



# SB Senior Beacon

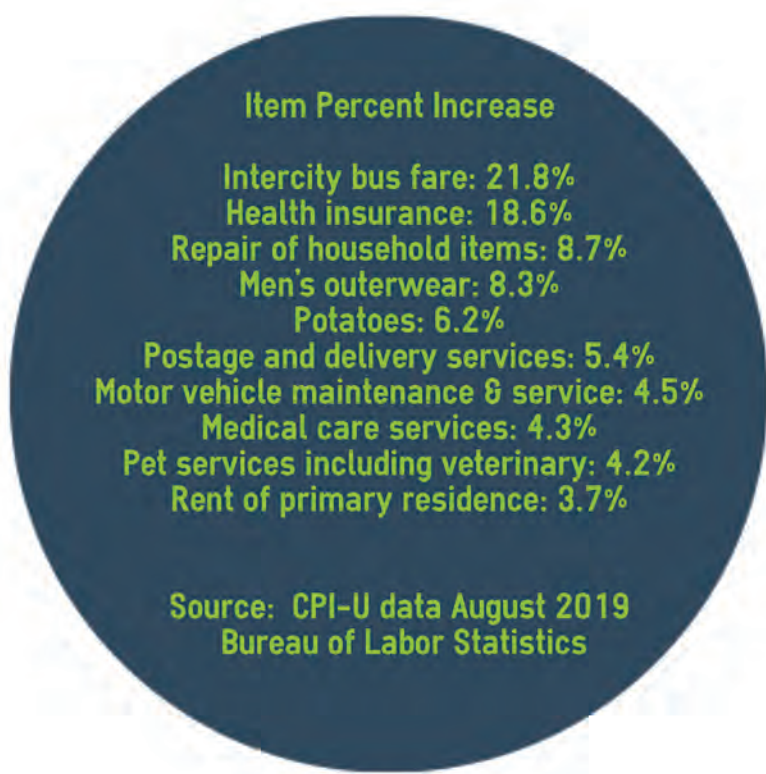
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NOVEMBER 2019 Vol. 38:10 Established February 1982 454 Consecutive Months!

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# Growing PAINS

**Fastest Growing Retiree Prices August 2018-August 2019**



*The Social Security COLA Will Be Lower in 2020, But Retirees Say Prices Are Going Up Faster Than COLA*

CONSUMER PRICE DATA indicate that inflation has fallen over the past 12 months, and the Social Security cost of living adjustment (COLA) will be about 1.6 percent in 2020, according to an estimate from The Senior Citizens League (TSCL).

That's considerably lower than the 2.8 percent that retirees received in 2019. But retirees who depend on Social Security COLAs say they haven't noticed lower prices over the past 12 months.

"To the contrary, The Senior Citizens League received numerous examples of price increases when we asked retirees for comments about price inflation in recent months," says Mary Johnson, a Social Security policy analyst for The Senior Citizens League.

For example, consumer price data for August 2018 through August 2019 from the Bureau of Labor Statistics (BLS) show prescription drugs for all urban consumers did not go up, but went down (- 0.7) percentage point.

Yet many of the comments mentioned significant increases in prescription drug costs.

As one commenter put it, "My most important prescription drug copay went from \$7 to \$32 a month in 2019. My 2nd most important went from \$15 to \$45. Two that were \$2 each went down to \$0."

Another retiree wrote, "My wife and I are both octogenarians and Social Security is 90% of our income.

"The remaining is a fixed amount. Over the last three years from 2016 to 2019 our Social Security income increased by a total of about \$150 per month.

"But during that same three-year

► SEE COLA, PAGE 3

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**CHECK OUT the MEDICARE walk-in locations ...on page 25**



# The Mildest Ride On Earth

**IT'S BEEN SAID** before that the stock market is like a roller-coaster. And that's true. The U.S. markets aren't immune to this ride. Actually, we can get downright queasy.

Today, the Dow Jones is down a very mild nineteen points. At current levels of 27,000, that's a flat day—basically nothing happened. That's just one day, though. In mid-August we were on our way to 25,000. Now we're on a ride.

Between those two points we're just a skip away from a market correction. And just last December we were below 22,000 on the Dow. So close to a bear market.

This confirms the sage, standard advice: Don't get scared out of the market. You have to stomach volatility to make money in stocks. Etcetera. It usually pays off.

## WELCOME TO THE MILD ROLLERCOASTER

I think we're going to stay on this

People, and the markets, are full of biases. One of these is called gambler's fallacy. This bias says that if something is happening a lot now it must be ready to reverse very soon.

We even have a saying for that: "What goes up must come down."

mild ride of 25- to 27,000 for some time. The markets have made it through impeachment rumblings, yield scares, rate drops and more. Still in this point range.

The big indicators that I pay attention to, especially after the 2008 crash, are solid. Gross domestic product (GDP) is growing. Corporate profits, the other guide, are very strong. Both of these are actually climbing to new records again and again.

We could even get a big upward surprise if we get a strong China trade deal. That's an "if", of course. But it would take volatility out of the market and probably shoot

us even higher.

## THE RIDE STAYS MILD

People, and the markets, are full of biases. One of these is called gambler's fallacy. This bias says that if something is happening a lot now it must be ready to reverse very soon. We even have a saying for that: "What goes up must come down."

Well, when we're speaking of the U.S. market that's not true...for long. Remember, the Dow was only around 3,000 in 1990. Now were almost ten times that level. Ten times.

## THINGS THAT GO DOWN

What can cause a stomach-dropping plunge? Well, quite a bit. A full-blown impeachment process; an unpredictable, black swan event; negative GDP or corporate

earnings. A lot.

## WHERE'S THE WILD ROLLERCOASTER?

Politically and economically, it's everywhere except the United States.

China is slowing down and dealing with Hong Kong political pressures. Western Europe is a slow-growth mess. They also still have to deal with Brexit. Eastern Europe is mired in military/Russia volatility and Russia itself is facing an existential crisis of permanent oil weakness.

The rest of Asia is either emerging and volatile or contagious to China's woes or bullying.

My advice? Stick to this kiddie ride called U.S. stocks until big fundamentals get bad.

*Ron Phillips is an Independent Financial Advisor, teacher, author of two books 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](http://www.RetireIQ.com) or leave a message at [RonPhillipsAdvisor@gmail.com](mailto:RonPhillipsAdvisor@gmail.com)*

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and a Pueblo, Colorado native



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# Got Medicare?

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Jolynn Allen	Terri Cook	Everett Griffin	Ron Phillips
			
John Reed	Melanie Sena	Susan Thompson	Julie Uhernik



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NEWS

◀ FROM COLA, PAGE 1

period our Medicare premiums increased by 29 percent or \$61 per month.

Further, our Medicare Supplement insurance premiums increased by almost 15 percent or \$68 per month. That left us with an increase in our income-over three years-of about \$21 per month. It's difficult to determine how an income increase of seventy cents a day over a three-year period helps us to maintain the status quo.

Consumer price data through August does show the cost of health insurance for all urban consumers went up — a painful 18.6 percent —and is one of the fastest growing items for all consumers. Yet that cost alone does not seem to be driving the rest of the CPI, or the COLA up. So why will it be so low in 2020?

A big factor is the consumer price index that's used to calculate the annual benefit increase. That index, called the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), doesn't account for the spending patterns of older retired people, but rather is tied to the market basket of younger urban workers. According to the BLS, the CPI-W only represents only 28 percent of the total U.S. population, and excludes households with no one in the labor force —such as retirees.

Older adults, however, spend more on healthcare and housing, two categories of costs that tend to grow much faster than overall inflation. Younger workers spend more on transportation costs but,

Older adults, however, spend more on healthcare and housing, two categories of costs that tend to grow much faster than overall inflation. Younger workers spend more on transportation costs but, despite a recent spike in the price of crude oil, gasoline prices in the U.S. are still lower than this time a year ago.



**WHAT'S INCLUDED.** 'Some of the fastest growing costs of retirees, such as Medicare premiums, don't show up in the COLA at all because the CPI-W does not include that expenditure.'

despite a recent spike in the price of crude oil, gasoline prices in the U.S. are still lower than this time a year ago. Prices of TVs, smart phones and computer software that make up a bigger portion of the budget for younger households, have dropped significantly.

“Some of the fastest growing costs of retirees, such as Medicare premiums, don't show up in the COLA at all, because the CPI-W does not include that expenditure,” Johnson points out. “Growth in

out-of-pocket prescription drug costs and Medicare premiums are two of the biggest cost challenges that most retirees have,” Johnson notes.

If actual costs grow faster than the COLA raises benefits, the purchasing power of benefits erodes, and retirees need to spend more of their savings, go into debt, or wind up going without essentials including food and medicine. A study released earlier this year by The Senior Citizens League found that

Social Security benefits have lost 33 percent of buying power since 2000, because typical retiree costs are growing faster than the COLA increases benefits.

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

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Nov. 1: Swedish Meatballs w/Noodles, Peas & Carrots Tossed Salad Tropical Fruit Oatmeal Cookie  
Nov. 4: Broccoli Stuffed Chicken Breast Green Beans Sweet Potatoes Pineapple Tidbits High Fiber Cookie  
Nov. 5: Baked Parmesan Encrusted Salmon Roasted Sweet Potatoes Broccoli Roll Strawberries  
Nov. 6: Egg Salad on Whole Wheat Bread Tomato Basil Soup Tossed Vegetable Salad w/ Red Wine Vinaigrette Orange  
Nov. 7: Swiss Steak Mashed Potatoes Peas Coleslaw Banana  
Nov. 8: Chicken Marsala Roasted Red Potato Brussel Sprouts Green Bean Salad Apple  
Nov. 11: Veteran's Day Broccoli Stuffed Chicken Breast Green Beans Sweet Potatoes Pineapple Tidbits High Fiber Cookie  
Nov. 12: Chicken Pot Pie w/ Sweet & Sour Meatballs Broccoli Jasmine Rice Tossed Salad w/Dressing Pear  
Nov. 13: Beef Stir Fry Peas Brown Rice Asian Cabbage Salad Apple  
Nov. 14: Chicken Parmesan Pasta Cauliflow-


er Tossed Salad w/Red Wine Dressing Diced Pears Whole Wheat Bread  
Nov. 15: Pulled Pork Sandwich Corn Seasoned Pinto Beans Applesauce  
Nov. 18: Beef Chili w/Cheese Baked Potato w/Sour Cream Tossed Salad w/Chickpeas Orange  
Nov. 19: Chicken Piccata Pasta Winter Blend Vegetables Peaches High Fiber Cookie  
Nov. 20: Vege-Burger w/Lettuce, Tomato & Onion Corn Coleslaw Banana  
Nov. 21: Roast Turkey w/Gravy Mashed Potatoes California Blend Vegetables Roll Cranberry Sauce Pumpkin Pie  
Nov. 22: Seasoned Cod/Potato Medley Maple Glazed Carrots Apple Raisin Nut Cup  
Nov. 25: Beef Fajitas w/Peppers, Onions, Cheese, Sour Cream, Salsa & Tortillas Spanish Rice Southwest Black Beans Strawberries  
Nov. 26: Breaded Fish Sandwich w/Lettuce & Tomato Corn Cole Slaw Spiced Peaches  
Nov. 27: Beef Stew Lima Beans Whole Wheat Roll Apple  
Nov. 28: Closed for Thanksgiving  
Nov. 29: Closed for Day After Thanksgiving

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**David Black Sworn in as Deputy Commissioner of Social Security Administration**

David Black was sworn in today as Deputy Commissioner of Social Security to a term that expires on January 19, 2025. He will also serve as the Secretary to the Social Security Board of Trustees.

"David is a dedicated public servant who brings a wealth of knowledge to this position," said Andrew Saul, Commissioner of Social Security. "I look forward to working closely with David to address challenges, more effectively carry out our mission, and improve Social Security services to the public."

A Lieutenant Colonel in the U.S. Army Reserve, Mr. Black has dedicated his career in service to others. He has served in the Army for nearly 30 years, as both an enlisted soldier and an officer, and deployed to Iraq and Afghanistan, where he was awarded the Bronze Star Medal. Mr. Black brings a vast amount of civilian federal experience. Prior to his nomination, he served as the White House Senior Advisor for Social Security. Previously, for nearly a decade, Mr. Black was General Counsel for Social Security. He also worked with the U.S. Department of Education as the Deputy Assistant Secretary in the Office for Civil Rights.

The Social Security Administration administers the Social Security retirement, disability and survivors insurance programs that pay over one trillion dollars annually in benefits to approximately 64 million beneficiaries, as well as the Supplemental Security Income program that provides cash assistance to more than 8 million people with limited income and resources. The agency has a national workforce of about 63,000 employees and 1,500 facilities across the country and around the world.



