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MEDICARE PART B

Expiring 'Doughnut' Provision Will Impact Beneficiaries With Highest Drug Costs

(Washington, DC) — An expiring provision of law that affects what Medicare Part D beneficiaries must spend out-of-pocket will significantly increase the financial burden of people with the highest drug costs unless Congress takes action, warns The Senior Citizens League.

“Medicare beneficiaries with Part D are one of the only insured groups in the U.S. who aren’t protected by a cap on annual-out-of-pocket spending,” says Mary Johnson, a Medicare policy analyst for The Senior Citizens League. A provision of the

2010 Affordable Care Act restrained the annual growth in the amount of Part D out-of-pocket spending that’s required to qualify for “catastrophic” coverage — the phase at which co-insurance is the lowest. The provision is scheduled to expire at the end of 2019.

“This would mean significantly steeper out-of-pocket spending for people with the highest drug costs at a rate that would drain retirement accounts,” says Johnson. Over the past 9 years, the out-of-pocket spending threshold required to qualify for “catastrophic” coverage increased a total of \$550. Last year,

the Medicare Trustees estimated that the Part D catastrophic threshold would rise by \$1,250 in a single year, from \$5,100 in 2019 to \$6,350 in 2020 and continue rising by more than \$440 per year, on average, thereafter.

A combination of high drug costs, particularly for specialty drugs, and the design of the Medicare Part D benefit, results in a high out-of-pocket cost burden for those who use the priciest drugs. In 2019, the standard Part D benefit has a

► SEE DOUGHNUT, PAGE 11

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The Owl: A Canon City Tradition, Burgers And More

A PACK OF cigarettes sold for a dime, a glass of beer went for a nickle and five hamburgers cost a buck.

Pool was the name of the game, and women almost never came through the door. Open from 8am to midnight seven days a week. This was a place to socialize and relax. Those were indeed the good old days now some 75 years later the STILL POPULAR OWL is a historic site still at 626 Main St there since the 1930s.

While nothing stays the same, the OWL and its owners the Santilli family have remained relatively unchanged. Although the OWL is now owned and managed now by Pete Santilli Jr. and Steve (Rocky) Mitchell. The story of the Santilli’s family-owned business goes back 75 years. Now that is spectacular.

In 1943 World War II was in full

swing when Jim Santilli and one of his six children, Elmer, purchased the Owl from Fred Luthi the owner since 1930.

Jim’s children – four boys and two girls – all were born in Fremont County. Pete SR., Elmer and Minnie were born in Chandler- an old coal camp located seven miles southeast of Cañon City. Elizabeth and Louis were born in Coal Creek, while Jimmy was born in Cañon City.

Soon after Jim and Elmer purchased the Owl, Pete Sr. and Jimmy returned from the Army and World War II to join the family business. Louis, meanwhile, opened his own pool hall in Florence for a couple of years in the mid -40’s before moving to California where he worked until he retired from Bethlehem Steel.

► SEE THE OWL, PAGE 10

FINANCE

Interest Rate Shocks And Tremors

PLEASE INDULGE ME as I tip-toe around the political minefield. I agree with a major action of both President Obama and now President Trump. Obama put through the Affordable Care Act. This was necessary to manage health costs. Trump put in tax reform. This is locking in increased growth for our economy.

Now we have our long-term economic survival and short-term growth. Both very good things, I'm sure you'd agree. So what could possibly go wrong?

Answer: a Federal Reserve that has an untested leader.

The recent stock market shocks have mainly been about a big fundamental: interest rates. I ran into a mortgage guy and he said that even these one percent differences could mean tens of

thousands of dollars less that folks can finance.

That's a pretty big deal. Extend that for other big purchases like cars, college or business investments. Now we have a bigger issue at play. A true fundamental that can shake our economy.

YIELD CURVE WARNINGS

A lot has been written and said about the bad yield curve. What's been happening is short-term bond rates have gotten higher than long-term rates. The fancy term for that is an inverted yield curve. This can be a warning of recession. But are we still safe? I believe so.

What's not happening is full disclosure. These "rate curvers" are not saying that they're using the 2-year and 5-year Treasury bond for comparison. This is a too-sensitive measure. In the past, this

has resulted in several false signals of recession.

At these false times, you would have thought there was a looming recession and then you missed out on years of the market. Consider yourself fully disclosed.

It's better to use the 2-year and the 30-year bond. It's less sensitive and, admittedly, hasn't ever actually inverted. But...it gets very close to inversion so you know there's a problem. It warns you enough, let's say. Without numerous false reads like the 2- and 5-year comparison. And that keeps you in the market, hopefully earning even more returns.

So the sky is not falling. A recession does not appear around this corner--all known data being considered. Consider yourself fully disclosed.

WHAT TO DO

What can we do to make the most of rising rates and slightly slower growth? Load up on super-short term bonds and avoid long-term bonds. Long bonds can do well during extreme upheaval, like 2008, but we're miles from that. Super-short bonds can benefit from rising rates. The fund I use for clients has recently gone from around 3.5% to an over-5 percent annual yield. It seems to be working.

Also, check all political feel-

ings at the investment door. Markets go up no matter who's in the White House or Congress. Politics have been dirty forever (remember Caesar?) and seems to be getting viler every day. Just stick with your smart strategy and allocation. Stay unemotional.

WHAT NOT TO DO

Our economy is humming along just fine. Some famous investor said you "don't make a plumbed nickel" betting against the U.S. And, right now, we're still the largest economy with dynamic sectors, growth, and innovation. So don't be afraid of domestic stocks and growth.

Also, don't buy gold. There are still commercials touting this investment cure-all. It's not. It's a store of value that, at times, tracks inflation fears.

It also has very, very long cycles. You can wait in gold for 20 years with zero growth.

Ron Phillips is an Independent Financial Advisor and a Pueblo, Colorado native. He and his wife are currently raising their three sons in Pueblo. For a FREE copy of Ron's second book "Armchair Investor" visit www.RetireIQ.com or leave a message on his prerecorded voicemail day or night at (719) 924-5070

RON PHILLIPS

Independent financial advisor and Pueblo native

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Monte Vista Crane Festival Comes In March

THE FIRST WEEK of January kicked off ticket sales for crane viewing and other tours coming to the 36th Monte Vista Crane Festival, to be held March 8-10, 2019.

In the first week alone, over 200 tickets sold for the various events, from the traditional Sandhill Crane tours to beer tasting and visits to an archaeological site. "There are still plenty of tickets," said festival webmaster Deb Callahan, "but by the end of January the tours will be pretty full."

The festival celebrates the annual arrival of thousands of Sandhill Cranes to the Monte Vista National Wildlife Refuge to rest and refuel before again taking flight for the long journey north to their nesting grounds. The massive migration is something to behold. But it isn't by accident that such large numbers congregate at the refuge.

The refuge staff works throughout the year to maintain barley fields and healthy wetlands for the cranes. Just before the festival in March, staff mows large swaths of barley close to public viewing areas. The crane sunrise and sunset tours take birders to these viewing hot-spots, where people can see six thousand or more cranes. Common sights include the crane's graceful courtship dance and the breathtaking liftoffs of thousands of birds when an eagle or other predator happens by.

This year offers several exciting new tours.

The Scott Miller Archaeologi-



IN FLIGHT. The annual Monte Vista Crane Festival March 8-10 offer various events to celebrate the arrive of thousandsd of Sandhill Crane to the area. ■ Photo by **JOE ZINN**

cal Site, located on the Monte Vista National Wildlife Refuge, is typically closed to the public. But during the crane festival the site will be open for one tour only. The site contains hundreds of artifacts dating back more than 10,000 years — relics left behind by Paleoindians and the — unearthed bones of woolly mammoths and other ancient Megafauna. "There has been an astounding number of artifacts discovered there," said crane fest committee president Jenny Nehring. "The tour offers an exciting opportunity to see those artifacts and imagine the historic spring-fed wetlands that once existed there and the animals and people who were drawn to the area."

Tours to the Colorado Farm Brewery —located in farm country southeast of the refuge — give folks an opportunity to learn about the beer brewing and malting process

from the only craft brewery that grows all the ingredients on site. "We're pretty excited about this new tour, which showcases the unique aspects of both farming and nature in the valley," Nehring said. People will be able to experience the farm-to-glass process and enjoy the results in the brewery's unique tasting room. The tour will also include handcrafted, crane-themed beers. Another bonus: it's not unusual to see cranes and Amish horse and buggies along the drive and cranes from the tasting room.

Bird walks with local ornithologist John Rawinski are another addition to the schedule. Rawinski is somewhat of a local legend when it comes birds of the San Luis Valley. He authored the field

► SEE **CRANE**, PAGE 4

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- Feb 3 - Meatball Sub
- Feb 4 - Chicken Tacos -or- Cod Olympia
- Feb 5 - Stuffed Bell Pepper -or- Italian Wrap
- Feb 6 - Pesto Chicken -or- Swiss Steak
- Feb 7 - Salmon Burger -or- Riblettes
- Feb 8 - Chicken Cordon Bleu -or- Baked Salmon
- Feb 9 - Sweet & Sour Pork
- Feb 10 - Stuffed Bell Pepper
- Feb 11 - BBQ Beef Sandwich -or- Breaded Chicken Sandwich
- Feb 12 - Lemon Pepper Chicken -or- Pork Roast
- Feb 13 - Roast Turkey w/ Gravy -or- Roast Beef
- Feb 14 - Beef Tips -or- Cobb Salad
- Feb 15 - Cod Tuscany -or- Chicken Marsala
- Feb 16 - Swiss Steak
- Feb 17 - Beef Tips
- Feb 18 - Pesto Chicken - **President's Day Holiday**
- Feb 19 - Smothered Pork Chop -or- Crab Cake
- Feb 20 - Chicken Chimichanga -or- Monte Cristo Sandwich
- Feb 21 - Yankee Pot Roast -or- Roast Turkey
- Feb 22 - Stuffed Pasta Shells -or- Citrus Tilapia
- Feb 23 - Roast Turkey w/ Gravy
- Feb 24 - BBQ Beef Sandwich
- Feb 25 - Beef Stroganoff -or- Pulled Pork Sandwich
- Feb 26 - Pork Green Chili -or- Chicken Parmesan
- Feb 27 - Lasagna Roll/ Marinara -or- Shrimp Taco
- Feb 28 - Chicken Mole -or- Stuffed Shells

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- Feb 1:** Sweet & Sour Pork, Jasmine Rice, Asian Vegetables, Mandarin, Spinach Salad, Apple, Peach Cobbler
 - Feb 4:** Chicken Tacos w/Lettuce, Tomato, Salsa & Sour Cream, Tortillas, SW Black Beans, Orange
 - Feb 5:** Stuffed Bell Pepper, Potato Medley, Broccoli Sunflower Salad, Cauliflower, Spiced Peaches
 - Feb 6:** Pesto Chicken, Florentine Rice, Carrots, Whole Grain Roll, Strawberries, Oatmeal Cookie
 - Feb 7:** Salmon Burger w/ Lettuce & Tomato, Corn Chowder, Banana, Low Sodium V-8 Juice, WW M&M Cookie
 - Feb 8:** Chicken Cordon Bleu, Wild & Brown Rice, Green Bean Almandine, Mandarin Orange Pineapple, Compote, High Fiber Cookie
 - Feb 11:** BBQ Beef Sandwich, Seasoned Pinto Beans, Coleslaw, Tropical Fruit
 - Feb 12:** Lemon Pepper Chicken, Wild & Brown Rice, Peas, Beef & Onion Salad, Orange, Apple Cobbler
 - Feb 13:** Roast Turkey w/Gravy, Mashed Potatoes, California Vegetables, Roini Tomato Spinach Salad, Apple, Oatmeal Raisin Cookie
 - Feb 14:** Beef Tips, Penne Pasta, Roasted Brussel Sprouts, 3 Bean Salad, Pear, Sugar Cookie
 - Feb 15:** Cod Tuscany, Baby Bakers, Broccoli, Banana, High Fiber Cookie
 - Feb 18 President's Day Holiday**
**** Connections Café Closed ****
 - Feb 19:** Smothered Pork Chop w/ Onions and Peppers, Brussels Sprouts, Baby Baker Potato, Pineapple, High Fiber Cookie
 - Feb 20:** Chicken Chimichanga, Salsa, Spanish Rice, Broccoli, Tossed Salad w/ Red Wine Vinaigrette, Apple
 - Feb 21:** Yankee Pot Roast w/Gravy, Baked Potato Medley, Maple Glazed Carrots, Green Bean Salad, Banana
 - Feb 22:** Stuffed Pasta Shells w/ Meat Sauce, Green Beans Almandine, Carrot Raisin Salad w/ Pineapple, Garlic Bread Stick, Pear
 - Feb 25:** Beef Stroganoff, Penne Pasta, Roasted Brussel Sprouts, Roll, Apple, Vanilla Pudding
 - Feb 26:** Pork Green Chili, Pinto Beans, Cornbread, Strawberries, Raisin Nut Cup
 - Feb 27:** Lasagna Roll/ Marinara, Broccoli, Breadstick, Tossed Salad w/Raspberry Vinaigrette, Apple
 - Feb 28:** Chicken Mole, Bahama Vegetables, Spanish Rice, Black Bean Corn Salad, Orange Carrot Cake w/Cream Cheese Frosting
- Milk is provided with every meal. Silver Key Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.

