



# SB Senior Beacon

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

JANUARY 2019      Vol. 37:11      Established February 1982      455 Consecutive Months!

***Committed To Southern Colorado Seniors For 37 Years And Counting!!***



## Assistance For High Heating Costs Available

**THIS IS THE** season when many individuals face high utility costs. Both renters and homeowners can qualify for utility assistance if the household income per month is less than \$1670 (\$2264 for a couple). Regardless of the amount of money that you have in resources, you are still eligible for the Low Income Energy Assistance (LEAP) program.

LEAP does not pay for all of the annual heating costs. Individuals must continue to pay their monthly bills. Individuals who are facing a shut-off from the utility company, should call the county department of human services to see if they can work with you to avoid a shut-off. Individuals who are facing a shut-off may also qualify for a one-time per year medical exemption by working with the utility company.

To qualify for LEAP, you must be a US citizen or legal resident (or part of a household with a legal resident), pay heating costs either as part of rent or directly to a utility company, and meet the income guidelines.

Individuals can apply for LEAP either online at Colorado PEAK (just google Colorado PEAK for the link). A paper copy can be requested from the county department of human services or through our office by calling The Society.

Homeowners and renters who live in a single family residence, a duplex or a four-plex can qualify for help through the Weatherization program if they qualify for LEAP. The Weatherization program will help with the cost of new furnaces, refrigerators, windows, insulation and other home improvements to decrease the use of energy. Referrals to local agencies and more information is available through The Society.

Homeowners or renters who are 65 and over or disabled can apply for assistance through the Property Tax/Rent/Heat Rebate program, sometimes called the PTC 104 program. Individuals whose monthly income is less than \$1,134 (or couples \$1,528/month) are eligible to apply. Individuals who have not applied for the 2016 rebate can apply until December 31, 2018 and those who have not applied for the 2017 rebate can apply until December 31, 2019 through the Colorado Department of Revenue. This benefit is not available to seniors who live in non-profit senior housing units.

Counselors at the Colorado Gerontological Society are available to mail out forms or to assist with completing and filing the forms. Call 303-333-3482 or 1-855-293-6911 for assistance.

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NEWS

# Colorado To Receive Over \$21M In Settlement

DENVER– Attorney General Cynthia H. Coffman announced that Colorado has joined with 49 other states and the District of Columbia in a \$575M settlement with Wells Fargo Bank N.A. to resolve state consumer protection claims for alleged unfair and deceptive trade practices.

“For years, Wells Fargo violated public trust by opening fraudulent bank accounts and engaging in deceptive practices involving insurance, auto loans, mortgages and financing,” said Attorney General Coffman. “This settlement resolves Colorado’s consumer protection claims and sends a strong message that banking institutions like Wells Fargo need to take necessary steps to avoid similar consumer protection violations.”

The settlement with the 50 states and the District of Columbia addresses allegations that Wells Fargo:

- Opened millions of unauthorized accounts and enrolled customers in online banking services without their knowledge or consent;
- Improperly referred customers

for enrollment in third-party renters and life insurance policies;

- Improperly charged auto loan customers for force-placed and unnecessary collateral protection insurance;
- Failing to ensure that customers received refunds of unearned premiums on certain optional auto finance products;
- Incorrectly charged customers for mortgage rate lock extension fees.

Through this settlement with 50 states and the District of Columbia, Wells Fargo will also create a consumer redress review program through which consumers who have not been made whole through other restitution programs already in place can seek review of their inquiry or complaint by a bank escalation team for possible relief. To date, this settlement represents the most significant engagement involving a national bank by state attorneys general acting without a federal law enforcement partner.

Wells Fargo has identified more than 3.5 million accounts where

customer accounts were opened, funds were transferred, credit card applications were filed, and debit cards were issued without the customers’ knowledge or consent. The bank has also identified 528,000 online bill pay enrollments nationwide that may have resulted from improper sales practices at the bank. In addition, Wells Fargo improperly submitted more than 6,500 renters insurance and/or simplified term life insurance policy applications and payments from customer accounts without the customers’ knowledge or consent.

The states alleged that Wells Fargo imposed aggressive and unrealistic sales goals on bank employees and implemented an incentive compensation program where employees could qualify for credit by selling certain products to customers. The states further alleged that the bank’s sales goals and the incentive compensation program created an impetus for employees to engage in improper sales practices in order to satisfy such sales goals and earn financial rewards. Those sales goals became increasingly harder to achieve over time, the states alleged, and employees who failed to meet them faced potential termination and career-hindering criticism from their supervisors.

The states also alleged that Wells Fargo improperly charged premiums, interest, and fees for force-placed collateral protection insurance to more than two million auto financing customers, despite evidence that the customers’ regular auto insurance policy was in effect,

and despite numerous customer complaints about such unnecessary placements. (Many of those customers may not have suffered financial harm, however, because the policies were cancelled before the customers paid the charges). Wells Fargo has agreed to provide remediation of more than \$385 million to approximately 850,000 auto finance customers. The remediation will include payments to over 51,000 customers whose cars were repossessed. The CFPB and OCC are working to ensure that the auto finance customers are fully remediated by Wells Fargo.

Additionally, the states alleged that Wells Fargo failed to ensure that customers received proper refunds of unearned portions of optional Guaranteed Asset/Auto Protection (GAP) products sold as part of motor vehicle financing agreements. As a result, the bank has agreed to provide refunds totaling more than \$37 million to certain auto finance customers.

Finally, the states alleged that Wells Fargo improperly charged residential mortgage loan consumers for rate lock extension fees even when the delay was caused by Wells Fargo, a practice contrary to the bank’s policy. Wells Fargo has identified and contacted affected consumers and has refunded or agreed to refund over \$100 million of such fees.

Colorado’s share of the settlement is \$21,476,334.34. A portion of the funds are a penalty and the remainder will be used to support consumer enforcement, consumer education, and the public welfare.

# Got Medicare?




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- Just moved?
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# Free AARP Tax Prep Has Big Changes

THE 2018 FILING season will have changes for every taxpayer. The IRS is stipulating that both taxpayers be present if a joint return is being filed. All adults, (18 and over) must have a picture ID, and every person to be listed on a return must have a Social Security Card or a letter of verification from the Social Security Administration. Those taxpayers, that in the past have itemized deductions, will have restrictions for the amount over the personal exemption of \$12,000 for single and \$24,000 for joint returns. AARP and IRS each have consent forms that will need to be signed before a return can be started. Taxpayers with broker statements are asked to come after mid March, so as to have all corrected statements from the broker.

Joseph Edward Senior Center (SRDA) will open on Feb. 4, with a reduced number of returns being completed each day. Days of operation will be Monday, Tuesday, Wednesday and Thursday, opening at 8 AM, the site is first come, first served. Closed Feb. 18, ending on Apr. 11, 2019.

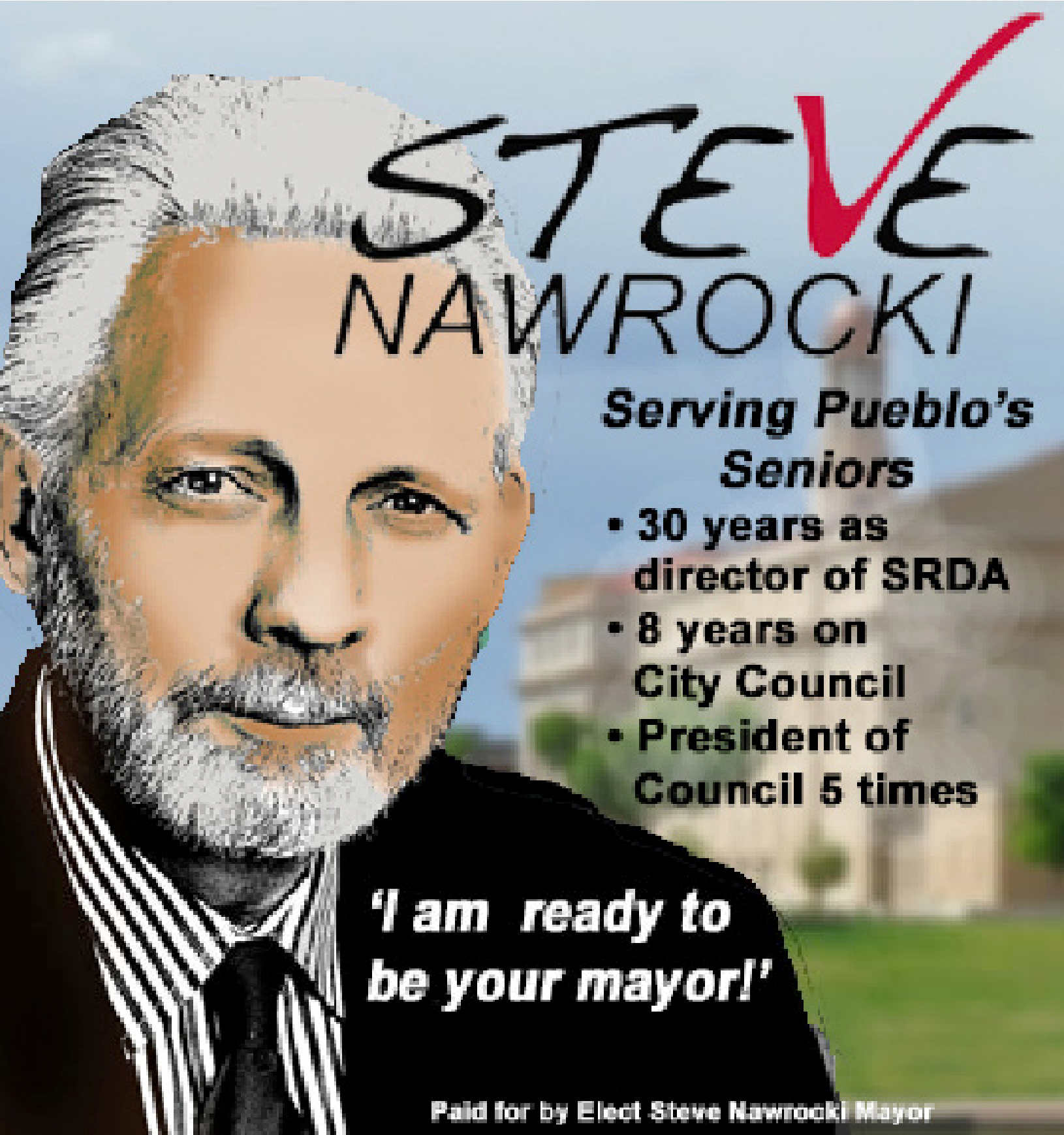
Westminster Presbyterian Church, 10 University Circle, dates will be: Saturdays, Feb. 9 & 23, Mar. 9 & 23, Apr. 6, opening at 9 am. again first come, first served with a limited number of returns completed each day.

Walsenburg Senior Center dates are Fridays, Feb. 15, Mar. 15 and April 5, appointments required, with a smaller number of returns completed each day. Call Carol at 719-738-2205.

## FREE TAX PREPARATION HELP AVAILABLE

AARP Foundation Tax-Aide offers free tax preparation assistance and electronic filing beginning January 31st and continuing through April 15, 2019 at 9 locations in Colorado Springs. AARP Foundation Tax-Aide volunteers are trained and IRS certified each year to ensure they know and understand the latest changes to the US Tax Code. In 2018, the program's volunteers helped 2.5 million people navigate complicated tax codes, ensure proper credits and deductions, and file their federal and state tax returns. You don't have to be an AARP member and there is no age requirement to get tax help from IRS-certified volunteers.

Check the Tax Aide Site Locator (<https://www.aarp.org/FindTaxHelp>) for locations or call 888-227-7669 toll free.



**STEVE  
NAWROCKI**

**Serving Pueblo's  
Seniors**

- 30 years as director of SRDA
- 8 years on City Council
- President of Council 5 times

**'I am ready to be your mayor!'**

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## AARP DRIVER SAFETY PROGRAM

Why Take the AARP Smart Driver Course? The AARP Smart Driver course is the nation's first RE-FRESHER course specially designed for drivers age 50 and older. In many states, drivers may benefit from a discount on their auto insurance premium upon completing the course. And you will learn something new along the way. In fact, an evaluation of the course found that 97% of participants changed at least one driving habit as a result of what they learned. Our Smart Driver course will help you: Receive a three year discount on your auto insurance.





