SB Senior Beacon

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

Several initiatives support older adults

by Eileen Doherty

DENVER, CO. The Colorado legislature wrapped up the 2018 session with several initiatives that increased support for older adults.

Although more funding was approved for education and transportation, the Older Coloradoans Fund received an additional $4 million in the Long Bill bringing the state's total support to more than $26 million in addition to the $17 million in federal funding for the Older Americans Act.

This funding supports 16 Area Agencies on Aging which meals on wheels, senior transportation, legal services, and homemaker services.

The Joint Budget Committee funded a 25 percent increase in the daily reimbursement rate for assisted living residences that accept Medicaid.

This is a substantial increase, but the new rules passed by the Colorado Department of Public Health and the increased license fees, have some assisted living residences indicating they may be discontinuing services to Medicaid beneficiaries.

The Governor signed the Dementia Diseases and Related Disorders bill which changes statutory references from Alzheimer's to dementia.

Persons with a dementia disease or related disability are added to the missing senior citizen alert program, known as Colorado Missing Senior Citizen Alert Program.

The Governor also signed a bill to require freestanding emergency departments to give written notice to patients that the facility is free-standing and is not affiliated with a hospital or an urgent care clinic.

The free standing emergency department must screen and treat individuals regardless of ability to pay.

Individuals have the right to ask questions about treatments, costs and payment options. Sen John Kefalas, Ft Collins; Sen Jim Smallwood, Parker; Rep Lang Sias, Arvada; and Rep Jonathan Singer, Longmont were the bill sponsors.

The bill to increase the grant amount for low income individuals 65 and over or disabled who receive the Property Tax, Rent, Heat Credit did not pass.

A proposed bill to eliminate the Senior Homestead Exemption Program was not introduced, but is expected to be introduced in 2019.

For a complete list of bills in the 2018 session visit https://leg.colorado.gov/bills or call 303-333-3482.

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Over 100 years of combined volunteering

by Beena Nadeem

In 1986, 32 years ago, the Pueblo County Commissioners established the Department of Housing and Human Services and it became the administrator of the Pueblo County Food Surplus Food Distribution or the Commodity Program as known by most people in Pueblo.

Previously the program was under the non-profit agency call Pueblo Action.

The program has seen many changes, but two components of the program have remained the same: the mission and the workers.

The mission has been to basically to provide free food for those in need and the backbone of the work force has been the volunteers.

The director of the Commodity Program is Tanya Gurule, who has done a wonderful job of coordinating the volunteers for the past three years.

She completely understands the importance of the volunteers in the program and knows that there would be no program without their help.

Together with her staff Mary Rodriquez and Rich Romero, the Commodity Program serves an average of 4,000 individuals a month.

The staff even delivers to four senior apartment complexes to make it easier for those seniors who are not able to drive to the East 4th warehouse site.

Catherine Ure with Nick Roque at the Commodity Program

In order to accomplish the programs mission, it takes a lot of volunteers to pack, direct, verify, certify, recertify and hand out the thousands of food bags every month.

As the director of the RSVP program through SRDA, we have

>>> *Continued on Page 3*

>>> Continued from Page 2

been a partner of the Commodity program for over 32 years.

In the early days of the program I spent many hours at the State Fairgrounds working with the volunteers setting up the homebound schedules setting up the volunteer assignments for packing and the scheduling for the distribution.

I was privileged to get to know the many volunteers and staff on a personal level.

There were very few records or pictures of the volunteers prior to the Department of Housing and Human Services administration.

Although there were many volunteers who worked under Pueblo Action, no official records were kept until the new administrators took over.

So therefore, many of the volunteers worked more years than our present records show.

But even with our records, there are four outstanding individuals who have volunteered at the Commodities for over 20 years.

We would like to honor those four volunteers: Mary Gacnik, Catherine Ure, Nick Roque and Tony Quintana.

Tony started volunteering at the Commodities 21 years ago while he was still working. After he retired he was able to donate even more hours and at one point he was volunteering an average or 170 hours per month.

Nick has volunteered 27 years and still has his appreciation certificate from 1991. Nick has always been the quiet one who just gets right in there and works and works.

Catherine Ure has volunteered 30 years. Catherine started when she was forty something. This beautiful lady was full of energy, orneriness, fun-loving, and a hard worker and she still is although she does it a little slower.

Mary Gacnik started volunteering after she retired. Mary and her husband Bob worked as a team for many years. She continued to volunteer at the Commodifies after Bob passed away.

After volunteering for 30 years, Mary says the volunteers, staff and participants are like family to her.

Mary will be 93 years young this June and doesn't volunteer as many hours as she used to, but she still enjoys seeing her Commodity family a couple of times a month.

The four Volunteers were recently honored for their dedicated service by the County Commissioners who had many words of praise for the volunteers.

I have had the pleasure of working with these volunteer for many years.

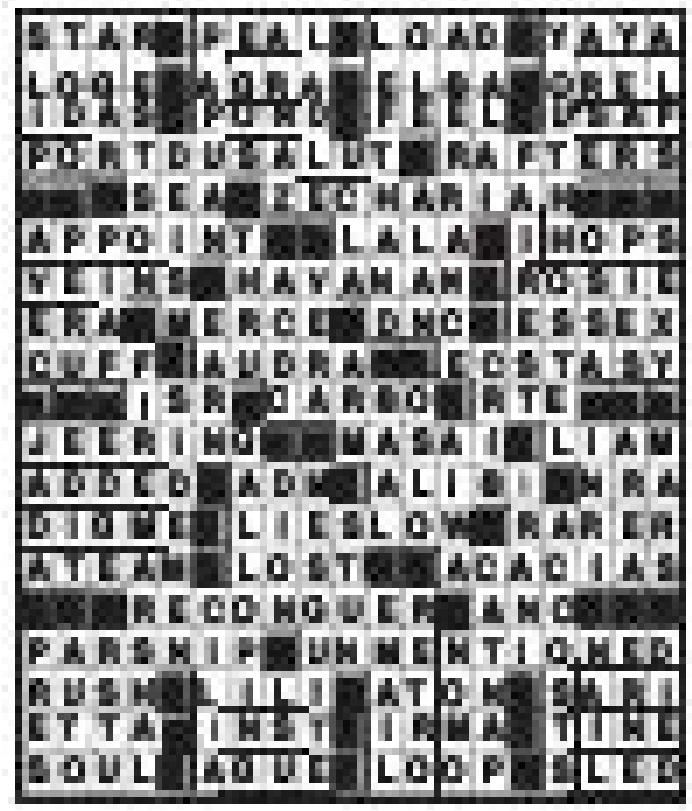
They depict the essence of a true volunteer. They give of their time unselfishly and they truly care for those in need of the food boxes.

We all salute these four wonderful volunteers who together have over 100 years of service between them.

Thank you, Mary, Catherine, Nick and Tony, for all you have given to the Commodity program and to the people of Pueblo.

If you have been thinking of volunteering and giving back to the community, the Commodity Program is a great place to volunteer. The hours are flexible, and the staff and volunteers are great to work with. Call me at my RSVP/SRDA office at 719-545-8900 to get started.

I have had the **PLEASURE OF WORKING** with these volunteer for many years. They depict **THE ESSENCE OF A TRUE VOLUNTEER**. They give of their **TIME UNSELFISHLY** and they **TRULY CARE FOR THOSE IN NEED** of the food boxes.



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July 2: Chicken Cordon Bleu, Wild & Brown Rice, Green Bean Almandine, Peanut Butter Cookie, Orange, Raisin Nut Cup

July 3: Sweet & Sour Pork, Jasmine Rice, Asian Vegetables, Mandarin Spinach Salad, Grape Cup, Apple Cobbler

July 4: CLOSED

July 5: Chicken Fried Steak w/ Country Gravy, Mashed Potato, Succotash, Apple, Oatmeal Raisin Cookie

July 6: Sandy's Chicken Chili, Tortilla, Broccoli w/Cheese, Carrot Raisin Salad, Diced Pears, Chocolate Chip Cookie

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July 9: Hamburger w/Lettuce, Tomato, & Onion, Carrots, Coleslaw, Peaches, Sugar Cookie

July 10: Chicken Piccata Pasta, Cream of Potato Soup, Broccoli, Mandarin Orange, High Fiber Cookie

July 11: Baked Cod Olympia, Potato Medley, Italian Vegetables, Roll, Apple

July 12: Pork Loin w/Mushroom Sauce, Tomato Basil Soup, Roasted Sweet Potatoes, Brussels Sprouts, Pineapple, Chocolate Chip Cookie

July 13: Beef Fajita w/Peppers, Onions, Cheese, Sour Cream, & Salsa, Tortillas, Spanish Rice, Black Beans, Strawberries

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July 16: Swedish Meatballs w/ Noodles, Peas & Carrots, Tossed Salad, Coconut Crunch Fruit Salad, Sugar Cookie

Milk is provided with every meal. Silver Key Connections Café meals are partially funded by the Pikes Peak Area Agency on Aging.

July 17: BBQ Beef Sandwich, Potato Salad, Coleslaw, Orange, Raisin Nut Cup

July 18: Lasagna Roll w/Marinara, Green Beans, Breadstick, Tossed Salad, Banana

July 19: Chicken Marsala, Roasted Red Potato, Italian Vegetables, Minestrone Soup, Apple

July 20: Garlic Herb Tilapia, Brown & Wild Rice, Broccoli, Waldorf Salad, High Fiber Cookie, Yogurt

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July 23: Chicken Pot Pie w/ Buttermilk Biscuit, Lima Beans, Tossed Salad w/Red Wine Vinaigrette Dressing, Pear, Cherry Cobbler

July 24: Breaded Fish Sandwich w/Lettuce & Tomato, Cream of Mushroom Soup, Corn, Sunflower Broccoli Slaw, Diced Spiced Peaches

July 25: Roast Turkey w/Gravy, Mashed Potatoes, California Vegetables, Mandarin Spinach Salad, Apple, Oatmeal Raisin Cookie

July 26: Yankee Pot Roast w/Gravy, Baked Potato Medley, Maple Glazed Carrots, Green Bean Salad, Banana

July 27: Baked Parmesan Encrusted Salmon, Rice Pilaf, Broccoli, Roll, Strawberries, Brownie

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July 30: Bratwurst, Rotini Tomato Spinach Salad, Orange Glazed Carrots, Strawberries, Whole Wheat Bread, Raisin Nut Cup

July 31: Slow Roasted Beef Mashed Potatoes, Peas, Peach Cobbler, Apple

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July 3: Sweet & Sour Pork - or – Grilled Chicken Sandwich
July 4: Pulled Pork Sandwich
July 5: Chicken Fried Steak – or – Chicken Cacciatore
July 6: Sandy's Chicken Chili – or - Beef Stir Fry
July 7: Beef Pepper Steak
July 8: Chicken Cacciatore
July 9: Hamburger – or - Chicken Cordon Bleu
July 10: Chicken Piccata – or – Stuffed Turkey
July 11: Baked Cod Olympia – or – Beef Roulade
July 12: Pork Loin w/Mushroom – or – Lemon Pepper Chicken
July 13: Beef Fajitas – or – Santa Fe Quiche
July 14: Chicken Cordon Bleu
July 15: Pulled Pork Sandwich
July 16: Swedish Meatballs – or – Chicken a la King
July 17: BBQ Beef Sandwich – or – Lasagna
July 18: Lasagna Roll – or – Reuben Sandwich
July 19: Chicken Marsala – or – Cobb Salad
July 20: Garlic Herb Tilapia – or – Breaded Chicken Sandwich
July 21: Pork Loin w/Mushroom Sauce
July 22: Hamburger
July 23: Chicken Pot Pie – or – Swiss Steak
July 24: Breaded Fish Sandwich – or – Carnitas Burrito
July 25: Roast Turkey w/Gravy – or – Ham & Cheese Frittata
July 26: Yankee Pot Roast w/Gravy – or – Cajun Shrimp Salad
July 27: Baked Parmesan Encrusted Salmon – or – Beef Stroganoff
July 28: Lasagna Roll
July 29: BBQ Beef Sandwich
July 30: Bratwurst – or – Hamburger
July 31: Slow Roasted Beef – or – Roast Turkey

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Special Information from Pueblo's SRDA (Plus)

SRDA July 2018 Calendar

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

A Matter of Balance classes are offered through SRDA.

Calendar of Events – July 2018

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

Tuesday – July 3
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dancing
1:30 – 3:30 Matter of Balance
3-5 Volunteer Singers on Summer Break till Aug. 28th.