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◀ FROM CRANE, PAGE 3

guide “Birding Hotspots of South-Central Colorado” and will lead two bird tours around Home Lake---a known hotspot for waterfowl, shorebirds and bald eagles.

There’s also a guided tour highlighting several stops along the designated Sangre De Cristo National Heritage Area. With 11,000 years of documented human habitation, the valley’s heritage area offers a unique blend of Native American, Hispano and Anglo settlement dating back centuries. Tour stops may include historic churches, spiritual areas, museums and natural wonders.

Raptor-viewing tours led by experts from Hawks Aloft---a raptor rehabilitation and public education organization in Albuquerque, New Mexico---will again be offered. These special tours take folks through the Valley’s wide-open landscape, where it’s easy to spot birds of prey such as Rough-legged Hawks, eagles and Prairie Falcons.

For more information about this year’s festival and to buy tickets, visit mvcranefest.org. To become a sponsor, call 720-940-7561.

SRDA FEBRUARY 2019 CALENDAR

Special information from Pueblo's SRDA (Plus)

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

Calendar of Events
FEBRUARY 2019

- Feb 1
1:00 Genealogy
2-3:30 Co-Op Drawing
- Feb 4
8:00 Taxes Start Front doors open
at this time, Mon - Thurs. No Fri-
days!
2-3 Sr. Self Defense
3-4 Tai Chi
- Feb 5
8:00 Taxes
8:45-9:45 Morning Tai Chi
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dancing
1:30 - 3:30 Matter of Balance
- Feb 6
8:00 Taxes
9-12 Mahjongg
TBD Comp. Class Search for In-
structor
TBD Tablet Class " " "
12-3 Party Bridge
1-2 Zumba
3-4 Tai Chi
3-5 Volunteer Singers
- Feb 7
8:00 Taxes
8:45-9:45 Morning Tai Chi
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dancing
1:30 - 3:30 Matter of Balance
- Feb 8
No Tax Preparation on Fridays
1:00 Genealogy
2-3:30 Co-Op Drawing
- Feb 11
8:00 Taxes
10-12 NEW Water Color Art Class



MATTER OF BALANCE. A Matter of Balance classes for seniors is offered at various times for balance and other benefits at the Senior Resource Development Agency.

- 2-3 Sr. Self Defense
3-4 Tai Chi
- Feb 12
8:00 Taxes
8:45-9:45 Morning Tai Chi
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dancing
1-3 Knit & Chat
1:30 - 3:30 Matter of Balance
- Feb 13
8:00 Taxes
8:30-1:00 AARP Driver's Safety on
2nd floor
9-12 Mahjongg
TBD Comp. Class
TBD Tablet Class
12-3 Party Bridge
1-2 Zumba
3-4 Tai Chi
- 3-5 Volunteer Singers
- Feb 14
8:00 Taxes
8:45-9:45 Morning Tai Chi
9-2 Pinochle
9-12 Sewing Club
10-11 Chair Yoga
11-12 Line Dance Too
1:30 - 3:30 Matter of Balance
- Feb 15
1:00 Genealogy
2-3:30 Co-Op Drawing
1:30-3:00 Social, Music and Treats
Provided
- Feb 18
Offices are CLOSED for
President's DAY
Dining Room is Open
NO Tax Preparation
- Feb 19

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- 8:00 Taxes
- 8:45-9:45 Morning Tai Chi
- 9-2 Pinochle
- 10-11 Chair Yoga
- 11-12 Line Dancing
- 1:30 - 3:30 Matter of Balance
- 3-4 Tai Chi Make up for 2/18
- Feb 20
8:00 Taxes
9-12 Mahjongg
TBD Comp. Class
TBD Tablet Class
12-3 Party Bridge
1-2 Zumba
3-4 Tai Chi
3-5 Volunteer Singers
- Feb 21
8:00 Taxes
8:45-9:45 Morning Tai Chi
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dance Too
1:30 - 3:30 Matter of Balance
- Feb 22
10-12 Make Up for 1/18, Water
Color Art Class
1:00 Genealogy
2-3:30 Co-Op Drawing
Monday - Feb 25
8:00 Taxes
10-12 Water Color Art Class
2-3 Sr. Self Defense
3-4 Tai Chi
- Feb 26
8:00 Taxes
8:45-9:45 Morning Tai Chi
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dancing
1-3 Knit & Chat
1:30 - 3:30 Matter of Balance
- Feb 27
8:00 Taxes
9-12 Mahjongg
TBD Comp. Class
TBD Tablet Class
12-3 Party Bridge
1-2 Zumba
3-4 Tai Chi
3-5 Volunteer Singers
- Feb 28
8:00 Taxes
8:45-9:45 Morning Tai Chi
9-2 Pinochle
9-12 Sewing Club
10-11 Chair Yoga
11-12 Line Dance Too
1:30 - 3:30 Matter of Balance

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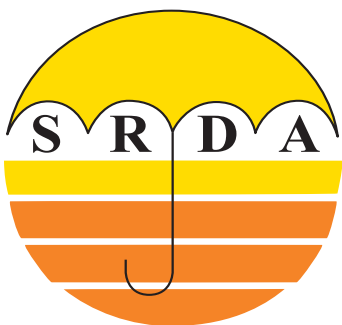
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SMOKE, SMOKE, SMOKE THAT CIGARETTE

My cousin Linda and I had created a little bedroom under the garage attic rafters for a get-away place.

My parents knew where we were, they just didn't know what we were up to. Linda was fourteen, a year older than I, and she was spending a few days with us. She smuggled in a pack of cigarettes and the attic was a perfect place to smoke.

At thirteen, I had never smoked but a lot of my friends were smoking because it was the cool thing

to do in Junior High school. If you wanted to fit in and look cool, you started smoking cigarettes. I was duped into believing that smoking would enhance my life and make me popular. In my opinion, teenagers today are duped into believing the same thing about a warped lifestyle or muddled sexual orientation.

Throughout my high school years, I continued to smoke. My dad was aware of my habit and since he also smoked, he didn't feel he could tell me to stop. He said, "Just don't smoke in front of your mother!" I had been smoking for months in front of Mom but never when Dad was around. I was a raucous teenager and a cheerleader for several years, both in junior high and high school. School for me was about having fun. I despised history and math classes. My friends were as wild and senseless as I and we did crazy things.

Fast forward 20 years. After falling head over heels in love with Jesus, I desperately wanted to quit smoking to please Him. I was going through two packs a day and as hard as I tried, I could not quit. On my knees at night, I threw my cigarettes under the bed then cried and pleaded with God to help me quit. Each morning, I crawled under the bed to retrieve them. I felt like a hopeless mess. I know the desperation of an addict.

An evangelist from Australia held a revival at our church and one afternoon he had a session for women. I had a few packs left in a carton and 5 cigarettes in the pack I had open. On my way to the church, I took the carton to my friend's home and told her to keep them for me. The evangelist, Dan Armstrong, had us hold hands in a circle and pray for the person on our left then pray for the one on our right.

The women on both sides of me knew I desperately wanted to quit smoking. I was certain that is what they prayed for me.

After the meeting, I stayed and asked Dan to pray for me to quit smoking. He took my face in his hands and

tilted my head so I could look into his eyes. "Jan, you have to really WANT to quit!" Tears streaked my cheeks and I cried, "I want to quit." When Dan prayed for me, I literally felt something leave my body. I couldn't explain it, but I knew something had left me. When I left the church and started home, I was crying and praising God, I wasn't saying I quit, I quit, I was nearly shouting. "It's gone! It's gone!" The cigarettes I had with me went out the window and I have never smoked another cigarette.

Several years after I was delivered from smoking, I read Frank Peretti's book, *This Present Darkness*. He describes demons with their talons digging deep into a Christian's shoulders and they would not turn loose until another Christian prayed for that person. Peretti described almost identically what I felt happened to me when Dan Armstrong prayed for me.

Several years later, my dad was confined in a nursing home in Colorado Springs. I was in the lobby waiting for my sister. An elderly woman in a wheel chair near me was coughing and hacking non-stop deep wracking coughs. A nurse walked by singing, "Smoke, smoke, smoke that cigarette! Puff, puff, puff and if you smoke yourself to death, tell St. Peter at the Golden Gate, that you hate to make him wait, but you just gotta' have another cigarette." I was shocked at the nurse's insensitivity and cold heartedness. I couldn't believe she could be so cruel.

The coughing reminded me of myself years earlier when I was trying desperately to quit smoking. I praised the Lord once more for deliv-

► SEE LIGHT, PAGE 7

Valentine's Dinner

February 14th, 2019

Reservations Required

This year, spoil your loved one with a Gourmet 3 Course Meal created by our Executive Chef, Stephen Fabian

Your Dinner Includes
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ARTS

'Representing The West' Features Myths

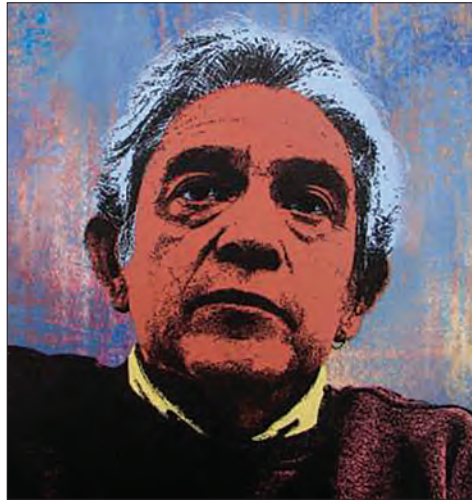
ENJOY ARTWORK IN a variety of mediums which considers the changing culture and myths of the American West.

Non-traditional subject matter, materials, and concepts and traditional depictions of the West will be on display, including audio and video pieces.

Over \$5,000 in prize money is awarded during this exhibition, along with a coveted "People's Choice" title - which YOU get to vote on - awarding the opportunity for a solo exhibit at the Arts Center.

About the juror:

The juror for this year's exhibition is Regis University in Denver art professor Tony Ortega. Mr. Ortega holds a Master of Fine Arts, May, 1995 - University of Colorado, Boulder; Associate of Arts, Fine Art, August, 1982 - Rocky Mountain School of Art, Denver; Bachelor of Arts, Commercial Spanish; and a Certificate in Latin American Studies, August, 1980 - University of Colorado, Boulder.



TONY ORTEGA

He is the recipient of the coveted Governor's Award for Excellence in the Arts (1999) and the Mayor's Award for Excellence in the Arts (1998). He has been a working artist and teacher for the past 30 years. Tony Ortega's lifelong goal is to contribute to a better understanding of cultural diversity by addressing the culture, history

and experiences of Latinos through his art. His work can be found in Denver Art Museum, Los Angeles County Museum and the Colorado Springs Fine Art Center. Tony's artwork is represented in Denver, Colorado at the William Havu Gallery. He has exhibited in United States, Latin America and other parts of the world. For more information, please visit his web site at: www.tonyortega.net.

SPECIAL EVENTS:

February 1, 2019, 4:30-7 pm | Opening Reception with First Friday Art Walk. See the show for free, meet the artists, and enjoy complimentary refreshments.

February 2, 2019, 11:15 am | Coffee with the Curators & Juror (included with admission). Join Tony Ortega, juror of Representing the West, along with Arts Center Curators Elizabeth Szabo and LuDel Walter in the White Gallery for a discussion of our current exhibitions at the Arts Center. Coffee and light refreshments will be served, and this event is included in the price of your admission.

March 1, 2019, 5-7 pm | First Friday Art Walk. See the show for free and enjoy complimentary refreshments during Downtown Pueblo's First Friday Art Walk.

◀ FROM LIGHT, PAGE 6

ering me from such a horrible habit. 2 Peter 2:19 tells me I am a slave to whatever controls me. Tobacco controlled me. I was its slave. My heart hurts for others caught in that bondage. I have prayed for deliverance of tobacco with innumerable people.

Even though I quit smoking years ago, I have been diagnosed with COPD. Sins against the body have consequences, even if we stop sinning and ask God's forgiveness. He forgives but consequences still visit us. When I see young people smoking, I want to shake sense into their heads. However, they wouldn't listen, just as I didn't listen when I was a teenager. "Foolishness is bound in the heart of a child; but the rod of correction shall drive it far from him" (Proverbs 22:15 KJV). Sometimes the rod of correction doesn't impact us until we are in a nursing home dying of emphysema or COPD.

I prayed for the woman in the wheelchair, but she was so overcome with coughing she didn't know I was there. There must be a gazillion ways to abuse and destroy our bodies. God has given us free will. Some choices are beyond stupid. Thankfully, He is the same yesterday, today and forever. He still heals. He still delivers. Prayer power still works, and miracles still happen. "Then they cried out to the Lord in their trouble, and he

delivered them from their distress" (Psalm 106:6). I am a phone call away if you would like prayer to quit smoking. I would be happy to pray with you.