# SRDA NOVEMBER 2019 CALENDAR

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

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

Calendar of Events  
NOVEMBER 2019



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

- NOVEMBER 1  
10-11 Jian Qi Gong \* New Class\*  
1-3 Matter of Balance  
at the Presbyterian Towers  
Call Jane @ 719-553-3422
- NOVEMBER 4  
9-10 Computer Class (3rd floor)  
10-12 ART CLASS  
1-3 Matter of Balance at the  
Presbyterian Towers  
2-3 Sr. Self Defense  
3-4 Tai Chi
- NOVEMBER 5  
9-10 Laptop & Tablet (3rd floor)  
8:45 – 9:45 Morning Tai - Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing
- NOVEMBER 6  
8 – 1 AARP Drive Safe  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers
- NOVEMBER 7  
8:45-9:45 Morning Tai Chi

- 9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dance Too / New  
Session Starts

- NOVEMBER 8  
10-11 Jian Qi Gong  
1-3 Matter of Balance

- NOVEMBER 11  
CLOSED FOR VETERANS DAY  
DINING ROOM OPEN

- NOVEMBER 12  
9-10 Laptop & Tablet Classes  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
11-12 Line Dancing  
1-3 Knit & Chat

- NOVEMBER 13  
9-12 Mahjongg  
12-3 Party Bridge

- 1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers

- NOVEMBER 14  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
9- 11 Sewing Club  
10-11 Chair Yoga  
11-12 Line Dance Too

- NOVEMBER 15  
10-11 Jian Qi Gong  
1-3 Matter of Balance  
1:30-3:00 Social, Music and  
Treats Provided

- NOVEMBER 18  
9-10 Computer Class  
10-12 Art Class  
1-3 Matter of Balance  
2-3 Sr. Self Defense  
3-4 Tai - Chi

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- NOVEMBER 19  
9-10 Laptop & Tablet Class  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
10-11 Chair Yoga  
10-12 Line Dancing

- NOVEMBER 20  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singer

- NOVEMBER 21  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
9:30-4 Kaiser Foot Care  
10-11 Chair Yoga  
11-12 Line Dance Too

- NOVEMBER 22  
10-11 Jian Qi Gong  
1-3 Matter of Balance

- NOVEMBER 25  
9-10 Computer Class  
10-12 Art Class  
1-3 Matter of Balance  
2-3 Sr. Self Defense  
3-4 Tai – Chi

- NOVEMBER 26  
9-10 Laptop & Tablet  
8:45-9:45 Morning Tai Chi  
9-2 Pinochle  
1-3 Knit & Chat  
10-11 Chair Yoga  
11-12 Line Dancing

- NOVEMBER 27  
8:45 – 9:45 Make Up Tai Chi for  
Nov. 28th.  
9-12 Mahjongg  
12-3 Party Bridge  
1-2 Zumba  
3-4 Tai Chi  
3-5 Volunteer Singers

- NOVEMBER 28  
CLOSED FOR THANKSGIVING  
DINING ROOM CLOSED

- NOVEMBER 29  
CLOSE FOR THANKSGIVING  
HOLIDAY  
DINING ROOM OPEN

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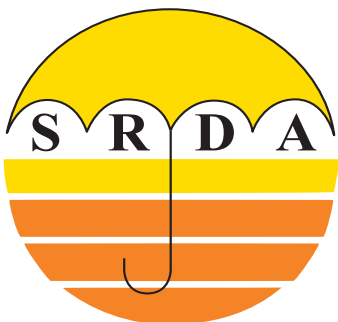
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# 'LIGHT FOR THE JOURNEY'

JAN MCLAUGHLIN  
Director of Prayer for  
Prisoners International



## THE SACRIFICE OF PRAISE

**T**hanksgiving prayers may sound like Psalm 136. Give thanks to the Lord, for He is good.

His love endures forever. But what happens when a doctor's diagnosis, financial loss or other ominous circumstance rocks our world? "In everything give thanks; for this is the will of God in Christ Jesus for you." It sounds simple until we face a crisis. Do we still proclaim that God is good even when our world is turned upside down?

Corrine and her husband, Raymond, moved from Fairplay, Colorado in the early 70's because of her health. She suffered

from emphysema, osteoporosis, diverticulitis, severe arthritis, failing eyesight and more.

The more I knew Corrine, the more I loved her. She was nearly twice my age, but we became close friends. She loved to hold my hand as we talked.

Corrine's heart opened as I shared Jesus with her. She was curious about my relationship with Him. I purchased for her a large print Bible and we studied together. I wrote Scriptures on poster board in large letters for her to memorize yet her eyes deteriorated. A powerful lighted magnifying glass enabled her to read her Bible.

One day while visiting Corrine and Raymond and drinking coffee in their kitchen, Corrine held my hand. They both asked how to be saved. As I explained the simplicity of the profound truth of the Gospel, a shroud lifted off their minds. "Believe Jesus Christ died for your sins and you can do nothing to earn your salvation. Humble yourselves and receive what Jesus did for you." They bowed their heads and together asked Jesus to forgive them and come into their lives. At that moment, they were born again and passed from death to life (1 John 3:14).

Incontinence plagued Corrine so she refused my invitations to church. I told her there is help for people with incontinence and I would be glad to purchase what she needed. Because of my love for the Maundy Thursday services, I pleaded with Corrine to go with me. I wanted to share this special time of worship with her. To my utter delight, she agreed to go and I purchased the necessary "equipment" to allow for her comfort in public.

That evening we slipped into a church pew with her oxygen bottle. She leaned over and whispered, "I have on my Pampers!" We giggled like school-girls. What joy to see the delight on Corrine's face during the service. We were both blessed.

Corrine and Ray began attending church regularly when she wasn't in the hospital or sick in bed. She was often depressed because of her many afflictions. I encouraged her to praise God in ALL things, knowing that it would lift her out of her depression.

"Corrine, you need a ministry. A lot of people are in worse condition than you are." I doubted my words but knew it must be true. A few people from church were bedridden or shut in. We prayed for a way for Corinne to encourage those who couldn't get out.

A telephone with large numbers enabled her to dial. I made a list of people in the church who were unable to leave their homes to attend church. With the names and phone numbers, Corrine's ministry began. She called the people on her list regularly to encourage and pray for them. In reaching out to others Corrine was lifted out of her own depression.

Even though her own health deteriorated rapidly she was excited to find such joy in touching the lives of others with the love of Jesus. She had discovered why God says, . . . continually offer the sacrifice of praise to God, that is the fruit of our lips (Heb. 13:15).

Praise is a sacrifice when it hurts, and our human reasoning cannot understand why we should do it. Even in a crisis it is declaring, "Lord Jesus, YOU are bigger than all of my problems and I trust you."

Corrine's health plummeted. She was physically miserable but kept fighting to live. She loved Jesus with all her heart and knew when she died she would be with Him, because His Word tells us that to be absent from the body, is to be present with the Lord. Still, she feared dying.

My heart ached as I held her hand at the hospital and watched her suffer. I said, "Corrine, aren't you tired of hurting? Why don't you just ask Jesus to take you home? Don't you want a brand-new body? Corrine, what do you want most when you get to heaven?" Suddenly a light came on and she said with enthusiasm, "NEW EYES!" We laughed and talked of sitting together at the marriage supper of the Lamb holding hands.

That night, Jesus came for my precious friend. She was no longer in pain. She was with Jesus in a far better place.

I pray you may know the value, as Corrine did, of the sacrifice of praise and the blessing of giving to others. Even in a crisis she could say with confidence and joy, "Give thanks to the Lord, for He is good. His love endures forever!"

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

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NEWS

# Medicare Launches Improvement in Care

**PLACING A FAMILY** member in a nursing home is often fraught with fear, concern over care that will be provided, and safety.

Family members who are placed in a nursing home are vulnerable, sick, and often unable to advocate for themselves.

Making decisions and finding the nursing home that meets a loved one's unique needs is complex.

In addition to visiting and interviewing the staff, families can use Nursing Home Compare, a tool with information about quality of care, staffing patterns, and health inspections resulting in an overall star rating.

Five stars is the highest rating that a nursing home can achieve.

In Spring, 2019, Medicare announced a five pillar plan to improve nursing home care.

The approach includes strengthening oversight, enhancing enforcement, increasing transparency, improving quality, and putting patients over paperwork.

The first pillar starts October 23 when Medicare will begin labeling nursing homes with a bright Red



**FIVE STAR RATING.** Finding a nursing home through Nursing Home Compare might help ease the fear and concern over care.

Hand in a circle, known as a “Do Not Proceed” symbol.

The Red Hand is an alert to consumers that the nursing home has been cited for abuse, neglect or exploitation in the past year that led to harm of a resident in the past year.

The nursing home can also be labeled with a Red Hand if a citation was written for abuse that could have potentially led to resident harm in the past two years.

The Nursing Home Compare Red Hand will be updated monthly to provide more timely information

to consumers.

The Red Hand will be removed when the nursing home corrects the issues of abuse or potential for abuse.

It is expected that many nursing homes will be flagged with a Red Hand, especially in light of the recent mandatory reporting requirements.

Several of the nursing home trade associations suggest that the Red Hand will be applied based on reporting requirements, regardless of who initiated the abuse and the source of the abuse.

The Red Hand is another tool to help families do comparison shopping when placing a loved one in a nursing home.

Consumers can view Nursing Home Compare at [www.medicare.gov](http://www.medicare.gov).

For more information or talk to a counselor can call 303-333-3482.



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# NEWS OF THE WEIRD



SPECIAL TO THE SENIOR BEACON FROM THE EDITORS OF ANDREWS MCMEEL

## Creme de la Weird

Near closing time Oct. 13 in a pub in Ruinerwold, Netherlands, a "completely confused" and "unkempt" 25-year-old man appeared with a strange story to tell. Pub owner Chris Westerbeek told Dutch media the young man ordered five beers and "said he was the oldest (of six siblings) and wanted to end the way they were living," according to The New York Times.

The man had walked to the pub from a farm outside town, where police found five adult siblings, the youngest of whom was 18, had been living in a secret basement, accessed by a hidden door behind a cupboard, for nine years.

They were apparently "waiting for the end of time," police said, and the younger siblings were unaware there were other humans outside the basement.

The family, including the father, who also lived on the farm, survived on a large garden and a few animals. NL Times reported police arrested a 58-year-old Austrian man, believed to be a tenant of the farm and identified only as Josef

B., initially for refusing to cooperate with the investigation and later charged him with holding the family against their will; it was unclear where the mother is.

At press time, the story was still unfolding. [New York Times, 10/16/2019; NL Times, 10/16/2019]

## I'd Walk a Mile ... or 350

Tommy Lee Jenkins, 32, recently moved away from Oshkosh, Wisconsin, to Whitestown, Indiana, but on Oct. 1, he struck up an online relationship with "Kylee," a supposed 14-year-old girl in Neenah, Wisconsin, according to the Justice Department.

As their correspondence progressed, he requested sexually explicit photos of Kylee and made plans to engage in sexual behavior, court documents said, but when Kylee refused to come to Indiana, Jenkins set out toward Neenah -- on foot.

The Oshkosh Northwestern reported that waiting for him at the end of his 371-mile trek were Winnebago County Sheriff's deputies (one of whom was "Kylee") and FBI agents, who arrested him for using

a computer to attempt to persuade, induce or entice a minor to engage in unlawful sexual activity.

Jenkins faced other child sexual assault charges in 2011 and 2012 and had been sentenced to probation. [Oshkosh Northwestern, 10/11/2019]

## Ironies

While patrolling a Bath and Body Works store in Waukesha, Wisconsin, an unnamed security guard let the boredom get to him.

Around 2 a.m. on Oct. 11, he slipped his handcuffs on -- then realized he'd left the keys at home.

Forced to call police, who responded and freed him from his restraints, the bored guard then hid the cuffs from himself so he wouldn't be tempted to put them on again.

According to WDJT, he told police it wasn't the first time he had handcuffed himself without having the keys. [WDJT, 10/11/2019]

Locksmiths at the Timpson shop in Edinburgh, Scotland, drew a crowd and withstood some ribbing after they locked themselves out of their store on Oct. 14,

according to the Scottish Sun.

Fortunately, one of the locksmiths had a toolbox with him, and he was able to legally break back into the shop. [Scottish Sun, 10/14/2019]

## Sweet Revenge

During the summer of 2018, someone robbed 61-year-old Akio Hatori of Tokyo, Japan, of his bicycle saddle.

He was so angered by the theft, he told police, that he decided to become a serial thief himself -- until he was caught on surveillance video on Aug. 29 and later arrested.