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LUNCH MENU JANUARY 2019  
For reservations call 719-884-2370  
or visit [silverkey.org/home-delivered-meals](http://silverkey.org/home-delivered-meals)

- Jan 1 - Pork Loin w/ Gravy - **New Year's Day Holiday**
- Jan 2 - Beef Chimichanga -**or-** Breaded Chicken Sandwich
- Jan 3 - Chicken Carbonara -**or-** Stuffed Shells w/ Marinara
- Jan 4 - Pork Chow Mein -**or-** Chicken Pot Pie
- Jan 5 - Chicken al a King
- Jan 6 - Sloppy Joe
- Jan 7 - Riblettes -**or-** Hotdogs
- Jan 8 - Ham Salad on Croissant -**or-** Chicken Chow Mein
- Jan 9 - Pork Pot Roast -**or-** Rueben Sandwich
- Jan 10 - Beef Teriyaki -**or-** Italian Sub Sandwich
- Jan 11 - Baked Cod Olympia -**or-** Pork Chop
- Jan 12 - Beef Chimichanga
- Jan 13 - Chicken Carbonara
- Jan 14 - Hamburger w/ Lettuce -**or-** Spaghetti w/Meat Sauce
- Jan 15 - Baked Ham -**or-** Shrimp Creole
- Jan 16 - Beef Burrito -**or-** Chicken Bacon Avocado Sandwich
- Jan 17 - Honey Curry Chicken -**or-** Mongolian Beef
- Jan 18 - Crab Cakes -**or-** Marian's Quiche
- Jan 19 - Pork Chow Mein
- Jan 20- Beef Teriyaki
- Jan 21 - Meat Balls & Marinara - **MLK Day Holiday**
- Jan 22 - BLT -**or-** French Dip Sandwich
- Jan 23 - Pico Lime Cod -**or-** Pork & Bean Burrito
- Jan 24 - Chicken Fajitas w/ Pepper -**or-** Vegetarian Lasagna
- Jan 25 - Meatball Sub -**or-** Chicken & Dumplings
- Jan 26 - Baked Ham
- Jan 27 - Honey Curry Chicken
- Jan 28 - Baked Ziti w/ Sausage -**or-** Garlic Tilapia
- Jan 29 - Breaded Chicken Sandwich -**or-** Salmon Burger
- Jan 30 - Beef Tacos w/ Lettuce -**or-** Turkey Wrap
- Jan 31 - BBQ Chicken -**or-** Cobb Salad



LUNCH MENU JANUARY 2019  
For reservations call 719-884-2304 or visit  
[silverkey.org/connections-cafe](http://silverkey.org/connections-cafe)

- Dec 31:** Crab Cakes, Broccoli Cheddar Rice, Green Bean Almandine, Pickled Beet & Onion Salad, Orange or Apple, Raisin Nut Cup

**Jan 1:** **New Year's Day Holiday**  
\*\* Connections Café Closed \*\*

**Jan 2:** Beef Chimichanga, Salsa, Spanish Rice, Vegetable Soup, Peas & Carrots, Apple

**Jan 3:** Chicken Carbonara, Broccoli, Green Bean Salad, Spiced Peaches, Oatmeal Raisin Cookie

**Jan 4:** Pork Chow Mein, Rice, Winter Blend Vegetables, Whole Wheat Roll, Pear, Sugar Cookie

**Jan 7:** Riblettes, Baked Beans, Potato Salad, Applesauce, Roll

**Jan 8:** Ham Salad on Croissant, Cream of Mushroom Soup, Spinach Mandarin Salad, Strawberries, High Fiber Cookie

**Jan 9:** Pork Pot Roast w/ Onion, Celery, Carrots, Potato Medley, Caesar Salad, Orange

**Jan 10:** Beef Teriyaki, Brown Rice, Peas, Asian Cabbage Slaw, Apple

**Jan 11:** Baked Cod Olympia, Potato Medley, Italian Vegetables, Roll, Pear

**Jan 14:** Hamburger w/ Lettuce, Tomato & Onion, Carrots, Coleslaw, Peaches, Chocolate Pudding

**Jan 15:** Baked Ham, Sweet Potatoes, Broccoli, Pear, Oatmeal Raisin Cookie

**Jan 16:** Beef Burrito/Green Enchilada Sauce, SW Black Beans, Mexican Rice, Pineapple Orange Compote, Raisin Nut Cup
- Jan 17:** Honey Curry Chicken, Wild Rice, Green Beans, Carrot Raisin Salad, Strawberries, Spice Cake

**Jan 18:** Crab Cakes, Broccoli Cheddar Rice, Green Bean Almandine, Pickled Beet & Onion Salad, Orange, M&M Choc. Chip Cookie

**Jan 21:** **MLK Day**  
\*\* Connections Café Closed \*\*

**Jan 22:** BLT, Black Bean Lentil Soup, Pasta Vegetable Salad, Spiced Peaches, Sugar Cookie

**Jan 23:** Pico Lime Cod, Baby Baker Potatoes, Carrots, Coconut Crunch Salad, High Fiber Cookie

**Jan 24:** Chicken Fajitas w/ Pepper, Onion, Cheese, Sour Cream, Salsa, Tortillas, Spanish Rice, SW Black Beans, Strawberries

**Jan 25:** Meatball Sub, Vegetable Soup, Cauliflower, Orange

**Jan 28:** Baked Ziti w/ Sausage & Marinara, Green Beans, Caesar Salad, Spiced Peaches, Raisin Nut Cup

**Jan 29:** Breaded Chicken Sandwich w/ Lettuce & Tomato, Spinach Mandarin Salad, Orange, Peanut Butter Cookie

**Jan 30:** Beef Tacos w/ Lettuce, Tomato, Cheese, Sour Cream & Salsa, Spiced Pinto Beans, Applesauce

**Jan 31:** BBQ Chicken, Loaded Potato Soup, Peas & Carrots, 3 Bean Salad, Apple
- Milk is provided with every meal. Silver Key Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.

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## RHYMES WITH HEAVENLY

What would she have been at twenty?  
How would she have looked?  
She'd have suitors aplenty.  
Her dance card would be booked.  
What would she have been at thirty?  
A decade more mature...  
Just as pretty, not as flirty.  
More focused, more secure.  
And, this dish at forty-ish,  
I have to speculate,  
Would have made the young men wish  
They'd not been born too late.

ROBERT J WEARDEN  
Colorado Springs, Colo.



# SRDA JANUARY 2019 CALENDAR

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

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

Calendar of Events  
**JANUARY 2019**

- Tuesday – Jan. 1  
Offices are CLOSED for  
CHRISTMAS DAY  
Dining Room is CLOSED  
□ Wednesday – Jan. 2  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-5 Volunteer Singers Return  
Tai Chi New Classes Start Jan.  
7th  
□ Thursday – Jan. 3  
8:45-9:45 Morning Tai Chi New  
Classes Start Tues. Jan. 8th  
9-2 Pinochle  
Chair Yoga New Classes Start  
Tues. Jan. 8th  
Line Dance Too New Classes  
Start Thurs. Jan. 10th  
1:30-3:30 Matter of Balance  
□ Friday – Jan. 4  
1-3 Genealogy  
2-3:30 Co Op Drawing  
□ Monday – Jan. 7  
2-3 Sr. Self Defense  
3-4 Tai Chi  
□ Tuesday – Jan. 8  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
1-3 Knit & Chat  
1:30-3:30 Matter of Balance



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

- Wednesday – Jan. 9  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-5 Volunteer Singers  
3-4 Tai Chi  
□ Thursday – Jan. 10  
8:45-9:45 Morning Tai Chi  
9-12 Sewing Club  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too  
1:30-3:30 Matter of Balance  
□ Friday – Jan. 11  
1-3 Genealogy  
2-3:30 Co Op Drawing  
□ Monday – Jan. 14  
2-3 Sr. Self Defense

- 3-4 Tai Chi  
□ Tuesday – Jan. 15  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
1:30-3:30 Matter of Balance  
□ Wednesday – Jan. 16  
8:30-1:00 AARP Driver's Safety  
on 2nd floor  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-5 Volunteer Singers  
3-4 Tai Chi  
□ Thursday – Jan. 17  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle

**Are you new to  
the Pueblo area?**

*Looking to make new friends?*

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Pueblo, CO 81001

**Call us: 719-545-8900**

- 10-11 Chair Yoga  
11-12 Line Dance Too  
1:30-3:30 Matter of Balance  
□ Friday – Jan. 18  
1-3 Genealogy  
1:30-3:00 Social, Music and  
Treats Provided  
2-3:30 Co Op Drawing  
□ Monday – Jan. 21  
Offices are CLOSED for  
Martin Luther King DAY  
Dining Room is Open  
□ Tuesday – Jan. 22  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
1-3 Knit & Chat  
1:30-3:30 Matter of Balance  
3-4 Tai Chi Make up for 1/21  
□ Wednesday – Jan. 23  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-5 Volunteer Singers  
3-4 Tai Chi  
□ Thursday – Jan. 24  
8:45-9:45 Morning Tai Chi  
9-12 Sewing Club  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too  
1:30-3:30 Matter of Balance  
□ Friday – Jan. 25  
1-3 Genealogy, No Class.  
2-3:30 Co Op Drawing  
□ Monday – Jan. 28  
2-3 Sr. Self Defense  
3-4 Tai Chi  
□ Tuesday – Jan. 29  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
1:30-3:30 Matter of Balance  
□ Wednesday – Jan. 30  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-5 Volunteer Singers  
3-4 Tai Chi  
□ Thursday – Jan. 31  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too  
1:30-3:30 Matter of Balance

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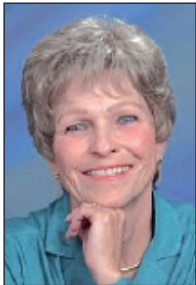


\*AutoAlert does not detect 100% of falls. If able, always press your button when you need help.



# ‘LIGHT FOR THE JOURNEY’

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



## ‘CLUTTER — CURSE OR GLEANINGS?’

I chuckle at a memory when I think about A Time to Keep and a Time to Throw Away, the title of chapter thirty my first book, Light For The Journey, published in 2012. Mom was reluctant, but I coaxed her to watch a Veggie Tales movie with me.

The main character, Madam Blueberry, whines

and cries because her neighbors have more stuff than she. Perhaps Mom would see herself as Madam Blueberry and learn a lesson regarding too much stuff.

Walking through Mom’s house was a live episode of The Hoarders. She had two garages. Neither would hold a car. Pathways created a maze through stacks of boxes, magazines and who knows what else! She had filled boxes with empty plastic grocery bags. Others bulged with empty butter and cottage cheese containers. Oh, my goodness! When Mom went to the nursing home, my brother and I hauled several loads of worthless stuff to the dump. Remember though, for Mom it wasn’t worthless. This was her stuff.

Mom lived during the depression and learned never to throw away anything. After all, she might need it. Or it could be used for something . . . later. Therefore, boxes and stacks collected into piles. I am not sure if I caught it by living in it or if such behavior is hereditary. I can’t park my car in my garage! Too much stuff. Although I have great plans of not leaving the same mess for my children as my mom left for hers, I can’t get rid of stuff. The Lord convicts me – regularly, to reduce the clutter. That’s the nice way to say it. “Get rid of stuff, Jan” sounds too radical. After all, I reason, most of it is good stuff. Granted, I don’t need bank statements and cancelled checks from 1990, 1995 magazines, clothes 4 sizes too small or maternity clothes. (Just kidding! Those were gone a long time ago. That story is also in my book.) God was teaching me to recognize His voice. Yes, I know His voice and He consistently tells me to get rid of stuff. When I say, “Lord, I would love a bigger house,” He responds, “You would have a bigger house if you got rid of

stuff in this one.”

