection;

Estimate your future retirement benefits to help you plan for your financial future;

Apply for retirement or Medicare quickly and easily; and

Open your personal my Social Security account.

It is a powerful tool to help you stay in control of your Social Security record. If you don't receive benefits yet, you can:

Get your Social Security Statement to review your earnings and

make sure they're recorded correctly;

Get a benefit verification letter to prove you don't receive Social Security benefits or that you applied but haven't received an answer yet;

Request a replacement Social Security card if you meet certain requirements; and

Check the status of your application or appeal a decision.

If you receive benefits, you can:

Change your address and phone number;

Get a benefit verification letter to prove you receive Social Security benefits, Supplemental Security Income (SSI), or Medicare;

Change your direct deposit information at any time;

Request a replacement Medicare card; and

Get a replacement Benefit Statement (SSA-1099 or SSA-1042S) for tax purposes.

Kick your feet up and grab your laptop or even your cellphone.

You can access our online services page and do much of your business with us when you're on the go at www.socialsecurity.gov/onlineservices.

Remember, you can easily share our webpages and resources by copying the link and messaging a family member or friend.

Now, go enjoy that vacation or start planning your next one knowing that, at Social Security, we're securing your today and tomorrow.



Andrea Mauriello
REALTOR®



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◀ FROM CHAUSEY, PAGE 18

sources, but build up slowly. It is very important to begin gradually. Also, too much fiber is not advisable if you have serious digestive disorders.

2. Choose healthy fats such as extra virgin olive oil, coconut oil, flax seed oil, ghee butter and fatty fish, while avoiding saturated, trans fats, and fried food.

3. Eat every 4-5 hours, developing a grazing approach to food, to keep blood sugar stable. Eat a variety focusing on fresh and organic. Increase raw fruits and vegetables, and consume limited amounts of nuts and seeds, if you do not have diverticulosis.

4. Drink enough ounces of pure distilled water to equal about half your weight, preferably at a moderate temperature and in between meals.

5. Minimize sugar and sodium and completely avoid artificially sweetened or genetically modified, highly processed foods. Sweet Leaf Stevia in limited amounts is acceptable.

6. Avoid eating while under stress. Breathe deeply and rhythmically to calm down and oxygenate your body.

7. Do a variety of exercise, both aerobic for cardiac benefits, and strength training, to help stimulate metabolism.

It is important to also perform gentle stretches for flexibility.

Those are the general initial steps to increased wellness. Individual

assessment pinpoints specific areas on which to focus, and is encouraged, especially if there are any concerns.

However, begin today from the inside out and adopt a new behavior each week.

In just seven weeks you will be on your way to an entirely new you. Journaling your experience can be very helpful for several reasons.

Make your journey worth remembering and use your personal results as a source of encouragement, inspiration and motivation for others.

Here's to a younger, more balanced and vital you!

Charlene Causey is a former registered nurse. She has also been a model, nutrition and fitness instructor, and educational consultant.

With over 40 years of experience in research and development, Charlene assists individuals in balancing their bodies in harmony with nature. Currently, she holds certifications in Natural Health, Personal Training and Ballet Body Barre.

Her main focus is a natural approach to health and wellness, and offers individualized assessments to target specific concerns.

Recently, Charlene launched Pueblo's premier Barre Fitness and Wellness Studio, Brilliant Balance. You can reach Charlene at www.facebook.com/brilliantbalance or go to www.brilliantbalance.org.

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SOCIAL SECURITY & YOU

Question:
How do I change my citizenship status on Social Security's records?

Answer:
To change your citizenship status shown in Social Security records:

- Complete an application for a Social Security card (Form SS-5), which you can find online at www.socialsecurity.gov/online/ss-5.html; and
- Provide documents proving your:
 - New or revised citizenship status (We can only accept certain documents as proof of citizenship. These include your U.S. passport, a Certificate of Naturalization, or a Certificate of Citizenship. If you are not a U.S. citizen, Social Security will ask to see your current immigration documents);
 - Age; and
 - Identity.
- Next, take (or mail) your completed application and documents to your local Social Security office.

All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents.

For more information, visit www.socialsecurity.gov/ssnumber.

Question:
I heard there is a Social Security video available in American Sign Language. Where can I find it?

Answer:
Yes, it's true. The video is called "Social Security, SSI and Medicare: What You Need to Know About These Vital Programs." The video is available in American Sign Language and it presents important information about our programs. You can watch the video now at www.socialsecurity.gov/multimedia/video/asl. The video is a part of our larger collection of on-demand videos and webinars available at www.socialsecurity.gov/webinars and at www.YouTube.com.

Question:
I worked for the last 10 years and I now have my 40 credits. Does this mean that I get the maximum Social Security retirement benefit?

Answer:

Probably not. The 40 credits are the minimum number you need to qualify for retirement benefits. However, we do not base your benefit amount on those credits; it's based on your earnings over a lifetime of work. To learn more about how you earn Social Security credits and how they work, read or listen to our publication *How You Earn Credits*, available at www.socialsecurity.gov/pubs.

Question:
Are Social Security numbers reassigned after a person dies?

Answer:
No. We do not reassign Social Security numbers. In all, we have assigned more than 460 million Social Security numbers. Each year we assign about 5.5 million new numbers. There are over one billion combinations of the nine-digit Social Security number. As a result, the current system has enough new numbers to last for several more generations. For more information about Social Security, visit our website at www.socialsecurity.gov.

Answer:
No, it is not illegal, but we discourage it. It's best not to laminate your card. Laminated cards make it difficult — sometimes even impossible — to detect important security features and an employer may refuse to accept them. The Social Security Act requires the Commissioner of Social Security to issue cards that cannot be counterfeited. We incorporate many features that protect the card's integrity. They include highly specialized paper and printing techniques, some of which are invisible to the naked eye. Keep your Social Security card in a safe place with your other important papers. Do not carry it with you. Learn more at www.socialsecurity.gov.