Police searching his home said they found 159 bicycle seats. "I started stealing out of revenge," Hatori told police, according to Kyoto News. "I wanted others to know the feeling." [Kyodo News, 10/3/2019]

## Ewwwww!

Halloween came a little early to Nick Lestina's home in Bagley, Iowa. The Lestinas have lived next door to Dahl's Custom Meat Locker for 10 years without incident, but early in October, they discovered almost five inches of animal blood, fat and bones had flooded

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# NEWS OF THE WEIRD



SPECIAL TO THE SENIOR BEACON FROM THE EDITORS OF ANDREWS MCMEEL

their basement. Lestina said it would have risen higher if not for his sump pump. He approached the meat locker next door for help, but, he told WHO TV, "They say it's not their fault and told me 'good luck.'" Lestina reached out to the Iowa Department of Natural Resources, which investigated and found that the business had slaughtered hogs and cattle on Oct. 3 and flushed fluids down the floor drain, which is probably connected with the Lestinas' drain. The family of seven has had to move out of the home while trying to resolve the cleanup issue. "No one wants to see that, smell that," Lestina said. "I would't want that for anybody." [WHO, 10/14/2019]

## *Awesome!*

It was W.C. Fields who said, "Never work with animals or children." Russian President Vladimir Putin was reminded of that warning on Oct. 14 as he visited King Salman of Saudi Arabia in Riyadh.

The Daily Mail reported that Putin brought along a gyrfalcon named Alpha for the king, and as everyone admired the bird during the ceremonial exchange of gifts, it chose that moment to take aim on the plush royal carpet and, shall we say, leave its mark.

Hunting with birds of prey is one of the favorite pastimes of Saudi royalty, and the birds are highly prized. [Daily Mail, 10/15/2019]

## *21st-Century Religion*

Hoping to attract tech-savvy young Catholics to traditional rituals, the Vatican has released the eRosary, a wearable device connected to an app available for \$110, reported engadget. Worn as a bracelet, the device is activated by making the sign of the cross and features 10 beads and a data-storing "smart cross," which will help the devout pray a standard rosary, a contemplative rosary or a thematic rosary and keeps track of each rosary prayed. The app also downloads health information from the bracelet. [engadget, 10/16/2019]

## *Police Report*

-- Anna Lindo, 34, of Bloom-

field, Connecticut, was arraigned in Hartford Superior Court on Oct. 15 on charges that she bit off her ex-partner's finger and then bragged about it on Facebook, posting a video of the severed finger. Her victim told police that on Oct. 13, he had been trying to ward her off as she attacked him with a brick when she took a bite from his right middle finger. Lindo's mother found the finger after police had taken her into custody, but it was too late to reattach it, reported the Connecticut Post. Lindo was charged with first-degree assault and disorderly conduct. [CTPost, 10/16/2019]

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- Nov. 4 – Sloppy Joe Sandwich, Seasoned Spinach, Prince Edward Vegetable Mix, Beef Vegetable Soup/Crackers, Mandarin Oranges.
- Nov. 5 – Cuban Pork Roast, Roasted Rosemary Potatoes, Cabbage and Carrots, Black Bean Lentil Soup/Crackers, Yogurt w/ Granola/Peaches, Tomato Cucumber Salad Mix.
- Nov. 6 – Citrus & Herb Fish, Vegetable Couscous, Harvard Beets, Washington Chowder Soup/Crackers, Chilled Apricots, Dinner Roll w/Margarine.
- Nov. 7 – BBQ Chicken, Seasoned Pinto Beans, Hot Fruit Compote, Garden Vegetable Soup/Crackers, Sweet & Sour Coleslaw, Hamburger Bun.
- Nov. 8 – Roast Beef w/Gravy, Lyonnaise Potatoes, Peas & Mushrooms, Cream of Broccoli Soup/Crackers, Strawberry Blueberry Crisp, Dinner Roll w/Margarine.
- Nov. 11 – Chili Mac, Cheesy Cauliflower, Cape Cod Vegetables, Cinnamon Applesauce, Butterscotch Pudding, Raisin Nut Cup.
- Nov. 12 – Beef Pot Pie, Zucchini & Tomatoes, California Normandy Vegetables, Navy Bean Soup/Crackers, Fresh Grapes.

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- Nov. 13 – Chicken Cacciatore, Fettuccini, Creole Green Beans, Chicken Gumbo Soup/Crackers, Carrot Raisin Salad/Breadstick, Blueberry Fruit Cup Mix.
- Nov. 14 – Meatloaf w/Mushroom Gravy, Seasoned Asparagus, Peas & Onions, Cream Of Mushroom Soup/Crackers, Fresh Or-

- ange, Dinner Roll w/Margarine.
- Nov. 15 – Mango Basil Fish, Fall Harvest Couscous, Broccoli Walnut Parmesan, Lentil Soup/Crackers, Chilled Apricots.
- Nov. 18 – Pueblo Beef Stew, Cilantro Rice, Lima Beans & Carrots, Calabacitas, Bananas.
- Nov. 19 – Turkey Green Chili,

- Scandinavian Mixed Vegetables, Mexican Corn, Waldorf Salad, Tortilla/Raisin Nut Cup.
- Nov. 20 – Chicken Tahitian, Sweet & Red Potatoes, Rancho Fiesta Vegetable Mix, Minestrone Soup/Breadstick, Spiced Rum.
- Nov. 21 – Spaghetti & Meat Sauce, Italian Mixed Vegetables, Winter Mis Vegetables, Beef Mushroom Barley Soup/Breadstick, Cranberry Pear Salad, Parmesan Cheese.
- Nov. 22 – Roasted Pork Loin, Garlic Mashed Potatoes, Sugar Snap Peas, Apple Chutney/Blueberry Fruit Cup, Kidney Bean Salad, Dinner w/Margarine.
- Nov. 25 Beef Hungarian Goulash, Parslied Pasta, Oregon Vegetable Mix, Garden Vegetable Soup, Fresh Orange.
- Nov. 26 Roasted Turkey w/Gravy, Mashed Potatoes, Green Bea Almandine, Hot Fruit Compote, Carrot & Sweet Potato Soup/Crackers, Pumpkin Pie.
- Nov. 27 Ham & Cheese Quiche, Seasoned Cabbage, Split Pea Soup/Crackers, Apple Fruit Cup.
- Nov. 28 – Dijon Chicken, Fall Harvest Couscous, Roasted Brussels Sprouts, Chicken Barley Soup/Crackers, Fresh Bananas.
- Nov. 29 - Beef Tip w/Mushroom Gravy, Cheesy Mashed Potatoes, Seasoned Mixed Vegetables, Creamy Coleslaw, Banana Chocolate Bar, Dinner Roll with Margarine.

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# OPINION-EDITORIAL

**ANN COULTER**  
Columnist,  
author and lawyer



## WE, TOO, CAN BE A FAILED LATIN AMERICAN STATE

**THE LEFT'S** enthusiasm for Third World immigrants isn't only because they vote 8-2 for the Democrats. It's that Latin American peasants seem uniquely amenable to idiotic socialist schemes.

You probably think it's beyond silliness for Bernie Sanders and Elizabeth Warren to keep promising **FREE HEALTH CARE FOR ALL! NO PREMIUMS! NO CO-PAYS! ILLEGAL ALIENS, TOO! EVERYBODY GETS A PONY!**

No one could be gullible enough to fall for that.

I refer you to the economic powerhouse that is Latin America.

Based on hundreds of years of indigenous people voting for politicians who made similar promises, Latin America has become the dream factory that it is today. That's why Tegucigalpa is practically a by-word for "technological innovation," Santiago was the picture of calm sophistication this weekend, and Caracas is the ultimate in modern conveniences.

Perhaps you missed the article in last Saturday's New York Times on what socialism has done for the water system in Venezuela:

"The brick shack on the outskirts of Venezuela's capital is crowded with tubs, jugs and buckets. The water they hold must last the family of eight for a week — but it's not enough for frequent washing or flushing, so the kitchen is filled with greasy pots and

the house smells of stale urine.

"And none of the water is treated, making diarrhea and vomit a regular occurrence.

"We practically live in the bathroom," said the mother of the family ... [Her daughter] sat nearby, pale and listless, recovering from her latest bout of diarrhea just one month away from childbirth."

Democrats: We need some of that Latin American magic!

Twenty years ago, 60 percent of Venezuelans had regular access to safe drinking water. Today, only 30 percent do.

How did this happen?

Answer: Poor Venezuelans voted for it. If we let them in, they'll vote for it here, too.

(Except 20 percent, who will be patriotic Americans, i.e. Republicans.)

That's great news for Sanders and Warren! But it's terrible news for the country.

Denouncing "squalid oligarchs," Hugo Chavez promised Venezuela's poor: "I will not rest until every human being who lives in this land has housing, employment and some way to manage his life."

The poor were sold! In December 1998, Chavez was elected in a landslide, commemorated with this Seattle Times headline: "VENEZUELAN SLUM DWELLERS VOTE FOR CHANGE."

As The Miami Herald explained, Chavez "crystallized anger and frustration among Latin America's poor at free-market policies that have brought only limited prosperity."

What did free markets and private property ever do for the poor? If they were poor, but others were rich, the "squalid oligarchs" must have stolen from them! (Elizabeth Warren should borrow that epithet. "Wealthy corporations" is getting old.)

Bernie says he "wrote the damn bill" to give Medicare to

all, but he was plagiarizing Chavez, who immediately implemented a "single-payer" system for health care in Venezuela. He set up free health clinics, opened military hospitals to the

poor and deployed tens of thousands of government workers to deliver medical services to the barrios.

At Chavez's invitation, thousands of poor people took up residence in hotels, warehouses and luxurious golf courses. As one of the squatters explained, "We just want a home for our children." That could be the epitaph of every once-great country: It was for **THE CHILDREN!**

As you may have heard, this worked out fantastically well. Within a year of Chavez taking office, the economy had shrunk by 7.2 percent and unemployment was at 20 percent. A decade into this socialist paradise, the poor were poorer than ever. There were constant blackouts, food shortages and appalling infant mortality rates. (Much like what we're seeing in California.)

Venezuela's infant mortality from diarrhea alone has sextupled in the past 15 years, according to the World Health Organization. (That's an estimate, on account of Chavez's quick response to the crisis, which was to stop releasing public health data.)

Potable water, that most basic element of civilization, is virtually nonexistent. Today, sitting on top of the largest oil reserves in the world, Venezuelans are starving.

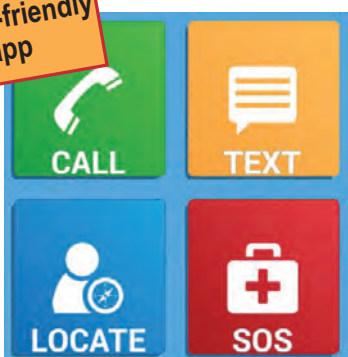
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## Coping With Grief Program Offered

ST. THOMAS MORE Hospital's (STM) Grief and Loss Support Program addresses the difficulty of loss and grief many individuals face after the death of a loved one.

To support individuals in understanding and coping with personal phases of loss, professionals from the spiritual care department are offering a 12-week grief, loss and life transition support group beginning Tuesday, October 29 from 4 to 5:30 p.m. in STM's Benedictine Conference Room.

The program fee is \$25 to cover the cost of books.

Deacon Marco Vegas, Manager of Mission Integration, St. Thomas More Hospital, and co-facilitator Jan Sciortino lead the support program.

Both Deacon Vegas and Sciortino have been trained and received certification from Alan Wolfelt, PhD, a nationally recognized author, educator and grief counselor.

STM's grief, loss and life transition support program is centered on Dr. Wolfelt's idea of 'companioning', where individuals journey together, versus the model of 'treating', which consists of pulling an individual through their grief.

Participants are encouraged to find support in others, rather than grieving alone.

In a welcoming and confidential environment, participants will learn to reconcile through finding newness and continued meaning in life.

The program offers reassurance and support with materials based on Dr. Wolfelt's text, "Understanding your Grief: Ten Essential Touchstones" and "Understanding your Grief Journal."

"We recognize the difficulty of losing a loved one and hope to reassure individuals to seek help in our compassionate program," said Deacon Vegas.

"This program offers the ability for participants to come together to help each other overcome their losses not only personally, but on a collective level as well."

The program is open to 12 members per group and participants are expected to attend each session, as the content of each class builds

onto the last.

Potential members will meet with Deacon Vegas for a registration screening to determine if the grief, loss and life transition support program is an appropriate next step, as some may benefit more from individual counseling before entering a support group program.

For more information and to schedule your registration screening, please contact Deacon Marco Vegas at 719-285-2061 or [marcovegas@centura.org](mailto:marcovegas@centura.org).

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# REELING

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'IN THE SHADOW OF THE  
MOON' FOLLOWS A  
POLICEMAN'S OBSESSION

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



**A** Philadelphia police officer sees a murder suspect he's chasing die right before his eyes.

Then every nine years later, that suspect is back again. What's going on?

"In the Shadow of the Moon" follows the policeman and his obsession to solve this puzzling mystery. Boyd Holbrook ("The Predator") impressed me with his fine performance in this difficult role -- one that requires him to play a character who ages and changes dramatically through many time periods.

Because Holbrook earned my empathy at the beginning, I wanted everything to come out right for him. And that's why I tried to stay with the story.

However, this movie is more than complicated. It's downright confusing.

And yet, supporting cast members help keep things interesting. Michael C. Hall portrays Holbrook's brother-in-law, a by-the-book supervisor who tries to rein in Holbrook's wild theories.

