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OCTOBER 2019      Vol. 38:9      Established February 1982      453 Consecutive Months!

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## RECONSTRUCTION

revealed



**RESTORATION.** The structure of a 147 year old cabin—home of U.S. Marshal Peter K. 'Uncle Pete' Dotson and his family—is finding new life with a restoration project that will result in the 147-year-old home reconstructed at a Beulah School park. ■ Photo by **GRETA HANSON MAURER**

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**Vision Feeling Unclear?**

**BEULAH HERITAGE** Preservation League kicked off the next step in their ambitious preservation campaign by announcing the unveiling of the Dotson Cabin Project.

The non-profit also celebrated several milestones achieved in the first year of their existence. As a result, the organization has successfully positioned the historic 1870's cabin—home of 'Uncle Pete', Peter K. Dotson, former U.S. Marshal, his wife Emily, and their family—to be reconstructed at the Beulah School Educational Park.

From the moment the first layers of boards and material were pulled away to reveal the hand-hewn logs of a well preserved and beautifully crafted 147 year old home, resto-

ration specialists and volunteers worked tirelessly to remove layers of modern additions and improvements.

The meticulous marking and cataloging of each hand-hewn log was the next step before the cabin was disassembled, bundled and moved into temporary storage to minimize weather damage.

Meanwhile, a new public location was scouted and secured.

A small plot of land across from the Beulah School of Natural Sciences was donated by Pueblo County School District 70. The Beulah School Education Park site was excavated and the foundation for the cabin was poured in July.

► SEE **RESTORE**, PAGE 3

**CHECK OUT The Tick Tock Shop on page 11**  
*Valuable Savings & Pro Service !!*



# COLA Drops to 1.6 Percent For 2020

THE SOCIAL SECURITY cost-of-living adjustment (COLA) for 2020 will be considerably lower than the 2.8 percent COLA received this year, according to a new estimate from The Senior Citizens League (TSCl).

“The government’s consumer price index data for August indicates that COLA recipients can expect to get a benefit boost of about 1.6 percent in 2020,” says TSCl’s Social Security policy analyst, Mary Johnson.

“That would raise an average retiree benefit of \$1,460.00 by about \$23.40 per month, a big drop from the \$40.90 that people with that level of benefits received this year,” Johnson says.

The COLA for 2020 will be announced in less than a month. A COLA of 1.6 percent would be the lowest COLA since 2017, when the annual boost was just 0.3 percent. Over the past decade COLAs have averaged 1.4 percent, less than half the 3 percent they averaged during the previous decade from 2000 to 2009.

The below average COLAs are having a significant impact on

lifetime Social Security income and the standard of living of retirees, particularly those who have been retired since 2009. According to an analysis by Johnson, Social Security benefits are about 17.5 percent lower today than they would have been if inflation had averaged the more typical 3% over the same period. “Over ten years that’s about \$17,299 less in retirement income for someone with average benefits,” Johnson notes.

Because low COLAs compound over time, this loss of income due to low COLAs will continue to grow deeper as beneficiaries age.

“This has not gone unnoticed by those who depend on these annual adjustments,” she says.

“Many Social Security recipients tell us their standard of living has declined,” Johnson says.

While retirees won’t be getting as much in their Social Security checks in 2020, the Part B premium, on the other hand, is expected to go up considerably more than it did this year.

In 2019, most beneficiaries paid \$1.50 per month more than in 2018. In 2020, however, the Medi-

care Trustees have forecast that Part B premiums will increase from \$135.50 to \$144.30 per month — \$8.80 per month more. After the deduction for Part B premiums, that would leave the retirees with average benefits, roughly \$15 per month more to cover all other rising costs which typically include higher Medicare supplemental and prescription drug insurance premiums and out-of-pocket costs.

Social Security recipients with the lowest benefits may not see much, if any increase at all.

“If premiums rise by \$8.80 or more, and if the cost-of-living adjustment (COLA) is 1.6 percent as we estimate, then Social Security recipients with benefits of about \$550 or less are at risk of seeing the Part B premiums take their entire COLA, leaving nothing extra to deal with other rising costs,” Johnson says.

When an individual’s Part B premium rises more than the dollar amount of their COLA, that doesn’t necessarily mean that the premium deduction would cut into existing Social Security benefits.

Due to a special provision of law known as the Social Security “hold harmless” provision, the Medicare Part B premium is adjusted to prevent a reduction in Social Security benefits from December of the previous year. The provision only applies to about 70% of all Medi-

care beneficiaries, however, and those who are not protected include people whose overall income is so low that their Medicare Part B premium is paid by state Medicaid programs, and individuals with incomes above \$85,000 or married couples with incomes above \$175,000.

When a retiree’s actual costs climb faster than their COLA, the buying power of Social Security erodes. A study by The Senior Citizens League has found that Social Security benefits have lost one third (33 percent) of buying power since 2000.

To protect Social Security benefits from an erosion in buying power, The Senior Citizens League supports legislation that would strengthen the COLA. To learn more, visit [www.SeniorsLeague.org](http://www.SeniorsLeague.org).

*With 1.2 million supporters, The Senior Citizens League is one of the nation’s largest nonpartisan seniors’ groups. Its mission is to promote and assist members and supporters, to educate and alert senior citizens about their rights and freedoms as U.S. Citizens, and to protect and defend the benefits senior citizens have earned and paid for. The Senior Citizens League is a proud affiliate of The Retired Enlisted Association. Visit [www.SeniorsLeague.org](http://www.SeniorsLeague.org) for more information.*



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NEWS

◀ FROM **RESTORE**, PAGE 1

Outlining the historical, archaeological and architectural significance of the cabin, Beulah Heritage Preservation League is learning more about the tumultuous times when the Arkansas River represented the southern border of the United States.

In 1868 was purchased by Annie E. Blake for \$10,000 (21 cents per acre), and then divided into three parcels—two of which were sold to Peter Dotson and and Charles Goodnight.

The sale did not, however, stand and was renegotiated in 1872 for \$140,000, needing the money of William Palmer to seal the deal and giving Palmer “South Pueblo.”

Remarkably, the 1879 Harper’s Weekly Magazine article entitled, “The Cattle Ranches of Colorado’ written by A. A. Hayes, features the finely sketched pen and ink drawings of the home, dubbed ‘Uncle Pete’s Cabin’.

Author James Campbell—who is researching and writing a comprehensive account of the life of Peter K. Dotson—spoke passionately of Dotson’s influence not only shaping regional and southern Colorado history, but also of U.S. History.

With the coming winter months, Beulah Heritage Preservation



League is under pressure to raise funds for the reassembly and restoration of the Dotson cabin.

They have been diligently applying for grants, urging membership, and connecting with folks who will help share the fascinating story.

An “Afternoon Tea” featuring the program “Why the Dotson Cabin Matters” by Jim Campbell, will be



**AMBITIOUS PROCESS.** Beulah Heritage Preservation League kicked off the next step in the preservation of the Dotson Cabin Project ■ Photo by **GRETA HANSON MAURER**

held on Saturday, October 12th.

For more details on this project, or membership that supports Beulah Heritage Preservation League efforts, visit the website at [www.beulahhpl.org](http://www.beulahhpl.org), or Facebook page for current updates.

Contact Joni Smith, P.O. Box 12, Beulah, CO 81023 or email: [beulahhpl@gmail.com](mailto:beulahhpl@gmail.com).



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Monday	Tuesday	Wednesday	Thursday	Friday
<b>OCTOBER 2019</b>  <b>CONNECTIONS CAFE</b>	1 Manicotti Bahama Vegetables Sunflower Broccoli Salad Apple Raisin Nut Cup Milk	2 Smothered Pork Chop w/ Onions and Peppers Mashed Potatoes Brussels Sprouts Tropical Fruit Salad High Fiber Cookie Milk	3 Stuffed Bell Pepper Baby Baker Potatoes Cauliflower Carrot Raisin Salad Spiced Peaches Milk	4 Pesto Chicken Florentine Rice Carrots Whole Grain Roll Strawberries Milk
7 Crab Cakes Broccoli Cheddar Rice Green Bean Almandine Applesauce Raisin Nut Cup Milk	8 Salmon Burger w/ Lettuce & Tomato Cream of Mushroom Soup Broccoli Slaw Banana Milk	9 BLT Sandwich Black Bean Lentil Soup Pasta Vegetable Salad Spiced Peaches Milk	10 Chicken Mole Bahama Vegetable Blend Spanish Rice Black Bean Corn Salad Orange Carrot Cake w/ Cream Cheese Frosting Milk	11 BBQ Beef Sandwich Seasoned Pinto Beans Coleslaw Tropical Fruit Milk
14  <b>CLOSED FOR COLUMBUS DAY</b>	15 Chicken Carbonara Broccoli Green Bean Salad Spiced Peaches Oatmeal Raisin Cookie Milk	16 Lasagna Roll/ Marinara Broccoli WW Roll Tossed Salad w/ Raspberry Vinaigrette Tropical Fruit Milk	17 Yankee Pot Roast w / Gravy Baked Potato Medley Maple Glazed Carrots Apple Milk	18 Cod Tuscany Baby Bakers Broccoli Banana High Fiber Cookie Milk
21 Beef Tips Penne Pasta Brussel Sprouts 3 Bean Salad Applesauce Milk	22 Lemon Pepper Chicken Wild & Brown Rice Peas Beet & Onion Salad Orange Milk	23 Hamburger w/ Lettuce, Tomato & Onion Carrots Coleslaw Diced Pear Milk	24 Roast Turkey w/ Gravy Mashed Potatoes California Vegetables WW Bread Apple Milk	25 Stuffed Pasta Shells w/ Meat Sauce Green Beans Carrot Raisin Salad Garlic Bread Stick Pear Milk
28 Chicken Tacos w/ sour Cream, Cheese& Salsa Southwestern Black Beans Orange Milk	29 Sweet & Sour Pork Jasmine Rice Asian Vegetables Applesauce High Fiber Cookie Milk	30 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Tossed Salad w/ Chick Peas Orange Milk	31 <b>Happy Halloween!</b> Goulash Green Beans Salad w/ Dressing WW Bread Apple Milk	Milk is provided with every meal.  Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging

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A new study by Joblist.com used the most recent U.S. Current Population Survey and data from the Census Bureau, which surveyed Americans to find out the amount of wages lost by full-time, salaried workers compared to their cost of living. This allowed us to determine: in what states can you get the most bang for your buck? Some highlights: Colorado is the most under-paid state when it comes to extra hours worked (by \$4,867), followed by Maryland and D.C. In Colorado, purchasing power is less than the cost of living American workers are shortchanged a total of \$346 billion in wages per year due to unpaid overtime Employee burnout is becoming a prevalent problem, consistently in the headlines, so I think your audience would be interested to see know The Centennial State ranked.



# SRDA OCTOBER 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  
OCTOBER 2019

■ **OCTOBER 1**

8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
2-3:30 Co-Op Drawing

■ **OCTOBER 2**

9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers (return)

■ **OCTOBER 3**

8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too

■ **OCTOBER 4**

10-11 Jian Qi Gong  
1:00 – 3:00 GENEALOGY (returns)  
1-3 pm Matter of Balance at the Pres-  
byterian Towers, 220 W. 15th., CALL  
Jane at 719-553-34

■ **OCTOBER 7**

10-12 Watercolor Art  
1-3 pm Matter of Balance at the Pres-  
byterian Towers, 220 W. 15th, CALL  
Jane at 719-553-3422  
2-3 Sr. Self Defense

■ **OCTOBER 8**

8:45 – 9:45 Morning Tai - Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing



**HEALTH BENEFITS.** Zumba for seniors has various health benefits. Zumba is offered at various times for balance and other benefits.

1-3 Knit & Chat  
1:30-3:30 Co-Op Drawing

■ **OCTOBER 9**

9 – 1 AARP Driver Safety  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi

■ **OCTOBER 10**

8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
9:00 Sewing Club  
10-11 Chair Yoga  
11-12 Line Dance Too

■ **OCTOBER 11**

10-11 Jian Qi Gong  
1:00- 3:00 GENEALOGY  
1-3 pm Matter of Balance at the Pres-  
byterian Towers, 220 W. 15th., CALL  
Jane at 719-553-3422

■ **OCTOBER 14**

CLOSED (COLUMBUS DAY)

■ **OCTOBER 15**

8:45-9:45 Morning Tai Chi / New Ses-

sion Starts  
9-2 Pinochle  
10-11 Chair Yoga / New Session Starts  
11-12 Line Dancing / New Session  
Starts  
2-3:30 Co-Op Drawing

■ **OCTOBER 16**

9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
1:00 – 3:00 KNIT & CHAT  
3-4 Tai Chi

■ **OCTOBER 17**

8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too / New Session  
Starts

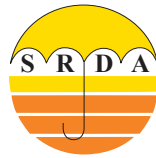
■ **OCTOBER 18**

10-11 Jian Qi Gong / New Session St  
arts  
1:30 – 3:30 SOCIAL  
1-3 pm Matter of Balance at the Pres-  
byterian Towers, 220 W. 15th, CALL  
Jane at 719-553-3422

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■ **OCTOBER 21**

10-12 Watercolor Art Class  
1-3 pm Matter of Balance at the Pres-  
byterian Towers, 220 W. 15th., CALL  
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2-3 Sr. Self Defense

■ **OCTOBER 22**

8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
10-12 Line Dancing

■ **OCTOBER 23**

1-3 Knit & Chat  
1:30 – 3:30 Co-Op Drawing  
9-12 Mahjongg  
10: 12:30 STAMP 101

■ **OCTOBER 24**

11:30 – 1:00 STAMP SALE  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers

■ **OCTOBER 25**

8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
9- 11 Sewing Club  
10-11 Chair Yoga  
11-12 Line Dance Too

■ **OCTOBER 28**

10-11 Jian Qi Gong  
1:00 – 3:00 GENEALOGY  
1-3 pm Matter of Balance at the Pres-  
byterian Towers, 220 W. 15th, CALL  
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■ **OCTOBER 29**

10-12 Watercolor Art Class  
1-3 pm Matter of Balance at the Pres-  
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Jane at 719-553-3422  
2-3 Sr. Self Defense

■ **OCTOBER 30**

3-4 Tai - Chi  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
10-12 Line Dancing

■ **OCTOBER 31**

1:30 – 3:30 Co-Op Drawing  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi

■ **OCTOBER 31**

3-5 Volunteer Singers  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too

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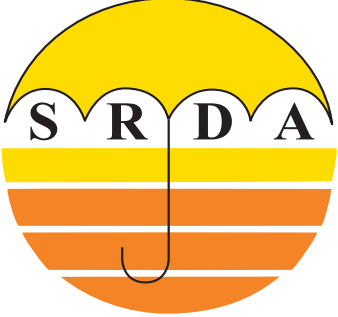
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NEWS

# 2020 Brings Major Changes to Medicare

EACH YEAR AS we near the end of the year, Medicare beneficiaries are encouraged to review their current coverage and decide if the plan(s) in which they are enrolled still meets their needs. This year is no different.