Question:
How can I get proof of my benefits to apply for a loan?

Answer:
If you need proof you get Social Security benefits, Supplemental Security Income (SSI) and/or Medicare, you can request a benefit verification letter online through your personal my Social Security account at www.socialsecurity.gov/myaccount. This letter is sometimes called a "budget letter," a "benefits letter," a "proof of income letter," or a "proof of award letter." You even can select the information you want included in your online benefit verification letter.

Question:
I recently applied for a replacement Social Security card, but I might be moving before it arrives in the mail. What should I do if I move before I get it?

Answer:
Once we have verified all your documents and processed your application, it takes approximately 10 to 14 days to receive your replacement Social Security card. If you move after applying for your new card, notify the post office of your change of address and the post office will forward your card to your new address. If you do not receive your card, please con-

Question:
My daughter just joined a non-profit charity and is helping victims of natural disasters. She gets a salary. We were wondering if she has to pay Social Security tax.

Answer:
Yes, people who work for non-profits and who receive a salary must pay Social Security tax just like everyone else. It is commendable that she is helping people in need. But the fact is that she is also a wage-earner. Those wages and the Social Security tax she pays on them will offer her financial relief in the future, when it comes time to apply for Social Security. So she is really helping herself, too. For more information, visit our electronic publication, *How You Earn Credits* at www.socialsecurity.gov/pubs.

Question:
Is it illegal to laminate your Social Security card?



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

If you're receiving Social Security disability benefits or SSI, let us know right away when you start or stop working, or if any other change occurs that could affect your benefits. If you returned to work, but you can't continue working because of your medical condition, your benefits can start again — you may not have to file a new application.

SOCIAL SECURITY & YOU

tact your local Social Security office. To get a replacement, you will have to resubmit your evidence of identity and United States citizenship, or your lawful immigration status and authority to work. You can learn more at www.socialsecurity.gov.

Question:

My spouse died recently and my neighbor said my children and I might be eligible for survivors benefits. Don't I have to be retirement age to receive benefits?

Answer:

No. As a survivor, you can receive benefits at any age if you are caring for a child who is receiving Social Security benefits and who is under age 16.

Your children are eligible for survivors benefits through Social Security up to age 19 if they are unmarried and attending elementary or secondary school full time.

Keep in mind that you are still subject to the annual earnings limit if you are working. If you are not caring for minor children, you would need to wait until age 60 (age 50 if disabled) to collect survivors benefits.

For more information about survivors benefits, read our publication *Survivors Benefits* at www.socialsecurity.gov/pubs.

Question:

I run a bed and breakfast. By this time every year, I am tired of all the

paperwork involved with filing taxes. Is there an easier way for small businesses to file W-2s for their employees?

Answer:

Absolutely. If you are a small business owner or entrepreneur, you should check out Social Security's Business Services Online (BSO) website.

There, you can file your employees' W-2s and W-2cs electronically and print out the W-2s to provide paper copies to your employees. You also can verify the Social Security numbers of your employees.

Our online services are easy to use, fast, and secure. Visit our BSO page at www.socialsecurity.gov/bso.

Question:

I'm expecting a baby this June. What do I need to do to get a Social Security number for my baby?

Answer:

Apply for a number at the hospital when you apply for your baby's birth certificate.

The state agency that issues birth certificates will share your child's information with us, and we will mail the Social Security card to you.

You can learn more about the Social Security number and card by reading our online publication on the subject, available at www.socialsecurity.gov/pubs.

Question:

I noticed that my date of birth in Social Security's records is wrong. How do I get that corrected?

Answer:

To change the date of birth shown on our records, take the following steps:

- Complete an Application For A Social Security Card (Form SS-5);
- Show us documents proving:
 - U.S. citizenship (if you have not previously established your citizenship with us);
 - Age; and
 - Identity; and
- Take (or mail) your completed application and documents to your local Social Security office.

Note that all documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. For details on the documents you'll need, visit www.socialsecurity.gov/ss5doc.

Question:

I stumbled onto your YouTube channel while looking at funny cat videos. Why does Social Security produce cat videos?

Answer:

It's just one of many ways for us to connect to people where they already spend time. It's important for us to let everyone know about all we do for Americans, and we're especially interested in getting the word out about our easy, convenient, and secure online services.

That's why we look for creative ways to reach people, young and old.

Our popular YouTube videos are not only a hit with viewers, but they let people know the best way to apply for benefits — online.

See the videos for yourself at www.socialsecurity.gov. Just select the YouTube link at the bottom right side of the page. By the way, the cat videos have already received more than one million views.

Question:

I got married and I need to change my name in Social Security's records. What do I do?

Answer:

If you change your name due to marriage, or for any other reason, you'll need to report the change and get a corrected Social Security card with your new name.

You will need to fill out form SS-5. You can get a copy of this form by visiting www.socialsecurity.gov/ss5doc or by calling our toll-free number 1-800-772-1213 (TTY 1-800-325-0778).

You'll also need to provide the original marriage certificate showing your new and old names. You can mail or take the documentation to your local Social Security office. In some cases, we may need other forms of documentation as well. For more information, visit www.socialsecurity.gov/ssnumber.

Gallery Offers 100 Years of Animation Art

“ANIMATION CAN explain whatever the mind of man can conceive. This facility makes it the most versatile and explicit means of communication yet devised for quick mass appreciation.”