Wednesday – July 4
Offices are CLOSED for INDEPENDENCE DAY
Dining Room is OPEN

Thursday – July 5
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dancing
1:30 – 3:30 Matter of Balance

Friday – July 6
Genealogy on Summer Break till Friday Sept. 28th at 1pm.
2:00 Bridge Class

Monday – July 9
2-3 Sr. Self Defense
3-4 Tai Chi

Tuesday – July 10
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dancing
1-3 Knit & Chat
1:30 – 3:30 Matter of Balance

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

Thursday – July 12
9-2 Pinochle
9-12 Sewing Club
10-11 Chair Yoga
11-12 Line Dance Too
1:30 – 3:30 Matter of Balance

Friday – July 13
2:00 Bridge Class

Monday – July 16
2-3 Sr. Self Defense
3-4 Tai Chi

Tuesday – July 17
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dancing
1:30 – 3:30 Matter of Balance

Wednesday – July 18
8:30-1:00 AARP Driver's Safety on 2nd floor
9-12 Mahjongg
10-11 Comp. Class
11-12 Tablet Class
12-3 Party Bridge
3-4 Tai Chi

Thursday – July 19
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dance Too
1:30 – 3:30 Matter of Balance

Friday – July 20
1:30-3:00 Social, Music and Treats Provided
2:00 Bridge Class

Monday – July 23
2-3 Sr. Self Defense
3-4 Tai Chi

Tuesday – July 24
9-2 Pinochle
10-11 Chair Yoga
11-12 Line Dancing
1-3 Knit & Chat
1:30 – 3:30 Matter of Balance
3-5 Volunteer Singers

Wednesday –July 25
9-12 Mahjongg
10-11 Comp. Class
11-12 Tablet Class
12-3 Party Bridge
3-4 Tai Chi

Thursday – July 26
9-2 Pinochle

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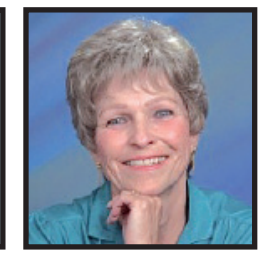
by Jan McLaughlin - Director of Prayer for Prisoners International



"THE GIFT OF SUDDENLY!"

Years of marriage convinced me the old 'husband/wife' discussion never ends. If you are married, you know the routine! "Where do you want to eat" – "Oh, I don't care, where do you want to eat," – "Oh anywhere!"- "Well, what are you hungry for?" – "Oh anything, I really don't care." Inside you scream, "I need you to care!" Sound familiar?

Guess what. For my husband and me, that discussion came to a screeching halt after his heart attack and the diagnosis of Type 2 diabetes.

Suddenly – the discussion is over.

Suddenly there are few choices.

Suddenly - eating, especially eating out, is now a whole new journey. Watch the sodium. Lower the carbs.

Cut the sugar.

Limit the fluid intake.

Check the nutrition guide.

When you get this all added up and calculated, the conclusion is that his meals will consist of cardboard. Fiber is good for you.

Right?

Joking aside, we have encountered many 'suddenlys' in our new journey.

Suddenly blood pressure must be monitored constantly. Suddenly blood sugar must be tested regularly.

Suddenly the kitchen table becomes the neighborhood pharmacy. Yikes!

Suddenly the cared-for becomes the care-giver.

Suddenly strangers come to the house regularly with therapy sessions for Rick.

Suddenly friends we haven't seen for ages show up to visit.

We are not alone with our suddenlys. The Bible is full of them. One version contains 167 instances of suddenly. In another, suddenly is used 87 times.

Let's look at a few of them.

Suddenly a great company of the heavenly host appeared with the angel, praising God and saying, "Glory to God in the highest, and on earth peace to men on whom his favor rests" (Luke 2:13-14 NIV).

Men and women who embrace the truth of what the angels came to declare that night walk in freedom. God's favor rests on those who accept Christ as their Lord and Savior.

The disciples were gathered in the upper room when suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. Christians know what happened. Suddenly the church was changed forever. Suddenly the Spirit moved to fill all present with His power. This account is found in Acts 2:2-4.

Here is a suddenly every Christian should be aware of. "No one knows about that day or hour, not even the angels in heaven, nor the Son, but only the Father. Be on guard! Be alert! You do not know when that time will come.

It's like a man going away: He leaves his house and puts his servants in charge, each with his assigned task, and tells the one at the door to keep watch.

'Therefore, keep watch because you do not know when the owner of the house will come back — whether in the evening, or at midnight, or when the rooster crows, or at dawn. If he comes suddenly, do not let him find you sleeping. What I say to you, I say to everyone: Watch!'" (Mark 13:32-37 NIV).

Suddenlys are often unexpected direction changers, life changers and heart changers. God allows and sometimes brings sudden change in order to get our attention.

Have you been a recipient of a suddenly?

Surely all of us have in one way or another. Suddenlys are often a gift from God in disguise. They come to tell us to get up, look up or wake up. They bring new beginnings on a path that is closer to the Savior than ever before.

As I adjust to the suddenly caused by Rick's heart attack, I embrace the changes, the new way of eating and living. God is always about working out everything for our good and His glory.

Through it all, He draws us closer, works in us deeper and speaks to us clearer than before the gift of this suddenly. Praises ring in my heart. My husband is alive. My Lord is alive and Romans 8:28 is as true as ever.

Welcome the suddenlys in your life. They will come. However, they are never without a divine purpose.

Embrace them as gifts. Treasures to help you grow. Sweet kisses from heaven.

Opportunities to reach out to others who will come behind you.

There's Nothing Like A Holiday

The Lighthouse That Sheltered An Indian Woman

by Katy Beacher

The New Dungeness lighthouse was the second lighthouse in the state of Washington. It was first lit in December 14, 1858 following Cape Disappointment Light which was first lit in 1856.

In 1927 its original 100 foot tower was lowered to 63 feet after several earthquakes and foul weather caused some structural damage making for the concern that it would topple. The lantern room from the decommissioned Admiralty head Lighthouse was removed and then placed on the shorter tower. A revolving Fresnel lens was installed in the new tower.

William Henry Blake was the first keeper of the New Dungeness Lighthouse and was very highly regarded. The USCG coastal buoy tender WLM-563 Henry Blake which is based in Everett, Washington is named after him.

Blake was faithful in his duty to keep the light going for over 10 years as its only keeper. He lit the lanterns every night and tolled the huge bell constantly in foggy weather in order to warn approaching mariners away from the spit. He was well known for his commitment to the safety of the mariners

He married Mary Ann McDonnell in 1862 and they had five children: Catherine, Richard, Clara, Mary and Hannah, the first three were born at the lighthouse.

A fact about Henry Blake that is little known is how he took in and sheltered a pregnant Native American woman from the Tsimshian tribe. She and several tribesmen had been ambushed by Clallam Indians. The Clallams demanded that he give her up but he refused. The Clallam Indians were later punished and she returned to her tribe.

In 1902 a Native American man appeared at the lighthouse to pay his respects claiming that he was the baby she was carrying.

In 1873 Henry Blake was replaced by Franklin Tucker who served until December 1882. In 1882 he was replaced by Amos Morgan after being transferred to Ediz Hook Light Station. Amos Morgan kept the light until March 1896 when Oscar Brown and Joseph Dunn served as keepers.

The last keepers were Michelle and Seth Jackson and their dog Chicago. In March of 1994 the Coast Guard boarded up the station and soon the United States Lighthouse Society was able to obtain a lease from the Coast Guard.

The eight acre New Dungeness Lighthouse historic district was added to the National Register of Historic Places in 1993.

The station is now manned 24 hours a day, 365 days a year by the Society and tours are available from 9AM-5PM every day.

The Sequim, Washington area which includes the city of Port Angeles is a very entertaining and beautiful place to vacation.. It not only provides a lighthouse to visit, you can drive up Hurricane Ridge to take in one of the most spectacular views in the country. While in the area you must take a day and drive out to Neah Bay where you can walk the boardwalk to the northwest point in the continental United States. Another very pleasant afternoon can be spent at the Olympic Game Farm where you can drive through and visit Wildlife up close and personal. You can also board a ferry at Port Angeles and cruise to Victoria BC, Canada.

Katy Beacher is a retired registered nurse. She has decided its more fun to run a web site and write articles than it is to sit and knit. She relies on her lifetime experience in home decorating on a budget and study of trends to operate her site. She loves animals and is interested nature and in marine life and coastal living.

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NEWS of the WEIRD

Special to Senior Beacon from the editors of Andrews McMeel

UNDIGNIFIED DEATH

In the northeastern town of Teesside, England, last August, 22-year-old Jordan Easton of Thornaby was at the home of a friend, hanging out in the kitchen, when he boasted that his vest was "stab-proof." To prove it, he "took hold a knife to demonstrate," Karin Welsh, Teesside assistant coroner, testified, "and sadly realized it wasn't the case."

Teesside Live reported Easton was rushed to the hospital, but doctors weren't able to save him. Detective Superintendent Ted Butcher also testified at Easton's inquest on June 16 that he found no evidence Easton intended to harm himself and died after "a boisterous act." Welsh recorded a verdict of "misadventure."

NEWS YOU CAN USE

Louis Cote of Mascouche, Quebec, Canada, became suspicious last August of the DNA test results obtained from the samples he collected in his work for the Confederation of Aboriginal People of Canada, whose members use DNA testing to determine their native ancestry.

So, CBC News reported on June 13, Cote launched his own experiment. He collected two samples using his own inner-cheek swabs, and a third from his girlfriend's Chihuahua, Snoopy, and sent them off to Viaguard Accu-Metrics.

The results indicated that all three samples had identical DNA, including 12 percent Abenaki and 8 percent Mohawk ancestry. "I thought it was a joke," Cote said. "The company is fooling people ... the tests are no good."

PUBLIC SERVANTS

In Putnam County, Florida, the sheriff's office provides a wide variety of services.

So when Douglas Peter Kelly, 49, called the office on June 12 to complain that the methamphetamine he had been sold was fake, officers happily offered to test it for him. Kelly told detectives he had suffered a "violent reaction" after smoking the substance and wanted to sue the dealer if he had been sold the wrong drug. He arrived at the sheriff's office and "handed detectives a clear, crystal-like substance wrapped in aluminum foil," the office's Facebook post explained, according to The Washington Post. It "field-tested positive for methamphetamine." On the spot, Kelly was arrested and charged with possession of meth. The Facebook post continued: "Remember, our detectives are always ready to assist anyone who believes they were misled in their illegal drug purchase."

WHAT IS ART?

As part of the Dark Mofo art festival, Australian performance artist Mike Parr, 73, entered a steel tomb below busy Macquarie Street in Hobart on June 14, where he meditated, drew and read as traffic flowed overhead for 72 hours until his release on June 17. Parr had water but no food, and oxygen was pumped into the box. His performance was promoted as a "response to 20th-century totalitarian violence," according to The Guardian, but the piece didn't speak to everyone.

"I don't take anything away from it at all," said Carolyn Bowerman from Townsville. "I'm just amazed that someone would put themselves through this and go to this much effort." In a previous performance art piece, Parr hacked at a prosthetic arm with an ax before a shocked audience.

 Over in Melbourne, Australia, customers of the Prahran neighborhood Woolworths store will have to park somewhere else on July 9, as renowned American photographer Spencer Tunick captures thousands of willing nudes in a group shot on the store's rooftop parking lot. Reuters reported more than 11,000 people registered to disrobe for Tunick, who has done group nudes in other spots around the world.

"It's well and truly oversubscribed," said John Lotton, director of the Provocare Festival of the Arts in Melbourne.

SRDA MONTHLY MENU

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

JULY LUNCH MENU

 July 2 – Shepard's Pie, Cape Cod Mixed Vegetables, Harvard Beets, Beef Noodle Soup/Crackers, Fresh Bananas.

 July 3 – Slopper w/Green Chili, Ranch Beans, Peas & Mushrooms, Sweet & Sour Coleslaw, Peach-Fruit Cup, Hamburger Bun.

 July 4 – Beefy Rice Casserole, Caribbean Vegetables, Asparagus, Creamy Tomato Sup/Crackers, Carrot Raisin Salad, Apple.

 July 5 – Beef Tips w/Mushroom Gravy, Penne Pasta, Succotash in Garlic Butter, Beef Vegetable Soup/Breadstick, Strawberries & Peaches.

 July 6 – Ham & Cheese Quiche, Brussel Sprouts, Minestrone Soup/Crackers, Italian Vegetable Toss, Cranberry Apple Crumble.

 July 9 – Chicken Fried Rice, Oriental Vegetable, Oriental Green Beans, Egg Drop Soup/Crackers, Fresh Orange.

 July 10 – Pinto Beans & Ham, Sugar Snap Peas, Calabacitas, Dinner Roll/Margarine, Italian Pasta Salad, Strawberry Applesauce.

 July 11 – Roasted Turkey w/Gravy, Cornbread Dressing, Scandinavian Mixed Vegetables, Broccoli Salad, Strawberry/Blueberry Crisp.

 July 12 – Roast Beef w/Beef Gravy, Lyonnaise Potatoes, Winter Mix Vegetables, Beef Mushroom Barley Soup/Crackers, Fresh Apple.

 July 13, Tuna Salad Sandwich, Seasoned Peas & Onions, Rancho Fiesta Vegetables, Ambrosia, 2 Slices Bread.