© 2019 Jan McLaughlin - Jan is Director of Prayer For Prisoners International and can be reached by e-mail - Jan@PrayerForPrisoners.org. or by phone 719-275-6971.



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NEWS OF THE WEIRD



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

FASHION FOIBLES

BECAUSE WHITE SHOES are so distracting when you're lining up your putt? According to Time magazine, Nike will be mowing over the competition with its new Air Max 1 golf shoes, which feature uppers covered with a green material that resembles grass. Matching green laces will further disguise your dogs as you play a round, but lest you think you'll disappear altogether, fear not: The trademark Nike swoosh on the sides is bright white. The sneakers, yet to be released, are expected to retail for \$140. [Time, 1/14/2019]

Just when you thought there was nothing new under the blue jeans sun: A Ukrainian designer is asking \$377 for a pair of jeans that have one fitted leg and one flared leg. Ksenia Schnaider, who calls her design the Asymmetric Jean, told DazedDigital.com: "It's good to get people talking, and they're definitely going to make people turn their heads as you walk by!" [DazedDigital.com, 1/11/2019]

People With(out) Issues

Rachel Childs, 29, of Pearland, Texas, is not autistic and doesn't have a twin autistic sister, according to the Houston Chronicle. Nevertheless, she hired a caregiver for her (fake) twin sister who is (not) autistic. The elaborate plot, which played out in early January, involved the caregiver picking up

the "twin" at Childs' house and taking her to the caregiver's home, where he was hired to care for her overnight. But when Childs' "twin" exhibited sexual conduct toward the caregiver, he became suspicious and investigated Childs, then contacted police. Childs was charged with burglary of a habitation with intent to commit assault and indecent exposure. [Houston Chronicle, 1/17/2019]

Precocious

-- Employees of John J. Murphy Elementary School in Round Lake Park, Illinois, were surprised on Jan. 9 when a car drove into the drop-off lane and an 11-year-old student exited the driver's seat. Witnesses alerted police, who issued an arrest warrant for the front-seat passenger, 31-year-old Khafilu M. Oshodi of Round Lake, for two counts of child endangerment; a 9-year-old was riding in the back seat. Police Chief George Filenko told the Lake County News-Sun the situation could have "resulted in any number of tragic scenarios." The children have been placed with other relatives, and police are still looking for Oshodi. [Lake County News-Sun, 1/21/2019]

Alijah Hernandez of Houston is a skilled barber in her father's shop, reported KTRK-TV on Jan. 17 -- which wouldn't ordinarily be newsworthy. But Alijah is only 7

years old. Her dad, Franky, says she's been watching him since she was a toddler and started perfecting her skills three years ago. For her part, Alijah says cutting hair comes naturally to her; she practices on friends and family (with her dad supervising) and has already faced off in barber competitions across Texas. [KTRK, 1/17/2019]

What's That up in the Sky?

The rare super blood wolf moon of Jan. 20 was so captivating to some skywatchers on Florida's Ponte Vedra Beach, that they didn't notice when the tide rolled in and waterlogged their Honda CRV. The St. Johns County Sheriff's Office told News4Jax the occupants were able to get out of the car and move to safety, although the vehicle itself wasn't recovered until the next day. A photo showed water up to the windshield on the front end. [News4Jax, 1/21/2019]

Meanwhile, in West Palm Beach, Florida, two unnamed 24-year-olds chose to view the Jan. 20 eclipse by lying prone in the middle of a dark road near the Apoxee Wilderness Trail. Which would have worked out fine, except around 11:30 p.m. a West Palm Beach police officer patrolling the area ran over the pair. Fortunately, reported the South Florida Sun Sentinel, he was cruising at just 5 mph, and the human speed bumps sustained only non-life-threatening injuries. The officer was put on paid administrative leave while the incident was investigated. [Sun-Sentinel, 1/21/2019]

Terrifying Technology

Laura Lyons of Orinda, California, was in her kitchen on the afternoon of Jan. 20 when a loud alert noise blared in the living room, followed by a detailed warning from "Civil Defense" that intercontinental ballistic missiles were on their way from North Korea to Los Angeles, Chicago and Ohio. Lyons told the San Jose Mercury News the message warned residents they had three hours to evacuate. As she and her husband absorbed the news, they realized it had come from their Nest security camera -- not from the TV, where the Rams-Saints game was proceeding as normal, and news channels were not reporting anything

unusual. "It was five minutes of sheer terror," she said. The Lyonses called 911 and then Nest, where a supervisor told them they had been victims of a "third-party hack" on their camera and speakers. [San Jose Mercury News, 1/22/2019]

Self-Medicating

When a 33-year-old unnamed Irish man was admitted to a Dublin hospital with swelling in his right forearm and a rash, he surprised the attending physician with the "cure" he had been using for his back pain. For a year and a half, reported Canoe.com on Jan. 16, the man had been injecting his own semen into his right forearm. X-rays revealed a pool of the fluid under his skin, which had become infected. "He had devised this 'cure' independent of any medical advice," noted Dr. Lisa Dunne in the Irish Medical Journal. He also told Dr. Dunne that his back pain had worsened after lifting a heavy metal object. [canoe.com, 1/16/2019]

Latest Religious Messages

British retailer Marks & Spencer is in hot water with Muslims who claim the store's brand of toilet paper is embossed with the Arabic symbol for the word "God." An unnamed man posted a video to social media displaying a roll of M&S Aloe Vera 3-ply tissue and urging his Muslim brothers and sisters to avoid buying it or boycott the store altogether. Metro News reports that in response, Marks & Spencer says the symbol is of an aloe vera leaf: "The motif on the aloe vera toilet tissue, which we have been selling for over five years, is categorically of an aloe vera leaf, and we have investigated and confirmed this with our suppliers." [Metro News, 1/22/2019]

Keep That to Yourself

Dennis Palmer, 31, appeared to be guilty of more than TMI on Jan. 10 when police were called to a Walmart in Stuart, Florida. TCPalm.com reported that Palmer was in the pillow aisle when he was seen exposing and touching himself inappropriately. Palmer told police "he was just itching himself because he has crabs." But surveillance video recorded Palmer indulging in "rubbing" and activities other than scratching; "this continued for several minutes," the affidavit stated. When police asked Palmer what he was thinking, he replied that "he wasn't thinking, but he should have been thinking." He was jailed for exposure of sexual organs. [TCPalm.com, 1/22/2019]

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NEWS OF THE WEIRD



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

First-World Solution

When Victoria Amith, 18, headed to college last fall, she couldn't take along her beloved cats, Tina and Louise.

And her dad, Troy Good, 43, couldn't keep them at his new apartment in San Jose, California. So rather than abandon them, Good did what any doting daddy would do: He rented them an apartment of their own.

Tina and Louise now live the good life in a 400-square-foot studio apartment behind the Willow Glen home of David Callisch, who told The San Jose Mercury News: "They're very quiet, obviously. The only problem is they stink up the place."

Good pays \$1,500 a month rent, and Callisch stops in every day to feed and play with the kitties. Sounds puuuurrrr-fect. [San Jose

Mercury News, 1/14/2019]

Recurring Themes

▪ The first clue for police that Craig Wistar, 51, of Warren, Ohio, shouldn't have been driving was that he was behind the wheel of a car facing east in a westbound lane around 2 a.m. on Dec. 4. The second was the woman in the back seat, who mouthed "Help me" to officers as they questioned Wistar, who had a bottle of vodka at his feet. When asked what he was doing, Wistar replied, "I'm Ubering," reported WFMJ-TV. Officers moved the passenger to their patrol car and administered a field sobriety test, during which Wistar admitted, "I'm plastered. I'm talking hammered. I confess I'm drunk." Wistar's Uber passenger got a ride home from police, and he pleaded guilty on Jan. 14 to driving under

the influence. Most important, he will no longer be able to drive for ride-sharing apps. [WFMJ, 1/15/2019]

▪ Sunita Jairam, 48, of Lexington, Kentucky, was arrested for driving under the influence at about 1 a.m. on Jan. 13, which she explained to police by saying she did it for her son. According to the Lexington Herald Leader, Jairam told police she had been drinking all day and "drank a bunch of beer and got in her car to drive to teach her son a lesson."

Her son, whose age was not reported, told police he had tried several times to get out of the BMW X1 "due to his mother's driving," but the doors were locked. Jairam was also charged with endangering the welfare of a minor. [Lexington Herald Leader, 1/13/2019]

▪ In the category of Straining Log-

ic, Jana Moschgat's defense attorney suggested at her drunk-driving hearing on Jan. 8 in Berwick, Pennsylvania, that the results of her breath test might have been compromised by the fact that, according to the arresting officer, she was nibbling on her coat before the test was administered. Moschgat, 47, smelled of alcohol, the officer testified, and failed a field sobriety test; her blood alcohol level was tested at 0.151 percent, almost twice the legal limit.

Attorney Travis Petty questioned the officer about his knowledge of the fabric content of her coat, reported The (Bloomsburg) Press Enterprise, saying certain materials can alter the results of breath tests. The judge wasn't buying the argument and sent the case to trial. [Press Enterprise via TribLive.com, 1/10/2019]

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FEBRUARY LUNCH MENU

- Feb. 1 – Roast Beef w/Brown Gravy, Lyonnaise Potatoes, Peas & Mushrooms, Cream of Broccoli Soup/Crackers, Strawberry/Blueberry Crisp, Dinner Roll w/Margarine.
- Feb. 4 – Pinto Beans & Ham, Sweet & Red Potatoes, Seasoned Green Beans, Tomato Florentine/Crackers, Applesauce.
- Feb. 5 – Beef Chop Suey, Steamed Brown Rice, Mixed Vegetables, Beef Vegetable Soup, Carrot Raisin Salad, Blueberry Fruit-cup.
- Feb. 6 - Slopper w/Green Chili, Ranch Beans, Bermuda Mixed Vegetables, Creamy Coleslaw, Apple Fruit Cup, Hamburger Bun/Garnish.
- Feb. 7 – Open Faced Hot Turkey w/Gravy, Peas & Onions, Garden Vegetable mix, Pasta Salad, Sl. Bread, Strawberries & Peaches.
- Feb. 8 - -Polalo Crusted Fish, Vegetarian Alfredo, Seasoned Asparagus, Tomato Cucumber Salad, Apple, Condiments.
- Feb. 11 – Chicken Sesame, Fried Rice, Lima Beans & Carrots, Split Pea Soup/Crackers, Mandarin Oranges.
- Feb. 12 – Brunswick Stew, Mashed Potatoes, Scandinavian Mixed Vegetables, Chilled Apricots, Raisin Nut Cup/ Crackers.
- Feb. 13 – Macaroni & Cheese, Sugar Snap Peas, Winter Mix Vegetables,

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- Feb. 14 – Chinese Lemon Chicken, Baked Sweet Potatoes, Mandarin Stir Fry, Minestrone Soup/Crackers, Vanilla Pudding, Diced Pears.
- Feb. 15 – Fish w/ Tarter Sauce &

- Lemon, Vegetable Couscous, Stewed Tomatoes, Seafood Gumbo/Crackers, Cherry Crisp, Orange.
- Feb. 18 – Beef Tips w/Mushroom Gravy, Parslied Pasta, Steamed Broccoli, Lentil Soup/Crackers, Banana.

- Feb. 19 – Honey Mustard Chicken, Au Gratin Potatoes, Carrots, Minestrone Soup/Crackers, Pineapple Cabbage Slaw, Cranberry Apple Crumble.
- Feb. 20 – Pork Chow Mein, Brown Rice, Oriental Vegetables, Egg Drop Soup/ Crackers, Strawberries & Pineapple, Peas & Carrot Salad.
- Feb. 21 – Turkey Tetrizzini, Baked Sweet Potato, Roasted Brussel Sprouts, Fresh Apple, Confetti Cottage Cheese Crunch.
- Feb. 22 – Chili Rellenos, Zucchini & Tomatoes, Cheesy Cauliflower, Black Bean Soup/Crackers, Coconut Fruit Salad.
- Feb. 25 – Beef-Tomato Mac, Oregon Mixed Vegetables, Seasoned Spinach, Washington Chowder/Crackers, Peach Fruit-Cup.
- Feb. 26 -Chicken Parmesan, Herbed Pasta, Brussel Sprouts, Chicken Barley Soup/Breadstick, Strawberry Applesauce.
- Feb. 27 – Corn Tamale Pie, Seasoned Pinto Beans, Capri Vegetable Mix, Mandarin Oranges, Banana Chocolate Bar.
- Feb. 28 – Penne & Meat Sauce, Italian Mixed Vegetables, Yellow Squash, Carrot Raisin Salad, Garlic Bread, Apricots.

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Call them at (719) 545-1834 and wish them a HAPPY DAY!

RELIGION

Five Ways to Overcome Fear

“WHY SHOULD I be afraid?” Israel’s King David once asked.

I could give him plenty of reasons, from a pulmonary embolism that could have taken my life to a succession of less threatening but still uncomfortable and debilitating ailments, most recently the need for cataract surgery.

Instead of worry, I decided to arm myself with encouragements not to give in to fear. I soon learned every time the Bible tells me to not be afraid, it gives a reason.