As I relaxed in the dental chair for a past due teeth cleaning, the hygienist worked her magic in my mouth. As she scraped and cleaned between my front lower teeth, my tongue found the clean spots. “Wow. That feels so good.” More scraping and digging. “Wow! I didn’t realize there I had so much crud in there.” She continued. My tongue explored delightedly the places she cleaned.

Pushing her hands back I said, “You know, it’s like all those barnacles and plaque just build up and you don’t realize it’s there until it’s gone.” Her scraping continued. I pushed her hands away again. “That’s kind of like the clutter in my house. It builds up and I don’t realize it’s happening. Wow. It has to feel good when the clutter is gone.”

After leaving the dental office I stopped at Olive Garden for an early dinner before going to the Bible study at LaVista Women’s prison. When I walked to the car after dinner my heart was light and I was singing, “I surrender all, I surrender all.” The still small voice of my Savior interrupted my song. “Do you, Jan? Do you really?” Visions of clutter danced through my head. My heart sank.

My friend and PFPI volunteer Amanda facilitated the study using the Truth Project video series. That night we watched Tour Ten about labor. In this amazing series the instructor Del Tackett emphasized the value of working for a living and that work is a gift from the Lord. Del gave 7 principals of economics. The first is all things belong to God. Another is Love God and not your GOODS! He stated that we as humans have a deep attraction for stuff and desperately hang on to it. “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also” (Matt 6: 19-21 NIV).

OUCH!

The seventh principal on Del’s list is Christians have a deep responsibility to those in need and we are to feel compassionate and generous toward them. “Do not go over your vineyard a second time or pick up the grapes that have fallen. Leave them for the poor and alien. I Am the Lord your God (Lev. 19:10 NIV). I gasped as once more visions of clutter in my house and garage floated through my mind. Oh Lord! You are showing me that I am hoarding gleanings others could use. As ridiculous as it sounds, other people could get find good use from my clutter. That’s why You keep telling me to get rid of it. I have a lot of nice clothing that doesn’t fit or I’ll never wear. I have appliances that still work, dishes, blankets and other things someone could use.

The video ended and after the discussion that followed Amanda said, “You know, ladies, if God points something out to you in Scripture and tells you to do it or not to do it, if you disobey you are sinning.”

No New Year’s resolution here. I gave those up long ago. However, I am determined to rid my home of stuff and park the car inside the garage before the end of the year. Truly, when stuff begins to own me, I am way out of the Lord’s will. I am resolved not to leave my children the inheritance my mom left my siblings and me. With God everything is impossible no matter how

### RUSTLER'S CAFÉ

# SUNDAY BRUNCH

10AM - 2PM

MADE-TO-ORDER OMELETTES & WAFFLES

FULL, HOT BREAKFAST BUFFET

CARVED PRIME RIB

A VARIETY OF ENTÉES

PASTA STATION

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719.576.5900

\* Price includes taxes, gratuity & service.  
\* Alcoholic beverages not included.



NEWS

# PPACG Releases Draft Plan For Participation

THE PIKES PEAK Area Council of Governments (PPACG) is presenting a draft Public Participation Plan for public comment. The plan is designed to identify how PPACG will solicit input from the public while developing plans and projects. Conducting a substantive and well-planned community process is essential to determine appropriate plans and increases community support for and ownership of goals and projects.

Details on the draft Public Participation Plan are available on the PPACG website at [www.ppacg.org/transportation](http://www.ppacg.org/transportation) during the comment period of December 28, 2018 to February 11, 2019. The comments will be used during the approval process by staff and by the PPACG Board of Directors at the February 2019 Board Meeting.

Comments and questions should be directed to Jason O'Brien, Transportation Planner, through physical mail at 15 South 7th Street, Colorado Springs, CO 80905 or e-mail at [jobrien@ppacg.org](mailto:jobrien@ppacg.org).

As the Pikes Peak region's federally designated Metropolitan Planning Organization (MPO), PPACG is a federally mandated and federally funded transportation policy-making organization

that is made up of representatives from local government and governmental transportation authorities. MPOs were created to ensure regional cooperation in transportation planning. They are meant to focus on projects and plans that are expected to have a regional impact rather than on small local projects.

The plan coordinates public input for planning processes, including transit, as appropriate to ensure two-way dialogue between citizens and transportation planners. All comments received will be included in the plan.

### About the Pikes Peak Area Council of Governments

*The Pikes Peak region's 16 local governments join together in PPACG to collaborate on issues that cross political boundaries and to reach solutions that benefit the entire region. PPACG's primary focus is regional planning in transportation, aging issues, Joint Land Use Study, and air and water quality.*

*For information on meeting accessibility and/or requests for assistance or to request document translation to another language, contact Jessica McMullen, PPACG Policy and Communications Manager.*

### ◀ FROM LIGHT, PAGE 6

high the mountain appears.

I leave you with something to consider. What are your gleanings? Is your garage full? Do you keep renting storage sheds? Are your closets and drawers bulging? If God speaks to your heart as He does so clearly to mine, let's resolve together to pass the gleanings on to others to use. Mine will go to New Horizons Thrift Store which supports an amazing mission to children of prisoners. Families and young women keep the babies of prisoners so they are not taken by social services or placed in foster care. What a privilege to give to this wonderful ministry. Ok, I admit it! I also like to shop there.

"God stamped His creative

image upon man and graciously grants His stewards the privilege to be creative and manage some of His property which they may lose (often because of sin) or multiply (often because of hard labor) and out of which they are responsible to be generous to the poor." (Del Tackett, Truth Project - Tour Ten).

"He who gives to the poor will lack nothing but he who closes his eyes to them receives many curses (Prov 28:27 NIV). I think that means a garage full. The clutter is the curse.

© 2019 Jan McLaughlin - Jan is Director of Prayer For Prisoners International and can be reached by e-mail — [Jan@PrayerForPrisoners.org](mailto:Jan@PrayerForPrisoners.org), or by phone 719-275-6971.



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# NEWS OF THE WEIRD



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

**EDITOR’S NOTE:** *This week, we’re revisiting some of the weirdest of the weird news we enjoyed in 2018. Happy Weird New Year!*

*Mystery Solved*

**ON JAN. 25**, 71-year-old Alan J. Abrahamson of Palm Beach Gardens, Florida, went for his regular pre-dawn walk to Starbucks. What happened on the way stumped police investigators until March, reported The Washington Post, and on July 13 they made their findings public. Images from a surveillance camera show Abrahamson walking out of his community at 5:35 a.m. and about a half-hour later, the sound of a gunshot is heard.

Just before 7 a.m., a dog found Abrahamson’s body, lying near a walking path. Police found no weapon, no signs of a struggle; he still had his wallet and phone. Investigators initially worked the case as a homicide, but as they dug deeper into the man’s computer searches and purchases over the past nine years, a theory developed: Abrahamson had tied a gun to a weather balloon filled with helium, shot himself, and then the gun drifted

away to parts unknown.

A thin line of blood on Abrahamson’s sweatshirt indicated to police that “something with the approximate width of a string passed through the blood on the outside of the shirt,” the final report says.

As for the balloon, investigators said it would likely have ascended to about 100,000 feet and exploded somewhere north of the Bahamas in the Atlantic Ocean.

*People Different From Us*

Metro News reported on Feb. 20 that travelers “remained silent” for 20 minutes while a fellow passenger on a Ural Airlines flight from Antalya, Turkey, to Moscow used the air vent above her seat to dry a pair of underwear.

Witnesses reported that the woman showed no shame and that “everybody was looking with interest and confusion.”

Debate raged later, however, after video of the woman was posted online, with one commenter speculating that “maybe the takeoff was sort of extreme, so now she has to dry those.”

*New World Order*

Taisei Corp., a construction company based in Tokyo, announced in December 2017 that it would use autonomous drones called T-Frends to combat karoshi, or overwork death, reported The Independent.

The drones hover over desks of employees who have stayed at work too long and blast “Auld Lang Syne,” a tune commonly used in Japanese shops getting ready to close.

A company statement said: “It will encourage employees who are present at the drone patrol time to leave, not only to promote employee health but also to conduct internal security management.”

Experts are skeptical: Scott North, professor of sociology at Osaka University, told the BBC that “to cut overtime hours, it is necessary to reduce workloads.”

*Wait, What?*

Ikea took advertising in a whole new direction with its print ad for a crib. The ad, which appeared in the Swedish magazine Amelia, invited women who think they might be pregnant to urinate on the paper to reveal a discounted price.

“Peeing on this ad may change your life,” the ad read at the top of the page. “If you are expecting, you will get a surprise right here in the ad.”

Adweek reported that the agency behind the gimmick adapted pregnancy test technology to work on a magazine page.

Police in Mainz, Germany, responded to an apartment building after cries were heard from within one unit early on Feb. 17, The Associated Press reported. When they arrived, officers found two men, the 58-year-old tenant and a 61-year-old visitor, “hopelessly locked up” with a mannequin dressed as a knight and a large remote-controlled car.

The men were too drunk to explain how they had become entangled, and one officer remarked that “the whole thing would have remained a funny episode” if the younger man had not become “more than impolite.” He now faces a charge of insulting officers.

*Armed and Frustrated*

Linda Jean Fahn, 69, of Goodyear, Arizona, finally succumbed to a frustration many wives suffer. On Dec. 30, 2017, as her husband sat on the toilet,

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# NEWS OF THE WEIRD



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

she barged in and “shot two bullets at the wall above his head to make him listen to me,” she told Goodyear police when they were called to the scene. Fahn said her husband “would have had to be 10 feet tall to be hit by the bullets,” ABC15 in Phoenix reported, but officers estimated the bullets struck about 7 inches over the man’s head as he ducked. She was charged with aggravated assault.

*News That Sounds Like a Joke* In Turkmenistan’s capital, Ashgabat, drivers of black cars faced high costs to repaint their cars white or silver after President Gurbanguly Berdymukhammedov banned black vehicles because he thinks the color white brings good luck. Police began seizing dark-colored vehicles in late December 2017, and owners had to apply for permission to repaint and re-register them. The average wage in Ashgabat is about \$300 a month

(or 1,200 manats); one Turkman told Radio Free Europe that he was quoted 7,000 manats for a paint job, but was told that the price would rise within a week to 11,000 manats. “Even if I don’t spend any money anywhere, I will be forced to hand over pretty much my entire annual salary just to repaint,” the unnamed man said, adding that his black car had already been impounded.

*Just. No. Words.* If you’ve been wondering whatever happened to Barney the Dinosaur, the Daily Mail had the answer for you. David Joyner, 54, romped inside the big purple suit for 10 years on the 1990s “Barney & Friends” show on PBS. Today, he’s a tantric sex guru in Los Angeles who says he can unite a client’s body, mind and spirit through tantric massage and unprotected sex. Joyner credits his tantric training with helping him endure the 120-degree

temperatures inside the Barney suit. While “surprised,” Stephen White, former head writer on the show, said he sees Joyner’s new vocation as the “‘I love you, you love me’ deal, but different. I don’t judge or anything, but that’s a side of David I didn’t know.”

*Compelling Explanation* A woman claiming to be on a mission from God led a Kentucky State Police trooper on a chase at speeds up to 120 mph on Feb. 10, stopping only when another trooper pulled in front of her car. According to the Elizabethtown (Kentucky) News-Enterprise, Connie Lynn Allen, 52, of Goodlettsville, Tennessee, told officers that she was Mother Mary, en route to pick up Baby Jesus, and that God had given her permission to speed. She also said that she had died six years ago. She was charged with several offenses and is being held in Hardin County.

*Want to Get Away?* Many citizens of the world are weary of the war and strife that seem to be consuming the news, and nearly 300,000 of them have already signed up to put it all in the rear-view mirror by becoming citizens of Asgardia. This coming-soon colony on the moon is led by Igor Ashurbeyli, a Russian engineer, computer scientist and businessman who was inaugurated as its leader on June 25 in Vienna. Asgardia’s parliament plans to set up “space arks” with artificial gravity in the next 10 to 15 years, where its projected 150 million citizens can live permanently, Reuters reported, and Ashurbeyli hopes settlement on the moon will be complete within 25 years. Asgardia is named after Asgard, a “world in the sky” in Norse mythology. Its leaders hope to attract a population from among the “most creative” in humanity, perhaps using “IQ tests,” according to Ashurbeyli.