 July 16 -Chicken Rice Casserole, Winter Mix Vegetables, Peas & Carrots, Chicken Noodle Soup/Crackers, Banana.

 July 17 – Roast Pork Loin w/Apple Chutney, Mashed Potatoes, Scandinavian Mixed Vegetables, Carrot & Sweet Potato Soup/Crackers, Apple Crisp.

 July 18 – Tilapia w/Vegetable Sauce, Baked Sweet Potato, Broccoli & Cheese Grape-Fruit Cup, Confetti Cottage Cheese, Raisin Nut Cup, Dinner Roll w/Margarine.

 July 19 – Italian Chicken Orzo, Seasoned Asparagus, Italian Mixed Vegetables, Chicken Barley Soup/Breadstick, Blueberry-Fruit Cup, Margarine.

 July 20 – Pork Cacciatore, Penne Pasta, Caribbean Vegetables, Garden Vegetables Soup/Crackers, Banana Chocolate Bar.

 July 23 – Green Pepper Steak, Parslied Potatoes, Honey Glazed Carrots, Beef Vegetable Soup/Crackers, Vegetable Pasta Salad, Chilled Apricots.

 July 24 -Roasted Turkey w/Gravy, Roasted Rosemary Potatoes, California Normandy Vegetables, Creamy Tomato Soup/Crackers, Peach Crisp, Orange.

 July 25 – Meatloaf w/Brown Gravy, Cheesy Mashed Potatoes, Scandinavian Mixed Vegetables, Beef Barley Soup, Ambrosia, Dinner Roll w/Margarine.

 July 26 -Chicken Alfredo, Roasted Brussel Sprouts, Zucchini & Tomatoes, Lentil Soup w/Crackers, Fruit Cocktail.

 July 27 – Corn Tamale Pie, Seasoned Black Beans, Capri Mixed Vegetables, Southwest Macaroni Salad, Grape-Fruit Cup.

 July 30 – Chicken Chow Mein, Steamed Brown Rice, Oriental Vegetables, Garden Vegetable Soup w/Crackers, Fresh Bananas.

 July 31 -Spaghetti & Meat Sauce, Italian Vegetables, Seasoned Yellow Squash, Minestrone Soup w/Crackers, Pineapple Tidbits.

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The Patience Pendulum

by Darlene Franklin

I'm **A PAWN IN THE SPIRITUAL BATTLE.** No, not a pawn. **A FAVORED PIECE**, with tests of **PATIENCE AS MY STRATEGY.**

I often feel like I live on a pendulum between pride and neglect, with patience as the fulcrum.

My natural tendencies, formed by years of childhood abuse, make me overly sensitive.

I'm right to be concerned when my physical needs go untended, but sometimes I overreact.

At first flush, the Bible makes me feel guilty as well. Jesus didn't say a word of protest when He was arrested and put to death.

Other times, He complained about ill treatment in his home town and by religious leaders (Matthew 13:57.)

Neither would have made it far in shoes of heroes like Job, Joseph, and David. I asked, was it ever okay to say "enough!"

I perked up when Hagar ran away from the great patriarch Abraham when his wife mistreated her (Genesis 16:6.)

My enthusiasm stalled out when I read God told her to go back. (Genesis 16:9) Years later, Abraham and Sarah sent Hagar and her son away. (Genesis 21)

Both times, God appeared to Hagar personally and promised to take care of her and her child. He gave her courage to endure.

God didn't get Hagar out of her situation; He helped her get through it. The question remained, was there never a way out?

Further on, I found a story with a different answer.

After the Jews went into exile, the King ordered all of them be killed—not realizing his new queen's heritage.

Queen Esther was frightened. If she approached the king without permission, he might kill her.

After she fasted and prayed, she went to him. He gave permission for Jews across his empire to fight back.

In the New Testament, a Gentile mother approached Jesus for healing for her daughter,. In a manner unlike other times, He refused.

He had come first to the Jews, comparing them to children and her to a dog.

She pushed back.

"Even dogs get to eat scraps that children drop from the table." Jesus recognized her faith and healed her daughter.

The enigmatic apostle Paul insisted on returning to Jerusalem even though he would be imprisoned.

During his trial, he exercised his rights by appealing to Caesar.

Earlier in his career, when he was falsely accused, he trotted out his citizenship papers and say "tut-tut, you can't treat me this way."

The question isn't how long or how much I'm asked to accept without complaint. The question is more, what is God doing in the situation and what does He want? My best course of action is to bring my complaints first to him, and then move as He directs.

I'm a pawn in the spiritual battle. No, not a pawn. A favored piece, with tests of patience as my strategy.

I am a Yoyo
I am a yoyo
Vacillating back and forth
Kind, loving—angry
Irritated—patient, hopeful
Can the yoyo come to rest?
Darlene Franklin C2018
Compelled
Compelled
To camouflage my truest self
In order to survive
But I won't be
Denied
Darlene Franklin C2018

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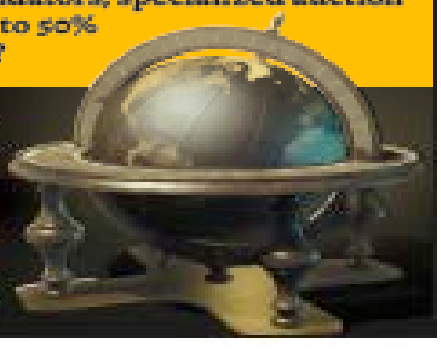

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FOUNTAIN VALLEY SENIOR CENTER

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Rural Area Meal Program, or RAMP, is for individuals age 60 and over who live in El Paso County. This program is for older adults who are not able to get to the nearest congregate meal site. This includes individuals needing assistance due to physical, emotional, or social impairment. Please leave a message at 719-520-6471 with your name and phone number; we will return your call.

Transportation - (By Appointment Only)
For seniors 60+ who live in the Fountain Valley area. Transportation provided to medical appointments, shopping, personal business, to the Center, special outings and other destinations in El Paso County. Call 520-6472 at least 48 hours in advance to make arrangements.

GOOD TIME DAY TRAVELERS- UPCOMING TRIPS:

The Day Traveler's meeting will be held on Tuesday, July 10th @ 1:00pm.

Insect Museum with lunch prior at Black Bear Diner. Saturday, July 7th. Bus donation is $8 and entrance fee is $6. Bus leaves St. Dominic's at 11:30am. Registration ends June 22nd.

Ft. Logan Cemetery, Monday, July 9th with lunch after at decided location. Bus donation is $16. Bus leaves St. Dominic's at 8:30am. Registration ends July 5th.

Colorado Rockies vs. Seattle Mariners, Sunday, July 15th. Tickets $11 each and bus donation is $16. Bus leaves St. Dominic's at 10:30am. Registration ends June 22nd.

Village Inn for dinner and free slice of pie. Wednesday, July 18th. You get a free slice of pie with a purchase of meal. Bus donation $8. Bus leaves St. Dominic's at 6pm. Registration ends July 11th.

Molly Kathleen Gold Mine Tour with lunch after at Home Café. Saturday, July 28th. Bus donation $18 and entrance fee $25. Bus leaves St. Dominic's at 9:30am. Registration ends July 13th.

Ft. Logan Cemetery, Monday, August 13th with lunch after at decided location. Bus donation is $16. Bus leaves St. Dominic's at 8:30am. Registration ends August 9th.

Coors Brewery Tour in Golden with lunch prior at Bob's Atomic Burger. Saturday, August 25th. Tour is free, bus donation is $18. Bus leaves St. Dominic's at 9:30am. *Registration ends August 10th.

Fountain Valley Senior Center Sky Sox Fundraiser. Sky Sox vs. Omaha Storm Chasers. Sunday, August 19th at 1:30pm. Half of the proceeds go to the senior center. Tickets $12, bus donation $8. Parking passes available for $4.

The Fountain Valley Senior Center will be closed in observance of Independence Day, on Wednesday, July 4th. The center will reopen on Thursday, July 5th at 8am.

July events at a glance:
July 6th Barb Bragdon entertainment @ 11:00am
July 10th Day Traveler's Meeting @ 1:00pm
July 11th Macular Degeneration Support Group @ 1:00pm
July 12th Pikes Peak Cemetery presentation @ 11:15am
July 17th Front Range Brass @ 11:00am
July 19th Harmonizers perform @ 11:00am
July 19th Movie Day @ 1:00pm
July 20th Sock Hop @ 4:00pm (Cost $2)
July 26th Birthday Social & Bingo @11:00am
July 31st Car Fit Event @11:15 am (sign up required, call 520-6470)

Barbara Bragdon will be at the FVSC singing a variety of songs: Friday, July 6th at 11:00am. Come in and enjoy the music and at 12:30pm Barb will continue with a Karaoke sing-a-long! Bring your family and friend for an afternoon of fun.

The Fountain Valley Senior Center has Bingo 3 times a month:
We Care Bingo: Thursday, July 5th at 1:00pm
Monday Bingo: Monday, July 9th at 1:00pm
Birthday Bingo: Thursday, July 26th at 1:00pm

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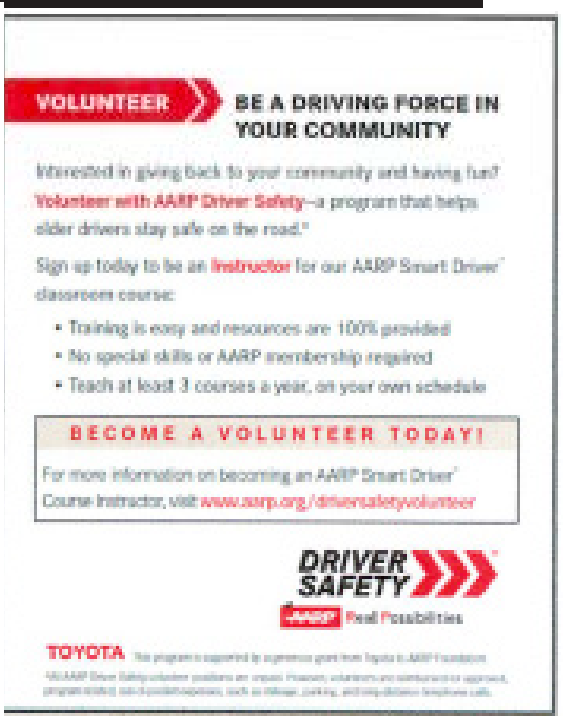

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Reeling by Award-Winning Film Critic Betty Jo Tucker, Pueblo

Happiness Is a Film Like This One

I fell in love with a gentle bear called Paddington while watching his first movie.

So I had high expectations for "Paddington 2."

And I'm happy to report that this sequel even exceeds my expectations.

Paddington still lives with the delightful Brown family in a London Windsor Gardens neighborhood.

Although very comfortable there, he misses Aunt Lucy, whose 100th birthday is approaching.

Being a loving nephew, Paddington wants to send his aunt (still living in Peru) a very special birthday present.

"Paddington 2" centers on our hero's efforts to find the perfect gift and what happens when the gift he chooses gets stolen.

This second Paddington (voiced again by Ben Whishaw) involves the bear spending a bit of time in a London prison.

One of the film's highlights shows how this marvelous creature changes the entire prison for the better.

Besides focusing on colorful characters, the movie emphasizes kindness, humanity, compassion -- and the magic of marmalade sandwiches.

Here's a big cheer for Paddington!

He's back again with lots of fun.
His first film gave us boundless joy.
And this one? Well, I won't be coy.
It's filled with love and laughter too.
And sometimes tears, more than a few.
Visual effects, just like the cast
awe and charm us as in the past.
Hugh Grant shows up as a bad man
who ends up dancing in the can!
Happiness is a film like this.
It's a movie you should not miss.

"Paddington 2," directed with great care by Paul King, also features exciting action scenes that represent creativity at its best.

I don't want to give anything away, but don't even blink during the London pop-up book tour sequence.

Every second makes you want to thank the filmmakers for their extraordinary work on this live-action motion picture.

Also, all the human actors do a terrific job, but Hugh Grant as the villain is a stand-out here, especially when he performs a humorous musical number with convicts as back-up dancers.

This is the most entertaining film released so far this year, and I can hardly wait for "Paddington 3." Here's hoping the entire cast and crew stay on board for another sequel. (Released by Warner Bros. and rated "PG." Available now on DVD.)

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For A Healthier You

Hemochromatosis: An Underdiagnosed Disease

by Lisa M. Petsche

Chances are good that you have never heard of hemochromatosis, also known as iron overload disease, despite that it's the most common genetic disorder in the western world. Although it can affect males and females at any time in life, it typically manifests itself in middle age. The disease is potentially fatal, but the earlier it is diagnosed, the better one's chances are of being able to lead a long and healthy life.

The cause of iron overload can be genetic or non-genetic. The genetic type, which is by far the more common variety - is known as hereditary hemochromatosis or HH for short.