■ Walt Disney Company. The beauty and magic of animation is on display through September in the Helen T White galleries at the Sangre de Cristo Arts Center in downtown Pueblo. *Journey Into Imagination: 100 Year of Animation From Around the World* is showing in the White Gallery. *A Magical World: A Collection of Disneyana* – 3D Disney characters are on display in the 2nd Floor Foyer. *In Sequence: The Art of Comics* juried show now is in the Hoag Gallery. And, *Classic Cowboy Cartoons* features many favorites from comic books and cartoon strips through the years in the King Gallery.

Other exhibitions include *People's Choice Award* winner from our

BOB CAMPBELL

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



YOU GOONIES. Boulder-based cover band The Goonies will perform Aug. 10 in the Jackson Sculpture Gallery in front of the Arts Center.

Representing the West show, Radeaux: de tamaño natural in the Regional Gallery, Santos: The Bishop Tafoya Collection in the 3rd Floor Foyer, and Colorado State Fair art show winner Caroline Peters: Traces in the 2nd Floor Foyer.

In the Buell Children's Mu-

seum, *Super Squad 5: Comics, Cartoons, & Creativity* is happening with information about the history of cartooning, the development of the comic book genre (especially relating to super heroes), and a station to build your own comic book - complete with characters & story.

Festival Fridays continues to keep Fridays grooving on August 3rd with the 15 members of Groove 'N Motion with The Rocky Mountain Horns, and August 10th with Boulder based cover band The Goonies in the Jackson Sculpture Gallery in front of the Arts Center. 6:30 – 7:30 PM is Happy Hour and the bands take the stage at 7:30 PM. Advance tickets are available at Pueblo and Pueblo West Loaf 'n Jug stores and the Arts Center Box Office.

Mark your calendar for Sunday, August 12th when it's Second Sunday Free Day. Enjoy free basic admission to both the Arts Center and Children's Museum (Imagination is ½ price).

Until Labor Day the Sangre de Cristo Arts Center galleries and Buell Children Museum, 210 N Santa Fe, Pueblo, are open Monday through Saturday 10 AM - 5 PM, Sunday 12 PM – 4PM. Visit online at www.sdc-arts.org, 719-295-7200.

SENIOR CLASSIFIEDS

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** #0718

COMPANION MAUSOLEUMS in Imperial Gardens for sale--\$7200 (3rd level). The only avail-able prime companion mausoleums (2), third level, at Imperial Memorial Garden in Pueblo, CO.

Contact (310) 663-0929 #0718

TEMPUR-PEDIC ADJUSTABLE BED (TWIN): New Tempur-Pedic mattress, 6-positions with remote. Clean and excellent condition! \$400 OBO. **TERRY (719) 492-7376** #0618

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 #1218

DO YOU NEED SOMEONE TO HELP with Mom or Pop? -Light housekeeping, meals, doctor appts, overnight. 20 years experience--prefer nights **(719) 214-4686** Pueblo, CO #0818

BUYING & SERVICING 1970'S: Vintage Stereo Gear, Re-

BROWN LIFT CHAIR: Good condition, twin. Dr. Choice Mattress, frame, head board. Used about one year. Moving. **719-251-4593** #0718

ceivers, Amps, Tape Decks, Turntables. Also interested in Cameras and Photo equipment. Please call Hank at **719-367-1879.** #0518

I WILL SELL ANYTHING 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! #0618

CONDO FOR RENT: Pueblo Soutside. Very comfortable 2 Bedroom, 2 Bath, 2 Car Garage, Central air. Water, Trash Removal, Cable TV, Refrigerator, Stove, Dishwasher included. No smoking, No Pets. \$995 Rent/\$995 Deposit **719-568-1956** **719-568-3451**

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WANTED: VINYL RECORDS from 1950s and 1960s, 45s, 78s, LPs. Also sheet music from same period with artist/group pictured on front. **(719) 566-7975** after 11:00. #0818

PERSONAL: HELLO, ARE YOU LONELY? I am. I need someone in my life who wants some romance, as well as a companion to do things with. Age doesn't matter. **(719) 220-0939** Chuck #0918

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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:
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P.O. Box 8485
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COLORADO SPRING SENIOR CENTER

AUGUST 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

■ **Back Yard Bash with Bill Baxter** Th August 2nd 5:30-7:30pm \$3 Join us for a fun patio cook-out and celebration of summer! Enjoy music around the campfire with Bill Baxter, while eating grilled hot dogs and tasty S'mores.

■ **Senior Law Day** Sat August 4th 9-1 Free

This annual seminar addresses legal topics specifically for seniors in Colorado. Local attorneys will provide information regarding probate, Medicare vs Medicaid, VA benefits, and much more. Open to seniors, adult children, caregivers or interested others. Lunch provided

■ **Coffee with a Cop** T August 14th 9-10:30 Free

Simply a conversation and hot coffee with an officer from the Colorado Springs Police Department. Each month (May thru August) you will meet a different officer who is as excited to know you as you are to meet them.

■ **State Fair Time Pie Baking Contest** W August 15th 1-3 \$5 Local senior community chefs will compete for the coveted Senior Center Blue Ribbons. Fruit pies, custard pies, everybody LOVES pie! Attendees will enjoy pie-tasting and voting for the best pie in Colorado Springs.

EXERCISE & DANCE

This is not a complete list, so

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

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 – SilverSneaker 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 SilverSneaker 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.

What is Acupuncture and Chinese Medicine August 1st W 10-11

Palliative Service August 3rd F 10-11

Juicing Your Way to Vitality August 6th M 10:30-11:30

Medicare Made Clear August 7th T 1-2:30

Essential Oils and Daily Rollers August 8th W 10-11

Balance and Dizziness August 10th F 10-11

Legal and Financial Planning for Alzheimer's August 14th T 10-11:30

Navigating Your Way Through Medicare August 15th W 10-11:30

Look on our website or call for more class info and to register.