It often gives additional instructions about what “just” do instead. As I adjust my attitude, my fear level drops.

“Just stand still and watch the Lord rescue you today.” (Exodus 14:13 NLT)

Given time, most issues will resolve. Sometimes I’m supposed to get to work or even go on

the offensive. But I start by standing still. God’s in control, and He’s so much more powerful than I am on every level.

“The Lord himself will fight for you. Just stay calm.” (Exodus 14:14 NLT) The phrase “stay calm” follows “standing still” in the Bible. Stillness implies calm, undisturbed by outside forces, not showing or even feeling strong emotion, e.g., fear. The physical action of standing without wavering occurs most easily when I am calm.

“Just open your eyes and see how the wicked are punished.” (Psalm 91:8 NLT.)

Take a look at the larger picture. When the doctor told me I had a pulmonary embolism, I had already passed the first survival test. I hadn’t died in a heart attack as soon as it developed.

Recently, I spent eight hours in an emergency room because of chest pain which turned out to be gastric difficulties. Over the hours I spent watching the ER fill, empty, and fill again with

new patients, I opened my eyes to those in much worse shape than me. I could afford to wait while newborn babies sick from pneumonia cried feebly and accident victims hovered on the brink of life and death.

“Just remember what the Lord your God did.” (Deuteronomy 7:18-21 NLT)

Remember the past. Before my last surgery, the doctor warning me it was serious, implying “and you could die.” Somehow, I found peace—and I survived.

The more often something like that happens, the easier it becomes to remember God. Whatever happens, I can trust him. The heart and mind connect head knowledge with life experience. Past difficulties increase my confidence that God has a purpose behind the current trial that’s tempting me to fear.

Just have faith (Mark 5:36 NLT)

This guideline feels obvious—except the person old to have faith had every reason

to doubt. Jairus had come to Jesus when his daughter was deathly ill. Before they arrived, he received word that his child had died.

Jesus’ response to the news? “Just have faith.”

Minutes later Jesus raised the girl from the dead. But if I had been Jairus in that moment, I would have felt like screaming, “I had faith. I came to you.” You failed me.

Jesus encouraged Jairus to continue to trust God even in his bleakest moment. So also, I may be called on to trust in the face of massive impossibility and personal pain.

The next time fear comes knocking at the door, let’s remember these five principles so we can face those challenges with courage. God is on our side, and He’s always more powerful than what’s happening.

Darlene Franklin writes fulltime from a nursing home in Oklahoma City. Check out her website at <https://www.darlenefranklinauthor.com/>

DARLENE FRANKLIN



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◀ FROM THE OWL, PAGE 1

Minnie and Elizabeth, upon graduation from high school attended beauty school and soon after opened their own beauty shop in Denver, where they worked for 30 years. All six of the children are married. Pete Sr. married Norma Inman in 1948. They had two children Pete Jr and Susan. Jimmy married Lena Senatore in 1958. Elmer married Claire Louise Davis in 1943. They had two children Bob and Linda. Bob was the general manager at Dale Russell Motors for many years before he opened his own auto dealership in Cañon City. Minnie married Kermit Mitchell around 1940. They had three boys Steve, Jimmy and Bill. Louis married Anna Lippis in the late 1930’s. They had two children Virginia and Sandy. Elizabeth married Harry Bath in 1945. In 1947, Jim passed away. For the next 42 years Jimmy, Pete Sr. and Elmer worked every day from sunrise until after dark grilling famous OWL Burgers, mixing those FANTASTIC milkshakes and being second parents to thousands of kids in Cañon City.

Those were the GOOD OLD DAYS. Back in the 50’s they were selling hunting and fishing licenses and it was a sportsmen’s headquarters. When you come into the OWL you will see some of the top trophies of the Santilli’s and their hunting and fishing trophies as well as black and white photographs of the 1930s 40s and 50s.

In 1947, the OWL was remodeled and space added for several pool tables.

They had regulars every day. The kids used to come in to eat their sandwiches and then they would go back and play pool. The first 20 years or so in business almost all of the customers were men and boys. It was not until the mid 60s that women started coming into the OWL. Today half of the people that come in are women and children. It is probably because of the relationship for generations with the kids that the OWL was made famous. Now this is the way all of America should be. A place where customers old and young are welcome a part of history where else but in Cañon City can you see what this country was formed from.

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izations to promote good savings behavior; it is also a great time for people to assess their own saving status.

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are twice as likely to save successfully. Pledge to save for America Saves Week at www.americasaves.org.

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◀ FROM DOUGHNUT, PAGE 1

\$415 deductible, 25 percent co-insurance up to an initial coverage limit of what both plans and beneficiaries pay of \$3,820.

Part D plans, however, vary considerably from the standard.

Plans are allowed to place drugs costing \$670 per month or more in specialty tiers and may charge co-insurance, as high as 55 percent.

In 2019, once beneficiaries and their plans have spent a total of \$3,820 out-of-pocket beneficiaries enter the "doughnut hole" coverage gap.

When Part D was first enacted in 2006, beneficiaries were responsible for 100 percent of the undiscounted retail cost of the drug when they reached the doughnut hole phase of coverage.

Beneficiaries who hit the doughnut hole in 2019 will pay co-insurance of 25 percent of the discounted price of brand-name drugs, and 37 percent for generics.

Depending on the prescription drug, some beneficiaries will pay less for it during the doughnut hole phase of coverage than during the earlier initial coverage level because the drug discounts are higher, and/or the co-insurance is lower than during the initial cov-

erage phase of their plan.

In 2019 beneficiaries must spend a total of \$5,100 out-of-pocket to reach the catastrophic level of coverage when co-insurance and co-pays are the lowest.

Once the catastrophic threshold is crossed, beneficiaries pay 5 percent co-insurance or \$8.50 for brand name drugs whichever is greater, and \$3.40 for generics, but there is no out-of-pocket maximum.

"This rampant growth in out-of-pocket spending thresholds is not something the majority of retirees would be able to handle financially for long, without rapidly draining retirement savings," Johnson says.

A 2018 survey conducted by The Senior Citizens League found that 62 percent of respondents favor establishing a monthly out-of-pocket spending cap for prescription drugs that would be adjusted annually to protect against the high drug cost burden.

Thirty percent of respondents were uncertain about the proposal and only 8 percent opposed.

The Senior Citizens League supports legislation that would allow Medicare to negotiate prescription drug costs and is launching a new annual survey on the healthcare

costs affecting older Americans.

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WHO DOESN'T LOVE Gil- da Radner?

"Love, Gilda"-- an autobiographical documentary directed by Lisa DaPolito -- gives us an intimate glimpse into Gilda's life and career by presenting various audiotapes, videotapes, letters and home movies as well as diary entries plus interviews with her friends and colleagues.

Tied together with Gilda's own words, sometimes read by current comedians and comedienne, this film ends up being a well-deserved homage to a terrific entertainer.

We learn that Gilda's passion for making people laugh began when she was a child and

continued through her entire life. We see her having a great time as a member of the Second City Comedy group and the "SNL" cast. We share her excitement at having a successful one-woman show on Broadway, where she does her famous tap audition number. We feel happy watching her win over Gene Wilder and become his wife.

"I fell in love with Gene at first sight," she admits. "It felt like my life went from black and white to Technicolor."

Although appearing in seven movies, Gilda received her highest acclaim for the hilarious characters she brought to life on "Saturday Night Live." My favorites? Roseanna Roseannadanna, Bawba Wawa and Emily Litella ("What's all this fuss over violins on television?"). And who can forget her ballroom dancing with Steve Martin or amusing childlike interactions with Bill Murray? In fact, Gilda was the first performer hired for "SNL," and she won an Emmy for Outstanding Performance on that show.

Gilda's movies with Gene Wilder include "Haunted Honeymoon," "The Woman in Red," and "Hanky Panky."

In addition to her films and TV credits, Gilda wrote "It's Always Something," a candid memoir about

her struggle with cancer. Sadly, she died in 1989 of ovarian cancer at the age of 42.

Laugh after laugh to us she gave.

When cancer came she was so brave.

Her humor came from mind and heart.

She turned it into comic art. Her singing, dancing and fun skits

quickly became SNL hits.

Gilda Radner is still a star.

Love flows to her from near and far.

Lots of thoughts about Gilda now.

Wish she were here to take a bow.

(Released by Magnolia Pictures; not rated by MPAA. Available now on Amazon Prime.) We'll find out on Tuesday, January 22, when the 91st Annual Academy Award® nominations are scheduled to be announced.

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

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



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FOR A HEALTHIER YOU

Bring Comfort To An Ill Friend

WHEN SOMEONE YOU know is diagnosed with a serious illness, you may want to reach out to that individual but feel unsure of what to say or do. This uncertainty can keep you

LISA M. PETSCHÉ
Medical social worker
and freelance writer



away at the time when your help is needed the most. The following are some ways to show that you care.

Emotional Support

Don't agonize over what to say. Keep it simple

and heartfelt — for example, "I'm here for you." Don't be afraid to share your emotions. Remember, too, that a touch of the hand, a pat on the shoulder or a hug can often convey support and caring better than words.

Educate yourself about the disease to understand the challenges your friend faces.

Allow him or her to express emo-

tions freely. Serious illness affects people physically, mentally, emotionally and spiritually. But although there may be similarities, no two people experience it the same way. Feelings may include shock, anxiety, fear, anger, guilt, sadness, loneliness and hopelessness.

Recognize and accept that people cope with illness in different ways. Some may alter their priorities and lifestyle while others may choose to carry on as usual. Some may use humor as a coping mechanism while others may become introspective or more spiritual. Don't take bad moods or uncharacteristic behavior personally.

Spiritual Support

If you are praying for your friend, let him or her know this. Offer to pray together if you think your friend would be receptive.

If your friend is connected with a faith community, offer to look into available social ministries, such as telephone support, friendly visiting and transportation (to church or doc-

tor visits, or to pick up needed items).

Instrumental Help

Assist in practical ways to help your friend concentrate on treatment and ensure needed rest. Walk the dog, run errands, perform household chores or drive him or her to appointments or on errands. Offer to get information about community resources that may be of assistance.

Maintaining The Relationship

Keep in mind that you may have to be the one who makes most of the effort in terms of staying connected. When planning a visit, call ahead to determine the best day and time to come over. Be sensitive to signs of fatigue in your friend that signal you should conclude the visit.

Treat your friend the way you always have. Don't hesitate to smile or tell a joke. Be yourself.

Listen non-judgmentally, demonstrate compassion and don't give unsolicited advice. Instead, provide words of support and encouragement.

Encourage your friend to take one day at a time and to trust that he or she will be able to cope with whatever lies ahead.

Don't underestimate the pain — physical, emotional and spiritual — your friend may be experiencing and don't discourage tears or urge him or her to "be strong." Don't withhold your own tears, either — they are a sign that you care.

Take cues from your friend as to how he or she wishes to deal with the illness; don't make assumptions.

Encourage your friend to practice self-care, including proper nutrition, exercise (if appropriate), getting adequate rest and avoiding unnecessary stress. Also encourage him or her to keep medical appointments and offer to come along for emotional support.

Help a female friend feel good about her appearance. Offer to style her hair or do her nails, or bring her an attractive new accessory, such as a scarf or costume jewelry. Bring a surprise gift, such as flowers or a favorite movie, magazine or food treat.

Invite your friend on an outing, if feasible, keeping in mind any energy limitations. If the person declines visits, telephone or send cards or notes to show support.