One big difference this year is Medicare Part D. Since Congress has not acted, beneficiaries will be required to pay more out-of-pocket in 2020 if they have high prescription drug costs.

Compared to \$8,554 for the maximum out-of-pocket in 2019, when the total cost of the drugs in 2020 reaches \$10,805 including the deductible (\$435), the coverage gap (\$4020) and the donut hole (\$6350), the beneficiary will be eligible for generic drugs that cost \$3.60 and name brands that cost \$8.95.

The donut hole will be closed with the beneficiary paying the deductible and 25% of the cost in the coverage gap and the donut hole or about \$3000.

Medicare Monday, a series of educational programs offered by Medicare experts from the Col-

The donut hole will be closed with the beneficiary paying the deductible and 25% of the cost in the coverage gap and the donut hole or about \$3000.

orado Gerontological Society will kick-off on October 21, from 9:30 to 11:30 am at four locations throughout the State.

A total of twenty-one sessions will be offered throughout Colorado with thirteen sessions in Metro Denver and eight on the front range and the west slope.

Two sessions will be in Spanish. See our ad in this newspaper for Metro Denver locations and for a full list, visit [www.senioranswers.org](http://www.senioranswers.org).

Following an educational program on Medicare changes, representatives from health insurance companies will be available at most locations with enrollment information on Medicare Supplements, Medicare Advantage Plans, and Prescription Drug Plans.

Walgreens or Safeway will be

at selected locations to offer flu, pneumonia, whooping cough, and shingles vaccines.

Your insurance will be charged and applicable co-pays may apply.

Another looming change will affect new enrollees in Medicare. Individuals who turn 65 on or after January 1, 2020 will no longer be able to purchase a Medicare Supplement Plan C, F or F+ as these plans will no longer be sold.

Individuals are encouraged to consider buying Plan D, G or G+ which is similar, but does not cover the Part B deductible. Federal law eliminated first dollar coverage for Medicare beneficiaries through Plan C and F.

Several new Medicare Advantage plans will be entering the market in Colorado in selected locations. Several Prescription Drug Plans

have also left the market.

Beneficiaries are encouraged to review their medications during open enrollment from October 15 to December 7, to make whatever changes may be needed for 2020.

The Society is offering individual counseling and consultation with the University of Colorado School of Pharmacy students to review current plans and suggest changes if necessary.

For more information about Medicare Monday visit [www.senioranswers.org](http://www.senioranswers.org) or call 303-333-3482 to talk with a counselor.

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



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# NEWS OF THE WEIRD



SPECIAL TO THE SENIOR BEACON FROM THE EDITORS OF ANDREWS MCMEEL

**IT STARTED OUT** innocently enough. A road-tripping couple stopped in Grosse Tete, Louisiana, on Sept. 18 to let their deaf pup relieve himself. As they stretched their legs, they wandered over to the Tiger Truck Stop petting zoo and an enclosure that's home to Caspar the Camel, and the man started throwing treats inside. But when their dog breached the fence to get at the treats, the woman, ignoring "No Trespassing" signs, followed. As she chased the dog, her husband shoved the camel and swatted him with his hat. That's when Caspar lost his cool, settling his 600-pound camel booty right on top of the woman; she told officers from the Iberville Parish Sheriff's Office that she did the only thing she could do: "I bit his balls to get him off of me." Deputy Louis Hamilton Jr. cited the couple for leash law violations and criminal trespassing, siding with Caspar: "The camel did nothing wrong," Hamilton told The Advocate. "The camel has never been aggressive." A veterinarian treated the camel with antibiotics after the incident. [The Advocate, 9/22/2019]

*Can't Possibly Be True*  
A Trumbull County (Ohio) sheriff's deputy pulled over an Amish buggy on Donley Road early on the morning of Sept. 15 after the officer noticed a few oddities about the vehicle. For one, there were two Amish men inside who were drinking, and on the buggy's roof rode a 12-pack of beer. And, according to Fox 8, the old-fashioned conveyance sported an unlikely modern convenience: a stereo system with large speakers. As soon as the buggy came to a stop, the two men jumped out and escaped into heavy woods near the road. Meanwhile, the horse, trailing the buggy, took off. The officer was able to catch up with the horse and have the buggy towed; the drivers were still at large. The buggy "is a vehicle, it's on the roadway and the ... laws do apply," said Chief Deputy Joe Dragovich. "You're not allowed to drink and drive or operate a buggy." [Fox 8, 9/17/2019]

*Seemed Like a Good Idea at the Time*  
■ The Tennessee Titans were all

fired up for their NFL home opener on Sept. 15 at Nissan Stadium in Nashville. Accordingly, so was some of their pyrotechnic equipment -- which caught fire during player introductions, spreading flames and thick, black smoke near one end zone. According to Bleacher Report, no one was hurt, and flames were extinguished quickly. But the NFL, taking its usual proactive stance, placed a ban on "all flame effects and pyrotechnics used on its playing fields" until an investigation can be completed. [Bleacher Report, 9/20/2019]

■ Police arrived at the home of Vernelle Jackson, 83, in Norway, Maine, on Sept. 17, inquiring about the whereabouts of another unnamed woman in her 80s who had reportedly lived with Jackson. As police excavated the back yard and the story unfolded, Jackson admitted to authorities and WMTW News 8 that she was the one who buried the woman, about 18 months ago. "She begged me when she passed away that she didn't have enough insurance to bury her, and I don't have it. And

she said, 'Will you promise me to bury me in your yard so I'll be close?' ... I finally agreed to do it to satisfy her," Jackson explained. "I put her in a tarp. I didn't carry her. I have COPD. I couldn't breathe that good." She was surprised to learn that she would have needed a permit to legally bury her friend in her yard, and she's still unclear whether she's in trouble with the law. The State Medical Examiner's office is working to ID the body and determine the cause of death. [WMTW, 9/18/2019]

*Least Competent Criminals*  
Two football-crazed fans of Kansas City Chiefs QB Patrick Mahomes couldn't quite pull off a heist in Lawrence, Kansas, on Sept. 16. Pulling up to a McDonald's, the two ran inside, grabbed a life-size cardboard cutout of Mahomes and ran out, stuffing the promotional piece into their car. Lawrence Police spokesman Patrick Compton told the Lawrence Journal-World that as they received the call about the theft, they were working a car crash nearby -- in which one of the vehicles just happened to have a

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# NEWS OF THE WEIRD



SPECIAL TO THE SENIOR BEACON FROM THE EDITORS OF ANDREWS MCMEEL

Mahomes cutout in the back seat. Officers questioned the suspects and ordered them to appear for alleged theft. Flat Pat was returned to the McDonald's. [Lawrence Journal-World, 9/18/2019]

*Bright Idea*

Paul Nixon, 51, is sought in Harris County, Texas, on charges of felony aggravated perjury after taking a novel approach to divorce. Nixon filed for divorce in February but forged his wife's signature and the name of a notary on the legal papers, the New York Post reported. A judge declared the divorce final in April -- but the wife didn't find out until May, when she noticed strange spending habits of his.

"She started finding things showing that he was spending money on jewelry, so she confronted him and he told her that they were actually divorced," Constable Mark Herman said. "They are still married. The fraudulent divorce papers have been retracted." However, Nixon, who could face 10 years in prison, had so far eluded police. [New York Post, 9/18/2019]

*Compelling Explanation*

Kristine, 45, and Michael, 43, Barnett of Lafayette, Indiana, adopted a 6-year-old Ukrainian-born girl, Natalia Grace, with dwarfism in 2010. Nine years later, much to their confusion, they are charged with abandoning her.

Within their first few weeks as a family, the Barnetts noticed that Natalia seemed to be older than they had been told, with a sophisticated vocabulary, pubic hair and menstrual periods. A doctor ordered bone density tests to check her age, and results suggested she was at least 14. So they began to treat her like a teenager. Then, the Barnetts claim, Natalia began making death threats against them. At a psychiatric hospital where she was treated, she told doctors she was much older and wanted to kill her family. "She was standing over people in the middle of the night. We had to hide all the sharp objects," Kristine Barnett told The Daily Mail. In 2012, they

legally changed her age (from 8 to 22) and helped her get benefits so she could continue to receive psychiatric care, and in 2013, with Natalia living independently in an apartment, the Barnetts and their son moved to Canada. Soon after, they lost touch with the girl. But inexplicably, a second set of bone density tests, performed in 2010, surfaced, arguing that Natalia was at that time just 8 years old, and she told police herself in 2014 that she had been "left alone" when her parents moved to Canada. Michael and Kristine Barnett surrendered to the Tippecanoe County Sheriff's Department on Sept. 18 and 19, charged with abandonment of Natalia. [Daily Mail, 9/24/2019]

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- Oct. 3 – Chili Relleno Casserole, Pinto Beans, Callabilities, Cinnamon Applesauce, Banana Chocolate Bar.
- Oct. 4 – Chicken Salad Sandwich, Vegetable Cous-Cous, Harvard Beets, Fresh Orange, 2 Sli. Bread.
- Oct. 7 – Manicotti w/sauce, Honey Glazed Carrots, Steamed Broccoli, Chicken Gumbo Soup/Crackers, Apricots.
- Oct. 8 – Chicken Scaloppini, Rice Pilaf, Roasted Brussel Sprouts, Vegetable Florentine Soup/Crackers, Cranberry Pear Salad, Raisin Nut Cup.
- Oct. 9 - Beef Taco Salad, Seasoned Mixed Beans, Stewed Tomatoes, Strawberry Blueberry Crisp, Lettuce Tomato Garnish.
- Oct. 10 – Beef Pot Pie, Parslied Potatoes, Seasoned Asparagus, Split Pea Soup/crackers, Apple Fruit-Cup.
- Oct. 11 – Baked Fish w/Dill, Scalloped Potatoes, Scandinavian Mixed Vegetables, Chicken

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- Oct. 14 – Chicken Noodle Casserole, Orange Glazed Carrots, Broccoli Walnut Parmesan, Tomato & Rice Soup, Strawberries & Pineapple, Sweet & Sour Coleslaw.
  - Oct. 15 – Chicken Enchilada Casserole, Seasoned Black Beans, Seasoned Mixed Vegetables, Green Chili Soup/Crackers,

- Diced Peaches.
- Oct. 16 – Tuna Salad Sandwich, Capri Mixed Vegetables, Asparagus, Garden Veg. Soup/Crackers, Orange w/Whipped Topping, 2 Sli. Brd.
  - Oct. 17 – Roast Beef w/Gravy, Mashed Potatoes, Cheesy Cauliflower, Dinner Roll/Margarine, Peas & Carrot Salad, Apple.
  - Oct. 18 – Frittata, Sweet Potatoes, Zucchini & Tomatoes, Lentil

- Soup/Crackers, Orange.
- Oct. 21 – Swedish Meatballs, Parslied Pasta, Roasted Brussel Sprouts, Beef Mushroom Barley Soup/Crackers, Waldorf Salad.
  - Oct. 22 – Cheese Tortellini, Seasoned spinach, Winter Mixed Vegetables, Breadstick/Tomato Cucumber Salad, Strawberries & Peaches, Raisin Nut Cup.
  - Oct. 23 – Herb Baked Chicken, Rice Pilaf, Seasoned Succotash, Carrot & Sweet Potato Soup/Crackers, Confetti Cottage Cheese Crunchy, Banana.
  - Oct. 24 – Sweet & Sour Pork, Steamed Rice, Oriental Vegetables, Black Bean Soup/Crackers, Fruit Cocktail.
  - Oct. 25 – Chicken Fajita, Seasoned Pinto Beans, Oregon Mixed Vegetables, Tortilla, Spiced Plums, Yogurt, Oranges.
  - Oct. 28 – Salisbury Steak, Scalloped Potatoes, Peas & Carrots, Dinner Roll/Margarine, Lentil Soup, Grape-Fruit Cup.
  - Oct. 29 – Chicken Tarragon, Penne Pasta, Garden Vegetables Italian Chicken Noodle Soup/Breadstick, Fresh Apple.
  - Oct. 30 – BBQ Beef Sandwich, Roasted Cauliflower, Corn Brien, Tomato & Rice Soup/Crackers, Diced Pears, Hamburger Bun.
  - Oct. 31 – Meatloaf w/Mushroom Gravy, Steam Rice, Steamed Broccoli, Split Pea Soup/Crackers, Strawberry & Peaches.