## SRDA MONTHLY MENU

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

### JANUARY LUNCH MENU

- Jan. 1 – Chicken Tahitian, Sweet & Red Potatoes, Rancho Mix Vegetables, Minestrone Soup/Breadstick, Spiced Plums.
- Jan. 2 – Cuban Roast Pork, Roasted Rosemary Potatoes, Cabbage w/Carrots, Black Bean Lentil Soup, Tomato & Cucumber Salad, Dice Peaches, Yogurt w/Granola.
- Jan. 3 – Beef Chow Mein, Brown Rice, Capri Mixed Vegetables, Pineapple Cabbage Slaw, Apple.
- Jan. 4 – Pork Sukiyaki, Carrots, Sugar Snap Peas, Egg Drop Soup/Crackers, Confetti Cottage Cheese w/Almonds, Cherry/Blueberry Crisp.
- Jan. 7 – Beef Hungarian Goulash, Parslied Pasta, Oregon Mixed Vegetables, Garden Vegetables Soup/Crackers, Banana.
- Jan. 8 – Ham & Cheese Quiche, Seasoned Cabbage, Split Pea Soup/Crackers, Apple Fruit Cup.
- Jan. 9 – Turkey Green Chili, Mexican Corn, Scandinavian Mixed Vegetables, Waldorf Salad, Raisin Nut Cup, Tortilla.
- Jan. 10 – Dijon Chicken, Fall Harvest Couscous, Roasted Brussel Sprouts, Chicken Barley Soup/Crackers, Peach Fruit Cup.
- Jan. 11 – Beef Tips w/Mushroom Gravy, Cheesy Mashed Potatoes, Seasoned Mixed Vegetables, Creamy Coleslaw, Banana Chocolate Bar, Dinner Roll w/Margarine
- Jan. 14 – Sheard’s Pie, Roasted Herb Cauliflower, Scandinavian Mixed Veg-

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- etables, Beef Barley Soup w/Crackers, Banana.
- Jan. 15 – Chili Con Carne, Spanish Rice, Seasoned Yellow Squash, Cornbread/Margarine Cup, Chilled Apricots.
  - Jan. 16 -Tuna Noodle Casserole, Seasoned Corn, Harvard Beets, Italian Vegetable Toss, Orange w/Whipped Topping.

- Jan. 17 – ham & Potato Casserole, Seasoned Asparagus, Capri Mixed Vegetables, Carrot & Sweet Potato Soup/Crackers, Peach Crisp.
- Jan. 18 – Beef & Bean Burrito, Calabacitas/Green Chili, Cape Cod Mixed Vegetables, Beef Noodle Soup/Crackers, Grape-Fruit Cup.
- Jan. 21 – Sweet & Sour Chicken, Fried Rice, Oregon Mixed Vegetables,

- Creamy Tomato, Soup/Crackers, Raisin Nut Cup, Apple.
- Jan. 22 – Beef Pot Pie, Zucchini & Tomatoes, California Normandy Vegetable Mix, Navy Bean Soup/Crackers, Fresh Grapes.
  - Jan. 23 – Green Pepper Steak, Baked Sweet Potato, Cheesy Cauliflower, Chicken Barley Soup/Breadstick, Vanilla Pudding, Strawberries & Peaches.
  - Jan. 24 – Turkey Rice & Cheese Casserole, Roasted Brussel Sprouts, Orange Glazed Carrots, Garlic Bread, Strawberry Applesauce.
  - Jan. 25 – Chicken Noodle Casserole, Winter Mixed Vegetables, Italian Mixed Vegetables, Pea Salad, Peach Fruit Cup, Breadstick.
  - Jan. 28 – Sloppy Joe Sandwich, Seasoned Spinach, Prince Edward Vegetable Mix, Beef Vegetable Soup/Crackers, Mandarin Oranges, Hamburger Bun.
  - Jan. 29 – Spaghetti & Meat Sauce, Italian Mixed Vegetables, Seasoned Yellow Squash, Minestrone Soup/Crackers, Pineapple Tidbits.
  - Jan. 30 – Citrus Herb Fish, Vegetable Couscous, Harvard Beets, Washington Chowder, Apricots Dinner Roll/w Margarine.
  - Jan. 31 – BBQ Chicken, Seasoned Pinto Beans, Garden Vegetable Soup/Crackers, Hot Fruit Compote, Sweet & Sour Coleslaw, Hamburger Bun.

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RELIGION

# Living Intentionally

**WHAT WOULD YOU** do if you knew you only had six months to live?

**DARLENE FRANKLIN**



That question confronted me during when a blood clot formed on my lungs recently. The scare passed, but the question

didn't. I don't want to leave anything important unsaid or undone. Living intentionally is like carpe diem, seize the day. Don't put off to tomorrow what is on my mind today. But it's also not carpe diem. I'm not ignoring the future; I want to live life to the fullest today because tomorrow is uncertain. I don't want to do more; I want to careful what I choose. Priotize. I won't care how many books I've written before I die (although I do have a goal),

but I will regret not sharing as much of myself as I can with my grandchildren while I am still able and they are still listening. Whereas God can handle whatever doesn't finished on my to-do list. But there are things only I can do: in the time where I am, in the place where I live, with the people around me. That's where I want to make a difference. What did I add to my intentional living list? What last things did I want to make sure I focused on? ✓ God. Since I want to see the world as He does, I need to spend time with Him on purpose, every day. ✓ Family. To pour my unconditional love, joy and pride into them. To pass on our family legacy. ✓ People. To grow in graciousness and friendliness. ✓ Time management. Accept opportunities only if I really want to do them.

✓ Health: Improve my quality of life by taking better care of my body. ✓ Tasks: To be faithful in the jobs God has given me to do, especially writing. While I do the above, I want to suck as much joy as possible from each day. Your priorities will probably differ from mine. Only you know what they are. Living intentionally gets easier with a clear view of what I want from each day, each person. If I can get to the end of a day without regrets, so much the better. If I mess up, I confess where there's sin, give myself grace where I just was thoughtless, and start over again. Here's a few tools I use: Plan ahead. I've started planning for my grandchildren's visits, and so they have they. While we have fun, we talk about their lives and mine. Purposeful activity provides the framework for

spontaneous moments that are the best of all. Remember that human beings always trump things and work. If someone drops by, invite them in. If something is broken or not returned, remember the person is of greater importance. Forgive myself when I mess up. God's rule to forgive someone seventy times seven starts with me. Keep track of progress. Follow through on identified problems. Adjust your priorities as needed. When we live life intentionally, we'll have fewer regrets when we reach the end.

*You can find Darlene Franklin online at [https:// www.darlene-franklinauthor.com/](https://www.darlene-franklinauthor.com/)*





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## Retirees’ Secret Wish – Keeping Warm

**GIFT CERTIFICATE FOR** home-heating oil are likely to be among the most appreciated gift you can give this holiday, says The Senior Citizens League. “That’s because it will cost many Americans roughly 26 percent more to fill their home-heating fuel tanks this winter than last,” says The Senior Citizens League’s Social Security policy analyst Mary

Johnson. “For people who rely on Social Security benefits, this will be a particularly challenging expense, since Social Security benefits are only increasing 2.8 percent in 2019,” she explains. Earlier this fall, the U.S. Energy Information Administration projected that home-heating fuels would cost about 20 percent more during the upcoming heat-

ing season, but the most recent Consumer Price Index data from October 2017 through October 2018, released by the Bureau of Labor Statistics, indicates that heating-fuel costs appear to be climbing even faster and are now 26.2 percent higher than October 2017. Research conducted by Johnson for The Senior Citizens League has found that Social Security benefits have lost 34 percent of their buying power since 2000 because the index used to calculate the annual cost-of-living-adjustment (COLA) increase doesn’t adequately factor in the cost increases experienced by retirees. In 2000, for example, it cost \$575 to

fill up a 500-gallon home-heating oil tank. The average benefit amount in 2000 was \$816, leaving older homeowners with \$241 to put toward other household expenses. Today, it costs about \$1,640 to fill the same oil tank, but those who received benefits of \$816 in 2000 only receive \$1,193.10 in 2018. “That leaves older consumers digging into savings or borrowing to make up the difference of \$446.90,” Johnson says.



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# REELING

## MEMORY TAPS INTO OWN CHILDHOOD EXPERIENCES

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BETTY JO TUCKER  
Pueblo award winning film critic



### FILMMAKER ALFONSO

Cuarón has an excellent memory!

And he definitely taps into it for “Roma,” a remarkable black-and-white movie about a year in the life of a family living in a middle class neighborhood in Mexico City back in the 1970s.

The Oscar-winning director (“Gravity”) used his own

childhood experiences as a resource for this unique project. No wonder everything looks and sounds so realistic.

Cuarón’s intriguing cinematography adds to the movie’s authenticity.

But don’t be put off because there is no musical soundtrack.

You are hearing the life sounds of people walking, water running, cars honking, dogs barking, guns shooting, etc.

And this helps you feel like you are seeing the real thing, which makes it easy to fall in love with Cleo, the main character.

Actress Yalitza Aparicio portrays this indigenous domestic worker who also serves as a nanny to the three children in the family.

She’s a hard worker and everyone appreciates her, especially the youngest son.

In fact, it’s Cleo who holds the family together.

While watching Cleo face almost unsurmountable problems – including the actions of her cowardly boyfriend, almost being shot while trying to buy a crib, going into labor during a violent protest demonstration, saving children’s lives, and more – we can’t help admiring her courage.

*Filmed in glorious black and white, “Roma” shimmers when in the light, then shadow dances at day’s end.*

*But what did filmmaker intend?*

*A love letter to someone dear from years gone by is what I hear.*



*And so we see a slice of life -- Mexico during time of strife. Domestic worker named Cleo cares for children and loves them so.*

*No Mary Poppins, not at all. Like everyone else, she can fall.*

*Nineteen seventies seem so real.*

*We start to learn how they must feel.*

*Artistry and compassion reign in this fine film of love and pain.*

It’s also important to mention the impressive non-theatrical performances of every actor in “Roma.”

The big question now involves whether or not this movie will receive any Oscar® nominations. We’ll find out on Tuesday, January 22, when the 91st Annual Academy Award® nominations are scheduled to be announced.

The official Oscar® Awards Ceremony will be held on February 24, 2019. Fingers crossed.

(Available on Netflix and rated “R” for graphic nudity, some disturbing images, and language. Spanish dialogue with English subtitles.)



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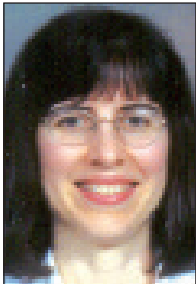


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**LISA M. PETSCHKE**  
Medical social worker  
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Typically, they are spouses or adult children, many seniors themselves. Their role involves physical, psychological, emotional and financial demands. It can be a heavy load.

If you are a caregiver, consider the following strategies for not only surviving, but also thriving, in the year ahead. Even if you're not a caregiver, these self-care tips are worth checking out.