ART CLASSES

You do not have to be an artist to take an art class! Find your creativity and let it flourish through the variety that we offer. Some classes have additional supply costs. So many to choose from includ-

ing Drawing, Painting, Mixed media chair caning and other unique offerings, Call for more info! 955-3400

LIFELONG LEARNING CLASSES
Not all Real Estate Agents are Equal August 8th W 10-11 Free
New Workshops!

Improv Comedy-Confidence for Play and Public Speaking August 20th M 9-11:30 \$10

Intro to Water- Bath Canning and Jam Making August 21st-23rd T Th 1:30-3:30 \$12

TECHNOLOGY CLASSES

Intro to Microsoft Excel August 1st W 1-3 \$20

Facebook August 8th W 1-3 \$20

Computer Basics August 14th T 1-2 \$5

DAY TRIPS

Lottery will be held on Weds August 1st from 8-10

INFORMATIONAL MEETINGS

■ Exploring Greece and It's Islands TH August 2 11-12 We are going on the trip of a lifetime! Imagine traveling thru Mykonos and Santorini. Athens, Dinner shows, Meterora, Delphi, Olympia, Greek farm Visit, Cooking Classes, Dance Class etc... The trip will be April 11-25th 2019 Do not miss out on this trip!

■ Vino and Notes Saturday August 4th 11:30-4 \$45 The Woodland Park 10th annual Wine, Food and Jazz Festival will be in Memorial Park in Woodland Park, Co. The Festival benefits Teller County Habitat for Humanity. Bring cash for dinner and vendors \$10-20 There will be seating but it could be limited, bring a lawn chair if you wish.

■ Rockies Game Weds. August 8th 10-6 \$55 Cheer on The Rockies as they play the Pittsburgh Pirates. Lunch can be purchased from one of several vendors inside the stadium \$10-20 or bring your own. Glass and Cans are not allowed. Game time is 1:10

■ One Nation Walking Together Intertribal Powwow Saturday August 11th 9:30-2 \$25 One Nation Walking Together sponsors an annual one-day powwow each year. This event is a celebration of Native History and culture and features Native Drums and Dancers, Native Art and Artisans, Live Wolf and Birds of Prey, Vendors and Food.



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HOME TOUCH

Taking A Shine To Shade for the Outdoors

OUTDOOR LIVING AREAS

areas can have it made in the shade through the use of canopies or awnings.

Outdoor areas can be up to 15 degrees cooler when protected from the direct rays of the sun, says Ross Lederer, spokesman for Craft-Bilt Manufacturing Company, based outside of Philadelphia, and maker of patio covers and enclosures.

“Covering a patio or deck with an awning or canopy can have a cocooning feel,” he says.

“Even though a patio or deck may not, technically, be a room outside your home, it can feel like one when it’s covered.”

Some may choose to cover an existing patio by building a permanent sunroom, which is a



PATIO SPACE. Custom-built patios have evolved from mere concrete slabs into sophisticated outdoor rooms with various options.

free-standing structure that often has glass walls and is attached to a home with a separate roofline.

But for those who don’t

take a shine to extra building expenses, semi-permanent awnings, shade sails and canopies can be a way to throw some shade on construction costs.

A desire for shaded living areas outside a residence may have been around since there have been rock outcroppings over cave dwellings, but today’s patio and pool coverings are both sleek and smart.

“Today’s patio cover options aren’t your grandparents’ canvas coverings,” Lederer says.

“Many times, patio coverings have retractable options with motorized screens that use fade-resistant fabrics.”

During the mid-20th-century suburban boom, people began retreating from the front porch to the backyard. Entertaining on the patio and into the backyard became part of a lifestyle that is still popular today.

The patio is a concrete or paved area that is usually located in a home’s backyard.

While wooden decks tend to feel more like an extension of a house, a patio integrates more with the landscape, because it is built directly on the ground.

Custom-built patios have evolved from mere concrete slabs into sophisticated outdoor rooms with retractable overhead options that allow a homeowner to choose when outdoor areas should have a shady or sunny disposition.

Awnings

These shade structures have a framework -- covered with a specially designed outdoor fabric -- that attaches to the home and extends over a doorway, deck or patio.

MARY G. PEPITON
Marketing and events manager
with the Sangre de Cristo Arts
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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

WHAT'S ORIGINAL MEDICARE?

HOW DOES ORIGINAL MEDICARE WORK?

Original Medicare is one of your health coverage choices as part of Medicare.

You'll have Original Medicare unless you choose a Medicare Advantage Plan or othertype of Medicare health plan.

Original Medicare is coverage managed by the federal government. You generally have to pay a portion of the cost for each service covered by Original Medicare. See the next page for the general rules about how it works.

Can I get my health care from any doctor, other health care provider, or hospital?

In most cases, yes. You can go to any doctor, other health care provider, hospital, or other facility that's enrolled in Medicare and accepting Medicare patients. Visit Medicare.gov to search for and compare health care providers, hospitals, and facilities in your area.

Are prescription drugs covered?

No, with a few exceptions, most prescriptions aren't covered. You can add drug coverage by joining a Medicare Prescription Drug Plan (Part D).

Do I need to choose a primary care doctor?

No.

Do I have to get a referral to see a specialist?

JOLYNN ALLEN

Owner of Allen Insurance in Pueblo. She specializes in life, health, annuities and Medicare

In most cases, no, but the specialist must be enrolled in Medicare.

Should I get a supplemental policy?

You may already have employer or union coverage that may pay costs that Original Medicare doesn't.

If not, you may want to buy a Medicare Supplement Insurance (Medigap) policy if you're eligible.

What else do I need to know about Original Medicare?