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# OPINION-EDITORIAL

**ANN COULTER**  
Columnist,  
author and lawyer



## THE TRANSCRIPT WE REALLY WANT TO SEE

**THE TRANSCRIPT** of President Trump’s phone call with Ukrainian President Zelensky is yet another illustration of the rule: Never ask a question you don’t know the answer to.

But on the basis of one drama queen’s overreaction to a rumor she’d heard about what was said on a phone call she didn’t hear (I’m assuming the whistleblower is Christine Blasey Ford), the Democrats have launched impeachment proceedings against the president.

I guess they figured it’s easi-

er than flying to South Dakota with picks and chisels and carving Trump into Mount Rushmore. But it will have the same effect.

Now that the transcript has been released, it’s The New York Times that doesn’t want anyone to see it.

The transcript I’d like to see is the one of Nancy Pelosi reading the Trump transcript.

F@CK! Whose f\*\*\*ing idea was it to demand this goddamn transcript?

F@CK!

F@CK!

F@CK!

The absolute worst version for Trump — i.e. the one being repeated non-stop on MSNBC — is that he did exactly what Obama and Biden were doing to Ukraine: intimidating an ally into giving us something in exchange for the foreign aid we were giving them.

Biden himself bragged about getting Ukraine’s prosecutor fired by threatening to withhold a big fat check from them.

The Democrats’ argument is: No, no, no! When WE were pressuring Ukraine, we were doing it for good! Don’t you understand? We’re good; they’re bad.

The other reason the media are going to have to bury this transcript is that Trump brought up a few items that the media have been hoping the public

would never find out about.

Trump said: “There’s a lot of talk about Biden’s son, that Biden stopped the prosecution and a lot of people want to find out about that so whatever you can do with the attorney general would be great. Biden went around bragging that he stopped the prosecution, so if you can look into it ... It sounds horrible to me.”

Well, that’s something the media haven’t mentioned before. Ninety-nine percent of Americans will be hearing about the funny business with Biden’s son, Hunter, for the first time with the release of this transcript.

Why did Vice President Biden order the Ukrainian president to fire the prosecutor investigating the Ukrainian company paying his son millions of dollars? Are Democrats claiming that this company was clean as a whistle and it was an absolute OUTRAGE that it was being investigated?

Ukraine was looking into the company that conveniently placed Hunter Biden on its board long before Trump came on the scene. Something must have made the Ukrainian prosecutor want to investigate Biden’s company — and it sure wasn’t to curry favor with the Obama/Biden administration.

The second issue the media does not want anyone to think about is

CrowdStrike.

What is CrowdStrike, you ask? That is the cybersecurity firm that is the sole source of the claim that the Russians hacked the DNC’s emails — which launched the conspiracy theories that tied our country in knots for the past three years.

The Russian collusion story was originally hatched by Hillary Clinton in the summer of 2016 to cover up the utter corruption revealed by the dump of Democratic National Committee emails on Wikileaks. As was her practice whenever a scandal threatened to engulf her, Hillary rushed out and told the press to investigate something else.

And “the great story” about the DNC email hack wasn’t about a “vast right-wing conspiracy” — as she claimed when the Monica Lewinsky scandal broke. No, this time, it was a vast Russian conspiracy!


At the time, the entire media laughed at Hillary’s Russian conspiracy nonsense — The New York Times, New York Newsday, the Los Angeles Times and so on. But then Trump won the election, and suddenly the Russia conspiracy seemed totally believable. What else could explain how Americans could put this boob in the White House?

The subsequent three years of breathless Russia coverage was based entirely on the word of one

cybersecurity firm, CrowdStrike, that the DNC’s emails had been hacked by Russia. Recall that the DNC wouldn’t allow the FBI or any other U.S. government official anywhere near its computers. That’s precisely why so many cybersecurity experts doubted that it was the Russians: The FBI was never allowed to perform its own investigation.

CrowdStrike was founded by Ukrainian Dmitri Alperovitch (now an American citizen apparently — because who isn’t?) and funded by the fanatically anti-Russian Ukrainian oligarch Viktor Pinchuk Foundation.

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◀ FROM LIGHT, PAGE 6

when he was with the Publican. “Thank God I’m not like other men!” Occasionally a letter from a prisoner states he or she refuses to go to church because sex offenders or homosexuals attend. This is similar to individuals on the outside who say, “I don’t go to church because it’s full of hypocrites.” This is no less than what the Pharisee said, “Thank God I am not like them.” We are all sinners in need of a Savior. Jesus spent time with vile sinners. He was ridiculed and reviled for this but His answer made it clear who the sinner was. Jesus heard what they were saying, he told them, ‘Sick people need the doctor, not healthy ones! I haven’t come to tell good people to repent, but the bad ones’ (Mark 2:17 TLB). Jesus knew He could not help the religious self-righteous until they humbled themselves and admitted their need for a Savior and that their religion could not save them.

Mask wearing is hypocrisy. Pretending to be something we are not is an attempt to project a phony image of our real self.

Masks can be dangerous. Advertisements and commercials attempt to sell products to enhance looks, fashion, feelings and prestige. Fashion clothes, new cars and fancy homes are promoted for appearance and self image. The desire to make an impression causes some to fall into an over-spending trap. Satan whispers in ears, “Trick or treat!” as he offers the trap disguised as a treat enticing us with things we are convinced will make us happy. Jesus offers us life abundantly and we don’t have to do a trick for it. He is the TREAT!

When I was a child, “trick or treat”

meant if the home owner didn’t produce a treat then little goblins pulled a trick such as soaping windows or putting yucky stuff on the door step. There is now a twist to it at my home. When trick-or-treaters knock on my door, I greet them with a basket of candy, Christian tracts and this question: “Is this trick or treat?” Giggling and bouncing, their little heads nod vigorously. Then they are taken aback, dumbfounded by my next statement. “Okay, if you want a treat, show me your trick.”

They look at each other, totally puzzled. “Huh?”

“That’s right! If you want a treat,

you have to do a trick! Do you have a trick?” Slowly they put down their bags, thinking of things they can do and the fun begins. They try to outdo each other with hilarious antics and tricks. Some sing songs or tell jokes. Others become horses galloping in circles and neighing at the top of their lungs. I don’t know who has more fun: the children, the parents or me.

One thing for sure, my Halloween evenings have certainly changed. This is new to most of the children and they remember it. They remember the house where they didn’t just receive candy in their bag but the opportunity to work for it

and to hear that Jesus loves them. I include a tract for their parents too. Try this! It will be the most fun you have had on Halloween night since you were a child. We have the promise of SWEET rewards! And if anyone gives even a cup of cold water to one of these little ones because he is my disciple, I tell you the truth, he will certainly not lose his reward (Matt. 10:42).

© 2019 Jan McLaughlin, all rights reserved. (From the Book, *Light For The Journey*) Jan is Director of Prayer For Prisoners International and can be reached at 719-275-6971 or by e-mail: [Jan@PrayerForPrisoners.org](mailto:Jan@PrayerForPrisoners.org).

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# REELING

## NEW FILM FILLS EMOTIONS WITH JOY OF MUSIC

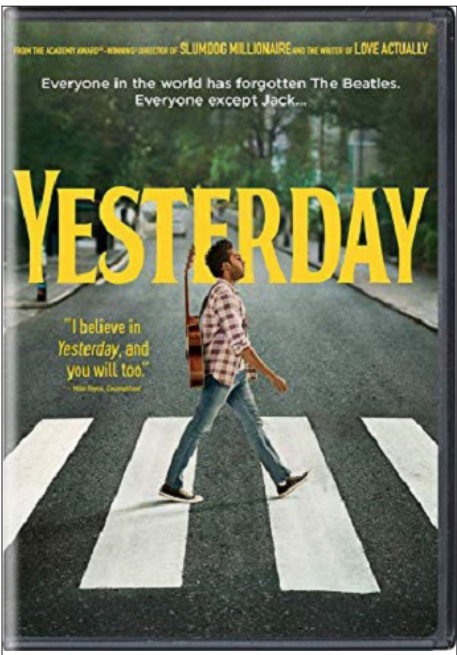
'YESTERDAY' A FUN,  
CHARMING HOMAGE TO  
FOUR LIVERPOOL TALENTS

**BETTY JO TUCKER**  
Pueblo award  
winning film critic



Put yourself in Jack Malik's strange situation. Recovering from a motorcycle accident that happened during a power outage, this songwriter/singer discovers that he's the only one who remembers the Beatles or any of their tunes. What would you do? "Yesterday" shows what Jack decides and how this changes his life forever.

It's a fun, charming and creative musical homage to those four talented lads from Liverpool. Himesh Patel (Britain's TV "East Enders") brings Jack to life on screen. He makes this character one we care for, even when we don't agree with his actions. And his voice, though not terrific, sounds just right for someone trying to do justice to the iconic tunes. He's also poignantly funny, especially in an annoying but wonderful comic scene where he tries to sing and play "Let It Be" for his parents.



And yet his beautiful, warm rendition of "Yesterday" almost made me cry. But his most surprising number comes at the end as he shocks us with his rock star version of "Help!" I loved listening to the fabulous Beatles music. But my grown-up daughter heaped even more praise on the film. While we walked out of the theater, she said, "I think that's my all-time favorite movie now. It's filled with such joy of music!"

*Past music gone from memories—*

*Lyrics, rhythm and melodies  
A blackout caused this mystery.  
But one man was immune, you see.*

*Jack remembers each Beatles song.  
Would stealing them be right or wrong?  
A songwriter, performer too,  
his career going down the loo.*

*Will Jack hold back these tunes so great?  
Get on with it, don't hesitate!  
Fame and fortune then follow him.  
His life no longer looking grim.*

*Yet guilt creeps in a bit each day.  
How long can Jack go on this way?  
"Yesterday" mines this gold so well,  
we must fall under its sweet spell.*

*Joy of music in each scene glows  
The Beatles genius through it flows.  
And when it's done, you will still smile.  
Just let it be – a film beguile.*

Patel's supporting cast members also deserve praise. Lily James ("The Guernsey Literary and Potato Peel Pie Society") delivers an adorable performance as the loyal young woman in love with Jack for many years. Kate McKinnon ("Ghostbusters") evokes laughter with her obsession to make Jack the greatest star in the world.

Joel Fry adds more fun as Jack's best pal who can be awkwardly insensitive at times. And Ed Sheeran absolutely nails the role of – himself!

Thanks to director Danny Boyle ("Slumdog Millionaire") and writer Richard Curtis ("Love, Actually") for their good judgment in deciding to take on this special movie musical.

I even forgive them for the sneaky way they set things up for a sequel. In fact, I would like to be first in line at the box office for that one. (Released by Universal Pictures and rated "PG-13" for suggestive content and language. Available now on DVD.)

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# FOR A HEALTHIER YOU

## 12 Ways to Help An Alzheimer's Caregiver

ONE IN EIGHT Americans over the age of 65 and almost half of those over 85 have Alzheimer's disease or a related type of dementia — that is, loss of cognitive functioning.

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



Alzheimer's disease (AD), the most common form of dementia, involves gradual breakdown of nerve cells in the brain. Affected persons lose the ability to interpret information and to send messages to their body to behave in certain ways. Over time they experience mental, emotional, behavioral and physical changes, necessitating increasing amounts of supervision and, eventually, hands-on help with activities of daily living. Family members, particularly wives and daughters, provide most

— and in many cases all — of that care. They are at increased risk for depression and other health problems due to the emotional strain and physical toll of caregiving. The following are some things that you, as a friend or relative, can do to help prevent an Alzheimer's caregiver you know from wearing down.

**Keep in touch**  
Recognize that you may have to make most of the effort in maintaining the relationship.

**Become informed**  
Educate yourself about AD — to help you understand the kinds of challenges caregivers can be faced with — and share information with family and friends. Share findings with the caregiver as well — especially strategies for managing challenging behavior.

**Lend an ear**  
Listen non-judgmentally and

demonstrate compassion. Don't give unsolicited advice. Connect them with other caregivers. Locate caregiver support groups (contact the local office on aging or Alzheimer's Association chapter) and encourage the caregiver to try one. Offer to stay with their relative while they attend meetings or, if concurrent care is provided, accompany them to the first meeting.

**Promote self-care**  
Encourage the caregiver to eat nutritiously, exercise and get sufficient rest in order to maintain good health. Do whatever you can to help make this happen. For example, bring over a meal, or offer to sit with their relative while they go for a walk or take a nap. Also encourage them to get regular medical checkups. Offer to stay with their relative while they attend appointments.

**Provide practical help**

Determine what kind of assistance the caregiver could use most. Perhaps it's picking up groceries, running errands, or doing laundry or yard work. If your assistance is declined, continue to express your desire to help. Meanwhile, take it upon yourself to deliver a casserole or baked goods or, if you're a neighbor, sweep both walks or bring in both sets of garbage bins.

**Surprise the caregiver with a treat**  
Ideas include a movie, a favorite magazine, fresh flowers or a plant, or a gift certificate to a restaurant that has delivery service. If you're on a limited income, sign out reading material, movies or music CDs from the local library.

**Give the caregiver a break**  
Offer to sit with their relative for an hour while they go out to a hair appointment or to worship, or for a longer stretch so they can attend a social event.