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

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- Feb. 1: Ham and beans, collard greens, cornbread, orange juice
- Feb. 4: Beef & broccoli stir fry, brown rice, steamed carrots, pineapple tidbits, ww bread
- Feb. 5: Tuna noodle casserole, mixed vegetables, sliced zucchini, peaches, ww bread
- Feb. 6: White bean chicken chili, spinach salad with Italian, apple, orange juice, cornbread
- Feb. 7: Italian sausage, marinara sauce, spaghetti, broccoli, tossed salad, pears, ww bread
- Feb. 8: Teriyaki chicken, brown rice, oriental veg, spinach salad with mandarins, orange, fortune cookie
- Feb. 11: Swedish meatballs, whipped potatoes with gravy, chopped spinach, orange, bran muffin
- Feb. 12: Chili con carne, steamed broccoli, cornbread, trail mix with nuts and raisins, apple
- Feb. 13: Black bean and tortilla casserole, brown rice, mashed sweet potatoes, mixed fruit
- Feb. 14: Hungarian goulash,

- California veg medley, green peas, pineapple tidbits, ww bread
- Feb. 15: Bratwurst on a bun with onions and cabbage, oven browned potatoes, peas and carrots, orange
 - Feb. 18: President's Day – Holiday – Closed
 - Feb. 19: Sweet & sour chicken, brown rice, Chinese vegetables, mandarin oranges, fortune cookie, ww bread
 - Feb. 20: Beef stew, sweet corn, cauliflower/broccoli salad, fresh plums, ww crackers
 - Feb. 21: BBQ pork ribs, coleslaw, corn cob, seasoned greens, watermelon, bran muffin
 - Feb. 22: Meatloaf with brown gravy, roasted sweet potatoes, brussels sprouts, tossed vegetable salad, pineapple tidbits, ww bread
 - Feb. 25: Chicken a la king, mashed red potatoes, seasoned asparagus, tossed salad with ranch, apple, ww bread
 - Feb. 26: Hamburger on a bun, lettuce, tomato and onion, baked beans, potato salad, orange
 - Feb. 27: Pork chow mein, brown rice, cabbage with red pepper, banana, fortune cookie,

- ww bread
- Feb. 28: Baked potato, broccoli with cheese sauce, tossed salad with lite French dressing, fruit cocktail, drop biscuit with butter

SALIDA/BUENA VISTA

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

- Feb. 1: Beef stew, sweet corn, cauliflower broccoli salad, plums, ww crackers
- Feb. 5: Bratwurst on a bun with onions and cabbage, oven browned potatoes, peas and carrots and orange
- Feb. 7: Cream of potato soup, tuna salad wrap, romaine lettuce and tomato slices, creamy coleslaw, cantaloupe
- Feb. 8: Meatloaf with brown gravy, roasted sweet potatoes, seasoned Brussel sprouts, tossed salad, pineapple tidbits, ww bread
- Feb. 12: Sweet & sour chicken, brown rice, Asian vegetable blend, mandarin oranges, fortune cookie, ww bread
- Feb. 14: American lasagna, seasoned green beans, tossed salad, banana, ww roll
- Feb. 15: Enchilada pie, succotash, sliced yellow squash, cornbread, mixed fruit
- Feb. 19: Lemon baked fish, tarter sauce, lemon, rice pilaf, creamy coleslaw, green beans with mushrooms, apple, ww bread
- Feb. 21: Roast turkey with gravy, smashed red potatoes, California blend vegetables, spinach salad with mandarin oranges, Mitzie's ww rolls, pineapple tidbits
- Feb. 22: Chili con carne, steamed broccoli, cornbread, trail mix with nuts and raisins, apple
- Feb. 26: Ham and beans, collard greens, cornbread, orange juice
- Feb. 28: Tuna noodle casserole, mixed veggies, sliced zucchini, peaches, ww bread

- Chips, Soup (TBD)
- Feb. 19: Italian Feast !!
 - Feb. 21: Swedish Meatballs, Noodles, Vegetable
 - Feb. 26: Chicken Noodle Soup, Tossed Salad
 - Feb. 28: Chicken/Beef Soft Tacos, Rice, Beans

FLORENCE

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- Feb. 1: Enchilada pie, succotash, sliced yellow squash, cornbread, mixed fruit
- Feb. 5: Honey bbq chicken, oven browned potatoes, broccoli and carrots, diced pears, carrifruit salad, ww bread
- Feb. 7: Meatloaf with brown gravy, roasted sweet potatoes, seasoned Brussel sprouts, tossed salad, pineapple tidbits, ww bread
- Feb. 8: American lasagna, seasoned green beans, tossed salad, banana, ww roll
- Feb. 12: Sweet & sour chicken, brown rice, Asian vegetable blend, mandarin oranges, fortune cookie, ww bread
- Feb. 14: Chicken salad sandwich, lettuce and tomato, confetti salad, beef barley soup, orange juice
- Feb. 15: Lemon baked fish, tarter sauce, lemon rice pilaf, creamy coleslaw, green beans with mushrooms, apple, ww bread
- Feb. 19: Chili con carne, steamed broccoli, cornbread, trail mix with nuts and raisins, apple
- Feb. 21: Tuna noodle casserole, mixed veggies, sliced zucchini, peaches, ww bread
- Feb. 22: Roast beef sandwich on wheat, chunky vegetable soup, oven browned potatoes, confetti salad, apple
- Feb. 26: Bratwurst on a bun with onions and cabbage, oven browned potatoes, peas and carrots, orange
- Feb. 28: Scalloped potatoes with ham, spinach salad with mandarin oranges, hard boiled egg, sliced peaches, ww dinner

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- Feb. 7: Turkey a la King, Rice or Noodles, Green Beans
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- Feb. 14: Hoagie Sandwich,

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Dangerous Airbags Affects Millions of Drivers

(NAPSI)—Roughly 37 million vehicles—across all makes and models—have dangerous, recalled airbags that need to be replaced immediately and they're FREE.

In the event of a crash, the faulty airbags can explode with sharp metal fragments, causing serious injury or even death to the driver or passengers.

The easiest way to check if your vehicle has a defective airbag is to find your vehicle's 17-digit vehicle identification number (VIN), typically located on the driver's side dashboard by the windshield and on vehicle registration and insurance documents.

Next, visit CheckToProtect.org and enter the VIN. Within seconds, you'll learn whether the vehicle has

This Senior Safety Page is Proudly Sponsored by four of the finest Assisted Living facilities in the region; North Pointe Gardens, Trinity Life Gardens, Oakshire Garden Assisted Living and the beautiful newly expanded Pueblo West Gardens. Matt Coffman and all the employees of these fine facilities welcome you to call them for a tour. In Colorado Springs Visit Point of the Pines!



an open airbag safety recall.

If you do have an open airbag recall, call your dealer immediately to set up a FREE repair.

Recall repairs are FREE and will always be done at an authorized dealer, even if you purchased the vehicle somewhere else. Alternative transportation may be available at some dealers.

Even after you've checked your

vehicle, it's important to set a reminder to check every six months for airbag and other safety recall notices.

Recalls are announced by automakers throughout the year, and if you miss a recall announcement—or have lost touch with your original dealer—you could be driving a vehicle with a

dangerous safety recall.

To help protect your family and friends from these dangerous airbags, encourage everyone you know to Check To Protect today.

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THE WELL-DRESSED GARDEN

New Home, New Landscape: Start Gate?

IF YOU'VE RECENTLY moved into a new home, the world outside your windows is waiting. It's time to tackle the garden.

Turning a piece of property into a garden that reflects your style and meets your needs is quite a project, whether your home is a brand-new place on an empty lot or an established home with a patchwork of landscaping going back through a succession of previous owners. Either way, the possibilities are unlimited. The first step is to give yourself permission to dream a little.

"Look at your property and ask yourself what your long-term goals are," says Cheri Marie Stringer, a landscape designer and owner of TLC Gardens in Longmont, Colorado. General goals are fine, she says. You might want a lawn for the kids to play on or a patio for entertaining. That's a good

MARTY ROSS
Freelance garden
journalist and gardening
columnist for Universal Press

start. But perhaps you're also thinking of a sheltered place to sit outside, a small vegetable garden or a flower garden that welcomes you home when you pull into the driveway.

Stringer most often works with clients who want to renovate an existing landscape. "When I meet with them, they're trying to work around what's there instead of imagining how it could be completely different," she says. "They can't see what it could be."

On an empty lot around a new home, there are no distractions, so it may seem easier to imagine your new garden, but the process is the same, Stringer says. Figuring out what you want comes first. She guides her clients from an initial list of goals to a list of priorities; the two won't always coincide. Then, working with both lists, she helps clients envision developing their garden one step at a time.

Working with a garden-design professional helps even if

you're an experienced gardener. It's less about digging holes and planting things here and there, and more about coming up with a coherent plan for a beautiful and inviting garden. Sally Wittkofski, a landscape architect and owner of SWW Landscape Design in Richmond, Virginia, goes through the same process with her clients in the rolling terrain and relatively mild climate of the mid-Atlantic area that Stringer does in the Rocky Mountains and high plains of the West. "Don't be afraid to start," she tells them. "Starting is the hard part."

Wittkofski suggests shopping for ideas in the pages of magazines and on websites such as Pinterest or Houzz. When something appeals to you, she says, "ask yourself why you like it, what draws you to it?"

Working with a designer will help you develop your own style, so it is important to try to find the right professional, and to be willing to listen to the

voice of experience. You could order a pallet of rocks from the local stone yard and lay a patio yourself in one weekend, but having a conversation with a designer before you start will help you make some crucial decisions about the location and shape and size of the patio, and about whether stone or bricks or pavers are the right choice for your site and your needs. After talking with a designer, you may decide to hire her and her crew to build the patio, or she may give you the encouragement you need to do it yourself, with the assurance that the results will be satisfying.

Professionals are familiar with local codes and covenants. Designers or their contractors can help you address drainage issues and can level uneven ground where necessary. They are also adept at looking at the overall picture of your property and helping you decide where you can save and where you should splurge.



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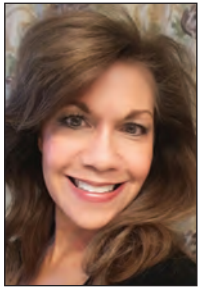
HEALTH AND WELLNESS

Omega 3 Helps More Than Your Heart

FOR YEARS THE necessities and benefits of essential fatty acids have been making headlines. Essential fats come in several forms represented by numbers.

There are omega 3, 6, 7 and 9 Essential Fatty Acids (EFA) that all have their merits when found in the body in the proper proportions.

CHARLENE CAUSEY
Barre Fitness Studio,
Brilliant Balance



More recently omega 7 is receiving rave reviews when sufficiently provided in diet by just a few macadamia nuts per day.

The focus here, however, will be the EFA that seems to get the most attention which is the omega 3 essential fatty acid.

Essential fatty acids are necessary

for proper bodily function in humans and in animals, but the body cannot synthesize them, and therefore the diet must provide them.

It has only been since the 1920's that nutritional science has revealed the importance of these substances in maintaining a healthy life.

Most publicity for omega 3's has centered around the benefits to the heart and cardiovascular system.

While it is true that omega 3's are excellent for the heart, the real advantage lies with the anti-inflammatory effects gained by the consumption of these substances.

At the root of all disease and imbalance in the body is inflammation to some degree.

There are many causes of this inflammation and some

is unavoidable.

For instance free radical formation, which is a natural by-product of metabolism, is a constant result of living and a source of inflammation to the body.

It is inflammation out of control that is a major concern.

It is like feeding kindling to a fire; when the fire is hot enough it becomes a roaring blaze that can then run amuck, potentially causing great damage.

Omega 3 EFAs act to reduce inflammation by several actions.

They help regulate blood clotting, they build cell membranes, they support overall cell health and, more recently, new research reveals a great discovery.

Telomeres are the strands attached to DNA that serve to protect the DNA.

As a part of the natural aging process telomeres grow shorter and become frayed.

Stress, being overweight, lack of exercise, and chronic inflammation shorten the telomeres even faster.

These negative lifestyle factors contribute to other types of cellular damage leading to gray hair, wrinkles, brittle bones and possibly heart disease and cancer.

Recent research has shown that omega 3 EFAs activate antioxidant defenses to fight against telomere-shortening free radicals.

By igniting an enzyme, telomerase, the telomeres of the DNA stay intact

longer and the telomeres are able to resist inflammation and signs of aging that accompany chronic inflammation. So Omega 3's are able to fight off inflammation at the DNA level which essentially benefits all of the cells in the body!

The best sources of omega 3 fatty acids: flax seed oil and flax seeds, sustainable seafood, particularly salmon, sardines, mackerel, and cod, (all wild caught), walnuts, chia seeds, kidney beans and black beans.

Even basil, oregano, and cloves contain some omega 3's. It is important to note that oxygen, light and heat easily destroy omega 3 EFAs.

The best forms of storage and preparation avoid those elements. Raw sources as in oils, seeds and nuts prove to be the most usable.

Essentially, you can't live a healthy life without omega 3 essential fatty acids.

Charlene Causey is a former registered nurse. She has also been a model, nutrition and fitness instructor, and educational consultant. With over 40 years of experience in research and development, Charlene assists individuals in balancing their bodies in harmony with nature. Currently, she holds certifications in Natural Health, Personal Training and Ballet Body Barre. Her main focus is a natural approach to health and wellness. Recently, Charlene launched Pueblo's premier Barre Fitness and Wellness Studio, Brilliant Balance. You can reach Charlene at www.facebook.com/brilliantbalance or go to www.brilliantbalance.org.

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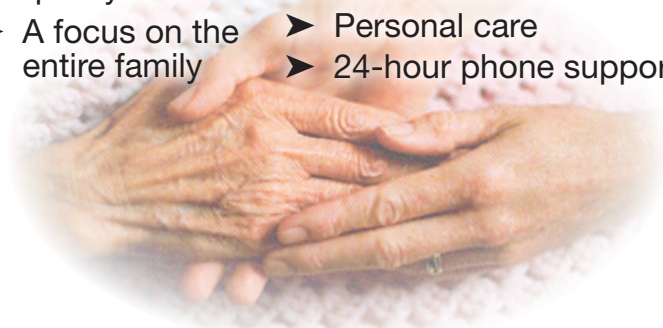
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JOSH WELLER, PUBLIC AFFAIRS SPECIALIST-SOCIAL SECURITY ADMINISTRATION - PUEBLO COUNTY, FREMONT COUNTY AND EL PASO COUNTY

Understanding Survivor's Benefits

UNFORTUNATELY, tragedy can strike without any warning. The loss of the family wage earner can be devastating both emotionally and financially. Social Security helps by providing income for the families of workers who die.