### *Reduce your stress*

Learn as much as possible about your relative's illness and its management, and educate family and friends

to help them understand. Knowing what to expect and how to deal with challenges can go a long way to reduce anxiety and foster a sense of control. Accept realities you can't change and focus instead on those you can influence. Pick your battles; don't make a major issue out of every concern. Use positive self-talk. Emphasize phrases such as "I can," "I will" and "I choose." Practice relaxation techniques, such as deep breathing. Do things that bring inner peace, such as meditating, reading something uplifting, journaling or listening to music. Create a relaxation room or corner in your home - a tranquil spot you can retreat to in order to rejuvenate. Develop a calming ritual to help you unwind at the end of the day. Make healthy lifestyle choices: eat nutritious meals, get adequate rest, exercise and see your primary physician regularly. Seek ways to streamline your life. Set priorities and don't waste time or en-

ergy on unimportant things. Simplify necessary tasks. If finances permit, hire a housecleaning service or a personal support worker or companion for your relative, to free up some of your time and energy. Be flexible about plans and expectations. Take things one day at a time. Minimize contact with negative people. Don't keep problems to yourself - seek support from family members, friends or a counselor. Also try out a caregiver support group. Ask other family members to share the load, and be specific about the kind of assistance you need. Also find out about services in your community that may be of help. The local office on aging is a good resource. Take advantage of respite services in your community, such as day-care programs and facilities that offer temporary residential care. *Increase your joy* Stay connected to people who care, through visits, phone calls, e-mail or

letters. Cultivate a healthy sense of humor. Read the comics, watch a TV sitcom now and then, or rent funny movies. Do something you enjoy every day, perhaps savoring a cup of tea, reading the newspaper or engaging in a hobby (revive a former pastime or try something new). Make it a priority, even if all you can manage is 15 minutes. Put together a pamper kit of items that give you a lift - for example, a favorite magazine or CD, scented candles, fragrant shower gel or body lotion, and gourmet coffee or tea - and delve into it when you find your spirits drooping. Bring a bit of nature into your home: get a plant to nurture or buy fresh flowers. Create little things to look forward to: visiting with a friend, watching a movie, ordering takeout food or getting something new to wear. Plan a special outing with or without your relative - perhaps to a restaurant or a cultural event. Focus on the good things in your life, such as supportive relationships, and seek beauty and tranquility through appreciation of art and nature. Learn to live in the moment and enjoy life's simpler pleasures.

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

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Salida (719) 539-3351

GOLDEN AGE CENTER

728 N. Main St.-Canon City Mon-Fri  
719-345-3064

- Jan. 1: Closed – New Year’s Day
- Jan. 2: Scalloped potatoes with ham, buttered spinach, hard boiled egg, apple, ww dinner roll
- Jan. 3: Hamburger on a bun, ketchup, mustard, onion, split pea soup, coleslaw, banana
- Jan. 4: Chicken fajita, cilantro black beans, ww tortilla, cheddar cheese, Mexicali corn, orange
- Jan. 7: Taco salad with salsa, tomato and lettuce garnish, strawberry applesauce, flan custard, cornbread
- Jan. 8: Salmon patties with cream sauce, brown rice with parsley, mixed veggies, tangerine, raisin nut cup
- Jan. 9: Spaghetti with sausage, marinara, broccoli, toss salad, pears, ww bread
- Jan. 10: French dip sandwich with au jus, oven browned potatoes, mixed vegetables, sliced strawberries
- Jan. 11: Combination burrito, salsa, lettuce, tomato, cilantro lime rice, refried beans, citrus cup
- Jan. 14: Pasta primavera, spinach salad with egg and Italian, apple/pear salad with almonds, plum,

- garlic bread
- Jan. 15: Meatloaf with gravy, roasted sweet potatoes, brussels sprouts, tossed salad, pineapple tidbits
  - Jan. 16: Honey BBQ chicken, oven browned potatoes, broccoli and carrots, diced pear, caffifruit salad
  - Jan. 17: Sloppy Joe on a bun, scalloped potatoes, broccoli and carrots, apple
  - Jan. 18: Arroz con pollo, corn and zucchini Mexicana, tossed salad, apricot
  - Jan. 21: Closed – Martin Luther King, Jr. Day
  - Jan. 22: Chicken salad sandwich with lettuce and tomato, confetti salad, beef barley soup, orange juice
  - Jan. 23: Fish tacos, corn tortillas, cilantro lime rice, black beans, corn, sour cream, salsa, avocado
  - Jan. 24: Bratwurst on a bun with onions, coleslaw, banana, sliced beaches
  - Jan. 25: Chicken fried steak with country gravy, mashed red potatoes, California mix veggies, apple, ww roll
  - Jan. 28: Chicken cacciatore, seasoned green beans, smashed red potatoes, banana, ww bread
  - Jan. 29: Cream of potato soup, tuna salad wrap with romaine and tomato, creamy coleslaw, cantaloupe

- Jan. 30: Turkey pot pie, peas and carrots, tossed salad with ranch, orange, oatmeal cookie
- Jan. 31: American lasagna, season green beans, tossed salad, banana

SALIDA/BUENA VISTA

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

- Jan. 1: Closed – New Year’s Day
- Jan. 3: Center Closed
- Jan. 4: Sloppy Joe on a bun, scalloped potatoes, broccoli and carrots, apple
- Jan. 8: Chili con carne, steamed broccoli, cornbread, trail mix with nuts and raisins, apple
- Jan. 10: Chicken fried steak, country gravy, mashed red potatoes, California mix veggies, apple, ww roll
- Jan. 11: Fish tacos, corn tortillas, cilantro lime rice, black beans, corn, sour cream, salsa, avocado
- Jan. 15: Chicken fajitas, cilantro black beans, ww tortilla, cheddar cheese, Mexicali corn, orange
- Jan. 17: Baked pork chop with gravy, mashed red potatoes, cooked greens, apple bran muffin
- Jan. 18: Honey BBQ chicken, oven browned potatoes, broccoli and carrots, diced pears, carrifruit salad, ww roll
- Jan. 22: Oriental pepper chicken, brown rice, steamed broccoli spears, apple, fortune cookie, ww bread
- Jan. 24: American Lasagna, seasoned green beans, tossed salad, banana
- Jan. 25: Ham and scalloped potatoes, spinach/mandarin orange salad, hard boiled egg, peaches, ww roll
- Jan. 29: Pork chow mein, steamed brown rice, cabbage with red pepper, banana, fortune cookie, ww roll
- Jan. 31: Spaghetti with Italian sausage, marinara sauce, broccoli, toss salad, pears, ww bread

- Jan. 10: Chili / Vegetable Soup, Crackers, Bread, Fruit
- Jan. 15: Beef Tips over Noodles, Vegetable
- Jan. 17: Chicken Enchiladas, Rice, Beans
- Jan. 22: Baked Pork Chops with Gravy, Stuffing, Mashed Potatoes, Vegetable
- Jan. 24: Chicken Fried Steak, Mashed Potatoes, Vegetable
- Jan. 29: Chicken Pot Pie, Salad
- Jan. 31: Manager’s Special

FLORENCE

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- Jan. 1: Closed – New Year’s Day
- Jan. 3: Beef stew, sweet corn, cauliflower broccoli salad, plums, ww crackers
- Jan. 4: Sloppy Joe on a bun, scalloped potatoes, broccoli and carrots, apple
- Jan. 8: BBQ pork ribs, creamy coleslaw, corn on the cob, seasoned greens, watermelon, bran muffin
- Jan. 10: Chicken fried steak, country gravy, mashed red potatoes, California mixed veggies, apple, ww roll
- Jan. 11: Fish tacos, corn tortillas, cilantro lime rice, black beans, corn, sour cream, salsa, avocado
- Jan. 15: Baked pork chop with gravy, mashed red potatoes, cooked greens, apple bran muffin
- Jan. 17: Chicken fajita, cilantro black beans, ww tortilla, cheddar cheese, Mexicali corn, orange
- Jan. 18: Beef & sweet peppers, brown rice, orange spiced carrots, grapefruit, ww bread
- Jan. 22: Ham and scalloped potatoes, spinach/mandarin orange salad, hard boiled egg, peaches, ww roll
- Jan. 24: No. 1 American lasagna, season green beans, tossed salad, banana
- Jan. 25: Turkey submarine sandwich, vegetable soup, potato salad, orange, oatmeal raisin cookie
- Jan. 29: Spaghetti with Italian sausage, marinara sauce, broccoli, toss salad, pears, ww bread
- Jan. 31: Hot turkey sandwich, whipped potatoes, asparagus amandine, pineapple mandarin compote, banana

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# SENIOR SAFETY

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ON THE ROAD. Keep your travel partner in mind this holiday season.

## Alzheimer's and the Holidays

**TRAVELING OVER THE** holiday season is stressful enough under ideal circumstances, but for nearly 6 million Americans living with Alzheimer's (including 71,000 in Colorado) and their families, this can be a particularly challenging time.

While the symptoms of this progressive brain disease can sometimes make travel more difficult, it doesn't mean families can't travel with a loved one with dementia and participate in holiday festivities.

The Colorado Chapter of the Alzheimer's Association offers a number of easy tips to help ensure a safe and smooth trip when traveling with a person living with dementia. More tips and information are also available at [alz.org/travel](http://alz.org/travel):

Stick with the familiar. Travel to known destinations. Try to visit places that are familiar.

Be prepared. Create an itinerary that includes details. Give copies to family members or friends. Keep a copy with you.

Pick the right time. Travel during the time of day that is best for the person with Alzheimer's.

Avoid layovers. If unavoidable, ask about airport escort services.

Ask for help. For example, request airline personnel to help you navigate through the airport.

Ensure a Safe Return. Changes in environment can trigger wandering. Enroll in MedicAlert® + Alzheimer's Association Safe Return®.

Find local support. Before you go, contact the Alzheimer's Association chapter at your destination.

Help for anyone living with Alzheimer's or their caregivers is available around the clock through the free Alzheimer's Association 24/7 bilingual Helpline at 800-272-3900 for more information. The Helpline is staffed by trained professionals and offered at no charge to Colorado families.

### Alzheimer's Association

*The Alzheimer's Association Colorado Chapter is the premier source of information and support for the more than 71,000 Coloradans with Alzheimer's disease, their families and caregivers. Through its state-wide network of offices, the Alzheimer's Association offers education, counseling, support groups and a 24-hour Helpline at no charge to families. In addition, contributions help fund advancements in research to prevent, treat and eventually conquer this disease. The Alzheimer's Association advocates for those living with Alzheimer's and their families on related legislative issues, and with health and long-term care providers. For information call the Alzheimer's Association 24/7 bilingual Helpline at 800-272-3900, or visit [www.alz.org/co](http://www.alz.org/co).*

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



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

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

### Yellowstone & Glacier Nat'l Park

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FINAL PAYMENT DUE 5/1/19.

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

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

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

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

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

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

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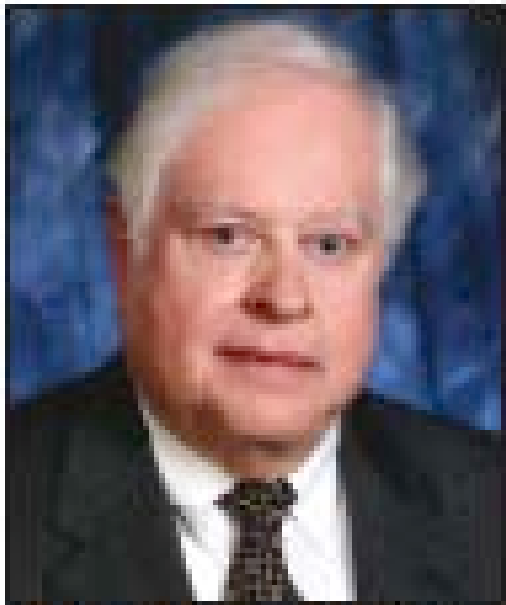
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# Gardening Under The Trees

**GARDENING UNDER** trees can be frustratingly difficult. A tree’s blissful shade limits the selection of plants gardeners can grow, though weeds never seem to have any trouble moving in. But if you work at it, you can have a beautiful, healthy tree and a lovely shade garden, too.

Instead of trying to fight the naturally shady conditions under trees, take advantage of them, says Linda Chalker-Scott, an extension specialist and professor at Washington State University.

A simple ring of mulch that extends out to the drip line (the outer edge of a tree’s canopy) will make your whole garden look sharply manicured and benefit your trees tremendously, Chalker-Scott says.

In her own garden, she puts down a generous 8-inch layer of mulch every year, but her rule of thumb for home gardeners is a

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



**BLISSFUL SHADE.** Instead of fighting naturally shady conditions, try taking advantage of them.

4-inch layer, which is enough to keep annual weed seeds from germinating in the soil under trees.

A ring of mulch gives a clear a signal not to cut across the yard or park too close to trees, so it helps reduce soil

compaction.

A generous layer of mulch also provides nutrients to trees as it decomposes.

Mulch provides a habitat for beneficial insects and microbes, and it reduces the need for herbicides and

fertilizers. Mulch can be free, too: Chalker-Scott advocates using “arborist mulch” from tree-trimming crews.