Hall appears quite authen-



tic here. As a fan of the "Dexter" series, I worried that I wouldn't be able to accept him in a different role. Bookeem Woodbine ("Overlord"), as Holbrook's partner, projects a warmth and humor desperately needed in a movie like this. And Cleopatra Jones ("Fear Clinic"), as the killer in question, oozes mystery and wows us in action scenes.

We can't help wondering who she is -- and why she's murdering various people every time she shows up.

The end of the film reveals a big surprise about this mysterious killer -- but not one easy to understand. I am still trying to figure how the time travel thing works, and exactly what the blood moon has to do with it.

*Obsession films -- high on my list of what to see -- not to be missed.*

*It works in most genre movies.*

*In thrillers it seems most to please.*

*Yet "In the Shadow of the Moon"*

*has thrown my thinking out of tune.*

*Too many genres all at once*

*have made me feel like such a dunce.*

*Time travel, crime and mystery*

*sci-fi, action and fantasy.*

*Forget obsession. Try to start*

*working out each and every part.*

*Performances I cannot pan.*

*The actors do all that they can*

*to help us muddle through the plot.*

*For this, I thank each one a lot.*

*Unique in concept, I will say.*

*Don't let my words keep you away.*

Genres aren't closed boxes. Stuff flows back and forth across the borders all the time. --- Margaret Atwood

I hate the idea of genres. --- Billie Eilish

(Released by Netflix and available now. For more information about this movie, go to the IMDb or Rotten Tomatoes website.)

**EDITOR'S NOTE:** *Betty Jo Tucker's new e-book, "CINEMA STANZAS TWO: Poet Laureate of the Movies," can be ordered now from Amazon.*



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# FOR A HEALTHIER YOU

## Visiting A Newly Disabled Friend

SPENDING TIME WITH a friend or relative with an acquired disability — such as a speech disorder or mobility impairment from a stroke — can be awkward at first.

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



You may not know what to say or do. The following guide can help to ensure a positive visit.

### Speech impairment

- Choose subjects of special interest, to

motivate the person in case they're self-conscious about engaging in conversation.

- Encourage them to slow down if necessary, in order to pronounce each syllable.
- Be patient and remain calm, allowing extra time for the person to get their words out. Don't interrupt or try to finish sentences unless they become visibly frustrated.

- Be attuned to non-verbal language that can give clues to the factual or emotional content of the message.

- Summarize the message to check if you heard it right.
- Ask them to repeat or rephrase the message if you could not make it out. Don't pretend you understood.
- Ask questions that require a Yes or No answer so they can simply nod or shake their head.
- Don't correct every error.
- If the person is able to write, have a notepad and pen handy as a backup.
- Keep in mind that your understanding of their speech will improve with repeated contact.

### Hearing impairment

- Pick a location with good acoustics — rooms with carpeting and curtains are best.
- Choose a quiet area to minimize background noise.
- Limit the number of participants. One-to-one conversations

are ideal.

- Ensure you have the person's full attention before initiating conversation. Sit close by, facing them.
- Sit with your face to the light and be careful not to cover it with your hands.
- Ask if one ear is better than the other and speak to that side.
- Lean in when it's your turn to speak.
- Use a low-pitched, loud voice but avoid shouting. Speak slowly and clearly, but don't exaggerate.
- Be succinct about expressing yourself and use short sentences.
- Read the person's non-verbal expressions, since some hearing-impaired people are hesitant to ask others to repeat themselves. If it looks as if they didn't pick up what you said, rephrase it.

### Low vision

- Let the person know when you are entering or leaving the room.
- When you're on an outing together, describe the view as you're driving, as well as unfamiliar

environments you enter. Ask what the person can and cannot see; don't make assumptions. If they're nervous about navigating in public, suggest they hold on to your elbow and walk half a step behind you (never grab their arm).

- When planning to eat out in a restaurant, choose a place with good lighting. Otherwise, offer to read the menu aloud.
- While visiting their home, leave doors fully open or closed, and put items back where they belong. Don't rearrange furniture or other possessions.

### Altered mobility

- Act natural with someone in a wheelchair.
- Keep in mind that the mobility of wheelchair users varies. Some can walk short distances while others don't have the necessary strength or balance. Others can walk a few steps, or at least stand long enough to do a pivot transfer, while others cannot bear weight. Some can self-propel, at least for short distances, while others cannot. It's important to become familiar with a particular wheelchair user's capabilities. Inquire if you're unsure.
- If you plan to talk with the person at length, pull up a chair to get

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- Nov. 1: White bean chicken chili, spinach salad with lite Italian dressing, cornbread, orange juice
- Nov. 4: Bake potato, broccoli with cheese sauce, tossed salad lite, French, plum and fruit cocktail, drop biscuit
- Nov. 5: Swiss steak, mushroom sauce, smashed red potatoes, seasoned greens, tossed vegetable salad with light ranch, orange, ww bread
- Nov. 6: Cream of potato soup, shredded lettuce and tomato slices, creamy coleslaw, cubed cantaloupe
- Nov. 7: Tahitian chicken, seasoned green beans, brown rice, salad with lite Italian, apple, ww bread with butter
- Nov. 8: Scalloped potatoes with ham, buttered spinach, hard boiled egg, apple, ww dinner roll
- Nov. 11: Closed – Veterans Day
- Nov. 12: Combination burrito with salsa, lettuce and tomato, cilantro lime rice, refried beans, citrus cup
- Nov. 13: Roast pork with gravy, oven browned potatoes, spinach mandarin, orange salad, parslied carrots, apple, ww roll
- Nov. 14: Salmon patties, cream sauce, steamed brown rice with parsley, mixed vegetables, tangerine, raisin nut cup, ww bread with butter
- Nov. 15: Chicken cordon bleu, wild rice pilaf, seasoned aspar-

- agus, chilled apricots, ww bread with butter
- Nov. 18: Lemon baked fish, scalloped potatoes, spinach salad with mandarin oranges, banana, ww bread
  - Nov. 19: Spaghetti with meat sauce, tossed salad with lite Italian, seasoned green beans, orange, ww bread with butter
  - Nov. 20: Bratwurst on a bun with onion and cabbage, oven browned potatoes, peas and carrots, orange
  - Nov. 21: Beef and sweet peppers, steamed brown rice, orange spiced carrots, grapefruit half, ww bread with butter
  - Nov. 22: Stewed chicken with olives, Greek spinach rice, Greek mixed salad, parslied carrots, orange, raisin nut cup
  - Nov. 25: Ham and beans, col-lard greens, cornbread, orange juice
  - Nov. 26: Spicy beef casserole, broccoli, sliced yellow squash, pineapple tidbits, ww bread with butter
  - Nov. 26: Roast turkey with gravy, cornbread stuffing, cauliflower/broccoli mix, cranberry mold, pumpkin bar, trail mix, ww dinner roll
  - Nov. 28: Closed for Thanksgiving
  - Nov. 29: Closed for After Day Thanksgiving

## SALIDA/BUENA VISTA

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

- Nov. 1: White bean chicken chili, spinach salad with lite Italian dressing, cornbread, orange juice
- Nov. 5: Black Bean and tortilla casserole, steamed brown rice, whipped sweet potatoes, mixed fruit
- Nov. 7: Tahitian chicken, seasoned green beans, brown rice, salad with lite Italian, apple, ww bread with butter
- Nov. 8: Scalloped potatoes with ham, buttered spinach, hard boiled egg, apple, ww dinner roll
- Nov. 12: Ham and beans, col-lard greens, cornbread, orange juice
- Nov. 14: Salmon patties, cream sauce, steamed brown rice with parsley, mixed vegetables, tangerine, raisin nut cup, ww bread with butter
- Nov. 15: Chicken cordon bleu, wild rice pilaf, seasoned asparagus, chilled apricots, ww bread with butter
- Nov. 19: Chili con carne, ww crackers, broccoli, raisin nut cup, apple, cornbread
- Nov. 21: Beef and sweet peppers, steamed brown rice, orange spiced carrots, grapefruit half, ww bread with butter
- Nov. 22: Stewed chicken with olives, Greek spinach rice, Greek mixed salad, parslied carrots, orange, raisin nut cup
- Nov. 26: Hot turkey sandwich, whipped potatoes, asparagus amandine, pineapple mandarin compote, banana
- Nov. 28: Closed for Thanksgiving
- Nov. 29: Closed for After Day Thanksgiving

sign-up sheet.  
 • Nov. 28: Center Closed

Menu Subject to Change - Suggested Donation \$3.00

### NOTES:

✓ Bread and milk available with most meals  
 All meals served with dessert  
 ✓ Lunches served at 12 Noon, All Ages Welcome!

## FLORENCE

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

- Nov. 1: White bean chicken chili, spinach salad with lite Italian dressing, cornbread, orange juice
- Nov. 5: American lasagna, herbed green beans, seasoned cabbage, shredded green salad with lite Italian, ice cream, Italian bread with butter
- Nov. 7: Tahitian chicken, seasoned green beans, brown rice, salad with lite Italian, apple, ww bread with butter
- Nov. 8: Scalloped potatoes with ham, buttered spinach, hard boiled egg, apple, ww dinner roll
- Nov. 12: Salisbury steak, brown gravy, smashed red potatoes, California mixed vegetables, nectarine, ww bread
- Nov. 14: Salmon patties, cream sauce, steamed brown rice with parsley, mixed vegetables, tangerine, raisin nut cup, ww bread with butter
- Nov. 15: Chicken cordon bleu, wild rice pilaf, seasoned asparagus, chilled apricots, ww bread with butter
- Nov. 19: Turkey on whole wheat, mustard and salad dressing, tomato soup, seasoned green beans, tangerine, almond peaches
- Nov. 21: Beef and sweet peppers, steamed brown rice, orange spiced carrots, grapefruit half, ww bread with butter
- Nov. 22: Stewed chicken with olives, Greek spinach rice, Greek mixed salad, parslied carrots, orange, raisin nut cup
- Nov. 26: Roast turkey with gravy, mashed red potatoes, California mixed vegetables, spinach salad with mandarins, pineapple tidbits, ww roll
- Nov. 28: Closed for Thanksgiving
- Nov. 29: Closed for After Day Thanksgiving

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- Nov. 5: Beef Stew, Bread, Fruit
- Nov. 7: Sausage, Onion, Pepper & Potato Bake, Bread, Fruit
- Nov. 12: Smothered Chicken, Mashed Potato, Gravy, Gr Beans
- Nov. 14: Pig in a Blanket, Cole Slaw, Baked Beans
- Nov. 19: Beef Barley soup, Grilled Cheese Sandwich
- Nov. 21: American Lasagna, Veg, French Bread
- Nov. 26: Thanksgiving Dinner Center will provide Turkey, Potato, gravy, Stuffing. Bring a Salad or Dessert to share. See

**ALL MEALS SERVED  
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# SENIOR SAFETY

PUEBLO POLICE DEPARTMENT — 549-1200 | PUEBLO COUNTY SHERIFF'S OFFICE — 583-6125 | EL PASO COUNTY SHERIFF'S OFFICE — 520-7100 | COLORADO SPRINGS POLICE DEPT. — 444-7000 | FREMONT COUNTY SHERIFF'S DEPT. — 784-3411 | CANON CITY POLICE DEPT. — 276-5600

## Safe2Tell Sees Record Number of Tips

**SAFE2TELL RELEASED ITS** monthly report today. In September, the program received 2,664 tips, a 45 percent increase in monthly tip volume compared to September 2018. To date for the 2019-20 school year (SY), Safe2Tell has received 3,590 actionable tips, a 42 percent increase over 2018-19 SY. Suicide threats (396), bullying (202), and drugs (170) continued to be the top categories of tips reported to the program.

“The rise in tips to Safe2Tell could be the result of students settling into their school environments, connecting with their friends, and becoming more familiar with their surroundings. Starting a new school year can be stressful and lead to unsafe behavior. It’s why the Attorney General’s office and Safe2Tell recently worked with other partners to launch a public service announcement campaign so that young people know there are resources to report threats to themselves or others,” said Attorney General Phil Weiser.

In addition to suicide threats, drugs, and bullying, there were 222 duplicate tips reported in September. Duplicate tips are reports regarding a concern or event that has already been reported, and they are an indicator of a healthy reporting culture within a community. False tips remain at approximately 2.5 percent of all tips submitted. False tips are those that contain untrue information and are submitted with the intent to harm, injure, or bully

another person.

“Suicide remains the number one tip that Safe2Tell has received for the past four years. Although we encourage students to talk to trusted, caring adults about their concerns, Coloradans should take comfort knowing that Safe2Tell offers an additional layer of protection when youth are struggling,” said Essi Ellis, director of Safe2Tell.

“The story these numbers tell is one of Coloradans taking student well-being and safety seriously and using this valuable resource effectively. It’s also a testament to our hard-working team that is passionate about serving the public in this important way,” said Kevin McElyea, director of the Colorado Information Analysis Center, whose trained dispatchers handle incoming Safe2Tell tips 24 hours a day, seven days a week.