**Locate resources**  
Offer to obtain information about community support services — such as accessible transportation, home care, adult day care and res-

► SEE **PETSCHKE**, PAGE 18

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- Oct. 3: Hot turkey sandwich, whipped potatoes, asparagus amandine, pineapple mandarine compote, banana
- Oct. 4: Stuffed peppers, chopped spinach with malt vinegar, apple-sauce cake, ww bread with butter
- Oct. 7: Chicken a la king, tossed salad with ranch, green peas, orange, raisin nut cup, biscuits
- Oct. 8: Salisbury steak, brown gravy, smashed red potatoes, California mixed veggies, nectarine, ww bread
- Oct. 9: Bake potato, broccoli with cheese sauce, tossed salad, lite French, plum and fruit cocktail, drop biscuit
- Oct. 10: Swedish meatballs, whipped potatoes with gravy, chopped spinach, orange, bran muffin
- Oct. 11: Chicken and noodles, seasoned green beans, baked acorn squash, apricot pineapple compote, ww bread with butter
- Oct. 14: Chili con carne, corn-bread, spinach salad with mandarin oranges, apricot pineapple compote

- Oct. 15: Corned beef sandwich on rye, swiss cheese, creamy coleslaw, banana, roasted unsalted peanuts
- Oct. 16: Roast turkey with gravy, smashed red potatoes, butternut squash, creams of spinach soup, ww rolls, orange
- Oct. 17: French dip sandwich with au jus, oven browned potatoes, mixed veggies, strawberries
- Oct. 18: Lemon baked fish, tarter sauce and lemon, rice pilaf, creamy coleslaw, green beans and mushrooms, apple, ww bread with butter
- Oct. 21: Roast pork loin with gravy, smashed red potatoes, orange spiced carrots, orange, ww roll
- Oct. 22: Pueblo beef stew, brown rice, cornbread, creamy coleslaw, raisin nut cup, orange
- Oct. 23: BBQ chicken, potato salad, spinach salad with mandarin oranges, apple, ww roll with butter
- Oct. 24: Tuna noodle casserole, Italian green beans, spinach salad with mandarin oranges, pineapple tidbits, ww dinner roll
- Oct. 25: Italian sausage, marinara sauce, spaghetti, broccoli, tossed salad, pears, ww bread
- Oct. 28: Sloppy Joe on a bun, scalloped potatoes, broccoli and carrots, apple
- Oct. 29: Scalloped potatoes with ham, spinach salad with mandarin oranges, hard-boiled egg, mixed veggies, sliced peaches
- Oct. 30: Hamburger on a bun, catsup, mustard, onion, split pea soup, creamy coleslaw, banana
- Oct. 31: Turkey pot pie, herbed green beans, apples baked w raisins

SALIDA/BUENA VISTA

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

- Oct. 1: Chili con carne, steamed cornbread, trail mix with nuts and raisins, apple
- Oct. 3: Hot turkey sandwich, whipped potatoes, asparagus amandine, pineapple mandarin compote, banana
- Oct. 4: Stuffed peppers, chopped spinach with malt vinegar, applesauce cake, ww bread with butter
- Oct. 8: Beef broccoli stir fry, steamed brown rice, steamed carrots, pineapple tidbits, ww bread
- Oct. 10: Swedish meatball, whipped potatoes with gravy, chopped spinach, orange, bran muffin
- Oct. 18: Lemon baked fish, tarter sauce and lemon, rice pilaf, creamy coleslaw, green beans and mushrooms, apple, ww bread with butter
- Oct. 22: Pueblo beef stew, brown rice, cornbread, creamy coleslaw, raisin nut cup, orange
- Oct. 24: Tuna noodle casserole, Italian green beans, spinach salad with mandarin oranges, pineapple tidbits, ww dinner roll
- Oct. 25: Italian sausage, marinara sauce, spaghetti, broccoli, tossed salad, pears, ww bread
- Oct. 29: Sloppy Joe on a bun, scalloped potatoes, broccoli and carrots, apple
- Oct. 31: Turkey pot pie, herbed green beans, baked potato, apples baked with raisins

PENROSE CENTER

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 Call in advance, 719-372-3872.

- Oct. 1: Chicken and Dump-lings, Vegetable
- Oct. 3: Tater Tot Casserole, Carrots, Jello Salad
- Oct. 8: Tuna Noodle Casse-role, Peas
- Oct. 10: Chicken Fried Steak, Potato, Green Beans
- Oct. 17: Pork Chop, Dressing, Vegetable
- Oct. 19: Chili Dog, French Fries, Fruit
- Oct. 22: Hamburger/ Cabbage Casserole
- Oct. 24: BBQ Beef Sandwich,

Potato Chips, Fruit

- Oct. 29: Oven Fried Chicken, Mashed Potatoes and Gravy, Veg
- Oct. 31: Halloween Potluck

Menu Subject to Change - Sug-gested Donation \$3.00

NOTES:  
 ✓ Bread and milk available with most meals

FLORENCE

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

- Oct. 1: Spinach cheese squares, tossed salad with pear, whipped hubbard squash, citrus cup, ww bread w butter
- Oct. 3: Hot turkey sandwich, whipped potatoes, asparagus amandine, pineapple mandarin compote, banana
- Oct. 4: Stuffed peppers, chopped spinach with malt vinegar, applesauce cake, ww bread with butter
- Oct. 8: Slopper Joe on a bun, scalloped potatoes broccoli and carrots, apple
- Oct. 10: Swedish meatball, whipped potatoes with gravy, chopped spinach, orange, bran muffin
- Oct. 11: Chicken and noodles, seasoned green beans, baked acorn squash, apricot pineapple compote, ww bread w butter
- Oct. 15: Beef and broccoli stir fry, brown rice, steamed carrots, pineapple tidbits, ww bread
- Oct. 17: French dip sandwich w au jus, oven browned pota-toes, mixed vegetables, straw-berries
- Oct. 18: Lemon baked fish, tarter sauce and lemon, rice pilaf, creamy coleslaw, green beans and mushrooms, apple, ww bread with butter
- Oct. 22: Smothered pork chop with cream country gravy, smashed red potatoes, collard greens, apple, bran muffin
- Oct. 24: Tuna noodle casse-role, Italian green beans, spin-ach salad with mandarin orange-s, pineapple tidbits, ww dinner roll
- Oct. 25: Italian sausage, mar-inara sauce, spaghetti, broccoli, tossed salad, pears, ww bread
- Oct. 29: Roast pork loin, brown gravy, smashed red potatoes, orange spiced carrots, orange, Mitzie's ww dinner roll with butter
- Oct. 31: Turkey pot pie, her-bed green beans, baked potato, apples baked with raisins

ALL MEALS SERVED  
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# SENIOR SAFETY

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## Accelerated Nursing Assistant Program

ST. THOMAS MORE Hospital is offering a three-week Nursing Assistant Program beginning October 14 at the Education Center in Florence. This accelerated program is a great alternative to traditional college courses that take place over the course of a semester, spanning around three months. The small class size provides an intimate learning environment with ample hands-on training. All program instructors are Registered Nurses who have extensive experience in nursing.

Required class time is Monday through Thursday from 8 a.m. to 4:30 p.m. Fridays are dedicated work session days. Upon completion of the program, students will be able to demonstrate knowledge of common elements required for certification by the Colorado State Board of Nursing. Students will be able to demonstrate compliance with standards of practices for NA's and competence with all skills required for certification.

Prior to enrollment, it is required of students to have a copy of a legally issued Colorado ID, High School Diploma or equivalent or current proof of enrollment as a Junior or Senior, clear background check, negative drug screen, immunizations (see the application for the full list), influenza vaccine for the September-December flu season and a signed injury/liability waiver.

If you meet the requirements above and would like to advance in your career, contact Marsha Bell at 719-269-2998 or [marshabell@centura.org](mailto:marshabell@centura.org) to arrange pick up of an application. Please register at least seven days prior to October 14 to allow for the drug screen and background check to clear. The cost of the course is \$894 which covers the application fee, tuition, lab and

supply fees, textbook and workbook. Scholarship payment plans are available.

The program is also partnered with the Colorado Workforce.

... Also from St. Thomas More Hospital

St. Thomas More Hospital (STM) invites the women of our community and their loved ones to clad themselves in pink and join STM associates for a girls' night out on Monday, October 7, for the "Margaritas and Mammos" event in honor of Breast Cancer Awareness month.

Hospital representatives encourage women to bring a friend, family member or co-worker to share in the fun.

The event kicks off at 4:30 p.m. at E-Free Church, 3000 E. Main Street, with registration, mock margaritas, a and informational booths followed by a delicious dinner. Participants will then be treated to a presentation about breast cancer prevention, early detection, resources and treatment by Stephen Girard, MD, FACS, MD Anderson Cancer Network® Certified Physician, a general surgeon specializing in breast care and medical director of St. Mary-Corwin Medical Center's Breast Center of Excellence and Wendy Girard, MD, Family Medicine physician and medical director of St. Mary-Corwin's high-risk breast clinic. The evening will conclude with special prizes.

"This event allows women from across our community to learn

more about breast health and teaches participants how to detect breast cancer and what resources are available for treatment of the disease," said Kristi Olson, CEO, St.

Thomas More Hospital. "We have many return participants who love taking part in the event, but we also have new faces each year that may have never heard about what breast cancer looks like or feels like.

We want to educate the women in our community because we understand that early detection is key to survival."

**This month's Senior Safety Page is Proudly Sponsored by AMERICAN VEIN INSTITUTE. Give them a call right away! And thank them for sponsoring this valuable addition to the Senior Beacon!!**

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Dian & Gerry  
Montgomery



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*Unfortunately, some local cemeteries don't command the same care. Weeds are pervasive, overgrown trees and tree roots have knocked down headstones, and complaints go unanswered.*

*We invite you to visit Mountain View Cemetery today before making a decision on a final resting place for your loved one. Discover the serene, well-kept cemetery that speaks volumes about you and your loved ones.*

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# Are Lawns Worth the Trouble?

**THERE'S NO NEED** to defend your turf: A carpet of lawn -- even if it includes clover, violets and a smattering of dandelions -- is a beautiful, time-honored tradition, sweeping

**MARTY ROSS**  
Freelance garden  
journalist and  
syndicated  
gardening columnist



back to the age of village greens. For lots of people, lawns are all there is to gardening. But lawns are also the gentle background to the angles and architecture in our residential landscapes, the soothing green swath around a home. Patches of lawn knit our neighborhoods together. They frame our flower gardens and give kids a place to play.

"There is something about our vision of home -- lawn is attached to that," says Chrysanthé Broikos, a curator at the National Building Museum in Washington, D.C., where a gigantic indoor lawn of artificial turf was the centerpiece of the museum's

summer installation. "Developers are putting more homes on less land," she says. "People are willing to have a smaller lawn, but they still want a piece of it."

Working with the Rockwell Group's LAB, a professional architecture and design studio, the museum created a lawn that became much more than a great expanse of grass. Hammocks and deck chairs were scattered everywhere. Virtual fireflies lit the scene at night. Crickets chirped in the soundtrack, and the bell of an ice cream truck could be heard in the distance, along with the gentle roar of lawn mowers. Visitors felt right at home, says Cathy Frankel, the museum's vice president of exhibitions and collections. She was pleased to see kids rolling in the grass: It seemed to come naturally. A lawn is "a place to take your shoes off, relax and create memories," she says, and visitors took the exhibit's cues without hesitation -- they spread picnic blankets, played lawn games and simply hung out.

Lawns are big business. Americans spend billions of dollars every

year on lawn care -- including the cost of buying and maintaining lawn mowers and investing in seed, sod, hoses, sprinklers, irrigation systems, fertilizers and pesticides. The average lawn takes up 20% to 30% of most home lots, says Ben Hamza, director of technical operations at TruGreen, a national lawn care company.

If you mow your lawn yourself, you're probably committed to doing the job once a week during the gardening season, and if you pay someone else to do it, you're probably paying \$30 to \$80 or more, according to lawn research data for 2019. "The desire to maintain a healthy outdoor living space has not changed" over the years, Hamza says, "but more people are busy, and they don't have the time or knowledge to take care of their grass. More people are looking for help."

Neighborhood teenagers who cut the grass for pocket money are a vanishing breed: They're being replaced by pros. About 100,000 landscaping companies mow and maintain residential lawns across the country, and the industry is

growing. TruGreen handles lawn, tree and shrub care for about two million residential customers in the U.S. and Canada.

Healthy turf is the best defense against lawn problems, Hamza says. A healthy lawn out-competes weeds, helps control erosion on your property and limits runoff into overburdened storm drains. Proper mowing -- don't scalp your lawn -- encourages grasses to put down a deep and thriving root system that doesn't demand constant watering and tolerates droughts with ease.

Lawn-care customers wish to be good stewards of the environment, Hamza says. They want environmentally safe and sustainable solutions to the challenges of maintaining a good-looking lawn. Protecting pollinators, including bees, is a priority, Hamza says, and, when pesticides are called for, customers expect lawn professionals to use them responsibly and with discretion. Lawn care products should also be safe for people, as well as for pets.

## SENIOR



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RELIGION

# Paying It Forward

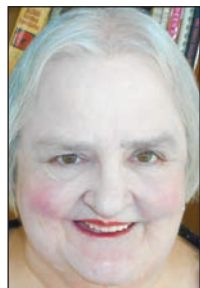
**HER SMILE MAKES** my day. She steps away from what she's doing to give me a hug. Often, we pray together.

She may visit other people more often, but it doesn't matter. Her kindness draws me to her, and I bask in her gentle light.

When she suggested I write a column about kindness, I jumped on the topic. Kindness benefits all concerned, without worry about payment.

In recent history, kindness made two international figures famous. Mother Theresa worked among India's poor. Princess Diana connected with common people. She said,

**DARLENE FRANKLIN**  
Writing at the Crossroads  
of Love and Grace



"Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you." After her death, people poured out final acts of kindness on her behalf.