- You generally pay a set amount for your health care (deductible) before Medicare pays its share.

Then, Medicare pays its share, and you pay your share (coinsurance / copayment) for covered services and supplies. There's no yearly limit for what you pay out-of-pocket.

- You usually pay a monthly premium for Part B. See pages 99–100 for information about help paying your Part B premium.

- You generally don't need to file Medicare claims.

The law requires providers (like doctors, hospitals, skilled nursing facilities, and home health agencies) and suppliers to file your claims for the covered services and supplies you get.

WHAT DO I PAY?

Your out-of-pocket costs in Original Medicare depend on:

- Whether you have Part A and/or Part B. Most people have both.

- Whether your doctor, other health care provider, or supplier accepts "assignment."

- The type of health care you need and how often you need it.

- Whether you choose to get services or supplies Medicare doesn't cover. If you do, you pay all costs unless you have other insurance that covers it.

- Whether you have other health

insurance that works with Medicare.

- Whether you have Medicaid or get help from your state paying your Medicare costs.

- Whether you have a Medicare Supplement Insurance (Medigap) policy.

- Whether you and your doctor or other health care provider sign a private contract. See page 64.

How do I know what Medicare paid?

If you have Original Medicare, you'll get a "Medicare Summary Notice" (MSN) in the mail every 3 months that lists all the services billed to Medicare. The MSN shows what Medicare paid and what you may owe the provider. The MSN isn't a bill. Review your MSNs to be sure you got all the services, supplies, or equipment listed.

If you need to change your address on your notice, call Social Security at 1-800-772-1213. TTY users can call 1-800-325-0778. If you get Railroad Retirement Board (RRB) benefits, call the RRB at 1-877-772-5772. TTY users can call 1-312-751-4701.

Your MSN will tell you if you're enrolled in the Qualified Medicare Beneficiary Program (QMB). If you have QMB, Medicare providers aren't allowed to bill you for Medicare Part A and/or Part B deductibles, coinsurance, or copayments. For more information about QMB and steps to take if you get billed for these costs, see page 99.

WHAT'S ORIGINAL MEDICARE?

To find out if your doctors and other health care providers accept assignment or participate in Medicare, visit Medicare.gov/physician or Medicare.gov/supplier. You can also call 1-800-MEDICARE

(1-800-633-4227), or ask your doctor, provider, or supplier. TTY

users can call 1-877-486-2048. If your doctor, provider, or supplier accepts assignment:

- Your out-of-pocket costs may be less.

- They agree to charge you only the Medicare deductible and coinsurance amount and usually wait for Medicare to pay its share before asking you to pay your share.

- They have to submit your claim directly to Medicare and can't charge you for submitting the claim.

Non-participating providers haven't signed an agreement to accept assignment for all Medicare-covered services, but they can still choose to accept assignment for individual services. These providers are called "non-participating." Here's what happens if your doctor, provider, or supplier doesn't accept assignment:

- You might have to pay the entire charge at the time of service. Your doctor, provider, or supplier is supposed to submit a claim to Medicare for any Medicare-covered services they provide to you. If they don't submit the Medicare claim once you ask them to, call 1-800-MEDICARE.

- They can charge you more than the Medicare-approved amount, but there's a limit called "the limiting charge." Call 1-800-MEDICARE to find out if you were charged the right amount.

WHAT ARE PRIVATE CONTRACTS?

A "private contract" is a written agreement between you and a doctor or other health care provider who has decided not to provide services to anyone through Medicare. The private contract only applies to the services provided by the doctor or other provider who asked you to sign it.

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'INTERMISSION — A PLACE IN TIME'

GLEN VOLLMECKE

THIS IS THE NEXT EXCERPT IN A SERIES FROM GLEN VOLLMECKE



KNOWING HIS INABILITY TO RESOLVE MATTERS WITHOUT CUNNING, THE FOLLOWING IDIOTCY WAS UNIMAGINABLE, EVEN FOR HIM.

Dodging her exaggerated thrusts, I rushed indoors and raced upstairs, but shortly my mother declared an ultimatum.

"Gather all your clothes together immediately." Soberly I knew it was over and eviction was imminent.

However, living without B.H. was an added bonus, so feeling quite liberated I prepared to leave home.

Emptying drawers, I filled a suitcase with Enid Blyton books and Grimm's Fairy Tales.

I had no money and uncertainty was rampant, but I dragged the suitcase emphatically, and noisily it thumped down each individual stair.

Puzzled, Mum stood waiting for me.

"What on earth are you doing?" she shouted breathlessly.

"I packed my suitcase because you said to get my clothes."

Mum seldom cried but her eyes filled, and impulsively she hugged me close.

"I'm doing a load of wash and needed your clothes, you silly girl."

ANGIE AND THE BIKE RIDE.

Many days of tyrannical oppression severely exhausted Mum's tenacity, and, primed for his impending departure, I waited expectantly.

Knowing his inability to resolve matters without cunning, the following idiocy was unimaginable, even for him.

Soon he experienced her fury. While working in the parlor on homework.

Due to his last faux pas, were six red roses in a tall glass vase.

Upstairs, voices escalated as no one provoked her more than B.H. Before embarking on his escapade to London, he desper-

ately needed resources to sell, but assuming Mum would relinquish the crystal bowl won at Bingo was his first mistake.

Nonchalantly she did, as it landed somewhere between his head and the bedroom door.

To stifle any further asinine requests, other Bingo projectiles followed.

Astonishingly, and with substantial effort, larger pieces of furniture grated along the floor above my head, and I waited eagerly in hopes of seeing B.H. careening head first into the garden below.

I listened attentively.

All was quiet, yet regardless of his disabilities, B.H. was actually extremely agile.