According to the Centers for Disease Control and Prevention (CDC), "in the United States more than one million people have the gene mutation that can cause HH. This mutation is most common among people whose ancestors came from Europe." Typically those who have it are unaware.

A metabolic disease, HH causes the body to absorb and retain too much dietary iron. Since there is no regular mechanism for eliminating iron from the body, the excess iron is stored in tissues and can cause damage in many areas, including joints, the heart, brain, liver, pancreas and endocrine glands. "The speed at which iron builds up and the severity of the symptoms vary from person to person," says the CDC, and "many people do not have any early symptoms." Typically, by the time they are diagnosed – if they are ever properly diagnosed – they have sustained irreversible damage.

Take the case of Lorraine, for example. After several years of increasing health issues – including fatigue, weakness, abdominal and joint pain and Parkinson-like symptoms - and visits to numerous medical specialists who were puzzled by her seemingly unrelated symptoms, she was extremely frustrated and discouraged that no underlying cause could be found. Meanwhile, her physical functioning became more and more compromised. It was a naturopath she eventually turned to for help who suggested iron testing, querying hemochromatosis. In 2006, at age 69, Lorraine was diagnosed with the disease.

Her iron levels were life-threateningly high but gradually returned to normal as a result of weekly phlebotomies (blood removal treatments from the arm, similar to blood donation) over the course of a year. She was told she was lucky that her internal organs had not been damaged. However, her joints have been severely affected, leading to the need for multiple joint replacements. The management plan includes regular blood testing to check her iron levels, and periodic phlebotomies as indicated.

Diagnosis of HH is difficult because symptoms are vague, often masking themselves as other, more common conditions, such as hypothyroidism, liver disease, arthritis, heart disease, diabetes or even chronic fatigue. Some people may develop a bronze skin tone; Lorraine wasn't one of them.

In her journey through the healthcare system, Lorraine discovered that most healthcare professionals know little if anything about HH. (Up until recently, medical students were taught that the disorder is extremely rare.) And the vast majority of lay people have never heard of it. She had to do her own research, and eventually found valuable books, research articles and other materials through the Hemochromatosis Society (for information, call their toll free line at 1-888-655-IRON (4766) or go to their website at www.americanhs.org/).

Talk to your doctor, because two simple and inexpensive blood tests – transferrin saturation (TS) test and serum ferritin (SF) test - can detect iron overload and may save your life or that of someone you love. These tests are not part of the standard blood testing ordered with regular medical checkups. If someone in your family is diagnosed with HH, DNA testing can be done to find out if other members may be at risk.

Author's note: Lorraine is my mother and we've made it our mission to spread awareness about hemochromatosis. Lorraine recently died of complications from atypical Parkinson's disease, believed to have been caused by HH. If we can save even one person from the health problems, functional disability, medical testing, hospitalizations and surgeries she endured, and perhaps even save a life, our efforts will have been worthwhile. The month of July has been designated nationally as Hereditary Hemochromatosis Genetic Screening and Awareness Month.

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

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• Mid-Career – Did you relocate for a better job? Are you starting a family? Buying your first home? There's a lot to consider when planning your future and we can help. www.socialsecurity.gov/people/midcareer.

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July 2: Pueblo beef stew with brown rice, cornbread, coleslaw, raisin nut cup, orange
July 3: Roast chicken with broth, scalloped potatoes, Brussel sprouts, apple, ww bread
July 4: Fourth of July Holiday – Closed
July 5: Beef barley soup, ww crackers, sesame broccoli, apricot pineapple compote, ww bread, apple
July 6: Sweet and sour pork, brown rice, California veg blend, banana, ww roll
July 9: Swiss steak with mushroom sauce, whipped red potatoes, seasoned greens, orange, ww bread, tossed salad with ranch
July 10: Sub sand on ww hoagie, veg soup, potato salad, orange, oatmeal raisin cookie
July 11: Pot road with gravy, car rots, green beans, new potatoes, cantaloupe, raisin nut cup, ww bread
July 12: BBQ beef brisket, ww hamburger bun, ranch style beans, steamed broccoli, honeydew/cilantro/lime salad
July 13: Lemon baked fish, scalloped potatoes, spinach/mandarin salad, malt vinegar, banana, ww bread
July 16: BBQ chicken, spinach/mandarin, orange salad, potato salad, apple, ww roll
July 17: Chicken and noodles, seasoned green beans, baked acorn squash, apricot pineapple compote, ww bread
July 18: Swiss broccoli pasta, mixed vegetables, tossed salad with ranch, banana, ww roll
July 19: Roast pork loin with gravy, smashed red potatoes, orange spiced carrots, orange, ww roll
July 20: Oriental pepper chicken, brown rice, steamed broccoli, apple, fortune cookie, ww roll
July 23: Swedish meatballs, whipped potatoes with gravy, chopped spinach, orange, bran muffin
July 24: Chili relleno casserole with salsa, corn and zucchini Mexicana, ww tortilla, plums, tossed salad with lemon
July 25: Ham n beans, seasoned greens, cornbread, orange juice
July 26: Tuna salad on lettuce with tomato, vegetable soup, ww crackers, baked acorn squash, pear halves
July 27: Smothered chicken, ww bread, peas and carrots, cornbread stuffing, cauliflower and broccoli, applesauce waldorf
July 30: Roast beef sandwich on ww, oven browned potatoes, chunky veg soup, confetti salad, apple
July 31: manager's choice: bratwurst, ww bun, coleslaw, sliced peaches, banana

Menus are sponsored by ANDREA MAURIELLO at HomeSmart Preferred Realty. Call and thank her today!!

SALIDA/Buena Vista

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

July 3: Roast chicken with broth, scalloped potatoes, brussels sprouts, apple, ww bread
July 5: Beef barley soup, ww crackers, sesame broccoli, apricot pineapple compote, ww bread, apple
July 6: Sweet and sour pork, brown rice, California veg blend, banana, ww roll
July 10: Chicken and noodles, seasoned green beans, baked acorn squash, apricot pineapple compote, ww bread
July 12: BBQ beef brisket, ww hamburger bun, ranch style beans, steams broccoli, honeydew/cilantro/lime salad, potatoes, spinach/mandarin salad, malt vinegar, banana, ww bread
July 17: Roast pork loin with gravy, smashed red potatoes, orange spiced carrots, orange, ww roll
July 19: Sub sand on ww hoagie, veg soup, potato salad, orange, oatmeal raisin cookie
July 20: Oriental pepper chicken, brown rice, steamed broccoli, apple, fortune cookie, ww roll
July 24: Chili relleno casserole with salsa, corn and zucchini Mexicana, ww tortilla, plums, tossed salad with lemon
July 26: Tuna salad on lettuce with tomato, vegetable soup, ww crackers, baked acorn squash, pear halves
July 27: Smothered chicken with ww bread, peas and carrots, cornbread stuffing, cauliflower and broccoli and applesauce waldorf
July 31: Manager's choice: sloppy jo, ww bun, apple, scalloped potatoes, broccoli and carrots

PENROSE CENTER

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

July 3: Hamburgers, Baked Beans, Watermelon, Dessert
July 5: CLOSED … HAPPY INDEPENDENCE DAY!!
July 10: Taco Salad, Strawberry Applesauce, Dessert
July 12: Fried Chicken Salad, Carrot fruit Salad, Dessert
July 17: BBQ Chicken, Potato Salad, Watergate Salad
July 19: Swedish Meatball with Noodles, Green Beans, Dessert
July 24: Goulash, Veg, Dessert
July 26: Meatball Sub, Chips, Fresh Veg, Dessert
July 31: POTLUCK

NOTES:
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FLORENCE

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July 3: Roast chicken with broth, scalloped potatoes, Brussel sprouts, apple, ww bread
July 5: Beef barley soup, ww crackers, sesame broccoli, apricot pineapple compote, ww bread, apple
July 6: Sweet and sour pork, brown rice, California veg blend, banana, ww roll
July 10: Chicken and noodles, seasoned green beans, baked acorn squash, apricot pineapple compote, ww bread
July 12: BBQ beef brisket, ww hamburger bun, ranch style beans, steamed broccoli, honeydew/cilantro/lime salad
July 13: Lemon baked fish, scalloped potatoes, spinach/mandarin salad, malt vinegar, banana, ww bread
July 17: Sub sand on ww hoagie, veg soup, potato salad, orange, oatmeal raisin cookie
July 19: Roast pork loin with gravy, smashed red potatoes, orange spiced carrots, orange, ww roll
July 20: Oriental pepper chicken, brown rice, steamed broccoli, apple, fortune cookie, ww roll
July 24: Chili relleno casserole with salsa, corn and zucchini Mexicana, ww tortilla, plums, tossed salad with lemon
July 25: Tuna salad on lettuce with tomato, vegetable soup, ww crackers, baked acorn squash, pear halves
July 27: Smothered chicken, ww bread, peas and carrots, cornbread stuffing, cauliflower and broccoli, applesauce waldorf
July 31: Manager's choice: Spaghetti with meat sauce, tossed salad with Italian, green beans, orange, ww bread

All meals served with milk and bread. Call ahead for info!

SENIOR SAFETY

Pueblo Police Dept. - 549-1200
Pueblo County Sheriff's Dept. - 583-6125
El Paso County Sheriff's Dept. - 520-7100
Colorado Springs Police Dept. - 444-7000
Fremont County Sheriff's Dept. - 784-3411
Cañon City Police Dept. - 276-5600

Seeing Is Believing With Road Safety

(NAPSI) — Although properly functioning vehicle lights, wipers and mirrors allow for better visibility while driving, these items are all too often forgotten or ignored when people perform basic auto care, says the nonprofit Car Care Council.

"Making sure that you can see and be seen on the road is essential to avoiding motor vehicle accidents, yet many motorists overlook simple maintenance steps that can improve driving visibility," explained Rich White, executive director, Car Care Council.

Following a few auto care visibility tips can be illuminating, helping to ensure the safety of you, your passengers and other vehicles around you.

• Replace any exterior or interior lights that are dimming, rapidly blinking or nonfunctioning and be sure headlights are correctly aimed.

• Make sure that vehicle mirrors are clean and properly positioned.

• Check windshield washer fluid level and, when it gets low, replace it.

• Replace wiper blades if they show cracking or if they chatter or streak when operating. Don't forget to check the rear wiper blade.

• When in doubt, turn your lights on to help you see and help other drivers see you. Some places even have laws that require headlights to be on when windshield wipers are operating.

• Don't overdrive your headlights. Maintain a speed that will let you stop within the illuminated area; otherwise, you create a blind crash zone in front of your vehicle.

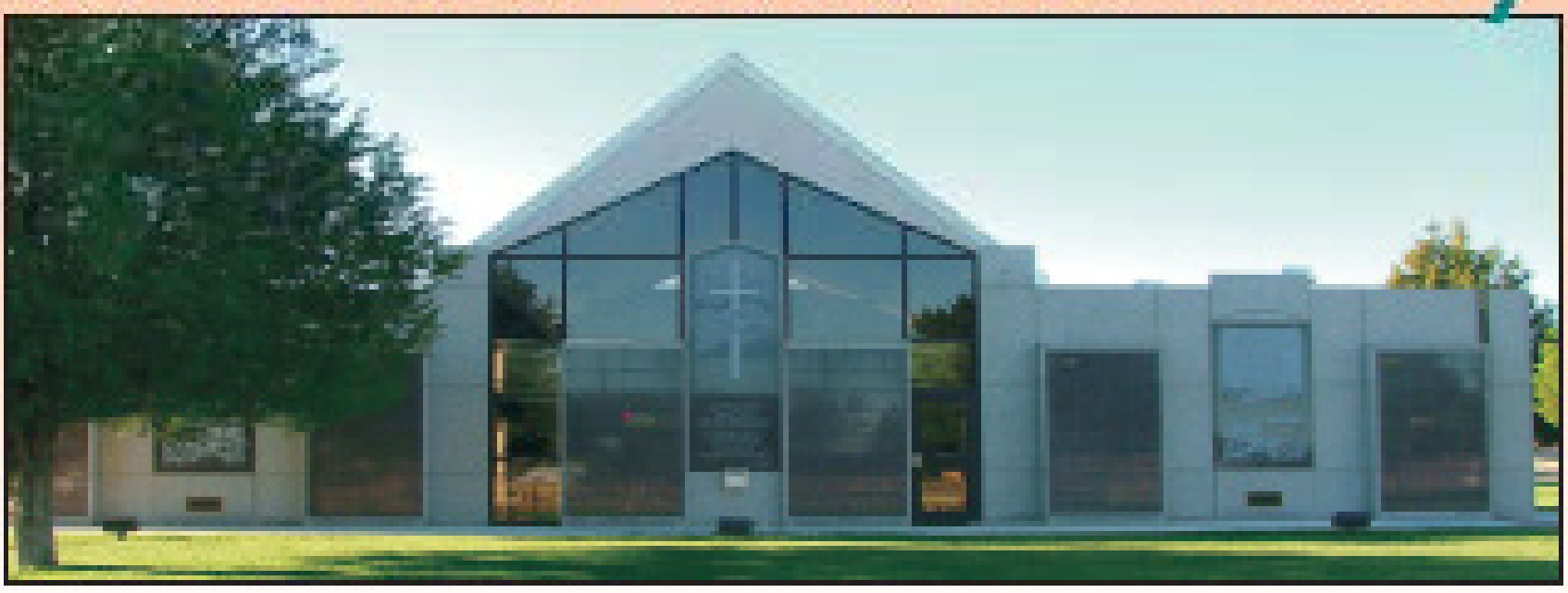
The Car Care Council is the source of information for the "Be Car Care Aware" consumer education campaign promoting the benefits of regular vehicle care, maintenance and repair to consumers.