Many kind people have blessed me. One volunteer stayed with my troubled daughter while I enjoyed annual retreats. A church friend left anonymous Christmas bundles at needy homes. Friends continue to help me run errands.

In the 2009 film called "Pay It Forward," Haley Joel Osmont's character created a school project to encourage people to pay kindness forward. Instead of repaying the person who helped him, he helped someone else, challenging them to do the same.

The title became a catch phrase. What can we do to pay kindness forward today?

Everyone understands kindness. Offer a bus seat to someone else. Give a stray a new home. Let a friend "bor-

row" a favorite blouse.

In the nursing home, I can pass the pie to someone else and settle for applesauce. A friend asks after my family—by name. I call for help when my roommate falls. A simple smile or a hug goes a long way.

At a recent bingo contest, I was paired with a lady I'd only seen at a distance. She appeared to be rather belligerent, but I wanted to keep an open mind.

When I won three games with my first card, I told her she was my good luck charm. Her frown changed to a smile. Now she greets me by name, with a smile.

Mark Twain said, "kindness is the language the deaf can hear and the blind can see." Sounds like a nursing home. "Now" may be the only chance we have to help that person. They may not be here tomorrow.

My neighbors need kindness more than they need wisdom. They crave someone who will offer understand-

ing and empathy, and let them know they're important.

The process of being kind to others starts with treating ourselves with kindness. Nathaniel Branden put it this way: "There is overwhelming evidence that the higher the level of self-esteem, the more likely one will be to treat others with respect, kindness, and generosity."

Paying it forward starts with accepting our imperfections and forgiving ourselves for past mistakes. Accept praise given to you and don't turn it away.

Once you've done that, it's easier to pay it forward.

So, go ahead. Offer a kind word, and receive good will in return. Smile, and the world will smile with you.

*Please check out Darlene Franklin's Facebook page at <https://www.facebook.com/Poet.Darlene.Franklin/> for information about a special Christmas sale.*



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

◀ FROM **PETSCH**E, PAGE 13

idential respite programs – if none are in place, and encourage their use as appropriate.

Join the local chapter of the Alzheimer's Association.

Your support will assist them in providing aid not only to your friend or relative but also to other AD caregivers like them.

Typical chapter programs and services include a telephone hotline, support groups, a Safe Return program for those who wander, training for family and professional caregivers, a newsletter and a resource library.

Membership also makes a thoughtful gift for the caregiver, connecting them to a key resource.

Watch for signs of trouble.

Encourage the caregiver to seek help from their primary physician or a mental health worker if they feel overwhelmed or hopeless (possible signs of clinical depression), or if they start to fear for their safety or that of their loved one.

*Stand by the caregiver*

Praise their efforts and be an ongoing source of encouragement.

In particular, support them if they decide to pursue placement in a long-term care facility.

Do whatever you can to help them and their relative with the transition.

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



# SOCIAL SECURITY & YOU

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

## Social Security Can Help You Get Back To Work

**HAVING A JOB** means different things to different people, but it can give you a sense of self, a community to rely on, and much-needed structure.

Some people define themselves through their work. Others may enjoy the social aspect of their jobs.

If you rely on Supplemental Security Income (SSI) payments or Social Security Disability (SSDI) benefits and want to start working or return to work, Social Security can help.

A plan for achieving self-support (PASS) is a plan for your future. This plan lets you use your income or the resources you own to help you reach your work goals.

You could set aside money to go to school and get specialized training for a job or to start a business. PASS is for both SSI and SSDI.

The job that you want should allow you to earn enough to reduce or eliminate the SSI or SSDI benefits you currently receive.

You should use the PASS if all of these apply to you:

- You want to work.
- You get SSI (or can qualify for SSI by having this plan) because you have a disability or are blind.
- You have income, other than SSI, or resources above the resource limit, to use to get a job or start a business.

In some cases, someone on SSDI can use a PASS and become eligible for SSI while pursuing the plan. Your employment income may reduce or eliminate your SSDI benefits. Under SSI rules, any income that you have may reduce your SSI payment.

But if you have an approved plan, you can use most of that income to pay for the items you need to reach your work goal.

We don't count money set aside under the PASS when we decide your SSI payment amount.

This means you may get a higher SSI payment.

However, you can't get more than the maximum SSI payment for the state where you live.

With an approved plan, you can set aside money to pay expenses needed to reach your work goal.

You can read all about what work expenses are covered, and more, at [www.socialsecurity.gov/pubs/EN-05-11017.pdf](http://www.socialsecurity.gov/pubs/EN-05-11017.pdf).

The plan must be in writing, and Social Security must approve it beforehand. To start, contact your

local Social Security office for an application (Form SSA-545-BK). You can access this form at [www.socialsecurity.gov/forms/ssa-545.html](http://www.socialsecurity.gov/forms/ssa-545.html).

If you need help, there are many people who can help you write a PASS, including a Ticket to Work service provider, vocational counselor or a relative.

Social Security's Ticket to Work (Ticket) program supports career development for Social Security disability beneficiaries who want to work.

The Ticket program is free and voluntary.

The Ticket program helps people with disabilities progress toward financial independence.

To learn more about the Ticket program, call the Ticket to Work Help Line at 1-866-968-7842 or 1-866-833-2967 (TTY) Monday through Friday, 8 a.m. to 8 p.m. ET.

Your job isn't just a source of income — it can be a vehicle to independence or a beginning to fulfilling your dreams.

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SOCIAL SECURITY & YOU

**Question:**  
I'm applying for disability benefits. Do I automatically receive Medicare benefits if I'm approved for disability benefits?

**Answer:**  
You will receive Medicare after you receive disability benefits for 24 months. When you become eligible for disability benefits, we will automatically enroll you in Medicare. We start counting the 24 months from the month you were entitled to receive disability, not the month when you received your first payment. Special rules apply to people with permanent kidney failure and those with "Lou Gehrig's Disease" (amyotrophic lateral sclerosis). Learn more about Social Security disability benefits by reading our publication at [www.socialsecurity.gov/pubs/10029.html](http://www.socialsecurity.gov/pubs/10029.html).

**Question:**  
My brother had an accident at work last year and is now receiving Social Security disability benefits. His wife and son also receive benefits. Before his accident, he helped support another daughter by a woman he never married. Is the second child entitled to benefits?

**Answer:**

The child may qualify for Social Security benefits even though your brother wasn't married to the second child's mother. The child's caretaker should file an application on her behalf. For more information, visit us online at [www.socialsecurity.gov](http://www.socialsecurity.gov).

**Question:**  
I was wounded while on military service overseas. What are the benefits for wounded warriors, and how can I apply?

**Answer:**  
Through the Wounded Warrior program, Social Security expedites processing of disability claims of current military service members or veterans disabled while on active duty on or after October 1, 2001. Also, service members and veterans who have a Veterans Administration compensation rating of 100 percent Permanent and Total (P&T) may receive expedited processing of applications for Social Security disability benefits. Keep in mind, this expedited process applies to only the application for benefits. To be eligible for benefits, you must meet Social Security's strict definition of "disability," which means:

- You must be unable to do substantial work because of your medical

condition(s); and

- Your medical condition(s) must have lasted, or be expected to last, at least one year or to result in death.

You can apply online at [www.socialsecurity.gov/applyfordisability](http://www.socialsecurity.gov/applyfordisability) or call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778).

You can find more information for veterans at [www.socialsecurity.gov/people/veterans](http://www.socialsecurity.gov/people/veterans).

**Question:**  
I am applying for disability benefits. Why do I have to answer questions about my previous job and education?

**Answer:**  
When making a decision regarding disability benefits, the Disability Determination Services, or DDS, uses information related to your prior work and education levels to supplement the medical information. This helps DDS to determine how your conditions relate to your past relevant work. For more information regarding the disability process, please visit [www.socialsecurity.gov/disabilityssi/](http://www.socialsecurity.gov/disabilityssi/).

**Question:**  
I've read there is a five-month waiting period before my Social Security disability payments start. Are there

any exceptions to this waiting period? Can I receive SSI during this waiting period?

**Answer:**  
While there are no exceptions to the five-month waiting period, you may be able to receive SSI payments if you have met Social Security's strict definition of disability and meet the income and resource requirements of the SSI program. For more information regarding the income and resource requirements of the SSI program, please visit [www.socialsecurity.gov/disabilityssi/ssi.html](http://www.socialsecurity.gov/disabilityssi/ssi.html).

**Question:**  
I get disability benefits and so does my cousin. Her children receive benefits on her record. I took an application for my children to receive benefits, but I was told that they were not eligible for payment. Why is this?

**Answer:**  
There are a few different reasons why a child might not receive benefits from a parent when the parent receives disability benefits. A child must be unmarried, below the age of 18, or younger than 19 and 2 months and still enrolled in high school. A child may also receive benefits if they were disabled before they turned 22. If these conditions are met and benefits are still not payable, it is possible that the parent is receiving the maximum amount payable by law on their own benefit. Additionally, if worker's compensation is involved, the amount due to the children may be held as part of the parent's worker's compensation offset. For specific details regarding your own record, please contact your local Social Security office or call 1-800-772-1213 (TTY 1-800-325-0778) between the hours of 7 a.m. and 7 p.m. Monday through Friday.

**Question:**  
My uncle states that he is considered to be 70 percent disabled through the VA. Does Social Security rate my disability on a percentage scale?

**Answer:**  
Social Security does not rate in-



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03-20



**SOCIAL SECURITY & YOU**

dividuals on a percentage scale for disability benefits. For Social Security purposes, a disability is defined as:

- A medical condition(s) that must have lasted, or be expected to last, at least one year or ends in death; and
- The condition must prevent you from performing substantial work.

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

**Question:**

How does Social Security decide if I am disabled?

**Answer:**

If you are an adult, you must be unable to work for a year or more because of a medical condition or combination of medical impairments. Overall, we use a five-step evaluation process to decide whether you are disabled. The process considers any current work activity you are doing. It also considers your medical condition and how it affects your ability to work. To be found disabled:

- You must be unable to do work you did before you became disabled and we must decide you cannot adjust to other work because of your medical condition; and
- Your disability must last, or be expected to last, for at least one year or to result in death.

Social Security pays only for total disability. We do not pay benefits for partial or short-term disability. For more information, read our publication Disability Benefits at [www.socialsecurity.gov/pubs/10029.html](http://www.socialsecurity.gov/pubs/10029.html).

**SUPPLEMENTAL SECURITY INCOME****Question:**

I know you need to have limited resources to receive Supplemental Security Income (SSI). But what is considered a resource?

**Answer:**

Resources are things you own that you can use for support. They include cash, real estate, personal belongings, bank accounts, stocks, and bonds. To be eligible for SSI a person must have no more than \$2,000 in countable resources. A married couple must have no more than \$3,000 in countable resources. If you own resources over the SSI limit, you may be able to get SSI benefits while trying to sell the resources. Not all of your resources count toward the SSI resource limit. For example:

- The home you live in and the land it's on do not count.
- Your personal effects and household goods do not count.
- Life insurance policies may not count, depending on their value.
- Your car usually does not count.
- Burial plots for you and members of your immediate family do not count.
- Up to \$1,500 in burial funds for you and up to \$1,500 in burial funds

for your spouse may not count.

- If you are blind or have a disability, some items may not count if you plan to use them to work or earn extra income.

You may also wish to read our material on "resources" in the booklet, Understanding SSI at [www.socialsecurity.gov/ssi/text-understanding-ssi.htm](http://www.socialsecurity.gov/ssi/text-understanding-ssi.htm).

**Question:**

I have been receiving my Supplemental Security Income by direct deposit for years, but I need to change my bank account. How can I do that?

**Answer:**

For SSI benefits, you can complete changes in direct deposit by calling or visiting your local field office. In addition, you may call 1-800-722-1213 (TTY 1-800-325-0778) between the hours of 7 a.m. and 7 p.m. For more information regarding direct deposit, please visit [www.socialsecurity.gov/deposit](http://www.socialsecurity.gov/deposit).

**Question:**

Is it true that a person can own a home and still be eligible for Supplemental Security Income (SSI) benefits?

**Answer:**

Yes. A person who owns a home and lives in that home can be eligible for SSI benefits. Although there is an asset limit for people to qualify for SSI, some things don't count toward that limit, such as a house, a vehicle, and some funds set aside for burial expenses. To learn more about SSI and the eligibility requirements, browse our booklet, Supplemental Security Income at [www.socialsecurity.gov/pubs/11000.html](http://www.socialsecurity.gov/pubs/11000.html).

**Question:**

My 15-year-old sister has been blind since birth. I think she should apply for Supplemental Security Income (SSI), but my parents think because she's a minor, they're responsible for

her and she won't qualify. Who is right?

**Answer:**

To qualify for SSI, an individual must meet certain income and resource limits. Since your sister is a minor, some of your parents' income and resources will determine whether your sister is eligible for SSI. Once your sister turns 18, their income and resources won't be considered when deciding her eligibility and payment amount. Tell your parents they can check at any Social Security office to see if your sister qualifies. To learn more, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call us at 1-800-772-1213 (TTY 1-800-325-0778).

**Senior Beacon**

Senior Beacon serves Pueblo, El Paso, Fremont and the 12 surrounding counties that make up most of Southeastern Colorado. It is a monthly newspaper dedicated to inform, serve, educate and entertain the Senior Community of these areas. Subscriptions are available, pre-paid with order, at \$34.95 for one 12-month period. Send your order to the mailing list below.