To prevent further altercation he clumsily descended the staircase, and after deliberately slamming the front door aggressively, he vanished into the night.

Despondently, Mum plodded downstairs.

"Go fetch the cognac and I'll make us a nice cup of tea, Glen."

Miserably, tranquility was costly, bringing a mass of mone-

► SEE VOLLMECKE, PAGE 27

TOUCHING JESUS IN PRISON

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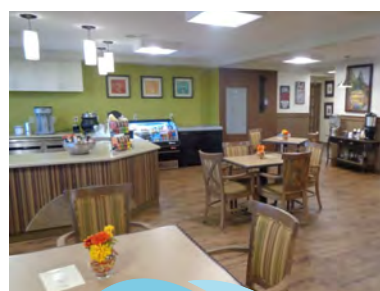


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◀ FROM VOLLMECKE, PAGE 26

tary hardships, and for months she grudgingly conceded to her reliance on his insufficient paychecks, which arrived irregularly with ardent pleas for a reunion.

Predictably, obsessive gambling had depleted his finances, resulting

in his subsequent homelessness and malnourishment.

ROB AND GLEN AT THE FAIR.

After B.H.'s departure, a monstrous black cloud evaporated,

allowing freedom to enjoy summer activities by the sea, and our customary winter walks seemed years away.

Carpets of golden marigolds blanketed the once barren winter park, and barefoot on the wet grass, little Robby and I walked through the Tower grounds.

Wincing as splintered tracks sent roller coasters twisting into the air, we sauntered toward the pier.

The cool movie theater was a respite from the afternoon sun.

During the interval, we watched a band of Scottish Highlanders marching vibrantly down the aisle. Before the program's commencement, and although unable to purchase a cup, we participated in passing customary cups of tea to the audience.

Blinking sunlight greeted our exit that hot day, while smells of fish and chips, vinegar soaked pickled onions, and hamburgers teased our senses.

Small children carried cotton candy on wooden sticks, which billowed in the breeze, but the penny arcade left us breathless and we pined for some action.

"I wish we had some pennies to

spend on games."

Rob was pouting. "Never mind, Rob we did see a movie." I replied positively.

Dimmed by swirling clouds of cigarette smoke, jammed bingo halls held laughing patrons who sipped on ale while shuffling their cards for luck, and, developed for covering bingo numbers were cheap metal coins strewn all over the floor underneath the wooden chairs.....

This excerpt is from Glenn Vollmecke's newly published book: "Intermission: A Place in Time."

Her memoirs describe life in war-torn Great Britain. Typical British humor is evident, offering a mixture of Wallace & Gromit and Angela's Ashes. Her book's cover is an original Beatles ticket, introducing Liverpool's "Mersey Beat" era.

Enjoy reading "Intermission" monthly:

Contact alpacausrus@q.com

Availability: Amazon/Barnes & Noble.

An autographed copy is available from www.alpacausrus.net.

Here's a direct link to her book: <https://www.etsy.com/shop/CedarCanyonArtistry/>

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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.

This western Canada tour also includes sightseeing in each city—Calgary, Vancouver, and Victoria. You'll enjoy sailing from Vancouver to Victoria via the scenic Gulf Islands. In Victoria, you'll visit world-famous Butchart Gardens with its 55 acres of floral displays.

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OPINION-EDITORIAL

ANN COULTER
Political columnist
and commentator



**BRETT KAVANAUGH
THREATENS THE LEFT'S
RIGHT TO CHEAT**

THE FACT THAT the media responded to the nomination of a Supreme Court justice by obsessively covering Paul Manafort, Michael Flynn, Russia and NATO proves that Trump has checkmated them with Brett Kavanaugh.

Liberals know they can't stop Kavanaugh's confirmation, so they'd just as soon not hear any news about it at all.

Please cheer us up with stories about Paul Manafort's solitary confinement!

But there was one very peculiar reaction to the nomination. The nut wing of the Democratic Party instantly denounced Kavanaugh by claiming that his elevation to the high court

would threaten all sorts of "rights."

Sen. Cory Booker, D-N.J., tweeted: "Our next justice should be a champion for protecting & advancing rights, not rolling them back -- but Kavanaugh has a long history of demonstrating hostility toward defending the rights of everyday Americans."

Sen. Bernie Sanders, I-Vt., tweeted: "If Brett Kavanaugh is confirmed to the Supreme Court it will have a profoundly negative effect on workers' rights, women's rights and voting rights for decades to come. We must do everything we can to stop this nomination." If only these guys

could get themselves elected to some sort of legislative body, they could pass laws protecting these rights!

Wait, I'm sorry. These are elected United States senators. Of all people, why are they carrying on about "rights"? If senators can't protect these alleged "rights," it can only be because most Americans do not agree that they should be "rights."

That's exactly why the left is so hysterical about the Supreme Court. They run to the courts to win their most unpopular policy ideas, gift-wrapped and handed to them as "constitutional rights." What liberals call "rights" are legislative proposals that they can't pass through normal democratic processes -- at least outside of the states they've already flipped with immigration, like California. Realizing how widely reviled their ideas are, several decades ago the left figured out a procedural scam to give them whatever they wanted without ever having to pass a law. Hey! You can't review a Supreme Court decision!

Instead of persuading a majority of their fellow citizens, they'd need to persuade only five justices to invent any rights they pleased. They didn't have to ask twice. Apparently, justices find it much funner to be all-powerful despots than boring technocrats interpreting written law.

Soon the court was creating "rights" promoting all the left's favorite causes -- abortion, criminals, busing, pornography, stamping out religion, forcing military academies to admit girls and so on.

There was nothing America could do about it.

OK, liberals, you cheated and got all your demented policy ideas declared "constitutional rights."