In September, anonymous tips from students and other individuals successfully helped prevent incidents of self-harm and illegal activity. For example:

- A tip was received about child abuse. Law enforcement conducted a welfare check and the Department of Human Services was notified.

- A tip was received about a possible school attack. Law enforcement investigated and determined there was no immediate threat.

Safe2Tell is a successful violence

intervention and prevention program for students to anonymously report threats to their own, and others, safety. Safe2Tell is not an emergency response unit; it is a conduit of information for distributing anonymous tips to local law enforcement, school officials, and other appropriate responding parties according to state law.

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

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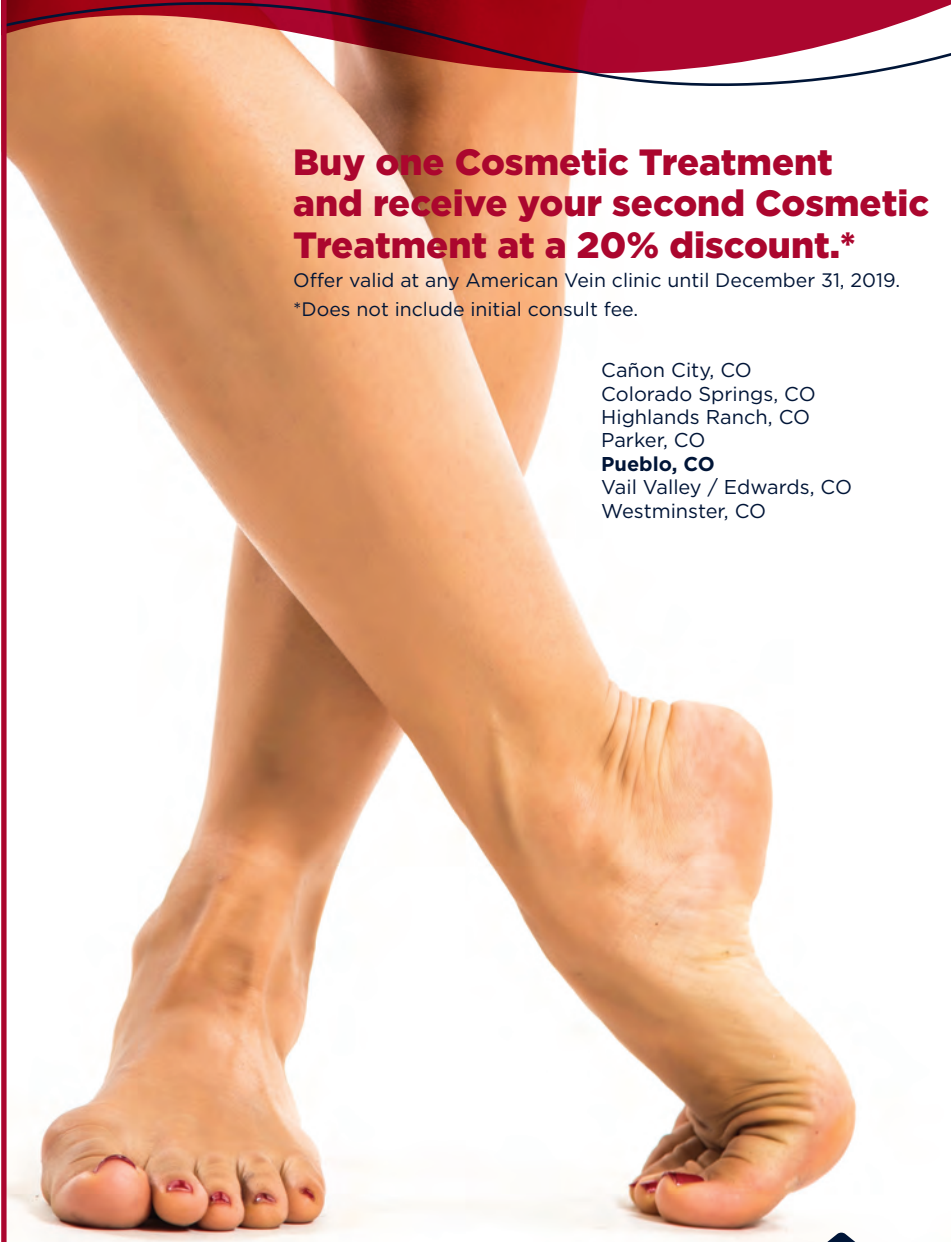
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THE WELL-DRESSED GARDEN

# Hip, Happy Tulips: Plant Them Now

**SPRING IS NOT** just a promise when you're holding a handful of tulip bulbs: it's a bright and colorful guarantee. Each tulip bulb contains the germ of at least one cheerful flower.

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



Planting them now, in the fall, sets your garden up for a lovely springtime display of flowers.

Big public displays of tulips often involve sweeping mass plantings of a single tulip variety. Such a bold splash of color will

certainly stop traffic, but tulips are versatile flowers and there are many ways to use them in gardens of any size or style. They're graceful, stately performers within the clipped hedges of a formal garden, they add style to cottage gardens, and they bring a winter-weary perennial garden to life. They're handsome companions for evergreen and spring-blooming shrubs. In pots, they put spring color at your fingertips.

"They're amongst my favorite spring-flowering bulbs," says Jacque-

line van der Kloet, a Dutch garden designer whose expert eye for tulips in combination with other plants can be enjoyed in the planting designs at the Lurie Garden in Chicago's Millennium Park, in the Battery Gardens in Manhattan, and at New York Botanical Garden. She is inspired by the colors, shapes, heights, and flowering times of tulips, she says, and "it has become a game for me to keep coming up with new combinations." Her book, "A Year in My Garden," explores many of her favorites.

It can indeed be hard to choose. Officially, there are more than 3,000 tulip varieties (classified into 15 different types), from tiny, wispy species flowers to big doubles that look almost like peonies. Bulb specialists narrow down the selection for their customers, but they still list dozens of tulips in their catalogs every fall, alongside daffodils, hyacinths, crocus, and other bulbs. It's a dizzying selection, but choosing will be easier if you give some thought in advance to what colors you like, when in the course of the spring you want your tulips to bloom, and how tall they should be. If you choose a range of tulips with early, mid-, and late-season bloom times, you can expect tulips to be in bloom in your garden for a month or more. If you're going

for a really bold show of color, you might stick to mid-season Darwin and Triumph tulips: you're still likely to have blooms for up to two weeks.

Catalogs such as Colorblends make it easy to be an expert tulip gardener. Tim Schipper, the owner, and his team experiment with combinations of different tulip varieties and offer tried-and-true blends so gardeners -- and landscape designers -- get it right the first time. They have worked with Jacqueline van der Kloet on designs for the bulb display in the Colorblends spring garden in Connecticut. A blend called Pillowtalk, made for romance, combines pink and creamy yellow tulips. If you prefer your colors on the brighter side, go for fearless combinations such as Critical Mass, which the Colorblends team describes

as a "chain reaction of yellow, purplish pink, and maroon."

Coming up with tulip blends "is a little like mixing chemicals," the Colorblends experts say. "Get it wrong and nothing happens, or maybe too much. Get it right and the colors seem to feed off each other."

No matter which tulips you choose, they all need the same conditions and care. Fall is the time to plant them, when daytime temperatures are reliably cool and the soil is cool, too. Plant tulip bulbs in a spot where their foliage will receive lots of sun in the springtime, and also where the soil drains well. They need water to grow and flourish, but not too much: tulip bulbs are dormant during the summer, and automatic irrigation systems can cause them to rot.



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# Harvest Time

**THIS YEAR, I'M** thankful for a bumper crop better than anything I envisioned. I expect the same holds true for many of you.

But instead of a life in professional Christian ministry, I worked for a television company while raising my children alone. He knew I would reach more people if I worked outside the walls of the church, whether at the office or with my writing.

It wasn't the path I expected. My son, Jaran, never felt "the call." As a young adult, he struggled greatly with his faith.

Could he trust the Bible that his parents relied on? Did he believe in the God revealed in its pages?

I agonized as he struggled to find answers, but I trusted the God who

loved him more than I could to guide him.

Jaran pursued his question as diligently as Solomon did wisdom. One day he announced he had found his answers.

He felt free to pursue his faith with all the passion that lay within him.

His search had introduced him to ancient Jewish scholars, and he was drawn to their perspective.

The more he learned, the more he wanted to know.

One day, he would be in the ministry. I knew it. But I didn't want to project my dreams onto my son. My role was to encourage him to live for God. Not to tell him where to work and worship.

Before long, Jaran joined a Messianic congregation.

They believe in the Messiah, Christ Jesus, and all the New Testament.

They also follow the Mosaic law, not for salvation, but as God's best for us.

Jaran stopped celebrating Halloween, Christmas and Resurrection Day.

He married a lovely Christian woman who didn't share his enthusiasm for the Messianic congregation.

He prayed for their future and attended regularly.

Eventually, his wife joined him at congregation.

Together they keep kosher and celebrate the festivals with fervor and delight. They attended class with their children and, in time, were invited to teach.

At work, Jaran became known as "the Jew" in their men's Bible study. In their respect for diversity, they invited him to teach about the Jewish festivals.

In a culmination of two decades of growth, this fall Jaran and Shelley were ordained as the congregation's ministers to children and youth.

My euphoria abounds.

The pattern I had observed twenty years ago reached fruition.

Although I haven't told my son, I expect him to enter full-time ministry eventually, perhaps even as a preacher.

I'm celebrating the harvest: my son's involvement in ministry, something I had once craved for myself.

Together, we wonder what God will do with his daughter's retentive mind and wild creativity?

Or what about his son's unusual perspective, that puts things together in new ways?

The seeds God has planted in them will reach harvest in his time. We only have to wait.

This Thanksgiving, I'm giving thanks to God for the abundant harvest.

## PUEBLO HOLISTIC FAIR SET NOV. 9

The next Pueblo Holistic Fair will be held on the weekend of November 9 & 10 in the Student Center Building of Pueblo Community College in Pueblo.

There will be 85 booths to visit including holistic healers, psychic readers and a unique variety of metaphysical items for all of your holiday shopping!

Admission is \$5 for one day or \$8 for the entire weekend and includes 2 afternoons of free presentations.

Children and students enjoy free admission. Visit [www.PuebloHolisticFair.com](http://www.PuebloHolisticFair.com) for more information.

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03-20

## Senior Beacon

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

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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

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

## Social Security Helps Veterans, Active Duty

**EVERY YEAR ON** Veterans Day, our nation honors the people who risk their lives to protect our country. Social Security's disability program is an important part of our obligation to wounded warriors and their families.

For military members who return home with injuries, Social Security is a resource they can turn to.

If you know any wounded veterans, please let them know about Social Security's Wounded Warriors website.

You can find it at [www.socialsecurity.gov/woundedwarriors](http://www.socialsecurity.gov/woundedwarriors).

The Wounded Warriors website answers many commonly asked questions, and shares other useful information about disability benefits, including how veterans can receive expedited processing of disability claims. Benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

The expedited process is used for military service members who become disabled while on active military service on or after October 1, 2001, regardless of where the disability occurs.

Even active duty military who continue to receive pay while in a hospital or on medical leave should consider applying for disability benefits if they're unable to work due to a disabling condition. Active duty status and receipt of military pay doesn't necessarily prevent payment of Social Security disability benefits. Although a person can't receive Social Security disability benefits while engaging in substantial work for pay or profit, receipt of military payments should never stop someone from applying for disability benefits from Social Security.

Social Security honors veterans and active duty members of the military every day by giving them the respect they deserve. Let these heroes know they can count on us when they need to take advantage of their earned benefits. Our webpages are easy to share on social media and by email with your friends and family.

Also ....

In the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history. Yet, on average, women face greater economic challenges than men in retirement.

Nearly 55 percent of the people receiving Social Security benefits are women. Women generally live longer than men while often having lower lifetime earnings. And women usually reach retirement with smaller pensions and other assets compared to men. These are three key reasons why Social Security is vitally important to women.

If you've worked and paid taxes into the Social Security system for at least 10 years and have earned a minimum of 40 work credits, you may be eligible for your own benefits. Once you reach age 62, you may be eligible for your own Social Security benefit whether you're married or not and whether your spouse collects Social Security or not. If

you're eligible and apply for benefits on more than one work record, you generally receive the higher benefit amount.

The sooner you start planning for retirement, the better off you'll be. We have specific information for women at [www.socialsecurity.gov/people/women](http://www.socialsecurity.gov/people/women). Email or post this link to friends and family you love.

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(Retrieved 12/12/2104 from <http://blogs.chieftain.com/social/kiplinger-pueblo-cheapest-place-to-live/848/>)

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SOCIAL SECURITY & YOU

Question:

I'm on Supplemental Security Income (SSI) and live with my two brothers in an apartment. My SSI payment is cut by one-third because the Social Security office says I don't pay enough of the household expenses. How much of the expenses must I pay in order to get the full SSI rate?