For a free copy of the popular "Car Care Guide," visit the council's consumer education website at www.carcare.org.

This month's *Senior Safety* Page is Proudly Sponsored by Belmont Lodge Health Care Center. Please call thank them for sponsoring this valuable Addition to the Senior Beacon!!

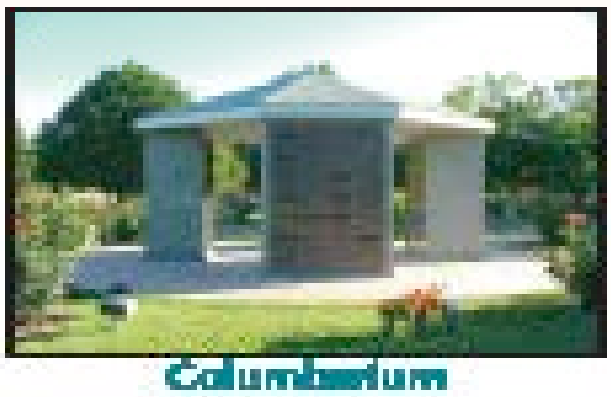
For safe driving, maintain vehicle wipers, lights and mirrors.

See the Difference at Mountain View Cemetery



Gary & Dian Montgomery

Mausoleum



Columbarium

Marvin Steward

At Mountain View Cemetery, we continue our commitment to Pueblo's with the best selection of crypts and niches in Southern Colorado. More and more families are choosing the peaceful tranquility of Mountain View Cemetery to commemorate and celebrate a life that has been lived.

Our stunning modern chapel mausoleum contains 3,344-square-feet, with inside and outside crypts. Additionally, for cremated remains, exterior granite front niches, as well as a limited number of glass-fronted niches surrounding a beautiful, inviting fireplace are still available.

We invite you to visit Mountain View Cemetery to see for yourself the various options available. We also offer a gazebo columbarium, cremation scattering garden and burial spaces. Our commitment to Southern Colorado families continues with service to all faiths and plenty of room to grow.

We'd be happy to talk with you at our Montgomery & Steward Funeral Directors home office, or the cemetery office about your pre-need plans.

Also, visit our web site www.montgomerysteward.com. We know you'll like what you see.

- Chapel Mausoleum
- Burial Estates
- Monuments/ Memorials
- Cremation Scattering Garden
- Garden Columbarium

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A 38 Percent Loss in Buying Power

(Washington, DC) – Social Security benefits have lost 34 percent of buying power since 2000, according to the 2018 Social Security Loss of Buying Power Study released today by The Senior Citizens League.

"This is the biggest loss of buying power recorded since 2012, and that was the biggest loss that The Senior Citizens League's study has recorded to date," says study author Mary Johnson, a Social Security policy analyst for the League.

The findings represent a significant one-year loss of 4 percent in buying power, with the loss growing from 30% to 34% from January 2017 to January 2018.

The loss occurred even though beneficiaries received a 2 percent annual cost - of - living adjustment (COLA) for 2018," says Johnson. Housing and medical costs — particularly home heating expenses and Medigap premiums — were among the most rapidly - rising costs over the past year.

The study examines the growth since 2000 in price of goods and services that are typical for retired and disabled households, and compares that to the growth in Social Security benefits due to annual COLAs.

Based on consumer price index (CPI) data through May of this year, Johnson estimates that the COLA for 2019 will be about 3.3 percent, the highest since 2012.

That number could change since there are still four months of data to be collected before the Social Security Administration announces the COLA.

More than 1,057 respondents participated in The Senior Citizens League's annual senior survey, which was conducted from January through March of this year.

Participants confirmed that monthly household expenses made steep increases over the past year, far in excess of the dollar amount that their COLAs increased benefits.

More than half, 56 percent, indicated their monthly expenses went up by more than $79.

Yet 50 percent of survey respondents said that their COLA increased benefits less than $5 per month, after the increased Part B premium for 2018 was deducted from their Social Security benefits.

Social Security beneficiaries receive a small automatic increase in their Social Security checks most years, intended to help their benefits keep up with rising costs.

But since 2000, COLAs increased benefits a total of just 46 percent, while typical senior expenses have jumped 96.3 percent.

"When costs climb more rapidly than benefits, retirees must spend down retirement savings more quickly than expected, and those without savings or other retirement income are either going into debt, or going without," Johnson says.

The survey found that a person receiving the national average Social Security benefit in 2000 — $816 per month — would have $1,193.10 per month by 2018.

However, because retiree costs are rising at a substantially faster pace than the COLA, that individual would require a Social Security benefit of $410.30 more per month, or $1,603.40 in 2018, just to maintain his or her 2000 level of buying power.

The study examined the increase in costs of 39 key items between 2000 and January 2018. The items were chosen because they are typical of the costs of most Social Security recipients, and include expenditures like Medicare Part B premium, that are not measured by the index currently used to calculate the COLA. Of the 39 items analyzed, 26 exceeded the percentage of increase in the COLA over the same period.

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Being Proactive Leads to Graceful Aging

by Charlene Causey

To address the importance of being proactive when it comes to aging, let me clearly explain that term.

"Pro" is a prefix meaning to "go before," "moving forward" or "ahead of."

So "proactive" refers to assuming an active role, as opposed to a passive one in accomplishing something. That "something" in this article is "aging". Let's face it; we all begin aging from the moment we are born. However, no two people age in exactly the same manner. Now there are many factors that affect how one ages and just a few are heredity, overall health, quality of nutrition, degree of trauma and stress encountered, and more recently, how much plastic surgery one can afford, all influence, at least the appearance, of how one is aging.

Plenty of money is spent on lotions, potions, juices and supplements searching for the fountain of youth. Many cosmetic procedures are being performed on very young patients and, in some cases, multiple times over chasing after perfection.

Sadly, however, much of that revenue is spent on the outward appearance, instead of the inner health and wellness of the individual which is really what matters. True vibrant beauty is from the inside out!

How can being proactive about anti-aging make a difference? Well, consider nutrition to analyze just one of the factors already mentioned. I have said it many times before and I will continue to say it. You are what you eat and what you don't eat! Everything you take into the body becomes a part of you, and hopefully, the waste that is generated is properly eliminated.

If the quality of the nutrition is inadequate, inferior, or unbalanced the individual suffers some deficit. Over time, chronic deficits take their toll and can cause damage. Thus, aging may become accelerated, exaggerated, and unfortunately, may lead to disease and early demise.

And when I say everything that you take into your body has its effect, I mean everything, including drugs, alcohol, pharmaceuticals and pollution. Ensuring proper and adequate elimination is essential.

I will submit to you that even the hereditary impact on the rate and quality of aging can, over several generations, improve and slow down the process. Certainly, over time, parents and grandparents can influence the health and wellness of their children and grandchildren and thereby future generations. It is, in fact, their responsibility to properly instruct and model good health practices to their progeny. After all, who doesn't want to stay in the human race?

Regular detoxification of the body through the eliminative systems is extremely important, particularly as age progresses, because as one ages, everything slows down. Keeping things flowing and moving smoothly is essential to maintaining a healthier more vital mind and body. Everyone would like to slow the inevitable aging process, but doing what we can to stay ahead in the game of life is the baby boomer's legacy. It is definitely worth the effort to stay healthy, active, and graceful as one attempts aging proactively.

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

Senior Beacon

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

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

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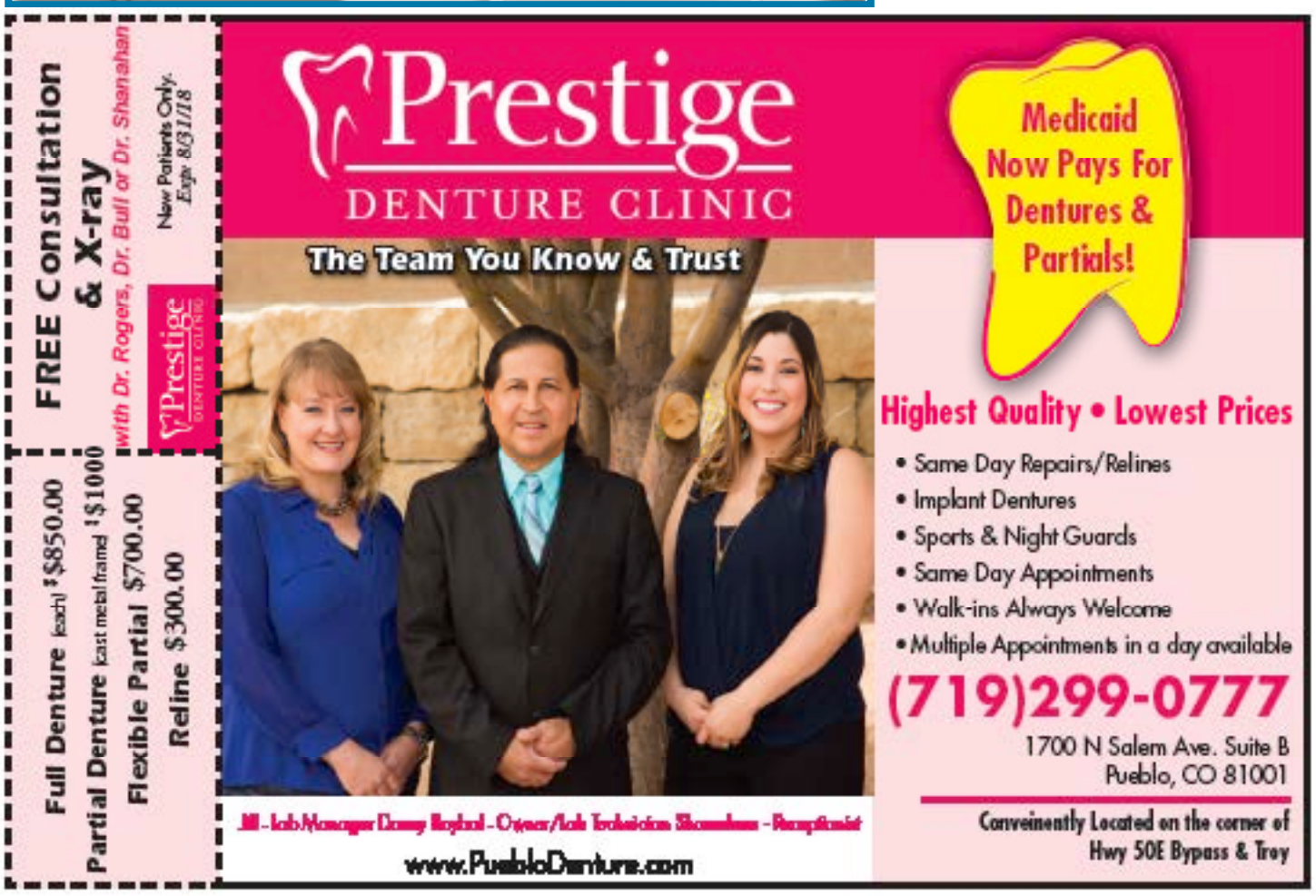

Social Security & You

Bridget Byerly, Public Affairs Specialist-Social Security Administration - Pueblo County, Fremont County and El Paso County.

Social Security: A Source of Independence for Millions

by Josh Weller

On July 4, people in communities everywhere celebrate our nation's independence with neighbors, family, and friends.

A strong community promotes independence by helping each other lead full and productive lives.

Social Security has been helping people maintain a higher quality of life and a level of independence for over 80 years.

Over those decades, we've made it even easier for you to access the programs and benefits you might need.

Now, applying online is the fastest way to get those crucial benefits.

Here are some the types of benefits you can apply for:

- Retirement or Spouse's Benefits – You must be at least 61 years and 9 months old and want your benefits to start no more than four months in the future.

  Apply at www.socialsecurity.gov/retireonline.

- Disability – You can apply online for disability benefits or continue an application you already started.

  Apply for Disability at www.socialsecurity.gov/disabilityonline.

- Extra Help with Medicare Prescription Drug Costs – Many people need assistance with the cost of medications.

  Apply for Extra Help at www.socialsecurity.gov/i1020.

- Medicare – Medicare is a national health insurance program administered by the U.S. federal government that began in 1966.

  You can apply online or continue an application you already started at www.socialsecurity.gov/retireonline.