Some of the Social Security taxes you pay go toward survivors benefits for workers and their families. The value of the survivors benefits you have under Social Security may even be more than the value of your individual life insurance. When you die, certain members of your family may be eligible for survivors benefits. These include widows and widowers (and divorced widows and widowers), children, and dependent parents.

Here are the people who can get survivors benefits based on your work:

Your widow or widower may be able to get full benefits at full retirement age. The full retirement age for survivors is age 66 for people



WHO IS LEFT BEHIND. Social Security helps provide income for families of workers who die.

born in 1945-1956, with the full retirement age gradually increasing to age 67 for people born in 1962 or later. Your widow or widower can get reduced benefits as early as

age 60. If your surviving spouse is disabled, benefits can begin as early as age 50.

Your widow or widower can get benefits at any age if they take care of your child younger than age 16 or disabled, who is receiving Social Security benefits.

Your unmarried children, young-

er than age 18 (or up to age 19 if they're attending elementary or secondary school full time), can also get benefits. Your children can get benefits at any age if they were disabled before age 22. Under certain circumstances, we can also pay benefits to your stepchildren, grandchildren, stepgrandchildren, or adopted children.

Your dependent parents can get benefits if they're age 62 or older. (For your parents to qualify as dependents, you must have provided at least half of their support.)

You can read more about Survivors Benefits at www.socialsecurity.gov/pubs/EN-05-10084.pdf.

How much your family can get from Social Security depends on your average lifetime earnings. The more you earned, the more their benefits will be. For more information on widows, widowers, and other survivors, visit www.socialsecurity.gov/planners/survivors.

Social Security is with you through life's journey. Be sure to tell friends and family about our Survivors Benefits and how we can help in times of need.

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SOCIAL SECURITY & YOU

Question:

I'm planning to retire next year. I served in the Navy back in the 1960s and need to make sure I get credit for my military service. What do I need to do?

Answer:

You don't need to do anything to apply for the special credit for your military service — it is added automatically. For service between 1957 and 1967, we will add the extra credits to your record at the time you apply for Social Security benefits. For service between 1968 and 2001, those extra military service credits have already been added to your record. So you can rest assured that we have you covered. Read our online publication, Military Service and Social Security, at www.socialsecurity.gov/pubs/10017.html. And when the time comes to apply for retirement, you can do it conveniently and easily at www.socialsecurity.gov/retireonline.

Question:

I have never worked but my spouse has. What will my benefits be?

Answer:

You can be entitled to as much as one-half of your spouse's benefit amount when you reach full retire-

ment age. If you want to get Social Security retirement benefits before you reach full retirement age, the amount of your benefit is reduced. The amount of reduction depends on when you will reach full retirement age. For example, if your full retirement age is 66, you can get 35 percent of your spouse's unreduced benefit at age 62 (a permanent reduction); if your full retirement age is 67, you can get 32.5 percent of your spouse's unreduced benefit at age 62 (a permanent reduction).

The amount of your benefit increases if your entitlement begins at a later age, up to the maximum of 50 percent at full retirement age. However, if you are taking care of a child who is under age 16 or who gets Social Security disability benefits on your spouse's record, you get the full spouse's benefits, regardless of your age. Learn more about retirement benefits at www.socialsecurity.gov/retirement.

Question:

I worked the first half of the year, but plan to retire this month. Will Social Security count the amount I earn for this year when I retire?

Answer:

Yes. If you retire mid-year, we count your earnings for the entire year. We have a special "earnings test" rule we apply to annual

earnings, usually in the first year of retirement. Under this rule, you get a full payment for any whole month we consider you retired regardless of your yearly earnings. We consider you retired during any month your earnings are below the monthly earnings limit, or if you have not performed substantial services in self-employment. We do not consider income earned, beginning with the month you reach full retirement age. Learn more about the earnings test rule at www.socialsecurity.gov/retire2/rule.htm.

Question:

I'm trying to figure out the best time to retire based on my future earnings. How can I calculate my own retirement benefit estimate?

Answer:

We suggest you use our Retirement Estimator at www.socialsecurity.gov/estimator. Our Retirement Estimator produces estimates based on your actual Social Security earnings record, so it's a personalized, instant picture of your future estimated benefit. Also, you can use it to test different retirement scenarios based on what age you decide to start benefits. For example, you can find out your estimated monthly payments if you retire at age 62, 70, or any age in between. Try it out now at www.socialsecurity.gov/estimator.

Question:

Is it true that ten thousand

people are retiring each day? What is the best way for me to apply and avoid long lines in my Social Security office?

Answer:

Yes. The best way is to use our online retirement application at www.socialsecurity.gov. You can complete it in as little as 15 minutes. It's so easy. You can apply from the comfort of your home or office at a time most convenient for you. Once you've electronically submitted your application, you're done. In most cases, there's no need to submit any documents. There's also no need to drive to a local Social Security office or wait for an appointment with a Social Security representative.

Question:

Does Social Security offer tools for retirement planning?

Answer:

Yes. Social Security offers several retirement planning tools to help you better understand your Social Security protection as you plan for your financial future. Go to www.socialsecurity.gov/planners to get started. Then choose a benefit calculator to estimate your monthly benefit amounts.

Question:

My cousin and I are both retired and get Social Security. We worked for the same employer for years, but he gets a higher Social Security benefit. Why is that?



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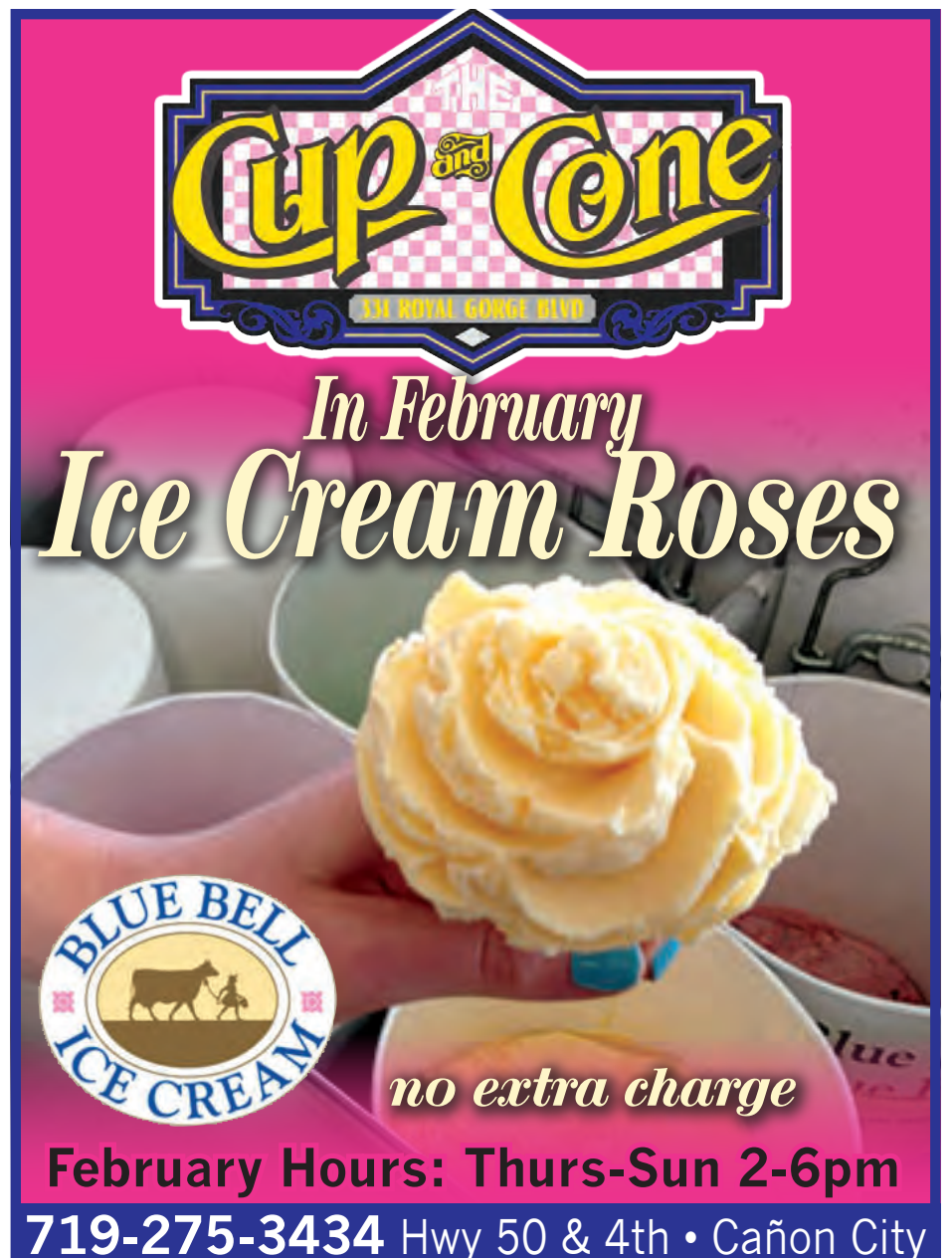
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SOCIAL SECURITY & YOU

Answer:

Your payments are based on your earnings over your lifetime. Unless you are both the same age, started and stopped work on the exact same dates, and earned the very same amount every year of your careers, you wouldn't get the same benefit as your cousin. Social Security benefits are based on many years of earnings — generally your highest 35 years. To learn more about Social Security retirement benefits, visit www.socialsecurity.gov/retire.

Question:

I am nearing my full retirement age, but I plan to keep working after I apply for Social Security benefits. Will my benefits be reduced because of my income?

Answer:

No. If you start receiving benefits after you've reached your full retirement age, you can work while you receive Social Security and your current benefit will not be reduced because of the earned income. If you keep working, it could mean a higher benefit for you in the future. Higher benefits can be important to you later in life and increase the future benefit amounts your survivors could receive. If you begin receiving benefits before your full retirement age, your earnings could reduce your monthly benefit amount. After you reach full retirement age, we recalculate your benefit amount to leave out the months when we reduced or withheld benefits due to your excess earnings. Learn more about Social Security reading our publication, How Work Affects Your Benefits, at www.socialsecurity.gov/pubs/10069.html.

Question:

I'm retired and the only income I have is a monthly withdrawal from an Individual Retirement Account (IRA). Are the IRA withdrawals considered "earnings?" Could they reduce my monthly Social Security benefits?

Answer:

No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as pensions, annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

Question:

How long does it take to complete the online application for retirement benefits?

Answer:

It can take as little as 15 minutes to complete the online application. In most cases, once your application is submitted electronically, you're done. There are no forms to sign and usually no documentation is required. Social Security will process your application and contact you if any further information is needed. There's no need to drive to a local Social Security office or wait for an appointment with a Social Security representative. To retire online, go to www.socialsecurity.gov/retireonline.

Question:

My spouse doesn't have enough work credits to qualify for Social Security retirement benefits. Can they qualify on my record?

Answer:

A spouse receives one-half of the retired worker's full benefit unless the spouse begins collecting benefits before full retirement age. If the spouse begins collecting benefits before full retirement age, the amount of the spouse's benefit is reduced by a percentage based on the number of months before he or she reaches full retirement age. You can learn more by reading our online publication, Retirement Benefits, available at www.socialsecurity.gov/pubs.



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

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

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

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

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

Write your ad in the space provided below.

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

Phone: _____ Your Name: _____

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COLORADO SPRING SENIOR CENTER

FEBRUARY 2019 CALENDAR

**COLORADO SPRINGS
SENIOR CENTER**
955-3400

Please stop by or go online to find the full listing of classes, trips and special events at www.csseniorcenter.com. All classes require registration.

SPECIAL EVENTS

- Living History- Buffalo Soldiers M Feb.4th 1:30-3 \$5 Several African American regiments were formed after the Civil War as part of the Union Army. Learn their history, the origin of their name, and their legacy today. Presented by our local Buffalo Soldier troupe.
- Grandma's Kitchen Bake Sale F 9-12 Free 'Tis the season for all of those lovey dovey feelings! All of our baked goods are made with sugar and spice and everything nice! Just like grandma made them.
- Tunes on Tuesday- Frank Moore 1:30-2:30 Free Frank has been performing locally since the early 70's in the style of John Denver and other leading folk artists.

A SHOUT OUT

The fine folks at Hotel Elegante are proud to sponsor The Colorado Springs Senior Center Calendar this month. Why not give Tracey Hampton a call and thank her for their support? (719) 576-5900

- Original songs, sing-alongs, and comedy are an integral part of his performance. Do not miss this one!
- Voices of Grief T Feb. 19th 1:30-3:15 A documentary film that shares a fresh perspective on the many ways we successfully navigate through grief. Wisdom from contemporary authors, experts, and spiritual teachers is woven through personal stories of loss to explore the roles of community, compassion and connection in this sacred journey.
 - Penrose-St. Francis Blood Drive M Feb. 25th 1-4 Free Come donate life-saving blood, all donations stay right here in El Paso county.