But it's very strange having elected legislators act as if they are helpless serfs, with no capacity to protect "rights."

It's stranger still for politicians to pretend that these putative "rights" are supported by a majority of Americans.

By definition, the majority does not support them.

Otherwise, they'd already be protected by law and not by Ruth Bader Ginsburg's latest newsletter.

On MSNBC, Sen. Elizabeth Warren, D-Mass., said people storming into the streets and making their voices heard about Kavanaugh is "the remarkable part about a democracy."

Actually, that isn't democracy at all. Liberals don't do well at democracy. Why don't politicians run for office promising to ban the death penalty, spring criminals from prison or enshrine late-term abortion? Hmmm ... I wonder why those "I (heart) partial-birth abortion!" T-shirts aren't selling?

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IN A SCENE that plays out each evening for many passengers on cruise ships all over the world, I popped into a bar during a recent voyage for a pre-dinner cocktail. My request was a Jack Daniels on the rocks.

What happens next depends on your choice of ships.

On many cruises, both budget and most premium lines, the price for my drink would range from about \$8, as measured by a small shot glass (the kind my dad used to call a "swallow"), or \$12-15 for a good pour. Alcohol is a big money-maker in the cruise business, a major portion of the onboard revenue that determines cruise line profitability. On ships that charge for alcohol, drinkers may drop a bundle at the bars, on deck, and in the dining rooms.

At the other end of the cruise

DAVID G. MOLYNEAUX

Writes travel pieces and is the editor of TheTravelMavens.com



DELIGHTFUL DESSERTS. The gelato bar, with lots of choices, is tough to pass by without a taste on Seabourn Ovation. ■ Photo by **DAVID G. MOLYNEAUX**

line economic scale float the top luxury ships where such onboard expenses as the consumption of alcohol almost always are complimentary. Not that the Jack Daniels is free,

but you pay up front for most indulgences on luxury ships that charge fares as much as \$1,000 per person, per day.

Luxury lines, a growing segment in the cruise industry,

like to brag that guests won't feel nickel-and-dimed during vacation; when passengers meet for a drink or dine with new friends, they never have to be concerned about who pays.

Service and fine dining, matched with special exclusive excursions and entertainment as choreographed on and off the ship by the cruise lines, all are significant elements in today's luxury cruise efforts to entice affluent vacationers away from high-end land resorts to the top ships at sea.

Seabourn's product is a better value than luxury land resorts, says Meadows, providing opportunities to move around the world to top destinations, while serving guests great luxurious choices.

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OPINION-EDITORIAL

GEORGIE ANN GEYER
Columnist, writer for the
Universal Press Syndicate



TRUMP'S TRUE COLORS AREN'T RED, WHITE AND BLUE

MONDAY IN HELSINKI, the emperor had no clothes -- and that, my friends, was quite a sight!

Really, there should have been no surprise at President Trump's behavior in Helsinki. He has been leading up to his outrageous defense of Vladimir Putin in statement after statement ever since he became president.

But the summit in Finland, without question, confirmed his anti-democracy beliefs in a

manner stunning to many Americans. He cuddled up to Putin like a school-girl with a crush; stated at the press conference following their "private" meeting that the U.S. has been "foolish" and that "we are all to blame" for problems between the two countries; and, of course, after two days of insulting the European Union in Brussels, called the E.U. a "foe" of America.

But Emperor Trump's most important words by far got relatively little attention in the melee that was the summit. President Putin, Trump said, was "very strong and powerful" in his denials of involvement against American democracy.

Please think of those only apparently simple words. They were said with almost an adoring look. Trump looked at Putin beseechingly, as if the Russian leader had something he yearned for. And he did. The American president wants to be all-strong and all-powerful, too.

In fact, this yearning is backed up by Trump's referrals to world leaders he admires: Chinese President Xi Jinping, North Korean leader Kim Jong Un and, of course, our new best friend, Vladimir Putin. No space for democrats in this world.

So, folks, it's time to put aside any hesitation about who this American president is. From his earliest years, he has not only sought out, but emulated and adored, the "strong and powerful." Think of the execrable Roy Cohn, his early mentor. Think of the Mafia building trade unionists and the crooked lawyers in New York. And now, these world leaders.

In every one of these cases there is one constant: a profound and consuming resentment against the social classes he thought had ignored or dissed him.

Emperor Trump has always felt he was disdained by "elites," whether the Fifth Avenue real estate moguls in New York or the politically powerful in Washington. And so, he would show them: He would create a new elite -- from hotels blazing "TRUMP" all over the world to reality TV stardom to the presidency of the United States to this summit in Helsinki.

This kind of politics by resentment is hardly new. Because of my own history, I think of Fidel Castro in Cuba. He grew up with an abnormal hatred of the U.S. because of the power wielded by U.S. investments in Cuba. Once he came to power, everything American was "out."

When I interviewed Castro a number of times and then wrote his biography, "Guerrilla Prince," I was constantly stunned by how profound-

ly his resentments influenced his actions, and I was equally stunned by what a low opinion he, like Trump, had of his followers.

If this psychological portrait of Trump is as true as I believe it to be -- and if it reveals as much as I believe it to reveal -- then it is indeed time to be utterly clear about who this man is. For now we know, beyond the shadow of a doubt.

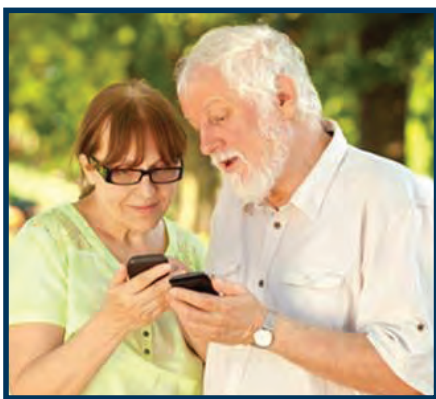
His first, primary and perhaps only loyalty is not to his country but to himself. He hates what he sees as namby-pamby, eternally negotiating, discussing and fussing bureaucrats, of the E.U. in particular and of democracies in general. He has not the slightest qualm about realigning the United States away from its historic friendships with Great Britain and Europe and toward the "strong and powerful."