- Supplemental Security Income (SSI) – SSI is a federal income program funded by general tax revenues designed to help aged, blind, and disabled people who have little or no income.

  You may be able to apply online if you meet certain requirements. See if you can apply online for SSI at www.socialsecurity.gov/benefits/ssi.

Social Security provides benefits for millions of people including wounded warriors and children, the chronically ill and the disabled who cannot work.

Find the help you or your family need at www.socialsecurity.gov/benefits.

Don't forget, our many online services can provide you and the ones you love with lifelong independence.

From replacing a lost Social Security card to estimating your benefits, you can access these powerful tools at www.socialsecurity.gov/onlineservices.

A STRONG COMMUNITY promotes independence by **HELPING EACH OTHER** lead full and **PRODUCTIVE LIVES.**

Social Security & You Q&A

El Paso, Fremont & Pueblo counites and surrounding areas

Question:
Now that my husband and I have a large family, we've hired a housekeeper that comes once a week. Do we have to withhold Social Security taxes from our housekeeper's earnings?

Answer:
It depends on how much you're paying the housekeeper. If you pay a housekeeper or other household worker $2,100 or more in cash wages throughout the year, you must deduct Social Security and Medicare taxes. This holds true for a cleaning person, cook, gardener, babysitter, or anyone else who provides services for you. In addition, you must report these wages once a year. There are exceptions, for example, when you are hiring a company or independent contractor and paying them a fee for services instead of wages to an individual. You can learn more about household workers and tax deductions by reading our publication, Household Workers, at www.socialsecurity.gov/pubs.

Question:
What can I do at www.socialsecurity.gov?

Answer:
There are many things you can do on Social Security's website. You can conduct most of your Social Security business with us online at www.socialsecurity.gov/onlineservices. You can get an estimate of future benefits, find out if you qualify for benefits now, and even apply for benefits. You can complete a number of other tasks online, too, including replacing your Social Security card in some states. You can estimate your retirement benefit using our Retirement Estimator, which allows you to get an instant, personalized estimate of your future benefit based on different retirement ages and scenarios. You can even open your own my Social Security account to plan for and manage your benefits at www.socialsecurity.gov/myaccount.

Question:
Can I refuse to give my Social Security number to a private business?

Answer:
Yes, you can refuse to disclose your Social Security number, and you should be careful about giving out your number. But, be aware, the person requesting your number can refuse services if you don't give it. Businesses, banks, schools, private agencies, etc., are free to request someone's number and use it for any purpose that doesn't violate a federal or state law. To learn more about your Social Security number, visit www.socialsecurity.gov/ssnumber.

Question:
I'm 17 and eager to start my first summer job, but my mother misplaced my Social Security card. How can I get another?
Answer:
If you know your Social Security number, you may not need to get a replacement card to obtain employment. However, if a prospective employer requests it, you can get a replacement Social Security card by following the steps below. There is no charge for a Social Security card, but you are limited to three per calendar year and 10 replacement cards during your lifetime.
You will need to:
- Show the required documents. We need to see different documents depending on your citizenship and the type of card you are requesting. Go to www.socialsecurity.gov/ssnumber to find out what documents you will have to show;
- Fill out an Application for a Social Security Card; and
- Take or mail your application and original or certified copies of the original documents to your local Social Security office.

For more information, read our pamphlet, Your Social Security Number and Card at www.socialsecurity.gov/pubs.

Question:
Why should I sign up for a my Social Security online account?

Answer:
my Social Security gives you a personal online account you can securely use to check your Social Security information and do business with us. With a my Social Security account you can:
- Keep track of your earnings and verify them every year;
- Get an estimate of your future benefits if you are still working;
- Get a replacement Social Security card if you meet certain criteria and reside in these locations;
- Get a letter with proof of your benefits if you currently receive them; and
- Manage your benefits:
- Change your address or telephone number;
- Start or change your direct deposit;
- Get a replacement Medicare card; and
- Get a replacement SSA-1099 or SSA-1042S for tax season.

To find all of the services available and set up an account, go to www.socialsecurity.gov/

Social Security & You Q&A

El Paso, Fremont & Pueblo counites and surrounding areas

myaccount.

Question:
I prefer reading by audio book. Does Social Security have audio publications?

I am receiving Social Security retirement benefits and I recently went back to work. Do I have to pay Social Security (FICA) taxes on my income?

Answer:

Yes. By law, your employer must withhold FICA taxes from your paycheck. Although you are retired, you do receive credit for those new earnings. Each year Social Security automatically credits the new earnings and, if your new earnings are higher than in any earlier year used to calculate your current benefit, your monthly benefit could increase. For more information, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

Question:
Do Members of Congress have to pay into Social Security?

Answer:
Yes, they do. Members of Congress, the President and Vice President, federal judges, and most political appointees, have paid taxes into the Social Security program since January 1984. They pay into the system just like everyone else, no matter how long they have been in office. Learn more about Social Security benefits at www.socialsecurity.gov.

Question:
My child, who gets Social Security, will be attending his last year of high school in the fall. He turns 19 in a few months. Do I need to fill out a form for his benefits to continue?

Answer:
Yes. You should receive a form, SSA-1372-BK, in the mail about three months before your son's birthday.

Your son needs to complete the form and take it to his school's office for certification. Then, you need to return page two and the certified page three back to Social Security for processing. If you can't find the form we mailed to you, you can find it online at: www.socialsecurity.gov/forms/ssa-1372.pdf.

Question:
How can I get a copy of my Social Security Statement?

Answer:
You can get your personal Social Security Statement online by using your my Social Security account. If you don't yet have an account, you can easily create one.

Your online Statement gives you secure and convenient access to your earnings records. It also shows estimates for retirement, disability, and survivors benefits you and your family may be eligible for.

To set up or use your account to get your online Social Security Statement, go to www.socialsecurity.gov/myaccount.

We also mail Statements to workers attaining ages 25, 30, 35, 40, 45, 50, 55, 60 and older three months prior to their birthday if they don't receive Social Security benefits and don't have a my Social Security account.

Question:
I'm trying to figure out how much I need to save for my retirement. Does the government offer any help with financial education?

Answer:
Yes. For starters, you may want to find out what you can expect from Social Security with a visit to Social Security's Retirement Estimator at www.socialsecurity.gov/estimator. The Financial Literacy and Education Commission has a website that can help you with the basics of financial education: www.mymoney.gov.

Finally, you'll want to check out the Consumer Financial Protection Bureau, which offers educational information on a number of financial matters, including mortgages, credit cards, retirement, and other big decisions.

Visit the Consumer Financial Protection Bureau at www.consumerfinance.gov.

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PERSONAL: HELLO, ARE YOU LONELY? I am. I need someone in my life who wants some romance, as well as a companion to do things with. Age doesn't matter. **(719) 220-0930** Chuck #0518

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SENIOR CLASSIFIED AD REQUEST

This classified ad section of the Senior Beacon carries advertising of all sorts. The cost is $10.00 for the first 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.

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Please print clearly. Deadline is the 20th of the month.
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Colorado Springs Senior Center July 2018 Calendar

COLORADO SPRINGS SENIOR CENTER 955-3400

Please stop by or go online to find the full listing of classes, trips and special events at www.cssen-iorcenter.com.

All classes require registration.

The fine folks at APEX AUDIOLOGY are proud to sponsor The Colorado Springs Senior Center Calendar this month.

SPECIAL EVENTS

 Newcomer's Orientation T July 3rd 1:00-2:30 Free Whether you have already started taking classes or not, come and learn more about the Senior Center and all it has to offer! Learn about class registration, volunteer opportunities, clinic services and more.

 Tunes on Tuesday w/ Reg Sappie T July 10th Free

 Reg Sappie, DJ and singer, will entertain with his collection of Rock and Roll music plus Karaoke and sing-a-longs. This hour is a fun one!

 Independence Day Dance F July 6th 6:30-8:30pm $5

We're celebrating the 4th of July on the 6th. The Risky Bizness Band will perform popular hits from the 50's to now. Join us for a fun night of dancing and patriotic moment.

 Music Trivia w/ Stacy Gery-1940's,50's and 60's Movies F July 13th 10-11 $3 An hour of fun and memories! Pianist Stacy Gery plays songs from movies of the 40's,50's and 60's and the audience will guess the movie it comes from, the main character, the missing word etc. Join us for this popular musical game.

 Mix and Mingle Th July 19th 6-8pm $5

Would you like to rejuvenate your social life, find a friend to go to the movies, get coffee or out to eat? This event is designed for you to get to know others looking for the same thing while enjoying drinks and appetizers.

 Tunes on Tuesdays-The Rare Ould Times T July 24th 1:30-2:30 Free Performing since 1998 this group of friends loves Irish and Scottish music. You will hear pub songs and sea chanteys from Brittany, Galicia and Cape Breton. The group includes vocals, fiddlers, accordion, guitar, bouzouki and banjo. You can count on a lively, varied and entertaining musical feast.

 Exercise & Dance - This is not a complete list, so please stop by or go online to find the full listing.

~ Nia
~ Yoga
~ Drums Alive!®
~ Zumba®
~ Silver Sneakers
~ Pilates
~ Line Dance classes
~ Tai Chi
~ Parkinson's Exercise Program

 Health Education

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

 Understanding your DNR status July 9th M 1-2:30

Know the 10 warning signs of Alzheimer's July 10th T 10-11:30

Essential Oils and Pets July 11th W 10-11

Intro to Medicare July 12th Th 2-3

Hydration Stations July 13th F 1-3

 The Missing Link of Weight Loss July 17th T 1-2

Nurse Chats:6 Warning Signs July 18th W 10-11

Preventing and Reversing Alzheimer's- #3 Lifestyle July 20th F 10-11

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

 Art Classes – You do not have to be an artist to take an art class! Find your creativity and let it flourish through the variety that we offer. Some classes have additional supply costs. So many to choose from including Drawing, Painting, Mixed media chair caning and other unique offerings, Call for more info! 955-3400

 Lifelong Learning Classes

Let Go of Your Past and Simplify July 11th W 12-2 $10

True Colors: Personal Success July 17th T 10:30-11:30 $3

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Finances: Create And Keep Wealth

Are You Missing A Good Thing?

by Ron Phillips

Two words: defensive growth. We can have just one and we lose the game.

Are you 100% safe with your money?

All in CDs or short–term bonds or (gulp) gold? Or are you fully invested into one money-losing, hot microcap stock in the burgeoning underwater basket-weaving sector? You guessed it: trouble ahead for that portfolio.

The art and science of investing is having a defensive portfolio positioned for growth.

Think Warren Buffett and Berkshire Hathaway.

Or the Harvard University endowment. Closer to home you could admire PERA, too. Defense and growth.

Like Ol' Blue Eyes crooned: "You can't have one without the other…."

"EVEN A BROKEN CLOCK IS RIGHT TWICE A DAY"

What all of these positive examples have going for them is a successful, long-term strategy.

A strategy that avoids emotion and also avoids market timing. Please, please avoid the temptation to try to time the market.

It's a fool's game.

You'll probably get lucky occasionally but will absolutely miss upswings.

THE SKY IS NOT FALLING

Recently the trade war has been heating up. I consider it a trade skirmish for now.

And trade wars are not good.

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Would you bet against that?! Don't believe a weak trade skirmish will drop us much. If it does, buy the heck out of it.

BUILD A DEFENSIVE GROWTH PORTFOLIO

So here come's the usual advice. Diversify. Make high portfolio income. Boring—I know.

But it tends to work well, work in up and down markets and grow your money, too.

Why income (again)?

Well, let's say everyone else is getting 1.8% income in their Dow Jones fund.

You're getting 6% income.

You have more than triple the average portfolio income plus true diversity (zigging when the markets zag).

So you can bask in these weak markets, knowing you have regular portfolio income to reinvest or spend.

Also, this gives you an incentive to stay with a solid strategy because you have a real return from income.

CLOSING WORDS OF ADVICE

Did you get a hot tip?

Ignore it and stick with your strategy.

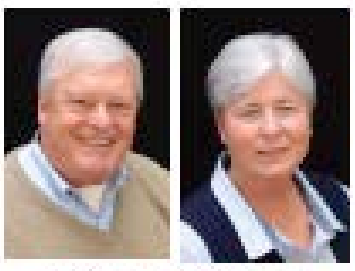
Do you have a gut feeling?

Ignore it and stick with your strategy.

Did you read or hear something earth shattering?

Ignore it and stick with your strategy.

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. Simply mention Promo Code #1001 when contacting the author.



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Go BoHo when it comes to home decor

by Mary G. Pepiton

Modern Bohemian home decor has a look that is more hip and less hippie.

While the 21st century's "Boho-chic" movement ascribes to a more-is-more philosophy by layering color, textures and textiles, it also borrows clean lines from the minimalistic movement, says Tamarra Younis, founder of Union of Art, a design firm with offices in New York City and Los Angeles.