Answer:

Under the rules of the program, you must be paying an equal share of the expenses. Because there are three of you in the household, you must pay one-third of the expenses. If you are not paying an equal share of the rent, utilities, groceries, and other household expenses, your SSI payment must be reduced. To learn more, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

Question:

Can I get both Supplemental Security Income (SSI) and Social Security benefits based on my disability?

Answer:

Many people eligible for Social Security disability benefits also may be eligible for SSI. The disability decision for one program is the same as it is for the other, but you must meet additional resource and income limits to qualify for SSI benefits. Learn all about SSI and whether or not you may qualify by reading the publication, *You May Be Able To Get Supplemental Security Income (SSI)* at [www.socialsecurity.gov/pubs/11069.html](http://www.socialsecurity.gov/pubs/11069.html).

Question:

I'm 38 years old and have been approved to receive Supplemental Security Income (SSI) disability benefits. I was surprised to learn that my payment will be reduced because I live with my mom. Why's that?

Answer:

SSI is a needs-based program, so any other income you receive — including non-monetary income such as help with your bills or other expenses — can have an effect on your benefit payment. Your SSI payments may be reduced if you are receiving food, shelter, or monetary assistance. If you move, or if the situation in your mom's household changes, be sure to contact Social Security. For more information, visit [www.socialsecurity.gov/ssi](http://www.socialsecurity.gov/ssi).

Question:

How do I report a change of address if I'm getting Supplemental Security Income (SSI)?

Answer:

A person receiving SSI must report any change of address by calling our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778), or by visiting a local office within 10 days after the month the change occurs. You cannot complete a change of address online. You should report your new address to Social Security so you can continue to get mail from Social Security when necessary, even if you get your benefits electronically by direct deposit or Direct Express. Learn more about

SSI at [www.socialsecurity.gov/ssi](http://www.socialsecurity.gov/ssi).

Question:

If I receive Supplemental Security Income (SSI) disability, what is the effect on my benefits when I take seasonal work?

Answer:

Even a small amount of earned wages can cause a deduction in your SSI payment. However, it takes substantial work to make your benefits stop. In many cases, we will deduct approved work expenses to determine your SSI payment amount. In most cases, you can continue to receive your medical coverage for up to two years after you begin working. We have several publications on SSI, including *Reporting Your Wages When You Receive Supplemental Security Income*, available at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs). For more information, call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778) or visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

Question:

I am receiving Supplemental Security Income (SSI). Can my children receive dependent's benefits based on my benefits?

Answer:

No. SSI benefits are based on the needs of one individual and are paid only to the qualifying person. Disabled children are potentially eligible for SSI, but there are no spouse's, dependent children's, or survivors benefits payable as there are with Social Security benefits. For

more information, see our publication, *Supplemental Security Income (SSI)*, available online at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs). Simply type the title of the publication in the publication search box on the left side of the page. You also may want to read *Understanding Supplemental Security Income (SSI)*, available at [www.socialsecurity.gov/ssi/text-understanding-ssi.htm](http://www.socialsecurity.gov/ssi/text-understanding-ssi.htm). For even more information, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov).

Question:

Who is eligible for Supplemental Security Income (SSI)?

Answer:

People who receive SSI are age 65 or older, blind, or disabled with limited income and resources. Go to [www.socialsecurity.gov](http://www.socialsecurity.gov) for income and resource limits. The general fund of the United States Treasury makes SSI payments. They do not come out of the Social Security Trust Fund.

Question:

What's the best way to find out if I might be eligible for SSI?

Answer:

Our online Benefit Eligibility Screening Tool (BEST) will help you find out if you could get benefits that Social Security administers. Based on your answers to questions, this tool will list benefits for which you might be eligible and tell you more information about how to

qualify and apply. Find BEST at [www.benefits.gov/ssa](http://www.benefits.gov/ssa).

Question:

My parents recently moved into a retirement community and they are signing their house over to me. Can I still get Supplemental Security Income (SSI) or will home ownership make me ineligible?

Answer:

You can own a home and still receive SSI as long as you live in the home you own. In most cases, when determining SSI eligibility we don't count as a resource the home you own and live in or the car you use. For more information about SSI and Social Security, visit [www.socialsecurity.gov](http://www.socialsecurity.gov), or call us at 1-800-772-1213 (TTY 1-800-325-0778).

# Thanksgiving Brunch

*Experience Thanksgiving Dinner prepared by our Award Winning Executive Chef*

**November 28th  
11am - 3pm**

**Breakfast Items**

- Sliced Fruit Display
- Apple Wood Smoked Bacon
- Maple Link Sausage | French Toast
- Waffle Station | Omelet Station

**Carving Station**

- Hand Carved Prime Rib
- Oven Roasted Maple Turkey Breast
- Brown Sugar and Maple Carver Ham

**Stationed Items**

- Baked Cod
- Pan Seared Chicken Marsala
- Traditional Home-Style Yams
- Roasted Garlic Mashed Potatoes

**Salads**

- Traditional Garden Salad | Faro Salad
- Rotini Pasta Salad | Broccoli Salad

**Raw Bar**

- Shrimp Cocktail & Crab Legs

**Dessert Station**

- Banana Fosters Station
- Dessert Shooters
- Chocolate Truffles
- Dessert Bars | Bread Pudding

**...AND SO MUCH MORE!...**

**\$43.95**  
per Person

Children 6-12 years of age - \$18.95  
Children under 5 eat FREE  
Automatic 23% Gratuity & Sales Tax  
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\*Advance Credit Card Payment Required\*

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## Medicare Annual Enrollment has started

It's worth your time to learn more. Call for more information or to make an in-home appointment:

**1-833-230-4590 (TTY: 711)**

8 a.m. to 8 p.m., 7 days a week. A licensed agent will answer your call.



**Get a \$10 Visa Reward Card when you call to learn more.\*** There's no obligation to enroll.

Explore your plan options now at [AetnaMedicare.com/solutions](http://AetnaMedicare.com/solutions)

Aetna Medicare is an HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. Other Physicians/Providers are available in our network. Participating physicians, hospitals and other health care providers are independent contractors and are neither agents nor employees of Aetna. The availability of any particular provider cannot be guaranteed, and provider network composition is subject to change. A salesperson will be present with information and applications. For accommodation of persons with special needs at meetings, call 1-833-230-4590 (TTY: 711).

\*All persons eligible for Medicare may receive a \$10 Visa Reward Card with no enrollment obligation. Non-Aetna Medicare Advantage members must attend a sales meeting, schedule an appointment, or request an information kit to receive the offer. Current Aetna Medicare Advantage members must call the number in the advertisement and participate in the member survey to receive the offer. Not to exceed more than one \$10 Visa Reward Card per person. Offer valid while supplies last.

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# SENIOR CLASSIFIEDS

**PERSONAL ASSISTANT**

**CONCIERGE** General Errands, Home and Office Organization, Vehicle Care Appointments, Waiting Service, Drive to and from Dr. appointments, House Sitting, House Checks, Grocery Shopping, Gift Baskets, Light Yard Work, Light House Cleaning, Packing, Unpacking. **Call Angela**

- Vision Concierge Service -  
**(719) 330-3337**

VisionConciergeService.com

**SENIOR WRITING GROUP**

forming. Combine talents to help write a fictional novel. Weekly meetings at the Penrose Library downtown. Experience not required.

**Call Bill Goodnight 719-251-2535**

**NEED SOMEONE TO TAKE CARE OF YOUR LOVED ones?**

I do quality home-care in their home. Reliable and loving. 20 plus years experience.

**Peggy 719-778-7570**

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

**FOUR (4) IMPERIAL GAR-DENS**

Cemetery plots for sale. --Located in the Hillcrest section, Lot #310. --Individual plots currently retail for \$3,895 each. --Selling price for the four plots is \$6,700.

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

**MARY'S TYPING SERVICE:**

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

**WANTED: VINYL RECORDS:**

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

**NEED HELP SHOPPING,**

errands, rides, organizations or meal preparation? **"I can make your life easier."** \*\*Bonded and Insured, also animal-friendly\*\*

**303-319-0613**  
Pueblo & Pueblo West only

**SHARE YOUR JOURNEY:**

Need help documenting the highlights of your life story? Ellyn makes it easy with an on-site interview and scanning of your pictures. The result is a colorful hardback memoir that will be a family keepsake.

**Call: Ellyn Reynolds, Personal Biographer 251-9808.**

**PREMIER CARE WALK-IN**

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

**CLICK I'M THERE!**

A new, local website designed by a senior--to help you surf the internet with just a click of your mouse. Local & national news, sports, weather, traffic, live cameras from around the world, music jukebox.

**www.ClickImThere.com**

**HALF CRUTCH**, for hands-free walking. *Bought new \$149.* Used 2 months. **\$80**

**719-671-0861**

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As a non-profit organization, we provide honest, ethical dental care focused on your personal wants and needs.

We accept Medicaid, other insurance, and have financial assistance available!



**Colorado Springs** (719) 310-3315  
**Grand Avenue Dental** Pueblo (719) 400-2320  
**www.CommunityDentalHealth.org**

## SENIOR CLASSIFIED AD REQUEST

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

**TO PLACE AN AD either:**

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

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

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

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

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

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

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

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

*grateful*

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

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





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**SPECIAL EVENTS**

**26th Annual Arts & Crafts Fair:** Sat, Nov 2, 9-3 Free  
**Newcomers Orientation:** Tues, Nov 5, 1-2:30 Free  
**Veteran's Salute:** Fri, Nov 8, 1:30-2:30 Free  
**Movie Special—The Quiet Man:** Wed, Nov 13, 3-5:30 \$1  
**Pumpkin Pie & Cider Social:** Fri, Nov 15, 1:30-2:30 \$5  
**Can You Find the Y Turkey?:** M-F, Nov 18-22, 8-5 Free  
**Tunes on Tuesday - Gordon Lightfoot Tribute:** Tues, Nov 26, 1:30-2:30 Free

**DAY TRIPS**

**National Center for Atmospheric Research:** Tues, Nov 12, 9:30-5 \$45  
**Hammond's Candies Tour & Brunch:** Tues, Nov 19, 8:30-3:30 \$40  
**Botanical Gardens Winter Gift Market:** Fri, Nov 22, 9-3:30 \$40  
**Moscow Ballet's Great Russian Nutcracker:** Tues, Nov 26, 3:30-9:30 \$55

**LIFELONG LEARNING**

**DIY: Cranberry Sauce:** Fri, Nov 1, 9:30-11:30 \$12  
**Viking Legends of the Heroes & Gods:** Tues, Nov 5 & 12, 10-11:30 \$12  
**Creative Writing for Beginners:** Tues & Thurs, Nov 5-Dec 5, 8:30-10, \$30  
**Financial Self Defense:** Thurs, Nov 7, 3-4:30 Free  
**Downsizing 101:** Thurs, Nov 7, 9-10:30 Free  
**Veteran's in Charge: Veteran Direct Care Program:** Tues, Nov 12, 1-3, Free  
**Wine Pairing with Chocolates:** Tues, Nov 12, 1:30-3, \$15  
**Understanding Annuities:** Wed, Nov 13, 10-11:30 Free  
**Hike for Life—Yucca Flats:** Wed, Nov 13, 12-2 \$15  
**The Southwest Border Wall:** Tues, Nov 19, 9:30-11:30 \$5  
**It's Simply a Gift:** Tues, Nov 19th, 1-2 Free  
**Should I Buy a Home After 50?:** Wed, Nov 20, 9:30-11 Free

**TECHNOLOGY CLASSES**

**1 on 1 Technology Help:** Fri, Nov 1, 3-4:30 \$10  
**An Apple a Day iPad Help:** Wed, Nov 6, 1-2  
**Android Phones & Tablets:** Tues, Nov 12, 9-11 \$20  
**Intro to Gmail:** Wed, Nov 20, 1-2 \$10

**HEALTH EDUCATION**

**The Truth About Labels: Getting What You Paid For:** Mon, Nov 4, 10:30-11:30  
**"Fit to a T":** Mon, Nov 4, 2-3  
**Nurse Chats: Blood Pressure 101:** Wed, Nov 6, 9-10  
**Healthy Living for Your Body & Brain:** Mon, Nov 11, 10-11:30  
**What Your Electrolytes Do For You:** Wed, Nov 13, 1-2  
**Medicare Made Clear:** Thurs, Nov 14, 10-11:30  
**Coping With Seasonal Allergies—Essential Oils:** Tues, Nov 19, 1-2  
**CBD Oil 101:** Fri, Nov 22, 10-11

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

**EXERCISE & DANCE**

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

*Many more classes!*

**ART CLASSES**

**Mending Without a Sewing Machine:** Thurs, Oct 31-Nov 21, 9-12 \$35  
**Pyrography:** Mon, Nov 4-25, 9-11:30 \$60  
**Make a Vintage Hat:** Wed, Nov 20-Dec 4 \$25



**ONGOING ACTIVITIES**

**Thursday Dances:** 1:30-3  
**Ping Pong Fridays:** 1:30-2:30  
**Movie Fridays:** 1-3  
**AARP Driver Safety Class:** Wed, Nov 6 or 20, 1-5  
**Private Music Lessons:** Tuesdays, by appointment only  
**Silver Key Connections Café:** Lunch, Mon-Fri, 11:15-12:15 *No reservation necessary*  
**Colorado Creative Co-op:** Find Senior Center patron's art work for sale in Old Colorado City! 2513 1, 2 W Colorado Ave, Colorado Springs, CO 80904



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

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

**GRATEFUL HEARTS RESIDE HERE**

"Enter into His gates with thanksgiving and into His courts with praise, be thankful to Him, and bless His name." Psalm 100:4

Seasons of our lives change, just as the seasons of the year change, but one thing that must remain constant is having a "grateful heart." A grateful heart is one who expresses gratitude with deep appreciation for benefits received. I think that we as Christians need to develop an attitude of gratitude, not only to the Lord, but towards our families and to those around us.