Publication of advertising contained herein does not necessarily constitute endorsement. Signed columns are the opinions of the writers and not necessarily that of the publisher. Senior Beacon is locally owned and operated. Founded in February of 1982.

**BEACON NEWS GROUP**

d/b/a Senior Beacon  
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Pueblo, CO 81008

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SUBMISSIONS: Senior Beacon welcomes reader contributions in the form of senior groups news, stories, poetry, recipes and happenings. Letters to the Editor must be typed and double spaced, signed with address and phone number submitted. Deadline is the 10th of the month prior to publication.

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# SENIOR CLASSIFIEDS

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**- Vision Concierge Service -**  
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VisionConciergeService.com

**SENIOR WRITING GROUP**  
forming. Combine talents to help write a fictional novel. Weekly meetings at the Penrose Library downtown. Experience not required.  
**Call Bill Goodnight 719-251-2535**

**NEED SOMEONE TO TAKE CARE OF YOUR LOVED** ones? I do quality home-care in their home. Reliable and loving. 20 plus years experience.  
**Peggy 719-778-7570**

**FOR SALE 2016 FORD SUPER DUTY F 250** Long bed truck, gas V-8, very low mileage, with 2017 Wolf Creek 850 camper. 55K OBO. Will sell camper alone 20,000 OBO.  
**Call Gail at (719) 468-6310**

**FOUR (4) IMPERIAL GAR-DENS** Cemetery plots for sale.  
--Located in the Hillcrest section, Lot #310.  
--Individual plots currently retail for \$3,895 each.  
--Selling price for the four plots is \$6,700.

Contact information:  
Carl Harbour  
541-420-5011  
charb12149@aol.com

**MARY'S TYPING SERVICE:**  
Living + last wills: \$25/50;  
Bankruptcy, 7's: \$200/335;  
Divorces: \$150/200;  
Phone: 392-9624 or 459-8231.

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

**NEED HELP SHOPPING,** errands, rides, organizations or meal preparation? **"I can make your life easier."** \*\*Bonded and Insured, also animal-friendly\*\*  
**303-319-0613**  
*Pueblo & Pueblo West only*

**SHARE YOUR JOURNEY:** Need help documenting the highlights of your life story? Ellyn makes it easy with an on-site interview and scanning of your pictures. The result is a colorful hardback memoir that will be a family keepsake.  
**Call: Ellyn Reynolds, Personal Biographer 251-9808.**

**PREMIER CARE WALK-IN** tub with portable shower. still installed in my home. Asking \$2500. Used 4 times for my deceased wife. Pueblo West  
**547-2757**

**CLICK I'M THERE!**  
A new, local website designed by a senior--to help you surf the internet with just a click of your mouse. Local & national news, sports, weather, traffic, live cameras from around the world, music jukebox.  
**www.ClickImThere.com**

**PW: LARGE PRIVATE** bath in master bedroom, shared utilities, off-street parking & security cameras  
**--Must see to appreciate 925-800-9013**

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As a non-profit organization, we provide honest, ethical dental care focused on your personal wants and needs.  
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**Colorado Springs** (719) 310-3315  
**Grand Avenue Dental** Pueblo (719) 400-2320  
**www.CommunityDentalHealth.org**

## SENIOR CLASSIFIED AD REQUEST

This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is \$10.00 for the first 20 words or less and \$.25 for each word over twenty words.

TO PLACE AN AD either:

(1) **Write your ad** in the space provided below. **Please print clearly.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

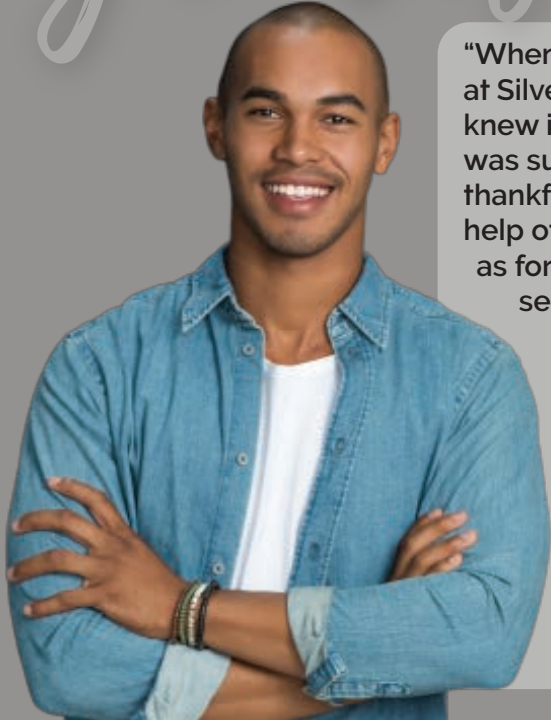
Then mail ad and check (send no cash) to:

Senior Beacon P.O. Box 8485 Pueblo, CO 81008

(2) **Email your ad** to BeaconNewsGroup@gmail.com or

(3) Visit **SeniorBeacon.info** and click the "advertise" page


**Deadline is the 20th of the month** (allow mailing time)



grateful

"When I decided to volunteer at Silver Key's Food Pantry, I knew it would be rewarding. I was surprised to find out how thankful it makes me feel to help others who may not be as fortunate as I am. The seniors served through the pantry really appreciate the food and necessities they receive and I like knowing it helps them stretch their limited budgets further. I have a lot of fun making a difference in a senior's life."

Be part of something important.  
Apply to volunteer at [silverkey.org/volunteer](http://silverkey.org/volunteer) or call 719-884-2300.







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SPECIAL EVENTS

**Ask A Lawyer:** Sat, Oct 5, 9-1 Free  
**Tunes On Tuesdays-George White-Sell:** Tues, Oct 8, 1:30-2:30 Free  
**Speed Dating:** Wed, Oct 16, 6-8 \$15  
**Craft Notion Sale:** Thurs/Fri, Oct 17-18, 9-2, Fill a bag for \$5  
**Clued-In Murder Mystery Scavenger Hunt:** Fri, Oct 18, 1:30-3 \$5  
**50+ Yoga Retreat:** Sat, Oct 19, 8:45-1 \$25  
**Tunes on Tuesday-Frank Moore:** Tues, Oct. 22, 1:30-2:30 Free  
**Open Art Gallery:** Fri, Oct 25, 5:30-7:30 \$5  
**Trick or Treat-Senior Style!** Thurs, Oct 31, 1:30-2:30 Free



DAY TRIPS

**Camp Shady Brook-Active Adult Camp:** Tues-Thurs, Oct 15-17 \$145  
**Bishop's Castle & BBQ:** Tues, Oct 22, 8:30-4:30 \$45  
**Pumpkin Patch & Corn Maze:** Thurs, Oct 24, 8:45-4 \$40  
**Nightly Spirits Ghost Tour:** Mon, Oct 28, 3-9:45 \$50

LIFELONG LEARNING

**Columbus & The Culture of the Sea:** Thurs, Oct 3, 10-11 \$5  
**Outside the Box:** Thurs, Oct 3, 3-4:30 Free  
**A Cross Culture Examination of End of Life Beliefs & Rituals:** Mon, Oct 7-28, 1-3 \$25  
**Keys to Financial Success:** Mon, Oct 7, 9:30-10:30 \$5  
**Mars:** Tues, Oct 8-15, 10-11:30 \$12  
**History of Japanese Kimonos:** Tues, Oct 8, 1:30-2:30 \$5  
**Hike for Life-Bear Creek Park:** Wed, Oct 9, 12-2 \$15  
**Getting Your Affairs in Order:** Thurs, Oct 10, 2:30-3:30 \$5  
**A Twist on Grandma's Peanut Brittle:** Mon, Oct 21, 1:30-3 \$10  
**Info On The City Bus System:** Tues, Oct 22, 10-11:30 Free  
**Burial Benefits at a National Cemetery:** Tues, Oct 22, 1-2 Free  
**Conversational German:** Wed, Oct 23-Dec 4 \$40  
Oct 25-Nov 5, 1:30-2:30 \$25  
**Christmas & Ukuleles:** Tues, Oct 29-Nov 19, 10-11 \$35  
**Maximize the Value of Your Home:** Tues, Oct 29, 1-2:30 Free

HEALTH EDUCATION

**Got That Dizzy Feeling?** Tues, Oct 1, 9:30-10:30 Free  
**Nurse Chats-Understanding Edema:** Wed, Oct 9, 9-10 Free  
**Breathe & Be:** Thurs, Oct 10, 10-11 Free  
**Holistic Wellness:** Fri, Oct 11, 10-11 Free  
**Vitality 102-Taking Vitality to the Next Level:** Mon, Oct 14, 9:30-10:30 Free  
**Planning for Long-Term Care:** Wed, Oct 16, 10-11:30 Free  
**Understanding Your DNR Status:** Thurs, Oct 17, 9:30-10:30 Free  
**Keeping Your Brain Healthy:** Thurs, Oct 24, 9-11 Free  
**Young at Heart- Aging with CoQ10:** Fri, Oct 25, 10:30-11:30 Free  
**Legal & Financial Planning for Alzheimer's:** Mon, Oct 28, 10-12 Free

*We appreciate your \$1.00 donation . Every dollar helps offset the cost of these classes.*

EXERCISE & DANCE

**We offer several exercise and dance classes:**  
**Yoga:** Beginner, Gentle Flow and Chair  
**Silver Sneakers:** Open Gym, Stability Classic, Circuit, New-Yoga  
**Stretch It**  
**Cardio Drumming**  
**TaijiFit:** Combines traditional Tai Chi & modern Western fitness.  
**Zumba**  
**Jazz Dance Fitness**  
**Dance Classes:** Line Dancing, Fox Trot, Jitterbug  
*Many more classes!*

ART CLASSES

**History of Man Through Fabric:** Thurs, Oct 3-17, 1-4 \$5  
**Woodcarving:** Mon, Oct 7-28, 9:30-11:30 \$60  
**The Process of Painting Large Watercolors: Session #2:** Oct 21-Nov 18, 9:30 -11:30 \$47  
**Converting Other Media into Watercolors:** Mon, Oct 21-Dec 2, 1-3 \$53  
**Watercolor for the Absolute Beginner: Session #2:** Tues, Oct 22-Nov 19, 9:30-11:30 \$47  
**Watercolor Techniques:** Thurs, Oct 24-Dec 5, 1-3 \$53  
**Miniatures & Greeting Cards:** Tues, Oct 22-Nov 26, 1-3 \$53  
**Beginner & Intermediate Painting with Acrylics:** Tues, Oct 22-Nov 26, 1-3 \$53  
**Abstract to Impressionism with Acrylics:** Wed, Oct 23-Nov 27, 1-3 \$53  
**Oil Painting Made Easy:** Wed, Oct 23-Nov 13, 12-2:30 \$47  
**Abstract Watercolor Landscapes: Session #2:** Thurs, Oct 24-Nov 21, 9:30-11:30 \$47  
**Intermediate Drawing:** Thurs, Oct 24-Dec 5, 9:30-11:30 \$53  
**Finish Your Work:** Fri, Oct 25-Nov 29, 9-11 \$53

ONGOING ACTIVITIES

**Thursday Dances:** 1:30-3  
**Ping Pong Fridays:** 1:30-2:30  
**Movie Fridays:** 1-3  
**AARP Driver Safety Class:** Wed, Oct 2 or 16, 1-5  
**Private Music Lessons:** Tuesdays, by appointment only

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

Colorado Springs Senior Center • 1514 North Hancock Avenue • [csseniorcenter.com](http://csseniorcenter.com) • 719.955.3400

BEAUTY FOR ASHES



**BANQUET FULLFIL-MENT.** Tim Harrison shared how he had been impacted by PFPI volunteers for several years in different facilities. He included his correspondence with Wilberforce Buganza, a Ugandan prisoner who was in the condemned section (death row) waiting to be hung when he first wrote to him. A few years later, the death penalty was overturned in Uganda and Wilberforce has been released. Tim and Cheryl sang a beautiful song Tim had written, Fearfully, Wonderfully Made.

Ortega's



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Take Out Available



# Wood Adds Knockout Details To Homes

**DON'T KNOCK WOOD** as a kitchen accoutrement that mixes form and function. When it comes to entertaining both indoors and out, wood boards are no longer on the chopping block.

**MARY G. PEPITON**  
Freelance writer with  
Andrews McMeel  
Sundication Universal



While a wood surface initially might fall flat in terms of water and stain resistance, it's a product that stands the test of time, says Steve Pless, national sales manager for John Boos and Co., a fabricator

of wood countertops and boards since 1887, based in Effingham, Illinois.

"Due to a minimalist trend that highlights stainless steel and dark polished surfaces, wood brings instant warmth to an overall kitchen design," he says. "While wood has never completely fallen out of favor, our company has been experiencing solid and steady growth that's doubled in the last six years."

While hard-rock maple is the most-used wood to fabricate countertops and cutting boards made by John Boos and Co., other woods, including oak, poplar, walnut and cherry, each have their own unique grains and characteristics that are



**FORM AND FUNCTION.** These John Boos and Co. American black walnut countertops are fabricated in an edge-grain fashion. This style is a fabrication made by using cut lumber planks, which are laid on edge and joined together.

one of a kind. Nicks and scratches are part of a wood surface's patina, says Pless, and natural countertops and cutting boards require ongoing maintenance. Application of food-safe mineral oil provides a nontoxic coating to protect a natural finish.