Please sign up for a time slot. Take a step away from a busy weekend and treat yourself to this special yoga retreat. Different classes will be offered such as Vinyasa Flow and Gentle Hatha, as well as yoga for stress management. All levels of experience are welcome. Cost includes a healthy lunch, giveaways, a keynote speaker and a wonderful time. This retreat is in partnership with AARP

EXERCISE & DANCE

- This is not a complete list, so please stop by or go online to find the full listing.
- Nia
 - Yoga- Several classes to

choose from including Vinyasa, Gentle and Chair yoga

- Drums Alive!®- This unique drumming class is different from every other exercise class you've tried. It captures the essence of movement and rhythm utilizing drum sticks and a stability ball. Super fun alert!
- Silver Sneakers Boom – SilverSneaker Classes have now added more options to their class offerings. We are proud to offer SilverSneaker Boom Muscle which is a higher intensity strength focused class. This class incorporates athletic exercises that boost overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skill. If you are a SilverSneakers member this class is free for you to take.
- Feldenkrais- Awareness thru movement, develops awareness, flexibility, coordination and balance.
- Power Moves Power Moves provides community exercise, enrichment, education, and empowerment for everyone to get better and stay better. The Y has created a comprehensive, neuroplasticity-principled program that integrates the latest exercise and wellness research. This program provides a supportive exercise environment to optimize brain recovery and repair. We utilize exercise as medicine to increase quality of life so that you can get better and stay better.

HEALTH EDUCATION

FREE, but please register. A donation of \$1 to the Senior Center is requested. This is NOT a complete list.

- Medicare-What is in it for you? Feb.7th Th 9:30-10:30
- Essential Oils and the Liver Feb. 12th T 10-11
- Chest Pain vs Indigestion Feb.13th W 9-10
- Breathe and Be Feb.14th Th 10-11
- Understanding Alzheimer's and Dementia Feb.20th W 10-11:30
- Medicare Made Clear Feb.28th Th 10-11:30

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

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HOME TOUCH

Kitchens That Simmer With Modern Style

AS AN OPEN floor plan becomes more prevalent in American houses, homeowners want the kitchen to reflect a modern aesthetic, which is found in the rest of the home and in European design, according to Amir Ilin, director of North American sales for Pedini USA, based in Paramus, New Jersey.

“In the United States, kitchens that were traditional are moving into transitional styles,” he said.

“A modern style with a clean, unadorned interior is moving toward the ultra-modern, to the point where the kitchen cabinetry is like fine furniture that blends with other spaces in the home.”

While all that glitters may not be gold, cool metallic accents of pewter, copper and rose- and champagne-gold are also hot in today’s contemporary kitchen.

“The modern movement with clean angles and flowing curves



SLEEK DESIGN. Europeans use frameless cabinet manufacturing techniques, metallic colors and flat metal door and drawer fronts.

of Italian design never went out of style in Europe,” said Ilin. “Italy brings the world the sleek design of the Ferrari and Lamborghini sports cars, and that same design principle is found in its kitchen cabinetry and stand-alone islands.”

Europeans use frameless cabinet manufacturing tech-

niques, which offer greater accessibility to store items by eliminating front stiles and frames traditionally found in American kitchen cabinetry.

Flat metal door and drawer fronts create a sleek, simple European aesthetic, which is treated in metallic colors, ranging from ultra-matte to

high-gloss finishes.

Ilin pointed out that many European metal cabinets are powder-coated.

This is a finishing process in which pigments and resin are electrostatically charged and sprayed onto the metal during the manufacturing process.

The parts to be coated are electrically grounded, so that the charged particles will adhere to the metal.

The coated piece is then placed into a large commercial oven, where it is baked. The heat causes the powder to melt onto the surface of the designed metal piece, and, as it cools, the coating becomes a durable finish.

Items can be powder-coated virtually any color, with any finish, ranging from matte to glossy.

Curved cabinetry or kitchen islands with lines that are reminiscent of a high-end sports car are a custom-made design that can really get a homeowner’s motor running.

Space to spare Today’s thoroughly modern mantra in the kitchen is echoed throughout the entire home. “The idea that the kitchen is an intricate part of a home’s design has never left the European sensibility,” Ilin said.

While all that glitters may not be gold, cool metallic accents of pewter, copper and rose- and champagne-gold are also hot in today’s contemporary kitchen.

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THE CHEAT SHEET LIST

PEOPLE AREN'T ALWAYS CERTAIN WHO DOES WHAT

Sometimes it's confusing to know who to contact and for what. Social Security and Medicare offer related services, so people aren't always certain who does what. This "cheat sheet" can help.

Contact Social Security to:

- See if you're eligible for Medicare;
- Create a my Social Security account to do things like request a replacement Medicare card and report a change of address, name, or phone number;
- Sign up for Medicare Part A (Hospital Insurance) and Medicare Part B (Medical Insurance);
- Apply for Extra Help with Medicare prescription drug coverage (Part D) costs;
- Report a death; and Appeal an Income-Related Monthly Adjustment Amount (IRMAA) decision (for people who pay a higher Part B and/or Part D premium if their income is over a certain amount).

Find information on how to do all of this and more at www.socialsecurity.gov and www.socialsecurity.gov/benefits/medicare.

Contact Medicare to:

- See what services Medicare covers;
- Get detailed information about Medicare health and prescription drug plans in your area, including costs and services;
- Choose and enroll in a Medicare health or prescription drug plan that meets your needs;



CHEAT SHEET. It helps when you know where or who to contact for information regarding Social Security and Medicare.

- Find a Medicare Supplement Insurance (Medigap) policy in your area;
- Find doctors, health care providers, and suppliers who participate in Medicare;
- Get information and forms for filing a Medicare appeal or for letting someone speak with Medicare on your behalf;

- Compare the quality of care provided by plans, nursing homes, hospitals, home health agencies, and dialysis facilities; and
- View Medicare publications. Visit www.medicare.gov for these services.

If you need to find out your claim status, find out deductibles, or get an-

swers to premium payment questions, you can call 1-800-MEDICARE (1-800-633-4227; TTY: 1-877-486-2048).

Determining who to contact is the first step in getting the answers you need. Please share these lists with family and friends who need to know more about Social Security and Medicare.

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Jackie F.
Homemaker
Pueblo, CO



written by:
Ron Phillips
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'INTERMISSION — A PLACE IN TIME'

GLEN VOLLMECKE

THIS IS THE NEXT EXCERPT IN A SERIES FROM GLEN VOLLMECKE



WAVING TO THE LADS, WE SELF-IMPORTANTLY PASSED THE NOISY TEENS IN FOLDING CHAIRS AND ENTERED THE TINY BACK DRESSING ROOM TO CHAT WITH OUR FRIENDS THE OUTLAWS.

Prepared for a scheduled rendezvous in Liverpool, we finished classes early that day. Over on Liverpool's Mathew Street, a long dismal alleyway consisting of red brick warehouses disguised the infamous Cavern location, at number ten.

Our Long Time Contributor, Glen Vollmecke, author of 'Intermission A Place In Time', Will Be Signing Her Book On March 20th

**WHERE: Pueblo Community College
51320 US-50 Outside Canon City
WHEN: 9-5 PM 719-296-6100**

Please Stop By And Say 'Hello', And She'll Sign Her Book For You. See You There!

A broad shouldered bouncer shielded the crude wooden entrance, as dozens of teens waited impatiently in the bitter cold.

When open, they would shuffle down the tiny narrow staircase to the basement.

Placed in rows, cheap folding chairs faced the small timbered stage.

Usually Diane and I rushed for the front seats, but the Beatles gusto became excruciating, and, holding our ears, we would regret our proximity to the stage.

On this evening, while waiting among the fans, our group's pianist appeared in the doorway.

"Hi girls, we're on stage soon, but come inside and wait in the back room."

Crowds of teens stopped talking, and then indignantly they allowed us to pass. Diane and I, with clattering high heels on cobblestones and like young arrogant movie stars, proudly followed him inside the Cavern.

Vibrating the small stage sounds of 'She Loves You' echoed

through the basement. The Beatles were performing.

Waving to the lads, we self-importantly passed the noisy teens in folding chairs and entered the tiny back dressing room to chat with our friends the Outlaws.

Having played their gig, the Beatles squeezed past us, mumbling their apologies, as they prepared for a performance in the Iron Door nightclub, close by.

Recognizing me from the Tower, Ringo touched my shoulder and said, "Hiya."

I smiled shyly and so did he. Then he followed the others next door. That night was a cherished moment in history.

Located in dark, dismal Mathew Street, the Cavern Club and Iron Door were gathering places for the legendary bands of the sixties.

A fact unknown to some is the demolition of our original Cavern club years ago (A more modern building complete with staircase and memorabilia now greets in-

► SEE VOLLMECKE, PAGE 27

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New Day

◀ FROM VOLLMECKE, PAGE 26

ternational fans, while a bronze statue of John Lennon stands outside.

Today, in the city center, four huge effigies of our lads balance gleefully on top of a huge department building in Liverpool.)

Our paltry wages from the Tower supported our jaunts across the Mersey, and fortunately, additional jobs occasionally were available.

By now, after a long absence, B.H. had resurfaced from London.

His awkward and repetitive attempts for a reunion were almost comical, and as usual, chocolates and large bunches of flowers lay on our step, but Mum refused to answer the door.

However, this time his cunning reached new heights and it lodged in my mother's Achilles' heel.

Apparently, he had accepted a traffic warden job in Jersey.

Once settled, he would provide a plane ticket for Mum and they would live happily ever after.

She was preoccupied and I did nothing to dissuade her.

Rob was living temporarily with his father, a lovely baby sister named Gail, and Bob's new wife Maureen.

At fifteen, I was almost an adult.

Sadly, once finishing my second year at school, any further grants, or continuation of studies, would be unattainable.

However, for now, the forthcoming grant would provide food and essentials.

Several weeks later, after much reflection, Mum sat next to me.

"You realize I've been very lonely, Glen. We've endured difficulties in the past, but B.H. promised to change, and I have this prospect of returning home to Jersey."

Nodding, I selfishly grasped the implications of her decision.

"I was alone and seventeen when I found employment in London. I know you will be fine. You could also work in London, as did I," Mum added persuasively.

Instantly, I planned to complete a visual merchandising degree, which incorporated window dressing and design, in preparation for my move to London's West End.

Now I urgently needed lodging and extra jobs. My best friend Diane, an only child, sometimes took me home for supper, and her parents liked me.

Occasionally Paddy and I visited my brother Bill and family. Being an excellent cook, Elsie would often prepare a super meal and afterwards, she and Paddy played cards....

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

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

Enjoy reading "Intermission" monthly:

Contact alpacasrus@q.com

Availability: Amazon/Barnes & Noble.

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

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

CONCERNED ABOUT FALLS? Come to the Senior Resource Development Agency's A Matter of Balance: Managing Concerns About Falls classes through February in the cafeteria, 230 N. Union Ave., in Pueblo.

The classes are from 1:30 to 3:30 p.m.

The following is a list of dates for the classes:

- Feb. 5: Introduction to the Program
- Feb. 7: Exploring Thoughts and Concerns About Falling
- Feb. 12: Exercise and Fall Prevention
- Feb. 14: Assertiveness and Fall Prevention
- Feb. 19: Managing Concerns About Falling
- Feb. 21: Recognizing Fall-ty Habits
- Feb. 26: Recognizing Fall Hazards in the Home and Community

Feb. 28: Practicing No Fall-ty Habits Fall Prevention: Putting it All Together

For more information, call 719-545-8900 or master trainer Jane Schifferdecker at 719-553-3422

Call For REST Program Volunteers

The Pikes Peak Area Council of Governments (PPACG) Area Agency on Aging is calling for volunteers to support a new program with the Family Caregiver Support Center. The Family Caregiver Support Center provides families with professional guidance in preparing an individualized caregiving plan and helping them access the supportive services needed for caregivers.

The Caregiver Support Center is opening a new program, REST (Respite Education and Support Tools) Companions. These volunteers will provide companionship to seniors in our community who currently receive caregiving services. We are seeking caring, outgoing people in our community who would like to help keep seniors to be engaged and active socially.

Volunteers will be asked to engage with board or card games, watching TV or movies, read, craft, or engage in activities based on the interests of both the volunteer and the senior. Volunteers need to be able to commit to 4-6 visits each month for 1-3 hours each. In addition, we ask that you attend an initial 8-hour long volunteer training, quarterly training sessions and monthly REST companion meetings. The time commitment is estimated to be 12-20 hours each month.

The application is available online at www.ppacg.org/aging/caregiver. Comments and questions should be directed to Kent Mathews MSW through mail at 14 S. Chestnut St, Colorado Springs, CO 80905; by email at kmathews@ppacg.org or phone at 719-471-2096 ext. 115.

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OPINION-EDITORIAL

ANN COULTER
Political columnist
and commentator



MEDIA THROW EVERYTHING AT WALL TO SEE WHAT STICKS

NOW THAT TRUMP has finally turned to the campaign promise that won him the election -- build a wall and deport illegals -- the Democrats, the media and even most Republicans are hysterical.

Just remember: They were hysterical about Ronald Reagan, too. You don't change history by being a follower, particularly if the people you're following are unimaginative, go-with-the-

flow company men.