Why show gratitude? Is it the right thing to do or does it have other intrinsic value? Demonstrating sincere gratitude takes energy, thought and intentional decisions on our part, whether it's toward God or others. So how can having a grateful heart have a permanent affect on you and those around you? When you express thankfulness, it not only impacts the receiver—God or others—but it also has benefits for you, the one giving thanks. Recognizing the blessings we have in our lives and acting upon them regularly increases our awareness and appreciation of those blessings. Sharing your gratitude improves your quality of life which can only result in positive emotions for you and others.

The theme of our lives should always be, "As for me and my house, grateful hearts reside here."

"But above all these things put on love, which is the bond of perfection. And let the peace of God rule in your hearts, to which also you were called in one body, and be thankful. Let the word of Christ dwell in you richly in all wisdom, teaching and admonishing one another in psalms and hymns, and spiritual songs, singing with grace in your hearts to the Lord. And whatever you do in word or deed, do all in the name of the Lord Jesus, giving thanks to God the Father through Him." Colossians 3:14-17

Have a very blessed Thanksgiving and let "Grateful Hearts" reside in your home this year.

**Ortega's**  
**RESTAURANT**  
 Breakfast - Lunch - Dinner

Open Tues. 7:30am - 8pm,  
 Fri. & Sat. 7:30am - 8:00pm (extended 1/2 hr. for summer), Sun. 7:30am - 1pm  
 (Closed Mon., Wed. & Thurs.)  
 Patio dining - weather permitting.

**2301 E. Main St. Cañon City**  
**(719) 275-9437**

Take Out Available



HOME TOUCH

# A Nook For Books

TODAY'S HOME ARE like an open book when it comes to finding the space to create a library.

The notion of a home library as a separate wood-paneled room with leather-tufted chairs and a fire-

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



place can be an outdated one, especially given the way people live today, says Phillip Fletcher, owner of Durham Bookcases, with two workshops in North Carolina.

"As home design becomes

more open with less interior walls, many people are incorporating home libraries into family rooms, entertainment centers or home offices," Fletcher says. "For those who love books, they want to actually live with them and not have them collecting dust in a room that's rarely used."

A space dedicated to a vast home library used to be considered a status symbol in the 1980s, Fletcher says. But the advent of electronic books and a general shift to a less-formal way of living has all but closed the book on the segregated style of home libraries.

"There are homes that have 10- to



**FOR BOOK LOVERS.** Planning a home library, people need to follow certain criteria so the project is done 'by the book.'

12-foot-long interior walls, and instead of hanging artwork on them, people have bookshelves constructed to fit the space," Fletcher says. "Books can add artistic interest in the way they are displayed on shelves."

If you're planning a home library, you need follow certain criteria so the project is done "by the book." Ideally, it is best to have bookshelves placed on an above-grade, inner wall of a home, away from heating and cooling vents or a fireplace. Especially if books are

collectible, it is best to have bound articles in a home environment in which temperatures remain stable -- around 70 degrees -- with a relative humidity around 40 percent. Too much moisture in the air can cause books to mildew and mold.

Also, bookshelves should be constructed away from direct sunlight and fluorescent lighting, since both can discolor book jackets and turn pages brittle. Fletcher says after determining where you'd like your home library housed, the next step is to measure how tall, wide and

deep you'd like the bookshelves to be built.

"When building bookshelves, we're not building a rocket -- we are building a matrix of boxes," he says. "But, it's important to know before the shelves are constructed as to what you want to accomplish in the area."

If the bookshelves are going to be flanking a television, as part of an entertainment center, you need to make accommodations for the size of electronics in the bookcase design. Also, one size doesn't always fit all when it comes to building a better bookcase. Measure the length of larger books you want to place on shelves, so you have a shelf that fits their sizes.

Fletcher says the type of wood used for a bookshelf can affect the price dramatically. Typically, he says, built-in, customized bookshelves can start around \$350 and go up well past \$1,000, depending on the periodical project.

"Pine is the least expensive wood choice, with oak and maple woods running 15 to 16 percent more than a pine bookshelf," he says. "Walnut, cherry and mahogany woods can run 50 percent more than the baseline pine bookshelf, but that's not including moldings, flutings and extra design elements."

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Experience the StellarComfort recliners for an infinite number of positions. Two motors give independent movement of the back and feet. This is the most comfortable recliner you will ever experience. This chair is great for those with back, hip and knee problems.

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## TOUCHING JESUS IN PRISON

### MISSION OPPORTUNITIES

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# MEDICARE AND YOU

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## Make Money By Shopping For Better Plan

**MAKING THE EFFORT** to check health and prescription drug coverage during the Medicare Open Enrollment Period, October 15th through December 7th, can pay off in significant savings for retirees, says The Senior Citizens League (TSCL). “The job does not have to be overwhelming,” says Mary Johnson, a Medicare and Social Security policy analyst for The Senior Citizens League. “Free one-on-one counseling is available in every area of the country to check coverage options and to switch to other health or drug plans when a better choice is available,” Johnson says. “Checking coverage is especially important since the Social Security cost-of-living adjustment for 2020 is just 1.6 percent, and will only raise an average benefit of \$1,460 by about \$23 per month.

According to research by Johnson, prescription drug costs vary significantly between drug plans — by the hundreds or even thousands of dollars — even for common generics. Unlike other services, Medicare does not negotiate drug prices on behalf of beneficiaries. The plan with the lowest-priced drug can be hundreds or even thousands of dollars less than the highest cost plan for the very same drug. Yet the majority of Medicare beneficiaries rarely shop for their best drug plan during Medicare’s annual Open Enrollment Period. Consequently, Medicare beneficiaries in Part D and Medicare Advantage plans overpay for their prescription medications even though less expensive, high quality plan choices are available.

The drugs covered by each plan can vary dramatically, and plans frequently push drugs into a higher formulary tiers which are more expensive, unbeknownst to even the most conscientious consumers. “That can result in a drug price shock next year at the pharmacy counter, unless you nip that in the bud right now,” says Johnson.

Since the start of Medicare Part D in 2006, Johnson has volunteered to help friends, neighbors and family members compare Part D plans and switch to new plans when bet-

ter choices are available. Doing so often results in substantial savings on drug prices — sometimes hundreds of dollars, lower premiums, and better access to brand and pricey drugs.

How should Medicare beneficiaries prepare for Open Enrollment? Here’s a checklist from The Senior Citizens League:

**Review:** By now, people covered by Medicare Part D or Medicare Advantage plans should have received an Annual Notice of Changes for 2020 from their current plan. In addition to changes to the premiums, the notice will explain increases, if any, in the deductible, copayments and coinsurance. The notice will tell you where to find information about the pharmacies in the drug plan’s network, and it will refer to “the drug list” or plan formulary of covered drugs which usually can be found online or

requested from the plan. “What the notice does not include is a list of the drugs you currently take, the tiers that your drugs will be on in 2020, whether coverage has been dropped for any of your drugs in 2020, or what those drugs will cost if co-insurance is charged,” Johnson says. “Plans will provide most of that information, but it requires calling your plan directly and speaking to someone who can estimate the cost of your drugs in 2020. Once you have this information, it’s very important to compare all your health and drug plan options to find your lowest-costing coverage,” Johnson says.

**Gather and write legibly:** Gather all of the drugs you currently take and carefully make a list, printing the name of the drug, dosage, quantity taken per day, and quantity required per month. Do this for each drug taken. Make sure

your writing is legible. Type it into a Word document and print it out if possible. Keep this list on file where you can find it easily. Not only will you need it to compare drug plans, it’s handy to take with you on each visit to your doctor.

Get free, unbiased assistance from a Medicare counselor: You can get great help from a local Medicare benefit counselor who provides free one-on-one counseling through State Health Insurance Programs (SHIPs). Local contact information can be found at: <https://www.shiptacenter.org>. Call and make appointment now, because Open Enrollment will take more time than usual this year. The Medicare Drug Plan Finder comparison tool which counselors use to compare drug plans and estimate costs has recently been re-designed.

### MEDICARE walk-in locations:

#### Allen Insurance Services

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

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

#### Century Insurance

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

#### Pueblo North Walmart

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

#### Pueblo South Walmart

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

#### Pueblo West Walmart

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

#### La Junta Walmart

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

#### Fountain Walmart

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

#### Monument Walmart

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

#### JOLYNN ALLEN

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

#### RON PHILLIPS

Owner of Century Investments in Pueblo. He is a Financial Advisor, author and teacher



'INTERMISSION — A PLACE IN TIME'

**GLEN VOLLMECKE**

THIS IS THE LATEST EXCERPT IN A SERIES FROM GLEN VOLLMECKE



So enraptured were we by the scenery of this neighboring isle that we lost our way and soon the terrain was magical amid gardens of emerald green as we strolled.

"Look at this, it is so beautiful here, we're having lunch on that hill over there." Mum was eager to begin. I agreed. Waiting for us was an intimate paradise away from the tourists and bustle of the docks. I emptied our picnic lunch onto the grassy embankment. Offering her cup for a refill, Mum carefully

added a splash of cognac to her tea and while munching on watercress salmon sandwiches, she opened her bag of salt and vinegar crisps. The sun shone brightly that afternoon. "It doesn't get any better than this, my love. What a brilliant day and most importantly we're spending it together," she added happily.

Eating heartily, the tiny amount of cognac went straight to her head.

Nevertheless, something was amiss that sunny afternoon. Someone was watching us. The opportune and serene surroundings were too convenient and unreal, and a conspicuously colossal mansion hovered close by. Looking up, for the first time I saw weeping willow trees and cultivated gardens, bordering the magnificent mansion just fifty yards away. Crap! We had inadvertently ambled into the Dame of Sark's private grounds. Known as the notorious Mrs. Hathaway from the Second World

War, her wizened yet aristocratic features stared through an upper, mullioned, lead glass window. "Shit," I said hastily, thinking about her love of large dogs. "Mum, we can't finish our picnic, as we're trespassing." I spoke barely above a whisper. "Why?" asked Mum, oblivious to our dilemma. Gathering our picnic and stuffing the bag, I slung it over my shoulder. "Let's go, we'll find another spot, before we return to Jersey." Uneasily, with eyes down, I pointed toward the window. With a swift recognition, Mum realized the predicament. "Oops, it's the Dame's house. Let's get moving before she sets the Rotties on us." Standing awkwardly, she gaped at the mansion. Irritably I mumbled, "Come on Mum, we'll finish lunch somewhere else."

Creeping away from the mansion, and with questionable dignity, my mother was not finished yet. Reminiscent of Britain's Queen Mother, she saluted with her cup. "Goodbye, my Lady, and God bless you; we'll meet again another time and in another place," she shouted, with an upbeat familiarity. The pale specter at the window did not flinch. I was gob smacked. Then, stopping dead in her tracks and ready to recite another promise, she again raised her cup as I quickly grasped her arm, swirling her inelegantly. "For God's sake Mum, let's go before we're dog meat." Nodding, Mum smiled smugly, and, slurping the last of

her tea, she finally surrendered her cup. Undeniably, my mother was convinced of connecting with a kindred spirit, perhaps an unidentified cousin who still lurked on the beautiful island of Sark. Then, conspiratorially, she turned again and said to the pale face in the window, "Not to worry, we will return my dear."

Tugging at her arm, we stealthily hurried from the picnic spot on the green, green grass of Sark. The boat ride home was glorious, as the afternoon sun was sinking into oblivion. Simultaneously we sought a wooden bench on the upper deck as screaming seagulls swooped down for the crusts of stale bread. "What a gorgeous evening." Mum was content.

A balmy warm day encouraged crowds on the white beaches and, reluctant to conclude our day together, we stopped at a local pub. I had budgeted money for a small Drambuie each. Once arriving in port, I asked if she would like a small Scottish whiskey. Her face lit up. "You're just too good for me. Yes, please," she purred. The oak beamed pub was cool, partially empty, and too early for most revelers. We stepped inside and commented on the ancient, worn, and tarnished tile floors, which added to the ambience of the fabulous interior. Weighty decorative brasses adorned the small room, and two men sat, deep in conversation, at the bar. The publican asked for

► SEE VOLLMECKE, PAGE 27

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## ART

# New Wines, Senior Tea, Shows in November

CAN IT POSSIBLY almost be the Holidays?