"A wood countertop can also be factory-treated with a smooth semigloss finish, and can be easily cleaned with mild soap and warm water, which doesn't require regular re-oiling," Pless says. "I don't advise cutting directly on a countertop, no matter what surface it is -- that's

what a natural wood cutting board is for -- but you need to embrace the fact that a wood surface is going to take on a character of its own." Part of a countertop's character comes from one of three ways the wood is fabricated:

- **Edge-grain-style:** Cut lumber planks are laid on edge and joined together. They can be cut to make countertops up to 4 inches thick.
- **Plank-style:** Wood planks are joined together to form the width of the countertop. Each board can run the entire length of the coun-

tertop and shows off the heart of the grain.

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- **Edge-grain-style:** Cut lumber planks are laid on edge and joined together. They can be cut to make countertops up to 4 inches thick.
- **Plank-style:** Wood planks are joined together to form the width of the countertop. Each board can run the entire length of the countertop and shows off the heart of the grain.

tory, and just invites people in," Milton says. "This is the way I love to entertain: There's just something about the informality and beauty of a beautiful wooden board laden with food."

Milton "boards outside the box" of her home, and it is anything but cheesy. She packs her wooden board with an assortment of meats, cheeses, crackers, olives, fruit and nuts, then artfully displays the food for an impromptu picnic or gathering.

"When everyone is done eating, I just wash the natural board and treat it with a food-grade mineral oil," she says. "There's no pretention when you're entertaining using a wooden cutting board. Wood is approachable, and people just innately gather around it."



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# MEDICARE AND YOU

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

## Original Medicare A & B Changes 2020

**MEDICARE IS EVER** changing and 2020 is no exception with a long list of changes in store.

Part A premiums, deductible, and coinsurance are projected to be higher in 2020. The final increases will likely be announced in November 2019.

The standard Part B premium is projected to increase to \$144.30 per month up from \$135.50 in 2019. The Part B annual deductible is projected to increase to \$197.00 for 2020.

The Social Security cost of living adjustment (COLA) is expected to be about 1.6 percent for 2020, which will increase the average retiree’s total benefit by about \$23/month. That’s enough to cover the roughly \$9 increase in Part B premiums, which means that the premium increase is likely to apply to nearly all Part B enrollees.

If a Social Security recipient’s COLA isn’t enough to cover the full increase for Part B, their Part B premium can only increase by the amount of the COLA. Part B premiums are withheld from Social Security checks and the net check can’t decline from one year to the next due to COLA protection.

The Part B annual deductible is projected to increase to \$197.00 for 2020 from \$185.00 in 2019.

The Medicare Plan Finder tool has been upgraded for the first time in a decade. The new changes started in September 2019. Go to [www.medicare.gov](http://www.medicare.gov) to see the upgraded website.

The income brackets are high-income premium adjustments for Medicare Part B and D will be inflation-adjusted for the first time in 2020; “high-income” will start at \$87,000 for a single person, instead of \$85,000. The amounts for married couples will be adjusted as well from \$170,000 to \$174,000 in 2020.

Medicare beneficiaries with high incomes pay more for Part B and Part D. For high-income Part B enrollees, premiums in 2019 range from \$189.60 per month to \$460.50 per month, depending on income. For 2020, the amounts are projected to range from \$202 per month to \$490.50 per month.

### Medicare Supplement Changes 2020

As of January 1, 2020, Medicare Supplement carriers will no longer sell Plan F or Plan C to newly eligible Medicare members. Congress issued the MACRA law stating that new plans will no longer be allowed to cover the Part B deductible after January 1, 2020. This will only affect plans F and C.

Seniors who become eligible for Medicare on or after 1/1/2020 will no longer have the option of Plan F or Plan C. All other plans currently available will still be available for purchase. Anyone currently enrolled in Plan F or Plan C will be “grandfathered” and able to continue with their plan, however your rates going forward may be impacted.

Since the pool of people enrolled in the plan will be cut off from new, younger, healthier enrollees, rates may rise as the expenses of the pool increase over time. Some seniors have begun moving to Plan G, if able to, due to the possibility of Plan F rates rising. Plan G is very similar

to Plan F, only the Medicare Part B deductible is not covered. The reduced premiums tend to offset the cost of covering the Part B deductible. The main concern would be qualifying for a new plan as underwriting will be required.

### Part D Changes 2020

This is a good year to reconsider your prescription drug plan. Many plans are changing their formulary and drug tiers. You will also see several plans being completely redone, renamed and even offered under a new carrier. Many plan members are receiving notices that their plan is no longer being offered or has significantly changed.

Also, starting in 2020, Medicare Part D plan beneficiaries will pay 25% of their brand name and generic drug costs once their total drug costs reach \$4020 for the year. Part D donut hole will no longer exist, but a standard plan’s maximum deductible will increase to \$435, and the threshold for entering the catastrophic coverage phase will increase to \$6,350.

When it comes to which plan fits you, it really depends on which prescriptions you take, the cost of your medications, the drug plans formulary and where you get your prescriptions. Take a few minutes to go online to [www.medicare.gov](http://www.medicare.gov) or contact a local broker for assistance.

### Medicare Advantage Changes 2020

New carriers entering Colorado, new plans being offered, built in drug coverage changing, new extra benefits and so much more changing for 2020. The good news is most plans benefits and premiums remain very stable this year.

A few new carriers have entered the Colorado market. Depending on what county you live in you could have 1 to 3 new offerings this year. Some carriers are expanding what type of plans are offered in select counties. You could have new HMO and PPO choices.

Check out [www.medicare.gov](http://www.medicare.gov) to see what carriers and plans are available in your county or contact a local insurance broker that represents multiple plans.

#### Allen Insurance Services

3559 Baltimore Ave.  
Pueblo CO 81008  
Monday—Saturday  
9:00—6:00  
Call 719-404-3202

**Need Assistance  
With Your Medicare  
Coverage? Walk in  
sites are available.  
Stop by any one of  
these locations.**

#### Century Insurance

2099 W. Hwy 50 Suite C  
Pueblo CO 81008  
Monday and Friday  
12:00—5:30  
Call 719-718-8090

#### Pueblo North Walmart

Monday 10:00—2:00  
Tuesday 10:00—2:00  
Wednesday 10:00—2:00  
Thursday 10:00—2:00  
Friday 10:00—2:00  
Saturday 10:00—2:00

#### Pueblo South Walmart

Monday 10:00—2:00  
Tuesday Not In Store  
Wednesday 10:00—2:00  
Thursday 10:00—2:00  
Friday 10:00—2:00  
Saturday 10:00—2:00

#### Pueblo West Walmart

Monday Not In Store  
Tuesday 10:00—3:00  
Wednesday 9:00—2:00  
Thursday 10:00—3:00  
Friday 9:00—2:00  
Saturday 9:00—12:00

#### La Junta Walmart

Monday 9:00—2:00  
Tuesday Not In Store  
Wednesday 9:00—2:00  
Thursday Not In Store  
Friday 9:00—2:00  
Saturday 9:00—2:00

#### Fountain Walmart

Monday Not In Store  
Tuesday Not In Store  
Wednesday 9:00—2:00  
Thursday 9:00—2:00  
Friday 9:00—2:00  
Saturday 9:00—2:00

#### Monument Walmart

Monday Not In Store  
Tuesday 9:00—2:00  
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‘INTERMISSION — A PLACE IN TIME’

**GLEN VOLLMECKE**  
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The memorable summer garden fete in “La Haule” village was another event we sisters enjoyed.

The colossal white-walled bricked barn housed huge stone circular vats filled with local apples. Suitably harnessed, a magnificent white carthorse, guided by a ruddy faced farmer, encircled the perimeters of the enormous vat extracting apple juice for their cider. With camera ready, Jean playfully and knowingly prodded for a closer proximity to the horse's path. I soon flattened my body against the

brick wall and barely escaped injury as the beautiful animal and his owner barely brushed past. Eventually, Jean and I jostled the crowds and entered a huge tent, hoping to sample the cider, where a small group of young men had assembled under the marquee. One offered a tiny glass of ‘hard’ cider. “Here you are, my love, now you can taste the real McCoy,” slurred one red faced youth. It was incredible! “GOD that’s strong!” I declared. My sister Jean nodded and with her pinky finger extended, she daintily swigged the contents of the small glass with ease. “Ok, it’s time to hit the road.” Strutting with poise toward the car, she was entirely able to drive us home.

**SARK AND HERM**

Connected by a ferryboat, the islands of Herm, Alderney, and Sark used only horse drawn carts, although the Dame’s wheel chair was an acceptable form of transportation. Prior to leaving Jersey, Mum and I planned a day on the small island.

“Let’s ride the boat to Sark tomorrow, before you leave for London,” she urged. Having never visited this tiny island before, I was anxious to spend time with Mum. An early morning preparation of sandwiches and tea would provide us with nutrition all day long. After our two-mile walk to the pier, we purchased tickets for our trip. “I’m looking forward to this,” she said pensively.

After a short and uneventful journey, the ferry sailed into the tiny harbor. Cradling a cup of tea from the deck below, we watched the scurry of activity as ropes secured the ferryboat, which swayed quietly in the bay. The afternoon sun bathed our faces as the tender salty mist caressed our cheeks. “It’s so lovely to be spending this precious time with my daughter,” Mum beamed. Upon arrival, the crew stabilized our boat with burly ropes and we disembarked. “Watch your step, ladies,” said an elderly sailor with a white bushy beard. He helped us go ashore, as another handsome chap smiled at my agility, and then winked at me. I blushed.

Carefully treading on dry land, we admired the beloved old farm horse attached to the cart. It waited quietly as visitors piled in for the short trip up hill. Neither of us expressed our thoughts, but we both yearned for the pampering and the cart ride uphill to the shops. Traditionally, islanders were stocky and short, and Mum was no exception, but as she linked my arm, we easily climbed the steep incline to the village. Our picnic of

salmon sandwiches, pound cake, and a flask of tea lay in my shoulder bag, and as a surprise for Mum, I had brought a miniature bottle of cognac.

Small-antiquated shops dotted the tiny center of Sark as diverse types of birds swooped boisterously for bread. Catching her breath, my mum found a large rock and we sat. “One day we’ll ride the cart, my love.” She smiled contently. Undisturbed, we listened to a gentle roar, as tiny waves pummeled the rocky shoreline below. Wily seagulls, indulged by the tourists, screamed while encircling the embankment near the ferryboat. Horse drawn carts and sturdy farmers lugged fresh seafood catches from the magnificent bays. Eying the heaps of boisterous crabs and white soft calamari, Mum rubbed her stomach. “I’m a little hungry, so let’s find a picnic spot.” Together we rose from the warm rock and wandered idly around the tiny island searching for a place in the sun...

*This excerpt is from Glenn Vollmecke’s newly published book: “Intermission: A Place in Time.”*

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

*Enjoy reading “Intermission” monthly: Contact [alpacastrus@gmail.com](mailto:alpacastrus@gmail.com)*

*Availability: Amazon/ Barnes & Noble.*

*An autographed copy is available from [www.alpacastrus.net](http://www.alpacastrus.net).*

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



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ART

# Outsider Art, Spirit of Traditions Comes

THIS TIME OF year is one of the most exciting at the Arts Center with the opening of several new exhibitions:

**Outsider Art: The Collection of Victor Keen | Oct 5 – Jan 12, 2020 – White Gallery**

This fall, Pueblo native Victor Keen brings his extensive collection of outsider art to share with the Sangre de Cristo Arts Center and the community. He continues to seek out the artists and artworks that interest him not only visually, but also through the stories they tell. Paramount to seeking out the paintings, prints, drawings and sculptures as objects themselves.

**Tony “The Bricklayer” Perniciaro | Through Nov 10 | Regional Gallery**

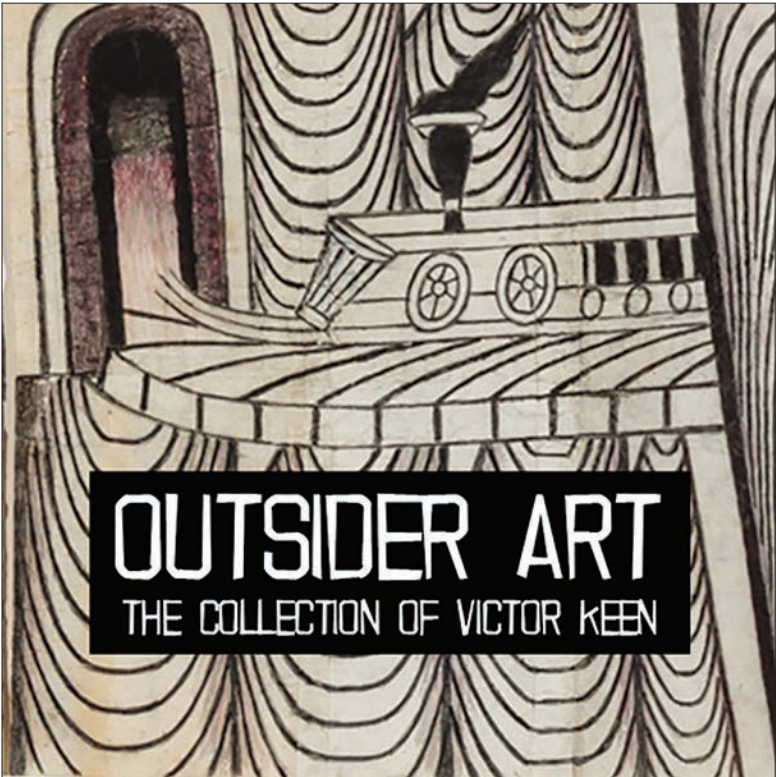
Perniciaro was an untrained “outsider” artist who started as a poet, eventually integrating drawings and color into his politically and socially charged poetry. Perniciaro’s drawings and paintings are an impressive mix of naiveté and sophistication.