Often, all you have to do is ask tree-trimmers to drop off their wood chips in your driveway.

Arborist mulch is usually fairly coarse, with chips no less than about half an inch in diameter, to allow air and water to move through.

Don’t worry, Chalker-Scott says -- this mulch will not suffocate roots or invite termites to invade your property.

For the health of your trees, place mulch around them in a donut shape, not like a volcano, she says.

The mulch ring should have high outer edges and taper down to a thin layer around the trunk in the center.

A sweep of grass under a tree isn’t out of the question -- but you have to be realistic. “You can definitely grow grass under a tree, just not a manicured turfgrass,” Chalker-Scott says.



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# Lose Weight, Get It In Writing

THE HOLIDAYS ARE over and it's the beginning of a brand new year – again. This month's focus is a recommendation to enable your weight loss efforts to be more successful. After all, if you are

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putting forth the effort, you want some satisfaction for your work. What will produce the results you are eagerly hoping for? You may be surprised to

hear what it is, and although you may initially think of it as cumbersome, just hear me out if you have a few pounds to lose.

WebMD published an article documenting scientific evidence that writing down what you eat ensures more favorable results when

trying to lose weight. The research showed that those who kept a food journal six days a week lost twice as much weight as those who only did it one day a week or less. In this Kaiser Permanente Center for Health Research study, researchers found that keeping a food diary was the single best predictor as to whether a dieter lost weight. It's logical that when you increase awareness of what you are putting in your mouth, you will feel fuller sooner than when you are just mindlessly munching.

Here are five equally enticing reasons to revive the ancient practice of recording important information for future reference, better known as journaling. First, by tracking what you are eating, you get a reality check about how many calories you actually

consume. Average Americans underestimate their calorie consumption by about 25 percent. Eating at a restaurant with their ever-enlarging portions makes calorie counting even more challenging. "Guesstimating" caloric intake, even for experts, like dieticians, is highly inaccurate. A client shared with me an app called "lose it", that makes tracking your consumption easy.

Secondly, a journal is a built in mechanism for controlling BLT's, known to nutritionists, as bites, licks and tastes. Just sneaking in 6 bites, licks, and tastes each day can pack on up to 15 pounds in a year! If you write it down, you will cut back on between meal noshing. Also, it may allow you to make better choices when you realize just how many calories are in your favorite afternoon beverage. Thirdly, keeping an accurate list of intake shows just how many servings of fruits and vegetables you are getting and how many times you reach for a sugary treat instead. Recognizing areas of imbalance in your dietary intake shows where you are sabotaging your attempts to lose weight.

Reason number four explains that keeping a record of what you eat can also help you discover why you eat. When you begin to notice patterns, you can do something about changing them. Substituting a brief walk or completing a round of deep breathing, instead of ravaging a bag of chips, will go a lot farther to reduce the stress causing you to eat in the first place. Your accurate accounting reveals to

you where your nutrition plan may be going south and then you can get back on the correct road to recovery.

Lastly, in addition to analyzing your journal for patterns that cause dietary downfalls prompted by emotional triggers, examine your records more closely to find the buried treasure. You may uncover positive patterns of change and improvement that would be cause for a non-food based celebration. For instance, noticing that your fruit and veggies have increased from 3 servings to 6 servings each day or realizing you no longer need that mid afternoon candy bar should definitely put a smile on your face. Rejoice by taking a body barre class or getting a massage, or simply relaxing with a cup of tea while reading a favorite book. Think about it, keeping a food journal and experiencing the varied benefits leading to weight loss, just might keep you celebrating all year long!

*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, Ballet Body Barre, and Pre-Natal Ballet Barre. Her main focus is a natural approach to health and wellness. Recently, Charlene launched Pueblo's premier Barre Fitness and Wellness Studio, Brilliant Balance. You can reach Charlene at [www.facebook.com/brilliantbalance](http://www.facebook.com/brilliantbalance) or go to [www.brilliantbalance.org](http://www.brilliantbalance.org).*

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curity is available on your time and there's no waiting in line or on the phone. You can see your entire work history going back to your first job to make sure we have all of your wages correctly tallied. Create or sign into your account at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

Are you curious about how much your retirement benefits will be? You can get an idea of what your benefits will be using our Retirement Estimator at [www.socialsecurity.gov/benefits/retirement/estimator.html](http://www.socialsecurity.gov/benefits/retirement/estimator.html).

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Aside from all the benefits in your own future, your Social Security and Medicare payments also help today's retirees. To learn more, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Question:**  
I got an email that says it's from Social Security, but I'm not so sure. They want me to reply with my Social Security number, date of birth, and mother's maiden name for "verification." Did it really come from Social Security?

**Answer:**  
No. Social Security will not send you an email asking you to share your personal information, such as your Social Security number, date of birth, or other private information.

Beware of such scams — they're

after your information so they can use it for their own benefit. When in doubt, or if you have any questions about correspondence you receive from Social Security, contact your local Social Security office or call us at 1-800-772-1213 (TTY 1-800-325-0778) to see whether we really need any information from you.

**Question:**  
I served in the military, and I'll receive a military pension when I retire. Will that affect my Social Security benefits?

**Answer:**  
You can get both Social Security retirement benefits and military retirement at the same time. Generally, we don't reduce your Social Security benefits because of your military benefits.

When you're ready to apply for Social Security retirement benefits, go to [www.socialsecurity.gov/applyonline](http://www.socialsecurity.gov/applyonline).

This is the fastest and easiest way to apply.

For your convenience, you can always save your progress during your application and complete it later. And thank you for your military service!

**Question:**  
How are my retirement benefits calculated?

**Answer:**  
Your Social Security benefits are based on earnings averaged over

your lifetime. Your actual earnings are first adjusted or "indexed" to account for changes in average wages since the year the earnings were received. Then we calculate your average monthly indexed earnings during the 35 years in which you earned the most.

We apply a formula to these earnings and arrive at your basic benefit. This is the amount you would receive at your full retirement age. You may be able to estimate your benefit by using our Retirement Estimator which offers estimates based on your Social Security earnings.

You can find the Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator).

**Question:**  
I know that Social Security's full retirement age is gradually rising to 67. But does this mean the "early" retirement age will also be going up by two years, from age 62 to 64?

**Answer:**  
No. While it is true that under current law the full retirement age is gradually rising from 65 to 67, the "early" retirement age remains at 62.

Keep in mind, however, that taking early retirement reduces your benefit amount. For more information about Social Security benefits, visit the website at [www.socialsecurity.gov/r&m1.htm](http://www.socialsecurity.gov/r&m1.htm).

**Question:**

I want to estimate my retirement benefit at several different ages. Is there a way to do that?

**Answer:**  
Use our Retirement Estimator at [www.socialsecurity.gov/estimator](http://www.socialsecurity.gov/estimator) to get an instant, personalized retirement benefit estimate based on current law and your earnings record.

The Retirement Estimator, which also is available in Spanish, lets you create additional "what if" retirement scenarios based on different income levels and "stop work" ages.

**Question:**  
Why doesn't my estimate using the Retirement Estimator take into account my work as a teacher? I've worked for 20 years for the state and thought it would count.

**Answer:**  
If you work for a state or local government agency — including a school system, college, or university — your earnings may not be covered by Social Security.

If you are covered only by your state or local pension plan and you don't pay Social Security taxes, your earnings won't be shown on your Social Security record. (Your record will show your Medicare wages if you pay into that program.)

For information on how your pension from non-covered state or local employment may affect the amount of your Social Security benefit, you can visit [www.socialsecurity.gov/retire2/wep-chart.htm](http://www.socialsecurity.gov/retire2/wep-chart.htm)

**Question:**  
My father receives Social Security retirement benefits, and I will be in charge of his estate when he dies. Should that occur, do I need to report his death to Social Security or will benefits automatically stop?

**Answer:**  
When your father dies, please notify Social Security as soon as possible by calling us at 1-800-772-1213 (TTY 1-800-325-0778). Another person, such as a spouse, may be eligible for survivors benefits based on his record.

Also, we might be able to pay a one-time payment of \$255 to help with funeral expenses.

We suggest reading a copy of our online publication, How Social Security Can Help You When A Family Member Dies, at [www.socialsecurity.gov/pubs/10008.html](http://www.socialsecurity.gov/pubs/10008.html).

**Question:**  
I'm trying to decide when to retire. Can Social Security help?

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SOCIAL SECURITY & YOU

**Answer:**  
The best place to start is with a visit to the online Social Security Statement. The Statement provides you with estimates of benefits for you and your family as well as your earnings record and information you should consider about retirement and retirement planning. It is easy to access your statement online by creating a my Social Security account. To create an account, please visit [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount). There “right” time to retire is different for everyone and depends on your individual situation. To help you make your own decision, we offer an online fact sheet, *When To Start Receiving Retirement Benefits*, that highlights some of the factors to consider. This publication can be found at [www.socialsecurity.gov/pubs/10147.html](http://www.socialsecurity.gov/pubs/10147.html).

**Question:**  
I’ve decided I want to retire. Now what do I do?  
**Answer:**  
The fastest and easiest way to apply for retirement benefits is to go to [www.socialsecurity.gov/onlineservices](http://www.socialsecurity.gov/onlineservices).

Use our online application to apply for Social Security retirement or spouses benefits. To do so, you must:

- Be at least 61 years and 9 months old;
- Want to start your benefits in the next four months; and
- Live in the United States or one of its commonwealths or territories.

**Question:**  
Can I delay my retirement benefits and receive benefits as a spouse only? How does that work?  
**Answer:**  
It depends on your date of birth.  
If you were born on or before 01/01/1954 and your spouse is receiving Social Security benefits, you can apply

for retirement benefits on your spouse’s record as long as you are at your full retirement age. You then will earn delayed retirement credits up to age 70, as long as you do not collect benefits on your own work record. Later, when you do begin receiving benefits on your own record, those payments could very well be higher than they would have been otherwise. If your spouse is also full retirement age and does not receive benefits, your spouse will have to apply for benefits and request the payments be suspended. Then you can receive benefits on your spouse’s Social Security record.  
If you were born on or after 01/02/1954, and you wish to receive benefits, you must file for all benefits for which you are eligible. The Social Security Administration will determine the benefits you are eligible for and pay you accordingly. For individuals born on or after 01/02/1954, there is no longer an option to select which benefit you would like to receive, even beyond your full retirement age. Widows are an exception, as they can choose to take their deceased spouse’s benefit without filing for their own.

For more information, please visit [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Question:**  
I’m reaching my full retirement age and thinking about retiring early next year. When is the best time of year to apply for Social Security benefits?  
**Answer:**  
You can apply as early as four months before when you want your monthly benefits to begin.  
To apply, just go to [www.socialsecurity.gov/applytoretire](http://www.socialsecurity.gov/applytoretire).  
Applying online for retirement benefits from the convenience of your home or office is secure and can take

as little as 15 minutes. It’s so easy!  
**Question:**  
My wife and I live in Minnesota, but plan to spend the winter in New Mexico. My wife will turn 62 while we are down south. Can she apply for benefits in New Mexico, or do we have to wait until we get back home to apply for retirement at our local Social Security office?  
**Answer:**  
These days, you don’t even have to be near a Social Security office to apply for benefits. Regardless of where you and your wife are living, you can apply for retirement benefits online at [www.socialsecurity.gov/applytoretire](http://www.socialsecurity.gov/applytoretire). It’s so easy to do, and it can take as little as 15 minutes to complete and submit the application. If she prefers, your wife can file a retirement benefit application at any Social Security office — including the one closest to you in Minnesota, New Mexico, or wherever you happen to be.

**Question:**  
I plan to retire soon. When are Social Security benefits paid?  
**Answer:**  
Social Security benefits are paid each month.

Generally, new retirees receive their benefits on either the second, third, or fourth Wednesday of each month, depending on the day in the month the retiree was born. If you receive benefits as a spouse, your benefit

payment date will be determined by your spouse’s birth date. Here’s a chart showing how your monthly payment date is determined:  
Day of the Month You Were Born  
Social Security Bene-

fits Paid On	
1st-10th	Second
Wednesday	
11th-20th	Third
Wednesday	
21st-31st	Fourth
Wednesday	
For a calendar showing actual payment dates, see the Sched-	



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**Plot B:** Garden of Prayer, Lot 167, Grave 2. No double burial. \$900 plus \$295 transfer fee. Cash only. (Price if you buy from cemetery is \$2,495.)