"Today's Bohemian design in the home looks different than it did in the 1970s," Younis says.

"There's very much of a mid-century modern influence, with a glamorous worldly mix of items from well-traveled individuals."

The term "Bohemian" was popularized in the 19th century and used to describe the nontraditional lifestyles of artists, writers and musicians in European cities.

The Bohemian lifestyle, as it relates to decor, is about creating a layered, flowing energy in a home that is colorful and highly personal, Younis says.

"The Boho-chic design aesthetic also describes my own personal sense of style," she says. "With an English mother and Moroccan father, Boho-chic comes naturally to me and, at its core, is a marriage of styles, much like my parents' union."

While there can be a fine line between being cluttered and creating a classic Bohemian design, the key is to make sure the space is relaxing and inviting.

"The Bohemian look is on the opposite end of the spectrum from a monochromatic, minimalistic design," Younis says.

"Clear away nonessential items and choose something you can't live without in the space. Often, that will be the focal point, and design can easily flow from there."

Meaningful artwork, an heirloom piece of furniture or a colorful rug can serve as a Boho-chic base that anchors a room and serves as its design foundation.

The basis of Boho-chic design is to invest in pieces -- chairs, lamps and pillows -- that can look at home anywhere within the house.

The Boho-chic concept is about being open -- not only in terms of the physical space -- but also in terms of how the space is used.

"The energy just flows more freely in a home without walls," Younis says.

"In a Bohemian home, it's not about defining a living room, a dining room, a family room. These communal rooms are meant to be open to use in whatever way best suits the need at the moment."

Colorful pillows aren't just made for sofas, they might also double as comfortable cushions on the floor.

Chairs should easily move in order to create inviting and intimate spaces for conversation or collaboration.

In a departure from the harvest gold and avocado green popularized in the 1970s Bohemian incarnation, the chic 21st-century version is not only simple, it's more sophisticated.

"Walls should be painted white, cream or gray," Younis says. "Neutral walls don't compete with the interesting layers of color and texture in a space."

A bright tip that illuminates a Boho-chic style home is to invest in task lighting. Younis says colorful lamps or hanging light fixtures will shed light on good design. Gold-colored accents are not only warm, but are also priceless in terms of creating a rich design palette.

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Vollmecke Excerpt: 'Intermission — A Place in Time'

Editor's note: This is the next excerpt in a series from Glen Vollmecke

While flourishing his long pole toward the lamppost, Seth would feign irritation in his futile stabs at the small adjacent rings.

"Damn, another miss!" he shouted radically.

Elatedly, he rejoiced as the focus of attention and like an award-winning master of ceremonies, he continued, "How is everyone tonight? Are you ready for some action?"

Blowing ardently on hard, almost toothless combs, we begged him to continue.

Quietly enthralled, we calmed, as the situation required our absolute concentration.

His hidden agenda included many half-halfhearted labors, all of which increased the exciting ritual.

Then, screeching to a halt, smoothing his hair and excessively wiping his brow, he sustained his faux charade.

More rowdy cheers emanated from a further contrived miss as small arms stabbed the air at each failed pass, and earnestly we egged him on.

Upon hearing the noise, my mum and neighbors appeared in doorways, but soon shrugged and smiled, leaving Seth to his infantile gathering.

More **ROWDY CHEERS EMANATED** from a further contrived miss as **SMALL ARMS STABBLED THE AIR** at each failed pass, and **EARNESTLY WE EGGED HIM ON.**

After several ineffectual exertions, and like a matador with his cape, Seth peddled frantically in another half circle. A last spectacular wave of his enormous pole and the magic began.

After finishing every staged trick in the book, his old bike squealed to a sudden stop and an eerie hush shrouded us.

Squinting, Seth surged forward, as he now focused on the tall street lamp.

Then with a deliberate lunge, his pole connected.

Little Dave's eyes grew bigger as his slippery fingers lingered in the now empty bag of chips.

Our heads cocked to one side we listened for the barely audible low gentle hiss, followed by a soft white gleaming, luminous radiance.

The light grew brighter and brighter.

"I think I did it." Seth chuckled to himself and together we all clapped and cheered.

"Mission accomplished!"

Uncle Seth had effectively coupled the hook to the ring and he calculatingly released his long wooden pole.

Gradually he turned to face his young audience. With his pole in hand, he bowed impressively.

"Thanks for watching, little people, and I'll see you tomorrow."

Regretfully the night's activities were now complete, at least until tomorrow, when he would return for more drama on the avenue.

Having satisfied his small spectators, Uncle Seth popped two wheelies on his rickety old cycle. Waving his old cloth cap amid noisy screeches from his ardent fans, he peddled shakily away.

Angie visited often, and disregarding the problems at home, we rode our bikes or we would hike through the park.

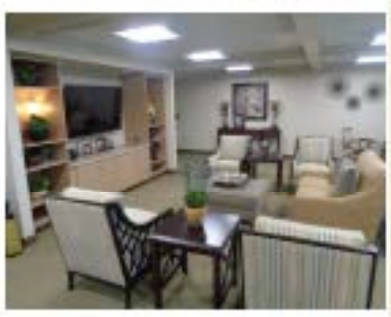
That day I had obviously annoyed my mother, so Mum issued boundaries, and I was restricted to our avenue.

Bored with the narrow street, I urged Angie to join me, but afraid of reprisals, she refused. My yellow dress blew in the breeze, as racing around the corner on my wobbly cycle I entered Trevor's realm by the Ginney.

However, Trevor had seen me and attempting to circumvent his

>>> *Continued to Page 27*

ENHANCING
the original



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

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

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

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

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

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

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

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

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

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

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

PAID FOR THE COMMITTEE TO ELECT JAMES CANTERBURY FOR SHERIFF

>>> Continued from Page 26

waving silhouette — I tried urgently to avoid a brisk collision, but running erratically in circles and swinging his basket, Trevor laughed loudly as he ineptly dodged my bicycle.

Furiously, my blonde braided pigtails, like miniature propellers, flapped madly in the wind, and while engrossed in this insane game I failed to see the yellow bus chaotically snaking around the bend.

A ghastly study in horror, the driver's ashen features matched his white knuckles, which gripped the steering wheel as he struggled for control.

Torn between Trevor and my bike, he swerved, and his massive vehicle billowed stinking fumes then skidded clumsily past me.

Surreally, I recall warm petrol vapors and a slight brushing against my side.

Without missing a stroke, I peddled manically back to the street, and screeching to a halt I glanced over my shoulder.

Chugging to a stop, the bus driver's face was livid, because now firmly bound to the bus's rear view mirror, and waving triumphantly in the morning breeze, was my bright yellow belt.

Arms folded, Mum waited with Angie, and she now restricted me to my bedroom.

Angie followed meekly "Let's get out of here," I suggested with little hope of compliance, but after the recent near catastrophe, she was suspicious.

"How will we get away from here?"

Angie croaked weakly.

"We'll use the sheets so let's strip the bed and tie them together." Angie turned green.

However, still in shock, she agreed.

A jump from the open window was suicidal, but sturdy bed legs would hold the sheets.

Tearing the covers from the double bed, we jointly tied them in knots and neatly secured them to the oak bed.

Shortly, waving in the breeze, the knotted cotton Irish linens dangled from the open window. Carefully lowering myself, I grasped and then wrapped my long skinny legs around the wad of Irish linen.

Oddly, Angie had departed, so shrugging her off, I felt like Flash Gordon from our matinees and slowly I began my decline.

Shrieks and whistles emanated from friends in the alley below, while with bulging eyes, in anticipation they watched my methodical plunge.

Unpredictably and straining from my weight, my bed suddenly lunged forward, and soaring across the room it violently slammed against the wall.

The resulting trauma twisted my gangly body, which plummeted gracelessly into the alley below.

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

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

Enjoy reading "Intermission" monthly:

Contact 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/

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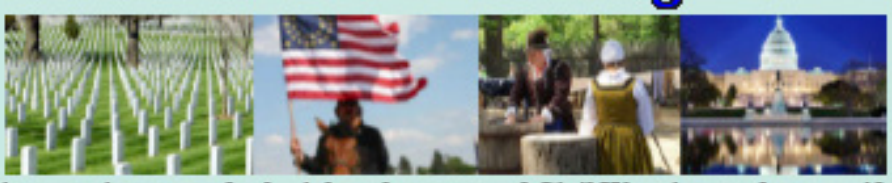

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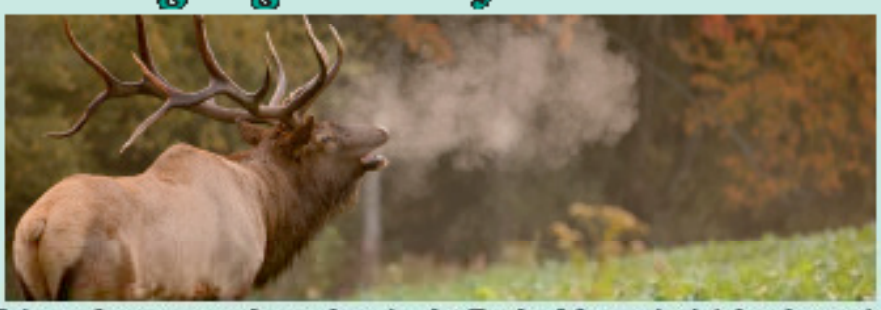

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MEETING THE NEEDS OF TODAY'S FAMILIES

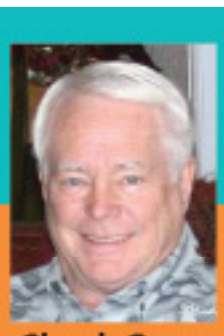
Op-Ed

Ann Coulter

Georgie Ann Geyer

Jim Grasso

David Shribman


Chuck Green

Harvey Weinstein and The Clinton Protection Racket

by Ann Coulter

Harvey Weinstein's recent perp walk reminds me of another great thing about Trump winning the election: Hillary Clinton isn't president.

A New York Times article on Weinstein's court appearance noted how the "ground shifted" last year, finally ending the "code of silence" surrounding powerful men. Why "last year," if this has been going on for decades?

The article explained that Weinstein's power was enormous, his connections extensive and his willingness to play dirty without bounds.

Did Harvey lose his money and connections "last year"?

Nope.

But "last year" was the first year of Trump's presidency, or as I like to think of it, the first year of Hillary not being president. Ever.

The liberal protection racket for sexual predators was always intimately intertwined with the Clintons.

The template used to defend Bill Clinton became a model for all left-wing sexual predators.

They all hired the same lawyers and detectives and counted on the same cultural elites to mete out punishment to anyone who stood in the way of their Caligula lifestyles.

It was Total War against the original #MeToo movement.

Even Teddy Kennedy never plotted revenge on reporters or smeared his sexual conquests as bimbos, trailer park trash and stalkers. That was the Clinton model.

Showing how incestuous it was, in 2000 -- two years after Clinton's impeachment -- Weinstein used his publishing company, Talk/Miramax, overseen by Tina Brown, to take revenge on anyone involved in Clinton's impeachment.

The publishing house commissioned a book by John Connolly to dig into the private sex lives of the people who had helped expose Bill Clinton, e.g., the lawyers behind Paula Jones' lawsuit, Ken Starr's staff, Linda Tripp lawyer Jim Moody, Matt Drudge, reporter Michael Isikoff and so on. Concise summary of the book: All of us were gay, except me, because I was having an affair with Geraldo Rivera.

It's hard to avoid the impression that a big part of the reason Weinstein was finally exposed is that the Clinton machine is dead. Trump killed it. Would anyone have called out Weinstein if his good friend Hillary Clinton were "Madame President"? I doubt it. The Clinton protection racket would have gone on and on and on. After years of feminists excusing sexual predators, once the Clintons were out of the way, the dam broke. There was no reason to keep humiliating themselves by defending the indefensible.

The Worst Generation has flatlined. There are no more Clintons to save. But as absolutely intellectually convinced as I am of the Clintons' demise, I'd feel a lot better if someone would keep a wooden stake handy.

There's Nothing Like A Holiday

Cruise Lessons, Carnival Anomalies

by David G. Molyneaux

Among the items that you may not bring aboard cruise ships are toy or real guns and knives, irons, candles, and various forms of alcohol as well as some other liquids. How serious are cruise lines about confiscating such items from your packed luggage? Very serious, as I found out on two recent cruises.

My transgressions seemed small. An expensive kitchen knife, packed in my wife's checked suitcase, was discovered by security during a luggage scan as we boarded the new Carnival Horizon in Barcelona, Spain.

Our excuse was simple. We had booked two cruises in Europe, one ending six days before the second began. We rented an apartment for six nights in Italy's Cinque Terre region. Because most rental apartment kitchens are ill-equipped, my wife wanted a small, 4-inch paring knife, which we wrapped, taped, and placed deep in her checked luggage.