When President Reagan implemented the strategy that won the Cold War, he was opposed by the entire media, as well as foreign policy "experts" in both parties.

The New York Times and Washington Post produced nonstop denunciations of his "dangerous" policies. There were propaganda movies like "The Day After," terrifying Americans about a Soviet strike on our country. Witless college students demanded cyanide pills be stocked in campus health care clinics, on the grounds that Reagan was going to get us all nuked.

Only after Reagan's policies succeeded did these same hysterics say, Ho hum, no big deal. We always knew the Soviet Union was a paper tiger.

Frantically rewriting history, they claimed Reagan had merely continued the policies of his predecessors. The truth about their eight-year primal scream is helpfully assembled in my smash best-seller, "Treason."

The Democrats, the media and most of the Republican Party are as fanatically opposed to Trump's ideas about illegal immigration as they were to Reagan's ideas about winning the Cold War.

Like Reagan, Trump has only the people on his side. Unlike Reagan, he

doesn't seem as confident that he is right.

So the people need to be louder.

All we're getting from the media on immigration is an avalanche of lies, neurotically repeated by people citing one another:

Polls show Americans don't want a wall!

We're a nation of immigrants! Immigrants commit less crime than the native born!

The media go to extremely biased sources; they know nothing, so they're not in a position to challenge them; and even if they were, they wouldn't, because they're on the same team.

After a New York Times reporter tracked me down for a quote about the wall, I gave him the following, but he chose not to run it. Why should the Newspaper of Record present the opposition's side honestly?

There are a million reasons we want a wall, but here are five:

1) The Simpson-Mazzoli Act -- passed almost 30 years ago to the day Trump was elected president -- came with elaborate promises that it would put an end to illegal immigration. In fact, 30 to 40 million more illegals have poured into our country since then.

2) Notwithstanding the vast number

of illegal alien valedictorians, there are also criminals, drunk drivers, drug cartel members and desperately poor people consuming government services meant for the least among us and driving down the wages of our working class.

3) We need a better method.

4) Walls work. See Israel.

5) If we don't get it done now, we never will. Trump is our last chance. But instead of explaining to the Times' readers why Trump's promise to build a wall shook the political world to its foundation, the newspaper trotted out campaign adviser Sam Nunberg's boast that he invented "build the wall" because Trump's mind tends to wander. It was only a dumb talking point, you see, not a serious campaign pledge.

This is like claiming you were the guy who invented carrying an umbrella when it rains. I'm sorry, Sam, but you're not getting royalties for that. Building a wall is kind of an obvious idea for protecting a border. Not only have walls been used from time immemorial to defend borders, but those precise three words have been used to describe what should happen at our specific border thousands of times before Trump used them, according to a quick Nexis search.

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Gather In The Mountains For Quick Retreat

MOUNTAIN VACATIONS are often reserved in people's minds for ski groups or avid hikers.

But plenty of mountain destinations cater to everyone.

Tennessee's Smoky Mountains is a great option for groups because excursions such as white-water rafting and hiking are easily shareable.

The area is also home to a theme park, aquarium, minor league baseball games and more, offering plenty of choices for outings.

Gatlinburg itself, with restaurants, distilleries, a local craft scene and shopping, gives everyone the chance to head to one place, while spreading out and exploring the area based on their own interests.

It's also the gateway to the Great Smoky Mountains National Park, the country's most visited national park with more than 11 million visitors annually.

Staying active and sharing new experiences can help groups bond and break the ice if it's a corporate or church retreat where people might still be getting to know one another.

Heading to the mountains can offer a nice break from the traditional beach retreat, and rest and relaxation are still an option.

From a soak in the hot tub back at your rental cabin to visiting an area day spa, calm and peaceful mountains are a great backdrop for a relaxing getaway.

Stay Under One Roof

New communities such as Cherokee Orchard are meeting a growing demand for luxury big cabin options in mountain destinations such as the Smokies.

The neighborhood recently opened with four cabin rentals ranging in size from eight to 16 bedrooms, along with a pool house.

Four more cabins are under construction, varying in size from eight to 20 bedrooms.

Once completed, the neighborhood will feature eight log cabins sprawling across more than 1.2 private acres, all within walking distance of downtown Gatlinburg.

In the community's Majestic Pine Retreat, for example, 13 bedrooms include 10 king suites and three rooms with queen-sized bunks, making the cabin fit for 60 guests.

A massive kitchen comes fully equipped, while log dining tables can seat everyone for a feast after an action-packed day.

A home theater features a large screen, surround sound, stadium seating and plush leather chairs,

while two hot tubs join outdoor seating and a grill for entertaining outside.

Depending on the size of your group, The Mighty Crabapple Manor offers eight bedrooms, while The Big Oak Lodge provides 16.

Each cabin has an impressive great room where the group can relive the day's memories or break into teams for some board games.

Or, everyone can head to the neighborhood's community pool house for a swim.

Whether a single cabin will fit your group or a large event has you renting out the neighborhood, this luxury big cabin trend is a great, unique way to get everyone together.

Learn More

For further facts and to view the accommodations, visit www.bigcabins.com.

"The Cherokee Orchard community meets the growing demand for luxury big cabin options in moun-

tain destinations such as the Smokies. <http://bit.ly/2MSHWsh>"



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OPINION-EDITORIAL

GEORGIE ANN GEYER
Columnist, writer for the
Universal Press Syndicate



HOPE GLIMMERS IN VENEZUELA

IF YOU WANT to hear the true story of impoverished, starving Venezuela -- and what is behind the dramatic and hopeful events of the last week -- come along with me.

It is 1992. In the lush mountains outside Caracas, the distinguished defense minister, Gen. Fernando Ochoa, is telling me soberly how the Venezuelan military misread the recent attempted coup by a small group of dissident officers led by an odd guy nobody had heard of.

"They had no clear organization; they had no plan of government," the general said that day. Yet he also admitted, "Either Venezuela changes in peace, or it changes in violence."

Now it is 1998. It is the day of new presidential elections, and I find myself in the beautiful apartment of that same "odd guy," the flashy comandante Hugo Chavez, who by then had become a pop celebrity, with his smart red beret and jaunty bearing.

Chavez and I talked for several hours before he went off to become president. Strangely, he seemed to have nothing special to do. Who was he?

"I am not a communist, not a fascist," he said at one point, emphatically.

"I am a democrat. We don't copy other models; we invent them!"

At that time -- given what we knew of him -- I guessed he would rule as a man of the far democratic left. But when I saw him again, five years later at a press conference he gave in New York, Chavez seemed a different man, almost a raging godfather! The press was now his enemy.

He was the victim of a "psychological war."

The man who had previously denied any religious conviction, believing only in his singular hero, the "liberator" of Latin America, Simon Bolivar, suddenly took a small silver cross out of his pocket and began to sing in a strange voice, "Forgive me, Father, for I have sinned."

Here is what had happened in those crucial five years.

Since its much-heralded revolution against the military dictatorship in 1958, Venezuela had been ruled by two parties that called their system "democracy," but used the word fraudulently, as they robbed the country blind and stole Venezuela's vast oil wealth (fifth-largest in the world).

Even by 1992, as Arturo Uslar Pietri, the nation's most respected intellectual, told me in Caracas, Venezuela had become a "miracle in reverse."

Without a serious moral democratic model, that "odd guy," now President Chavez, emigrated intellectually to Cuba and to ITS model. Hugo and

Fidel: They were the odd couple who were pictured giving hugs and kisses, singing "Happy Birthdays" to each other and much more.

Soon, Cuban intelligence agents were all over Venezuela (the Organization of American States estimates about 15,000 of them). For all intents and purposes, Venezuela became a socialist country run by Cubans from the shadows.

Fair-minded analysts began to call it a Cuban-inspired "criminal empire." By the time Chavez died in 2013 and the thuggish Nicolas Maduro came to power, it didn't even have food to feed its people.

This week, the young head of the National Assembly, 35-year-old Juan Guaido, emerged to challenge Maduro's socialist "paradise" -- constitutionally, legally and legitimately, using a clear part of the constitution.

Twenty nations of the world backed Guaido, while Maduro's weary backers -- Russia, China and Iran -- hesitantly stood behind him.

Here's what's interesting. First, the truculent Maduro did not immediately take any of his usual violent actions. Second, forces in Washington and Miami, it turned out, had been quietly working on a plan to back Guaido for some time. Third, China had given some \$65 billion in energy-related loans to Venezuela, only to come to realize the country was unable to produce the hard currency, which it can get only from the U.S., to service these loans; China said little last week.

What's even more revealing are the details of the plan to back Guaido. Led by Florida's Sen. Marco Rubio and National Security Adviser John Bolton, the Trump administration has been working with other nations of the hemisphere on a diplomatic plan, primarily non-military and non-traditionally interventionist, to change the regime in Venezuela from within.

They are using the power of millions of dollars of blocked Venezuelan funds in U.S. banks, plus American oil investments in Venezuela, making them available to Guaido, while European nations were doing the same. Twenty million dollars in food and medical aid was immediately promised to Guaido.

Finally, this week the U.S. imposed sanctions against Venezuela's state-owned oil company, an act that could cut off the country's main source of cash, since the U.S. is the only creditor that pays in cash.

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OPINION-EDITORIAL

DAVID SHRIBMAN
Executive editor of
the Post-Gazette



A NEW CULTURE OF THE DEAL

WHAT WASHINGTON needs is a New Deal culture -- or, more precisely, a new culture of the deal.

All the elements are in place: a president who prides himself on the art of the deal. Congressional Democrats who have made careers out of fashioning deals. And a government-closure stalemate that reduced Washington to paralysis, exposed American government to ridicule and called into question whether our political system works at all.

It took more than a month, but the country finally got a deal to get government workers back on the job and government functions back in operation. But we also need to acknowledge that there are two separate kinds of deals: deals of desperation, which is what the shutdown moment required, and deals of cooperation, which is what Washington will need now that the crisis has passed. And it is the deals of cooperation that have, over the decades, made America great and have redounded to the glory of its leaders.

These sorts of compromise in the early days of the Republic gave us a

Senate to preserve the prerogatives of small states and a House to assure the power of large ones. As years passed, they delivered great social advances for the many and they empowered the powerless few. Overall, they made the country more equitable, more secure and more welcoming.

At a moment when discouragement and despair rule, it may be inspiring to recall some moments of cooperation that provided uplift, moments of compromise from political figures who sublimated their rivalries and their personal interests in the service of the national interest:

- President Franklin Delano Roosevelt and Wendell Willkie. The two were bitter combatants in the 1940 presidential election, but once the contest was over, Willkie supported FDR's Lend-Lease program to provide armaments to Great Britain during World War II, rallied Americans to understand that isolationism could not endure in a world where the Axis nations were on the attack, and even served as Roosevelt's emissary to Britain, Russia and China.

- Sen. Bob Dole and Sen. George McGovern. The two farm-state lawmakers, remembered best for winning their party's presidential nominations only to lose the general elections, put aside their wide political differences to craft legislation broadening the food stamp initiative, expanding the school lunch program and providing food assistance to children around the world. Their efforts began in 1977, when Dole had a 5 percent rating from the liberal Americans for Democratic Action and McGovern had an 80 percent rating. That didn't matter. They made common cause and promoted an important cause.

- President Ronald Reagan and Rep. Dan Rostenkowski. One a classic urban liberal from Chicago, the other a new-era conservative from California, together they worked to overhaul and simplify the federal tax code, one of the most dramatic legislative achievements of the last quarter of the 20th century. The two luxuriated in their new roles as tag-team boosters of the tax measure, with the president giving a nationally televised address and the chairman of the House Ways and Means Committee following with a plea to "write Rosty."

- Sen. Edward M. Kennedy and Sen. Orrin Hatch. There seldom was a less likely pair of co-conspirators than the Irish Catholic liberal from Massachusetts and the Mormon conservative from Utah, one corpulent and ebullient, the other slim and taciturn. They agreed on almost nothing but combined to battle the tobacco lobby and to treat uninsured AIDS patients.

"We both had to fight our own sides to be able to do some of the things that are landmark bills today," said Hatch, who once said he had gone to the Senate in the first place to battle with Kennedy.

- President George H.W. Bush and Sen. George Mitchell. Mitchell was born poor in Maine, while Bush owned a sprawling coastal compound in Maine. It was that connection -- their shared love for the state and their passion to preserve its beauty -- that led the Republican president and the Democratic Senate majority leader to work together on clean-air legislation that attacked the acid-rain crisis that threatened the health and ultimately, the viability of Maine's lakes.

- Sen. Tom Harkin and Sen. Lowell

Weicker. One was an Iowa Democrat from a hardscrabble background, the other was a Republican heir to the E.R. Squibb & Sons pharmaceutical fortune. But Harkin had a brother who was deaf and Weicker had a child who was disabled, and their effort, along with Democratic Rep. Tony Coelho of California (who had epilepsy) and Attorney General Dick Thornburgh (who had a son with developmental disabilities), expanded America's commitment to equal access and civil rights. Hatch and Kennedy also provided leadership for the legislation, which was passed while Dole, disabled during World War II, was Senate minority leader.

Senior Beacon

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