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# COLORADO SPRING SENIOR CENTER

## JANUARY 2019 CALENDAR

COLORADO SPRINGS  
SENIOR CENTER  
955-3400

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

### SPECIAL EVENTS

- Hike For Life W \$15 Hike for Life exists to nurture community, inspire exploration and preserve the great outdoors. Join us for monthly guided group hikes designed to be educationally-enhanced, environmentally aware, and safety-conscious. Carpool or meet at the trailhead. Directions to trailheads are available at the front desk. Jan. 9: Yucca Loop Trail; Feb. 13: Fox Run Park; March 13: Edna Mae Bennet Trail; April 10: Ute Valley Park.
- Newcomers' Orientation Whether you've already started taking classes or not, come and learn more about the Senior Center and all it has to offer. Learn about class registration, volunteer opportunities, clinic services,

## 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*

- and more. January 3 Th 10-11:30 FREE
- New Year's Black & Gold Ball Celebrate the New Year with Jazz Express, a 19-piece big band (formerly the NO-RAD Band). Wear your finest black and gold attire and plan to dance and ring in 2019! Champagne to toast and a night to remember! January 4 F 6-8 \$10
  - Coffee with a Cop Enjoy a cup of joe while having a conversation led by Detective Szatkowski. Topics include scams, personal, holiday and senior safety. January 10 Th 9:30-10:30 FREE
  - Hat Day Do you have a favorite hat? Today is a special day to wear it and show

- your hat off to all of us at the center. Be sure to stop by the staff's offices to see their hats too. A prize will be awarded for the best hat! January 18 F All Day FREE
- Tunes on Tuesday - Squeeze Play Dan and Kim Christian have established themselves among the premier accordionists in the world. They have excellent technique and mastery of the accordion and a unique ability to play together with exact precision. Enjoy their high energy performance! January 22 T 1:30-2:30 FREE
  - Music with Gus Meza Liven up your week with a musical concert! Gus is a favorite local musical talent who is

also fun and funny. He sings golden era songs - Sinatra, Presley, Cash, with some Motown and Spanish love songs. January 28 M 1:30-2:30 \$3

### EXERCISE & DANCE

- This is not a complete list, so please stop by or go online to find the full listing.
- Nia
  - Yoga- Several classes to choose from including Vinyasa, Gentle and Chair yoga
  - Drums Alive!®- This unique drumming class is different from every other exercise class you've tried. It captures the essence of movement and rhythm utilizing drum sticks and a stability ball. Super fun alert!
  - Silver Sneakers Boom – 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 SilverSneakers member this class is free for you to take.
  - Feldenkrais- Awareness thru movement, develops awareness, flexibility, coordination and balance.
  - Power Moves Power Moves provides community exercise, enrichment, education, and empowerment for everyone to get better and stay better. The Y has created a comprehensive, neuroplasticity-principled program that integrates the latest exercise and wellness research.

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

- ### HEALTH EDUCATION
- FREE, but please register. A donation of \$1 to the Senior Center is requested. This is NOT a complete list.
- Nurse Chats: Atrial Fibrillation Jan.9th W 9-10
  - Breathe and Be Jan.10th TH 10-11
  - 10 Warning Signs of Alzheimer's Jan.16th W 10-11:30
  - Essential Oils and Immunity Jan.22nd T 10-11 Medicare 101 Jan.23rd W 10-11:30
  - Medicare Made Clear Jan.24th TH 10-11:30
  - The Neuropathy Free Life-Style Jan. 24th TH 9:30-11



# Scandinavian Style: Small But Useful Space

DANISH “HYGGE” IS huge in American homes embracing a Scandinavian style.

The Danish word, pronounced “hoo-gah,” translates to a feeling of coziness, which is evident in Nordic design, says interior designer Bjorn Bjornsson, whose eponymous firm is based in New York City.

“Sunlight and warmth are precious commodities during the winter in Scandinavian countries,” says the native Icelandic designer with Danish heritage. “Homes are built to allow in maximum light and accessorized with cozy throws and rugs.”

But to focus solely on the light, bright and white elements in a Scandinavian-style home is to miss the essence of a Nordic nest. While this iteration of a minimalistic design has wide appeal, Bjornsson says to capture the Scandinavian spirit, one

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



**SUNLIGHT AND WARMTH.** To capture Scandinavian spirit, one must go beyond natural wood accents and leggy furniture.

must go beyond natural wood accents, leggy furnishings and a pared-down color palette.

“Americans are desiring a Scandinavian-style design aesthetic in their homes, but often what they’re missing is the functionalism component,” Bjornsson says.

“Nordic homes are general-

ly small, but every bit of space is put to use, with furnishings that serve many purposes.”

To truly nestle into a Scandinavian-style home, one must first clear away the clutter, Bjornsson says.

“If you can, walk through your home without any furnishings in it and observe

the light. Let the house talk to you, with an eye to bring the outdoors inside,” he says.

“Resist the temptation to fill up the home with stuff. A true Scandinavian home is filled with people, not possessions.”

The overall Scandinavian style can be viewed as both uncluttered and contemporary. There are common elements throughout a Scandinavian-designed home that use simplicity and functionality, complemented with a light color palette, blonde woods, organic patterns and natural fibers, says Abbey Stark, senior interior design leader at IKEA-US.

Swedish-founded IKEA designs and sells ready-to-assemble furniture and home accessories while being one of the most accessible contemporary home-goods retailers in the world. “Scandinavian design is an innovative approach to honest and timeless design,” Stark says.

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HER FORMER  
SELF, SUSANNA  
FEARED THAT AR-  
ROGANCE WOULD  
SUMMON A NEW  
CATASTROPHIC  
EVENT INITIATED  
BY HER FELLOW  
STUDENTS.

Binding her hands and ankles with rope, they taped her mouth. Hysterical muffled cries went unanswered as her fellow students hauled her through the foggy, empty park. Mercifully, she remained clothed, and although proficiently applied, the tar and

feathers were an appalling humiliation. Rapidly, she was bundled up the park flagpole, and poor Susanna resembled a large white peacock. Excruciatingly, she endured almost an hour in the sleeting cold rain until an elderly night watchman noticed a movement. A familiar sight, old Bob patrolled the park diligently. Wrapped in a woolen scarf, cap, and gloves, with a hot cup of tea in hand, he began the familiar route around the park’s perimeter. Squinting in the lamplight’s dull glare, he stared, shuffling closer, only to view a bulky, furry silhouette atop the pole. As though taking flight, the spirited shape flapped in the wind and her stifled sounds did nothing to ease his anxiety. Old Bob reeled backwards, almost landing in a ditch. However, luckily for the wretched figure, her release was imminent and Susanna resumed classes two days later. The only proof of tar and feathering was her newly short-cropped hair and subservient manner. A shadow of her former self, Susanna feared that arrogance would summon a new catastrophic event initiated by her fellow students. This ethereal image of Susanna’s abduction was demoralizing, but she accepted her lot without fuss

or legalities and my new friends, including Dag, at six foot three, were becoming formidable shadows in which to hide. MERSEY BEAT AND THE OUTLAWS A hub of activity, New Brighton’s infamous Tower hosted a multitude of bands. The British Invasion, also known as the ‘Mersey Beat’ began in Wallasey and Liverpool. (Years later, prior to buying a cottage in Wales, my family rented a house on Sandbrooke Lane in the village of Moreton.) The realtor requested a showing, to a musician who was performing in Liverpool; his deliberately hazy account did not reveal the celebrity who arrived at our door. So, casually, with my hair in curlers hidden by a vibrantly colored scarf, I answered the door to Gerry. His girlfriend wore a fuzzy rabbit coat, which she seductively lowered over her shoulders, while sitting on the couch. “Would you like tea?” I asked politely. They smiled and nodded. While his girlfriend sat in the parlor, Gerry came into the kitchen. “When did you leave England?” ► SEE VOLLMECKE, PAGE 27



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◀ FROM VOLLMECKE, PAGE 26

Don't you remember me and the band?"

He was astounded that I did not recall his gigs at the Tower. 'Gerry Marsden and the Pacemakers' were a popular group in those days.

I stalled, in order to run upstairs, and while tossing my pink curlers across the room, I applied some lipstick.

During our tea, I hinted at indistinct memories, which did nothing for his ego.

Even so, the couple rented our house, for the six-week concert at a famous Liverpool theater.

(Their nostalgic song 'Ferry 'Cross the Mersey' remains my favorite.)

'Freddie and the Dreamers' also played the Tower in the sixties.

Like a string-puppet replica of Buddy Holly, Freddie would vigorously bounce around the stage for hours, leaving us all exhausted.

Herman's Hermits sang 'Mrs. Brown, You Have a Lovely Daughter'.

Other bands emulated an American drawl, but with the Beatles' arrival, these musicians wisely retained their Liverpool accents.

As the 'Mersey Beat' talents expanded, many bands followed. While waiting for the bus one bright morning, a student friend yelled excitedly about her upcoming date with Paul McCartney.

Out of town, groups such as 'The Dave Clark Five' were decidedly foreigners, as this group originated from Tottenham in London.

Some songs included 'Glad All

Over' and 'Bits and Pieces.'

We loved the 'House of the Rising Sun.' Another popular band from London, called the 'Outlaws' became headliners on Merseyside and in time, became involved in a movie.

As fifteen-year-old groupies, Diane and I benefited from an adolescent camaraderie with the 'Outlaws' who enjoyed our naïveté and treated us like kid sisters.

Prepared for a scheduled rendezvous in Liverpool, we finished classes early that day.

Over on Liverpool's Mathew Street, a long dismal alleyway consisting of red brick warehouses disguised the infamous Cavern location, at number ten....

*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:*

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

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# OPINION-EDITORIAL

**ANN COULTER**  
Political columnist  
and commentator



## GOVERNMENT INDICTS HAM SANDWICH

**MICHAEL COHEN**  
PLEADS GUILTY

**THIS WEEK, I** *will provide readers with a FREE excerpt from “Resistance Is Futile! How the Trump-Hating Left Lost Its Collective Mind” in order to prove that if you’d bought the book two months ago, you’d already understand the rules of the game. Now that Democrats are about to take control of the House, this is the only book you’ll need until President Trump is out of office.*

Boring facts can be used to prove big crimes, but in the case of Trump attorney Michael Cohen’s payment to a porn star, what we have is a boring fact being used to prove a boring crime: an alleged violation of the campaign finance laws zzzzzzzz ... Worse: They’re trying to prove a reporting violation.

If Trump paid the \$130,000 himself solely to help his campaign -- and he wouldn’t have minded at all having a porn star telling the tabloids she’d had sex with him except for the fact that he was running for president -- it would be a reporting violation and OH MY GOSH -- HE’D HAVE TO PAY A FINE!

Their argument is what if he didn’t pay it himself?! That’s why the media are obsessed with when Cohen emailed Stormy Daniels’ lawyer and from which email address -- trying to find bread crumbs that someone else paid Stormy in order to claim it was an illegal campaign contribution -- again requiring that the payment be motivated solely by the fact that Trump was running for office.

This is how they lure you into arguing about something that doesn’t matter.

In the 1990s, Chinese nationals were literally dragging duffel bags of money into the Democratic National Committee as President Clinton allowed sensitive

ballistic-missile guidance technology to be transferred to the Chinese government.

No charges. No independent counsel. Clinton held illegal campaign fundraisers at the White House, where Chinese citizens handed checks directly to White House staff.

Still no charges and no independent counsel.

Videotapes of the White House fundraisers surfaced, featuring the president and vice president glad-handing campaign donors on federal property.

And again, no charges, no independent counsel.

The New York Times’ response to Attorney General Janet Reno’s refusal to assign an independent counsel to these textbook campaign finance violations was a forceful editorial lightly ribbing Reno for her “blunders.”

“Saturday Night Live” was tougher on Reno.