**A Spirit of Tradition: From the Bishop Tafoya Collection | Through Jan 19 | 2nd Floor Foyer**

Santos have been made for centuries, since the early Spanish Colonial era. In the Americas, local expressions and native materials created a distinctly New World Style.

**The Collector’s Aesthetic: Victor Keen | Sept 14 – Jan 5 | King Gallery**

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



Victor Keen’s interest in collecting encompasses much more than outsider art. He has also assembled an extensive array of Catalin radios, antique toys and banks, milk glass, toasters, vintage postcards, etc.

**Dave Duros Presents Steampunk Curiosities | Sept 21 – Nov 10 | Hoag Gallery**

Dave Duros reappears at the Arts Center with 42 amazing new works that will astound and enthrall the viewer. He magically transforms discarded refuse into works of art in the “Steampunk” aesthetic. Don’t miss the return of “Dr. Orphic”!

**George Widener: From the Collection of Victor Keen | Sept 28 – Jan 12 | 3rd Floor Foyer**

Widener is a self-taught artist and calendar savant who employs

his extraordinary mathematical & calculating capabilities along with memorized census population statistics to create artworks based around significant dates and historical events. Numbers, dates, days, months, shapes and color come together in perfectly structured, elaborate patterns often composed on found paper or pieced together paper napkins.

**Special Events:**  
See all the new collections for free on Oct 4 from 5-7PM during First Friday Art Walk, made possible by Black Hills Energy. Sunday, Oct. 6 at 2PM it’s Coffee with the Collectors with Victor Keen and Frank Maresca. Also, enjoy fall with the

**COLLECTIONS.**  
These John Outside art collection comes to Arts Center.

Lucille Christmas Fall Tea and Tour, Monday, Oct 21 from 2 – 3:30PM. Start with a formal tea followed by a docent-led tour of the new exhibitions. Only \$8, but space is limited, so reserve your seat today by calling 719-295-7200.

The next performance of the 2019-2020 performing arts season is Oct 13 at 7:30 with An Evening with C.S. Lewis, the first show of the Center Stage Series.

In the Buell Children’s Museum, little ones can trick or treat in safety at our annual Puebloween party, Saturday, October 26, 11AM-4PM. Come dressed in costume, or make your own while there. It’s all included with your admission.

The Sangre de Cristo Arts Center galleries are open Wed through Sat 11 AM - 4 PM, Sunday 12–4PM, 210 N Santa Fe, Pueblo. The Buell Children’s Museum is open Tues through Sat 11 AM - 4 PM, Sunday 12–4PM. Admission grants entry to both the Children’s Museum and Helen T. White Galleries and is \$10 for adults, \$8 for children, seniors 65+ and military. Arts Center members are always free. Visit online at [www.sdc-arts.org](http://www.sdc-arts.org).

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# Mystery Man Swing Dancer

HE IS PROBABLY a little past middle age, his magnificent body is well-muscled, not an ounce overweight, and he is always dressed in black.

Surveying the ballroom where the Country Dutchmen, Hot Shots, Blue Notes, or another polka band is playing, he looks over the crowd for single women, grouped together, who are hoping someone will ask them to dance.

There are always more women than men.

It does not matter if they are 18 or 80, weigh 120 pounds or closer to 250, he will choose one and ask her to dance.

Then this man, who looks like he could have stepped out of a movie magazine appears before the lady, holds out his hand, asking her to dance.

MARIE FLETCHER  
Special feature  
for The Senior Beacon

Surveying the ballroom where the Country Dutchmen, Hot Shots, Blue Notes, or another polka band is playing, he looks over the crowd for single women, grouped together, who are hoping someone will ask them to dance.

The brilliant smile on her face lights up the room

Observing him as he dances with a woman is like watching “Dancing with the Stars.”

He floats and swings, side to side, around and around.

All the woman has to do is hang on for the ride as he moves so smoothly and is so easy to follow as he guides her through the steps.

While dancing he may sing to her, compliment her on her appearance, or dancing ability.

The music stops and with his arm around her, he escorts her back to her seat, thanks her for the dance, and gives her a hug

before leaving her.

The smile still lights up her face as he leaves.

Her eyes will follow him with hope the rest of the evening.

However, he has moved on to ask the next lucky lady for a dance.

When asked his name, he will only give his first name, never his last.

He is such an amazing dancer that women want someone to take their picture dancing with him.

For some reason, he just happens to turn his head when the picture is taken.

Never a good shot of his handsome face.

He will accept a challenge. If some young lady thinks she is an expert on doing the polka and informs him of that, he will ask her to dance the next polka.

By the time he rapidly swings, circles, and moves her around the floor and through the other dancers, she is hanging on for

dear life and may need to turn on a fan when he returns her to her seat.

It is doubtful she could do two such dances in a row, but he could.

He dances almost every dance with maybe only a stop for a drink of water.

(He says he does not drink alcoholic beverages or smoke).

By the time the band plays “I Don’t Wanna’ Go Home” and the dance ends, he will have danced the polka, waltz, big band numbers, with maybe twenty women—many of them more than once.

He has given them a great time to remember when they return to their ordinary life.

Some of the ladies claim to have known and danced with him off and on for the past two years.

If asked what his last name is, where he lives, or what his occupation might be, they have no idea.

Whoever he is, wherever he lives, whatever he does, is not that important.

What is important is that at a dance, he is a wonderful morale booster, bringing pleasure, excitement, and fun to a lot of woman.

Long may he dance!



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# Senior Connection show Slated Nov. 4

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

It will be held on Monday, November 4, for get 8th year running. Located at 210 N Santa Fe Ave, the center has free and plentiful parking.

Senior Connection welcomes guests anytime from 9:00 am to closing at 1:00 pm.

Take the elevator to the ballroom. Admission is free.

15 minute long entertainment is on-stage every hour on the hour. Every talented person on stage is a senior citizen performing song, dance, music or participating as a model in the fashion show.

Cat Connor Rocks the 50's on stage at 10 am. Back by popular demand, the fashion show at 11 am features women's designs by Christine's Traveling Boutique.

These beautiful separates are worry free for comfort and travel. Want to model?

All sizes are needed but you don't need experience! We've invited Lorena,the Mariachi singer, to entertain at noon



Senior Connection is not just about entertainment, though.

It will showcase an array of products and services that cater especially to the tastes and practical needs of today's seniors.

Participating vendors will offer financial planning, health and fitness options, legal services, insurance, cosmetic surgery, cruises, massage, assisted living, retirement communities,

home health, handyman services, gifts for grand children, audiology, dental care, medical equipment and supplies, senior travel packages, and jewelry.

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

Guests can win door prizes by playing the roulette wheel.

Each person will be given two

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

Bring a friend and have a fun and informative time at the Senior Connection show. Let's all close the show with Desserts for Seniors, a FREE dessert bar, at 1:00 pm

**FESTIVAL ACTIVITIES.** Senior Connection features products and services that pertain to good health and health maintenance, recreational activities and hobbies, home improvement, travel, fashion and just plain fun.

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# THERE’S NOTHING LIKE A HOLIDAY

## Exploring Sites Off River Requires Prep

BETWEEN 1084 AND 1349, a thriving Jewish community lived in Speyer. Today’s tours include the stone ruins of the ritual bath and of the synagogue, believed to be the oldest still standing Jewish place of worship in Europe from the Middle Ages. The Jewish ritual bath has remained unaltered through the centuries and is one of the oldest of its kind still maintained. The name of the town, Speyer, became Shapiro as a name for the families of many Jews who once lived here and moved on.

As the crow flies, 22 miles north from Speyer is Worms, where religious history was made as Martin Luther, known later as the chief catalyst of Protestantism, defied the Holy Roman Emperor in 1521. Luther, charged with heresy, refused to recant his writings in testimony to an assembly called the Diet of Worms.

Worms city tour guides will lead you through the Martin Luther sequence and also explain the presence of the continuing Jewish community of Worms,

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



**GOOD EATS.** Checking out a lunch board in Strasbourg, France.  
■ Photo by **DAVID G. MOLYNEAUX**

which may be the oldest in

Germany, going back to the earliest Christian era. The Worms synagogue complex was in constant use as a place of worship for more than 900 years, burned in 1938, then reconstructed after World War II on the remains, reusing the original stones. The impressive ritual bath has remained largely as it was in


the Middle Ages.

In the medieval cemetery, most of the Jewish grave-stones continue to stand in their original position. (The Jewish cemetery in nearby Mainz is home to the oldest known gravestones for Jews north of the Alps.)


To see all these sites on a river cruise, you may have to do some extra pre-trip planning or set up a private tour excursion, as some ships do not cover all of the possible port stops in their daily itinerary, which typically include complimentary tours at each stop.

My wife and I did two voyages – touring Mainz, Worms, and Strasbourg from a Viking River cruise, then Mainz, Strasbourg, Speyer, and Neuf-Brisach from a Crystal River cruise. One plan is to stay overnight in Mainz before or after a cruise, using a guide to drive to Worms and Speyer if they are not on your cruise itinerary.

**FINDING A RIVER CRUISE:** All major river cruise lines have ships that sail out of Basel, Switzerland (<https://www.cruisemapper.com/ports/basel-port-4482>). Most cruises are between Basel and Amsterdam, north-bound and southbound. Train travel between Basel and Zurich is about 1 hour.



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# OPINION-EDITORIAL

DAVID SHRIBMAN  
Insert his title here when  
you finally get it down



## BERNIE SANDERS' BIGGEST PROBLEM IS ELIZABETH WARREN

**THE FOOTSTEPS** Bernie Sanders is hearing belong to Elizabeth Warren. The problem for the Vermont senator is that those footsteps are ahead of him, not behind him, in Iowa at least and perhaps soon in the rest of the country.

Think of this phenomenon as the red shift applied to politics.

Both candidates lean to the left, to be sure, but the Massachusetts lawmaker is leaning forward and has passed Mr. Sanders in the Hawkeye State, where presidential candidates' reputations are made, and has passed her fellow New Englander in the hearts of many liberals. She poses a direct threat to Mr. Sanders in New Hampshire, where he chalked up an important victory in 2016, and may now be the contender former Vice President Joseph R. Biden fears the most.

From the start, political professionals saw the 2020 Democratic campaign as a

contest with various “lanes” — a minority/diversity lane comprised of Sens. Kamala Harris of California and Cory Booker of New Jersey, a moderate lane comprised of Sen. Amy Klobuchar of Minnesota and an assortment of lesser-known figures, and a progressive lane consisting of Mr. Sanders and Ms. Warren.

Much of that theory has collapsed. Mr. Biden, who occupies a lane of his own, is by far the principal candidate among moderates, Ms. Harris has failed to catch fire (but hopes for a revival in South Carolina) and Mr. Booker has shined in debates but his prospects have dimmed on the ground ( and he has spoken openly of abandoning the race).

Ms. Klobuchar at one time was the contender the Donald Trump camp dreaded facing. The reasons: She is nice, he is not. She is introspective, he is not. She has appeal in the vital voter group comprised of women in the suburbs, he does not. But she, too, has failed to catch fire, even in Iowa, which shares a border with her home state — a distinct advantage, as Rep. Richard A. Gerhardt of Missouri, who came in first, and Sen. Paul Simon of Illinois, who finished second, discovered in the 1988 Democratic caucuses.

That leaves the liberal lane and, thus far, Ms. Warren has outperformed her progressive rival in many regards.

Ms. Warren is fresh, Mr. Sanders is stale. Ms. Warren engages a crowd, Mr. Sanders lectures it. Ms. Warren's story is one of prevailing against adversity, Mr. Sanders' story is one of being an adversary of virtually everyone he has ever met. One more: Ms. Warren emits a sense of fun, Mr. Sanders emits a sense of weary

travail.

Ms. Warren seems to be on a magical mystery tour. Mr. Sanders seems to be croaking the song “Yesterday.”

There are, of course, second acts in American political life, which is why Richard Nixon could win the presidency in 1968 after losing it in 1960, and why Hubert Humphrey, George McGovern, Ronald Reagan, John McCain and Mitt Romney could win presidential nominations the second time around after losing, respectively, to John F. Kennedy (1960), Humphrey (1968), both Nixon (1968) and Gerald Ford (1972), George W. Bush (2000) and McCain (2008).

But to prevail a second (or, in Reagan's case, a third) time takes a special character and special circumstances.

Two case studies provide illuminating examples. In 1968, it took the assassination of Sen. Robert F. Kennedy and the collapse of the GOP presidential campaigns of Gov. George W. Romney of Michigan and Gov. Nelson A. Rockefeller of New York to produce the Nixon-Humphrey race. Undaunted by defeats to Nixon and Ford, Reagan finally prevailed in 1980.

Then there is the age factor. Ms. Warren is 70 years old, but Mr. Sand-

ers is eight years older. His message is virtually identical to that of 2016, though he freshened it with last week's proposal to eliminate medical debt. Even so, the whole “Feel the Bern” movement has a shopworn feel. He resists entreaties to modernize his approach — it worked last time, after all, and it shows consistency and a certain rusticated authenticity, even though he was born in Brooklyn.

Each presidential race is different, of course, and for Mr. Sanders to prevail in 2020 some elements have to fall in his favor— an embarrassing misstep by Mr. Biden, for example, or an unseemly revelation involving Ms. Warren. The former is likely, the latter not so much.

But it is more likely that the unlikely emergence of Mr. Sanders at all in 2016 is the special circumstance. It was that race that elevated a senator of little prominence and few prospects from a curiosity into a contender. For years, hardly anyone paid any mind to the Vermonter on Capitol Hill — he was regarded as a wacky socialist who could have emerged only from the granola precincts of Burlington, Vt. — and he had little impact except as a gadfly.



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