Aboard Carnival Horizon, her suitcase did not arrive at our cabin. When we called to ask, we were informed that security had confiscated an item and that we needed to claim our bag, which included a letter saying that our knife would be held until we departed. A week later, security, taking no chances, handed over the knife as we walked off the ship. Not so lucky, said a security guard, were passengers who tried to sneak alcohol aboard in their checked luggage. These items were discarded. (Some liquids are allowed by ships in carry-on luggage; ask your cruise line).

Having learned little from the first security scan, we got caught again when boarding our second cruise, on Seabourn Ovation in Genoa, Italy. Security would not even allow my wife's bag to be loaded onto the ship until we claimed it ashore, where the well-traveled knife was confiscated again. Security returned it when we left the ship in Venice.

The lesson is to pay attention to cruise line rules about what you may bring aboard ship. Keep in mind that items might be allowed in checked luggage aboard an airplane (where you will not have access to it) but will not pass cruise ship security scans of luggage to be delivered to your cabin.

Goodbye Europe from the most American of cruise lines: Carnival Horizon, built in Italy for Caribbean voyages out of Miami starting in September, may be the last Carnival Cruise Line ship to offer European voyages, at least for quite some time. President Christine Duffy says Carnival has no plans to cruise in Europe again.

The line's next new ship, Carnival Panorama, will sail directly from the shipyard in Italy to Long Beach, Calif., via the Pacific Ocean apparently without paying passengers. And there is no indication that a Carnival ship expected to debut in 2020 will include voyages in Europe (though, of course, other Carnival Corporation brands, such as Holland America and Princess, have multiple ships in Europe each summer).

Europe will miss Carnival, which is the most American of all the North American cruise lines – in design, food, atmosphere, and style. While other cruise lines have become more international by design, the 26 ships of Carnival Cruise Line never have attempted to be anything else. Burgers sloppy with American condiments are consumed on its pool decks by the thousands, in the general vicinity of the hairy chest contest. American songs dominate the piano bar. American jokes fill the comedy club.

Carnival has introduced Americans on a budget to the great European cities of Barcelona, Marseille, Florence, Rome, Naples, Dubrovnik, and Venice. While a vast majority of Carnival passengers on Europe cruises have been North Americans, these voyages also have drawn Europeans and Asians, who no doubt were curious about the American experience.

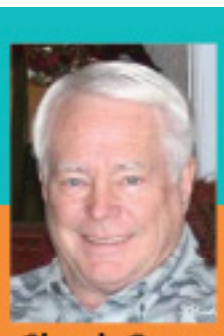
Op-Ed

Ann Coulter

Georgie Ann Geyer

Jim Grasso

David Shribman


Chuck Green

Court Case Uncovers Targeting of Journalist in Syria

by Georgie Ann Geyer

While newspapers across the nation struggle to find space for foreign news, a strange story involving the death of a famous war correspondent six years ago in Syria is playing out in the courts with far too little attention being paid to what it could mean for the future of foreign coverage in America.

You may not even know the name Marie Colvin. She was an American from Long Island, but she had worked for years overseas, most notably for London's Sunday Times.

Somewhat notorious as a war correspondent, she was one of the most intrepid among this special group of international journalists who go bravely, if sometimes foolhardily, from war to war.

But she stood out in terms of sheer courage, classiness and competence.

You couldn't easily miss her if you ran across her in Beirut, Misrata or Prishtina, or any of the other treacherous quicksands of the world.

At 56, she was still a trim, gracious and attractive blonde -- but it was the black eye patch, worn almost jauntily, that always gave her away.

In Sri Lanka in 2001, a random rocket-propelled grenade had taken out her eye. Which brings us to the central question: Was her death that February day six years ago in Homs also "random"?

For if the tale behind the tale of the inimitable Marie Colvin dying in a Syrian government artillery barrage turns out to be true, it will be, by my accounting, the first well-publicized case of an actual GOVERNMENT targeting an individual journalist for death in a war zone.

Even Marie had had qualms the night before about going into the grotesque ruins of the once-thriving city of Homs, and that was unusual, given her to-the-edges bravery.

She told her photographer, "Paul, I don't like this." He darkly agreed. "Every bone in my body is telling me not to do this," Paul Conroy wrote afterward.

But Marie, as always, was implacably insistent.

First, there was the horror of getting into the besieged city with its 78,000 helpless people.

The journalists and their Syrian rebel guides had to crawl more than 2 miles through a storm drain only 4 feet in height. Inside Homs in the dark, they somehow found the "media office," really a mostly destroyed cavern the government of Bashar Assad had already located.

Marie Colvin might have been simply another of the approximately 100 journalists killed so far in the seven years of the Syrian civil war, except that, as it now appears, the government was closing in on HER.

Independent and respected sources, and 700,000 records smuggled out of Syria by defectors, activists and Arab League officials, outline how the government "bracketed" or "walked in" on her -- the military terms for focusing bombing and artillery closer and closer to the individual person desired dead.

This reportage is being cut back at every corner, with news bureaus being closed overseas and newspapers shutting down or cutting back their coverage at home.

Who in the future will crawl through the sewers of the world's ruined cities to tell us the truth about what is happening to mankind?

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EVENT ANNOUNCEMENT:

Cup and Cone hosts their second Community Kite Fly the last Sunday (29th) in July 7:30pm at Harrison School 920 Field Ave, Canon City at 7:30pm. There is no charge. Just bring your kite and your friends and their kites. Pack up the babies and grab the old ladies and lets everyone go fly their kite! Need a kite? Cup and Cone has a great selection all sizes all prices.

Op-Ed

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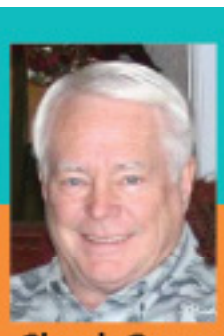
Chuck Green

America, The Immigration Nation

by David Shribman

Finally, after agonizing procedural wrangling that is only a preface to even more agonizing floor debate, the House in the next several days will take up the immigration issue.

But the truth is that debates about immigration are even older than the United States itself, built as it was by 17th-century colonial immigrants who, when they landed on these shores, encountered Native Americans who were likely the original immigrants.

From the earliest debates on the issue, the character and content of the American immigration discussion has changed little. Many want to come in, some want to keep them out. They refresh American culture, they alter American culture. They are the engine of economic growth, they are the enemy of the worker.

Pulitzer Prizes have been won on the immigration issue (Oscar Handlin, "The Uprooted," 1952), reputations have been soiled by immigration (Sen. Pat McCarran of Nevada, whose legislation was passed by Congress over President Harry Truman's veto), a political party was formed around immigration (the Know-Nothings of the mid-1850s).

Throughout all this, what often is missed is an unusual congruence of opinion by two men with the same JFK initials, one a Democrat now identified with the liberal wing of his party (President John F. Kennedy) and the other a Republican once considered the leading edge of conservatism in his party (Rep. Jack F. Kemp).

Kemp, who represented the area around Buffalo, a center of 19th-century immigration from southern and eastern Europe, worried that the Republican Party was veering from its roots and embracing immigration restrictions that could, in his words, "turn the party away from its historic belief in opportunity and jobs and growth and turn the party inward to a protectionist and isolationist and more xenophobic party. "

Kennedy took a similar view. In a small book written in 1958 as Congress was considering immigration legislation, he argued that "the interaction of disparate cultures, the vehemence of the ideals that led the immigrants here, the opportunity offered by a new life, all gave America a flavor and a character that make it as unmistakable and as remarkable to people today as it was to Alexis de Tocqueville in the early part of the 19th century."

That book was reissued a few years ago under the title "A Nation of Immigrants," and though the 35th president was serious about protecting American borders — one of his last acts in the White House was to propose a major overhaul of the country's immigration policies — he also believed that much of the heroic nature of America was based on the immigrant experience:

They huddled in their hard, cramped bunks, freezing when the hatches were open, stifling when they were closed. … Night and day were indistinguishable. But they were ever aware of the treacherous winds and waves, the scampering of rats and the splash of burials.

That was part of the Kemp creed as well. He argued that "immigrants are among the most hardworking and industrious of all persons who reside in this society. They are far less likely in their working years to — despite poverty — rely on welfare programs."

We have this situation which has become nearly intolerable, where you have thousands of unused quotas in some countries while you have members of families, close members of families, in other countries who are desirous of coming to this country, who can become useful citizens, whose skills are needed, who are unable to come because of the inequity and the maldistribution of the quota numbers.

That speech was delivered on June 11, 1963. Hours later he gave a nationally televised address following the fractious admission of the first black students to the University of Alabama. He said, "Today, we are committed to a worldwide struggle to promote and protect the rights of all who wish to be free." Two speeches on the same day, reflecting and asserting the same values.

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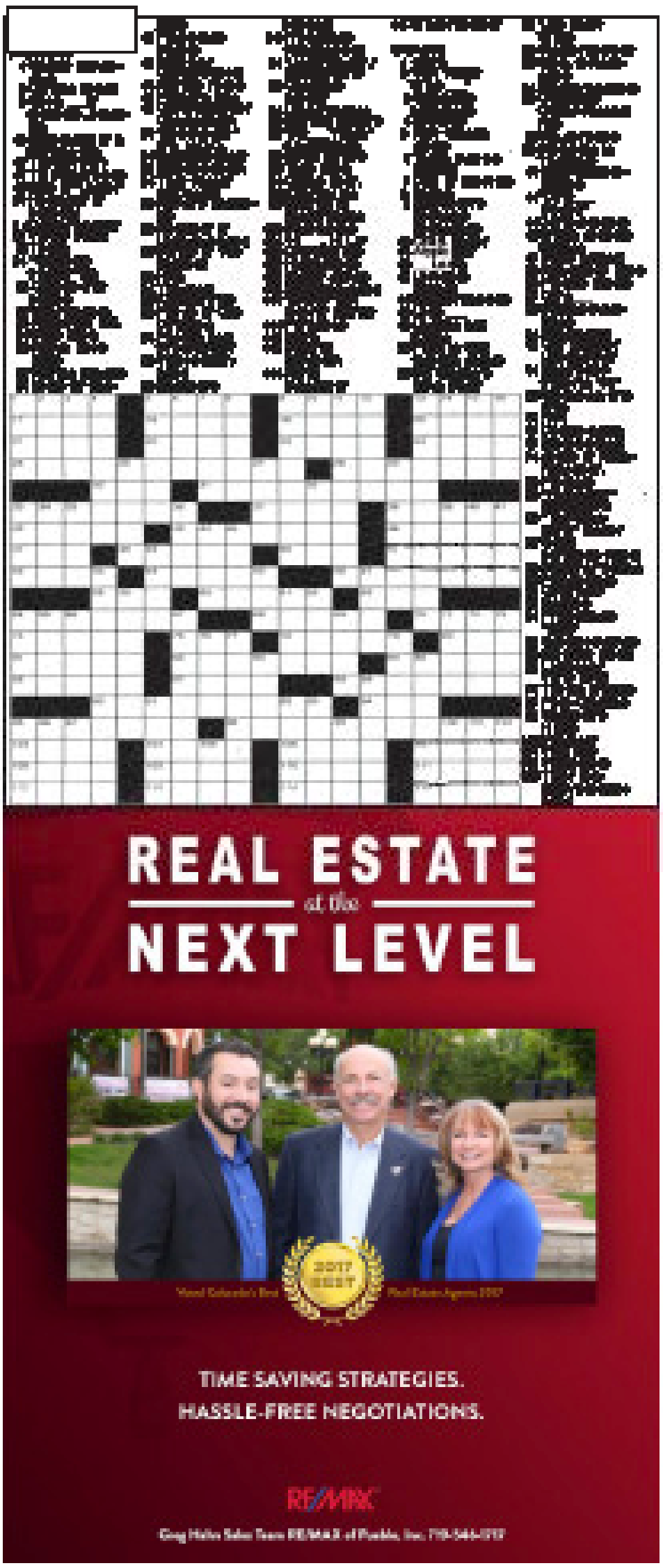

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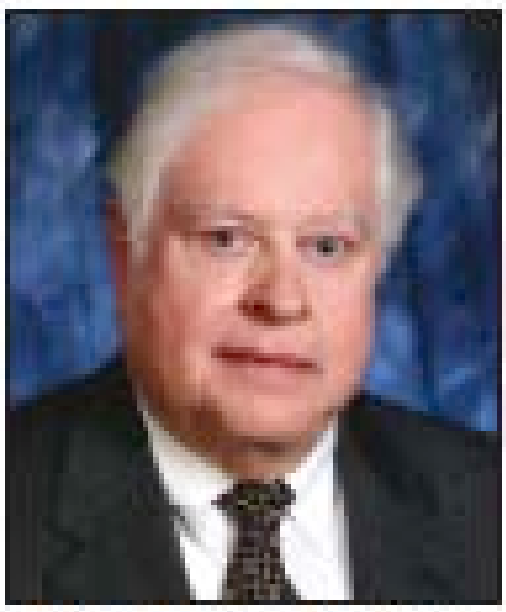

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