“Weekend Update With Norm Macdonald,” Nov. 8, 1997: “With the release of over 100 hours of videotape of President Clinton at campaign fundraisers, the pressure continues to mount on Attorney General Janet Reno to name an independent counsel to investigate the president. In addition, some senators are said to be furious that, instead of watch-

ing the videotapes, Reno has been taping over them with episodes of “Xena: Warrior Princess.”

But now we’re supposed to care that Trump’s personal lawyer lied about a legal payment to, depending on your point of view, a mistress or an opportunistic grifter -- AND HE USED A TRUMP ORGANIZATION EMAIL ADDRESS.

Lying to the press isn’t a crime, and paying money to cover up an affair isn’t a crime, either, even if you’re running for president. If these were crimes, John Edwards would be on death row.

As a presidential candidate in 2008, Edwards lied up a storm about getting his mistress pregnant as his wife was dying of cancer. Only through the generous support of his well-heeled donors was he able to hide his mistress from the public. This donor-funded scam went on for months, until the National Enquirer finally caught Edwards visiting his mistress and newborn baby at the Beverly Hilton.

Edwards was later charged with campaign finance violations for using campaign funds to hide the affair. The prosecution was widely ridiculed, and the jury returned a verdict of not guilty. If that’s not a violation of the campaign finance laws, then Trump’s \$130,000 payment to Daniels sure isn’t.



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# THERE'S NOTHING LIKE A HOLIDAY

## Techy Tales From Two Caribbean Cruises

DAVID G. MOLYNEAUX

Writes travel pieces and is the editor of TheTravelMavens.com

IN THE NEW cruise world of instant gratification from your cell phone or other techy hardware at sea, don't forget that someone, somewhere, may be watching.

Such is the case when you allow an app on your smart phone to send and receive information. Many of the new cruise ships are moving swiftly in this direction. No problem, unless you prefer to keep your whereabouts private.

The possibility of a need to retreat alone or to hide an occasional indiscretion came to my attention on the sparkling new Celebrity Edge, cruising to the Caribbean out of Fort Lauderdale. My convoluted mind kept wandering back to the feeling I was being followed by a master computer connected to the Celebrity Edge app that I downloaded onto my phone, as instructed pre-cruise.

The app button is programmed to engage in all sorts of tasks and missions, starting with an easy boarding in Fort Lauderdale using check-in through facial recognition technology. Once onboard, not only does the app know your schedule, your account balance, and your restaurant reservations, but it also can open your cabin door, draw the drapes, and change the temperature.

Soon, the Celebrity Edge app will be programmed to allow you to order a drink from your phone to be delivered wherever you happen to be on the ship. The drink feature is a reminder that when you carry your cell phone, somebody always knows where you are.

For some cruisers, one of the great freedoms on a big ship is anonymity – wandering around an exciting city at sea where nobody knows your name and those who do are not privy to your exact location. Asked about privacy and how to make certain your cell phone doesn't give you away, officials on Celebrity Edge replied that passengers could just turn off their phones. You might want to tuck that information away, just in case.

The 2,918-passenger Edge is a techy wonder, designed to provide out-of-the-box experiences, especially for young vacationers

and those who never have cruised due to a fear of boredom. Stow the fear: Celebrity Edge is off the charts, full of vim and trim, and ready to entertain.

Consider the gardenesque Eden, three stories of glass, high at the aft end of the ship.

While news reports about Celebrity Edge tend to focus on the odd tangerine-colored, tennis-court-sized platform called the Magic Carpet – it hangs over the side of

the ship as a bar and occasionally is available for dinner – my recommendation for a titillating experience is to book a meal (fee of \$65) and spend an evening at Eden.

This earthy playground triples as casual breakfast spot, daytime hangout, and scene for a night of edgy performance art that slides in, out, and around the huge room. Arrive early, heading to the bar about 6 p.m., stay late. My second techy restaurant choice would be

dinner at Le Grand Bistro, for Le Petit Chef (\$55 fee) where four animated chefs dash around your dinner plate.

In addition to being a venue for consuming a beverage in the breeze, the ballyhooed Magic Carpet does have an appeal if your cruise includes a port stop during which the ship does not dock but anchors offshore, dropping some smaller boats into the water to ferry you into town.

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# OPINION-EDITORIAL

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



## MAN OF INTEGRITY CALLED US TO BE OUR BEST

MY MOST special insight into the spirit of George H.W. Bush came in the early 1980s in an interview arranged aboard a plane he was taking between D.C. and Charlotte.

He was still vice president then, but would soon be running for president.

At one point, I asked him about the message he would want to send during the coming campaign. I remember

to this day how he paused, looked thoughtful, and then seemed perplexed.

“I really don’t know, Georgie Anne,” he finally said. “I know I need a ‘bumper sticker’ to explain my campaign, but I don’t have it.” He looked hopefully at ME! “Can you think of a bumper sticker?” he asked.

At the time, I thought this unusual exchange between a young correspondent and one of the most experienced leaders in the nation to be both cute and absolutely amazing. But not a single bumper sticker danced into my head.

Now, with the weeklong commemoration of this remarkable man, I realize that a great part of the reason the nation is -- belatedly -- appreciating his abundant abilities and accomplishments is simply that he never thought of politics, or life or anything else, in terms of bumper stickers.

Not for Mrs. Bush’s son, those dumb, probably vulgar, insipid words that would ride around on the rumps of dirty

cars. Not for him, the world that was too soon to come: that of nothing-barred talk radio, of the mesmerizing propaganda of cable news, or of the everyday lowering of the standards and principles that truly made this country great.

No. George Herbert Walker did it HIS way. He seemed instinctively to understand the complexities of the world and the leaders he was dealing with. In many ways, he was a direct son of the Founding Fathers -- from his beautiful manners in letting the Soviet Union quietly implode without interfering in it, to his common sense about the limits of interventionism overseas (as with the Gulf War), to his view of the world as a place of joy, exploration and humor.

After he had become president (and without the bumper sticker, I should add), I was invited with three other journalists to the Oval Office for lunch. At one point, the Los Angeles Times correspondent said to Bush, “You know, Mr. President, when you were vice president, I used to come to

see you, and you were always so nice -- but you didn’t ever say anything!”

The president smiled devilishly. “Yes, Jack,” he answered, grinning broadly, “I did that for eight years -- and HERE I AM!”

It seems to have slipped people’s minds this week that President Bush was widely criticized, made fun of and even reviled during his four years as president. He was too preppy, too patrician, too patriarchal, too prudent, too privileged, particularly in the plebeian age that was just then itching to be born.

He was, after all, the last president of the Eastern Establishment, of old and experienced families whose aura had influenced the nation for so many decades. And he was also, by the way, the last American president to actually win a war.

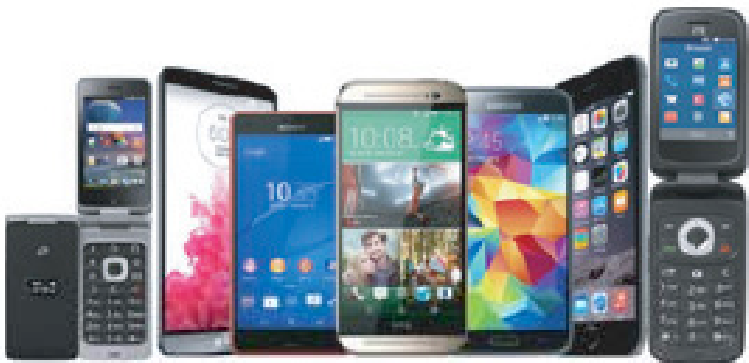
But for us, it has been downhill from there. Bush handed the end of the Cold War to Bill Clinton, who thanked him by going into the cupboard with Monica Lewinsky.

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# OPINION-EDITORIAL

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



## AN APPRECIATION OF HISTORY

**THOUGH BOOKS ABOUT** history -- by writers such as David McCullough, Ron Chernow, Doris Kearns Goodwin and others -- sell briskly, the future of the past in American life is facing some stern mathematics:

A recent study shows that over the past six years, no discipline has lost favor -- measured in the number of undergraduates who choose to major in the subject -- as dramatically as history.

In fact, the numbers are startling. American universities conferred 24,266 history degrees last year, a dramatic fall from the 36,642 degrees awarded in 2008, according to a study by Benjamin M. Schmidt, a Northeastern University historian. While degrees in exercise and computer science soared by more than 50 percent, history dropped by about a third.

This study comes amid indicators of a major decline in the appeal of the liberal arts, particularly the humanities, in part because parents are less willing to underwrite college studies that lead to no discern-

able profession.

"Families with college-bound students have come to equate one's B.A. major with post-graduate status and wealth," said Michael Birkner, a Gettysburg College historian.

"In reality, because of an increasingly diverse curriculum and enrichment opportunities available to them, history students have never had more success or personal fulfillment pursuing post-baccalaureate career paths across a wide spectrum of options: academia, secondary school teaching, law, business, the military, librarianship and public history."

"I am now convinced these trends spell sustained trouble over the long term," said Hunter R. Rawlings III, a classics scholar who has been president of both the University of Iowa and Cornell University.

This is not necessarily a world-wide phenomenon.

The number of British young people who study history for one of their graduating subjects in high school (English A-levels) has remained relatively constant.

"History is still seen as an intellectually rigorous and challenging degree, which opens pathways into professional life," said Lawrence Goldman, a senior research fellow at St. Peter's College, Oxford, who spent the fall semester at the University of Missouri.

By now you surely have guessed that, long ago, I was a history major and that I contacted a bunch of my friends and associates to weigh in on the crisis in history.

But I have found that the study of history is more than the memorization of dates, more than the

recitation of speeches, more than the easy-chair examination of lords and ladies, statesmen and senators, of yore.

Although, in truth I have to admit that in five years of undergraduate and graduate studies and a lifetime of reading books that my children ridicule I have enjoyed it immensely.

Pure joy in a world of toil shouldn't be dismissed lightly.

But I also have found that a grounding in history has been an indispensable aid in understanding how the world works; in discovering that how the world works changes over time; and in realizing that the past itself is not static but instead is ever-changing.

A generation ago, for example, Thomas Jefferson was a sentinel of personal liberty and Andrew Jackson was the personification of America's most robust democratic ideals.

Today the reputations of these men, slaveholders both, are stained by claims that they were racists, hypocrites, and in Jackson's case, a genocidal murderer.

You don't have to be a newspaper columnist or an editor to reap history's benefits.

They are essential elements of being a citizen in a democracy and of being a human in a period of change.

But it is also true that, like so many other disciplines, the teaching of history itself must change. Many years ago, I came under the thrall of James E. Wright, then a junior faculty member in history, later the president of Dartmouth College.

He taught me the political history

that has sustained me throughout my career, but, more than that, he taught me how to think historically.

In all our conversations over more than four decades, I have been wise enough to permit him to have the last word. In this case he deserves the last 54 words.

Here they are:

"Americans are losing their sense of history. We need to recognize the role that sense has played in enriching this Republic and in affirming and extending its values.

The degeneration of our civic dialogue and the withdrawal from any sense of public and civic responsibility is a clear warning sign of this growing failure."

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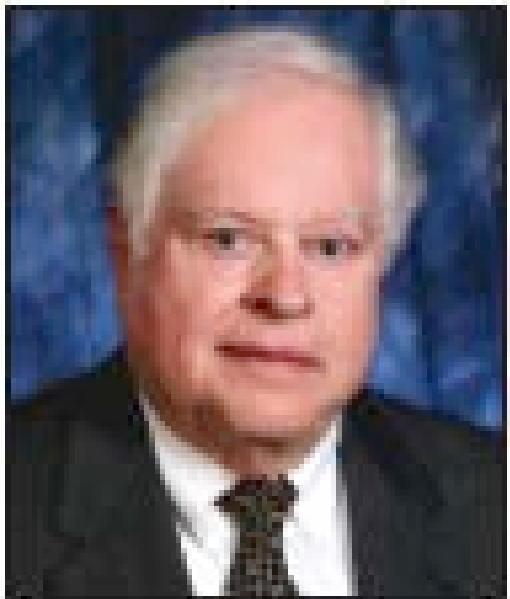
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