Helsinki was not just a summit meeting: Helsinki marked the climax of an ongoing attempt to totally change the moral character of the United States.

Of course, President/Emperor Trump said upon his return to Washington that he DID trust American intelligence agencies, and that he had misspoken -- when he said he "would" have no reason to believe the Russians would tamper with our elections, he really meant to say "wouldn't."

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OPINION-EDITORIAL

DAVID SHRIBMAN
Executive editor of
the Post-Gazette



SOCIAL SECURITY'S 'SLOW MOTION' CRISIS SPEEDS UP

WELL-BEING OF MOST VULNERABLE HINGES ON FINDING SOLUTION

THE ECONOMY ADDED 213,000 jobs last month, a robust measure of growth.

Some 600,000 people started actively seeking jobs, a signal of workforce optimism.

Construction spending is up, unemployment claims are down. Despite worries about a trade war, things are good.

So isn't this an ideal time to think about addressing the economic crisis that, in the euphoria of today's boom, dares not speak its name?

Its name, of course, is the entitlements crisis.

The threat of Social Security and Medicare spending in the future has the potential of wreaking far more havoc on the economy than the tariffs on China, Canada and Mexico -- themselves no small factor in the economic calculus.

The United States Chamber of Commerce, hardly an alarmist organization, terms entitlements the "slow-motion crisis," and in fact this crisis has been building for a generation. Congress shored up Social Security in 1983, when the late Sen. Daniel Patrick Moynihan of New York and former Federal Reserve Chairman Alan Greenspan cobbled together a compromise that salvaged America's favorite welfare plan for 35 years.

So now the crisis summons us again, and we should not be surprised. Six years before Greenspan, a Republican, and Moynihan, a Democrat, released the Social Security overhaul that they thought would provide the \$168.7 billion required to assure the system's survival, President Jimmy Carter summoned two dozen members of Congress to the Indian Treaty Room of the White House.

There, poor man, he signed a Social Security measure that he said would guarantee "that from

1980 through 2030, the Social Security System will be sound."

So much for wishful White House thinking.

We are a dozen years away from 2030, and two major efforts to redeem Carter's promise have failed to restore financial soundness to an old-age benefits program that dates to Franklin Delano Roosevelt, that has been a sturdy part of American retirement planning for more than eight decades, and that today provides benefits to 66 million people, a fifth of all Americans.

"This crisis is substantively more urgent than ever, but politically it doesn't seem to be urgent at all -- a reflection of the disconnect between politics and reality in Washington today," said former Sen. Judd Gregg of New Hampshire, a onetime GOP Budget Committee chairman.

"We are looking at almost unlimited deficits, with new pressure from entitlements. The bills keep going up, the debt keeps going up, and we are looking more and more like Greece."

The source of the latest crisis: Baby boomers -- those born between 1946 and 1964 -- are retiring in great numbers, causing great strains on Social Security and, as they pass age 65, Medicare. (The Social Security retirement age, once 65, was moved in 1983 to 66 years and two months for those born in 1955, rising to 67 for those born in 1960 or later.)

A generation ago there were 19 seniors for every 100 Americans between 18 and 64. But now, according to new census figures, there are 25 adults at age 65 for every 100 in the general working

population, rising to 35 in only a dozen years. About 10,000 Americans turn 65 each day, and their benefits are supported by a working cohort composed of people born at a time of smaller birth rates. Plus this: Fewer babies were born last year than in any year in the last three decades.

Do the math. It is not pretty.

The political calculation isn't pretty either. President Donald J. Trump has said he doesn't want to make adjustments in benefits, which isn't any more irresponsible than the view of many of his predecessors and most congressional lawmakers, who know a losing issue when they see one.

The solution requires higher taxes, or increases in the retirement age, not exactly popular positions. Of course the whole problem might be wrestled under control simply by raising the maximum taxable earnings, which this year is \$128,400, or by eliminating the cap altogether, but you can imagine the lobbying effort by well-heeled Americans that would be set loose the moment that trial balloon floated upward.

Then again, Congress could reduce benefits. That would mobilize millions and produce the sense of national unity so absent from today's America -- but would only add to the prominent sense of rage in the country today.

But now that Social Security costs will exceed the system's income this year for the first time in history -- three years earlier than expected -- perhaps Washington will pay attention.

House Speaker Paul Ryan has

railed about this issue for years, but he is retiring, in part because nobody listens to him on any subject, especially this one.

The Medicare crisis is separate but related; the threat there comes not only from the ratio of workers paying into the system against retirees drawing from the system, but also from growing health-care costs and increased life expectancy.

The warning from Thomas J. Donahue, the head of the Chamber of Commerce, is stark:

"Congress has known about this looming crisis for decades, and it has ignored it for just as long," he wrote last month. "The situation is quickly growing too serious to ignore."

The U.S. Chamber of Commerce is blowing the whistle, and we're ready to work with lawmakers on sensible reforms.

The well-being of our most vulnerable citizens, the basic functioning of our government, and the economic vitality of our country depend on finding a solution before the clock runs out."

But that clock is ticking.

"This situation can't last forever and someday we will have to pay the piper," said Gregg, "and that will mean significant reduction in the standard of living of most Americans, especially those under 40." If logic prevails, they will be the next angry Americans.

We should welcome their anger.



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