With all the activities and new exhibitions, this year has just really flown by.

During November you'll want to check out a new wine class, take part in our senior tea and tour, and take in a show, or two.

Whatever you do, don't miss the Own Your Own show the end of this month and into December!

## Outsider Art: The Collection of Victor Keen | Through Jan 12, 2020 – White Gallery

This fall, Pueblo native Victor Keen brings his extensive collection of outsider art to share with the Sangre de Cristo Arts Center and the community.

He continues to seek out the artists and artworks that interest him not only visually, but also through the stories they tell.

## Tony "The Bricklayer" Perniciaro | Through Nov 10 | Regional Gallery

Perniciaro was an untrained "outsider" artist who started as a poet, eventually integrating drawings and color into his politically and socially charged poetry.

Perniciaro's drawings and paintings are an impressive mix of naiveté and sophistication.

A Spirit of Tradition: From

### BOB CAMPBELL

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



**HOLIDAY ALREADY?** It's not the holidays without the production of 'The Nutcracker,' which comes to the Arts Center Nov. 21.

the Bishop Tafoya Collection | Through Jan 19 | 2nd Floor Foyer

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

## The Collector's Aesthetic: Victor Keen | Through Jan 5 | King Gallery

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

## Dave Duros Presents Steampunk Curiosities | Through Nov 10 | Hoag Gallery

Dave Duros reappears at the Arts Center with 42 amazing new works that will astound and enthrall the viewer.

He magically transforms discarded refuse into works of art in the "Steampunk" aesthetic. Don't miss the return of "Dr. Orphic"!

## George Widener: From the Collection of Victor Keen | Through Jan 12 | 3rd Floor Foyer

Widener is a self-taught artist and calendar savant who employs his extraordinary mathematical and calculating capabilities along with memorized census population statistics to create artworks based around significant dates and historical events.

## Own Your Own Art Sale and Holiday Exhibition |

## Nov 29 – Dec 29 | Hoag & Regional Galleries

The public opening and Black Friday sale is Friday, November 29. Two other special sale days are planned for Small Business Saturday on November 30 and Super Saturday Sale December 14. Hours are Wednesday - Saturday, 11 AM - 4 PM and Sundays, 12 - 4 PM.

### Special Events:

Nov 1, 5-7pm: First Friday Art Walk. All galleries open for free. Made possible by EmergiCare.

Nov 7, 6pm: The Wines of Washington State. Washington State is the 2nd largest producer of wine in the U.S. We will explore some familiar wines and dabble into some new and different things too. \$40 / \$36 Members.

Nov 10, 11am-4pm: Members-Only preview of Winter Wonderland: Holiday Traditions in the Buell Children's Museum. Exhibit open to the public Nov 10 – Jan 4.

Nov 25, 2pm: The Nutcracker Tea for seniors 65+ | Kid Rock Café | We will begin with a tea service of delicious sweet treats, hot cocoa and a variety of teas - followed by a docent-led tour of the Main Stage Theater and a behind the scenes preview of our annual Nutcracker production! Reservation required by Thursday, November 21. Limited seating. Call 719-295-7200.

► SEE ARTS, PAGE 30

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NUTCRACKER

The Ballet

DEC 5, 6, & 7 AT 7:30 PM  
DEC 7 & 8 AT 2 PM  
\$15 | \$12 (MEMBERS)

NUTCRACKER Tea

Mon, Nov 25 | 2 - 3:30 PM | \$8

SEATING IS LIMITED  
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210 N Santa Fe Ave | Pueblo, CO | 719.295.7200 | sdc-arts.org

## ◀ FROM VOLLMECKE, PAGE 26

our order, and moments later, the two tiny liqueurs arrived. "Enjoy your whisky." He gallantly stared in my direction. Shyly I thanked him, knowing our limit would be two drinks. Gracefully, we slowly sipped our Drambuie. "Here's to a wonderful day, my love," said Mum contentedly lifting her glass.

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

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

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*Availability: Amazon/Barnes & Noble.*

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

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



# Oldest African Penguin in North America Dies

STAFF AND GUESTS alike mourn the passing of one of the Pueblo Zoo's long-term residents. At the ripe old age of thirty-eight and a half years, Mongo was the oldest living African penguin on record of all AZA accredited zoos in North America. Quite a feat, considering his lifetime of overcoming health challenges. Regular guests of the zoo recognized Mongo as the penguin whose feathers were usually in disarray. Due in part to hormone issues, Mongo had problems with the molting process and the long, drawn-out process left him looking much older than his years most of the time. "He was a tough old bird," says Abigail Krause, Executive Director. "He was strong and resilient and an important part of the colony."

Mongo came to Pueblo in 1992 and was one of the original penguins to inhabit the newly opened penguin exhibit in the EcoCenter. Long life spans are not new in this Pueblo colony. At the time of her passing in 2015, Mongo's long-time partner, Tess, was the longest living penguin at 40 years old. After Tess died, Mongo formed a late in life partnership with Sallie, also one of the colony's original penguins.

As Mongo aged, the animal care



staff kept an extra close eye on him to make sure they noticed changes

in him and met his needs. A turn of fate made for a surprise reunion in his last months. Sue Greer recently joined the Pueblo Zoo as an experienced professional

zookeeper. Early in her career, she cared for Mongo in Baltimore and remembers his early years as a young breeding male "Mongo is responsible for a couple of the older scars on my hands," laughs Sue. "That's just what young, vibrant males do." Having fathered nine chicks, Mongo leaves a legacy of well over 100 descendants spread across the globe. "We can be proud that Mongo has made a significant contribution to the African penguin population," beams Sue. It was with a certain satisfaction that Sue could usher Mongo into his last days and make him as comfortable and well-cared-for as possible, giving him special baths, ensuring he was eating and just looking over him. Mongo will be missed, but his legacy will live on both here at the Pueblo Zoo and across the world.

African penguins are endangered. Pueblo Zoo partners with SANC-COB (South African Foundation for the Conservation of Coastal Birds) and Saving Animals from Extinction (SAFE) to assist Mongo's wild counterparts. Every visit and membership supports species conservation.





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Through the twists, turns, and capricious winds of history, Sea Cloud has survived glorious and stormy times to be rescued, restored, and returned to a place atop the wishlist of many a worldly traveler.

Today, the Sea Cloud cruises mostly in the Caribbean during the winter seasons and the Mediterranean in summers, with as many as 64 passengers aboard. A crew of 59 tends to the sails that hang from four masts, cooks fine meals with an emphasis on what swims in the waters below, and caters to travelers hungry for a grandeur seldom seen at sea.

On deck, you are never far from the serious series of heavy ropes and pulleys used by the deck crew of 18

**DAVID G. MOLYNEAUX**

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



**SHOWING THE ROPES.** Sea Cloud passengers, including author Fran Golden (right) volunteer to pull ropes for the sails. ■ Photo by **DAVID G. MOLYNEAUX**

to raise and lower the sails, from the slaps of seawater against the hull, and from the winds that not only propel the vessel, but also

occasionally remind passengers of how close they are living to the whims of weather. At night, you may want to climb the steps above the bridge where a hidden sundeck is perfect for stargazing.

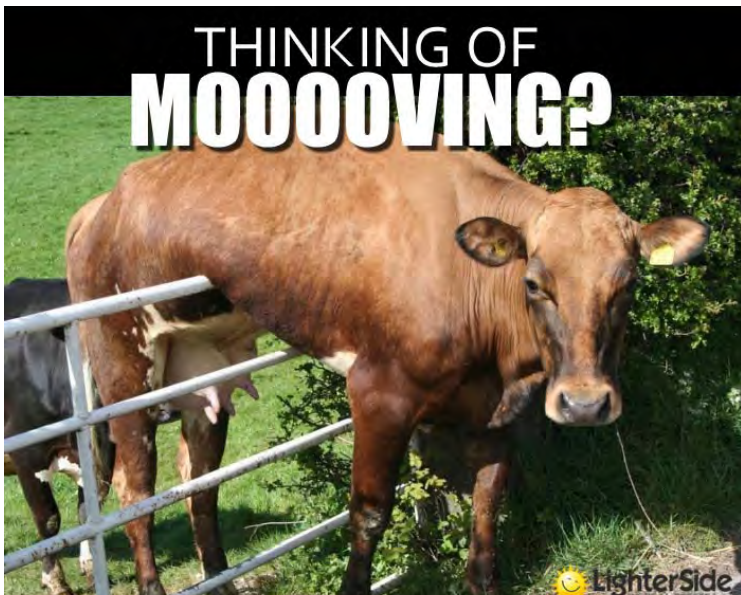
Inside, dark wood paneling and collections of photographs from past sailings of the rich and famous speak to how well and how long the craft has creaked and rolled around the world. Cushy public rooms and the oldest, richest original 10 cabins, with antiques and oil paintings, have an odor of old money.

Today's guests, mostly from Germany and the United States, are paying passengers who curl up inside in nooks for reading and relax outside on secluded decks, where, no doubt, the ship

holds secrets from old conversations and liaisons. The Sea Cloud's history is rich with tales about the storied people who sailed, starting with the original owner, General Foods heiress Marjorie Merriweather Post.

In 1931, Marjorie and her husband Edward F. Hutton commissioned the Hussar V, which later became known as the Sea Cloud. Edward Hutton, whose father began his life as an Ohio farmer, had risen through the New York financial world, forming the brokerage firm E.F. Hutton with his brother in 1904. The brother, Franklyn, also married an heiress, Edna Woolworth of the Woolworth dime store chain. Edward Hutton and Marjorie Merriweather Post also built Mar-a-Lago, now owned by President Donald Trump, in Palm Beach, Florida.

Marjorie Merriweather Post demanded the best and biggest luxury yacht in the world. All decks on the new four-masted barque were lined with teak. At a warehouse in Brooklyn, a ship's interior was built to scale so Marjorie could oversee the work. Materials included costly fabrics and wall coverings, marble bathtubs, solid gold fittings, and open fireplaces. Marjorie's cabin was (and remains) decorated in white, with Versailles-like furnishings, her husband's cabin dark and woody like a men's club.



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◀ FROM ARTS, PAGE 27

**Performances:**

Nov 8, 7:30pm: Nobuntu | All female a cappella quintet from Zimbabwe that has drawn international acclaim for its inventive performances that range from traditional Zimbabwean songs to Afro Jazz to Gospel. Tickets are \$30 / \$24 Members.

Nov 23, 1pm: Nutcracker in a Nutshell | This beloved holiday tale follows Clara on her magical journey to the Kingdom of Sweets as she meets fanciful characters like the Rat King, Snow Queen, and Sugar Plum Fairy. Audience members can easily follow Clara's dreamy adventure in this con-

densed and narrated version of the Nutcracker Ballet - perfect for children of all ages. Tickets are \$8 / \$7 Members.

The Sangre de Cristo Arts Center galleries are open Wed through Sat 11 AM - 4 PM, Sunday 12-4PM, 210 N Santa Fe, Pueblo. The Buell

Children's Museum is open Tues through Sat 11 AM - 4 PM, Sunday 12-4PM. Admission grants entry to both the Children's Museum and Helen T. White Galleries and is \$10 for adults, \$8 for children, seniors 65+ and military. Arts Center members are always free. Visit online at [www.sdc-arts.org](http://www.sdc-arts.org).

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7. You have trouble hearing when your back is turned to the speaker
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9. You experience ringing in your ears
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Dr. Herholtz is a third generation audiologist and was Southern Colorado's first Doctor of Audiology. He holds a Doctorate in Audiology from the University of Florida where he graduated with honors and a Master's of Science in Audiology from Arizona State University, and he completed his undergraduate studies at the University of Colorado at Boulder. Dr. Herholtz also attended Cheyenne Mountain High School here in Colorado Springs. He specializes in the diagnosis and treatment of hearing loss with an emphasis in fitting the most advanced digital hearing instruments from the best manufacturers in the world. With three generations of knowledge, twenty years of experience and a Doctorate in Audiology, you can rest assured you will receive excellent hearing care combined with good old fashioned service.



**Dr. Anneke Lee, Audiologist**  
Dr. Anneke Lee, audiologist, holds a doctorate of audiology from A.T. Still University. She also holds a Master of Science in Audiology from Colorado State University. Dr. Lee has been practicing audiology in Colorado Springs since 1993. She concentrates on the diagnosis and treatment of hearing, tinnitus, and balance disorders. Dr. Lee was diagnosed with a hearing impairment at the age of 25 and wears hearing aids. As a hearing healthcare provider with over 25 years of experience, she has expertise and compassion to bring you world-class hearing care. Dr. Lee and her husband, Randy, have been married for 32 years. They have three adult daughters, two dogs, and one cat.



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William F. DeHaan III (Bill) is a second generation Nationally Board Certified Hearing Instrument Specialist. He has a Bachelor of Science from the University of Colorado at Boulder and is a graduate of Cheyenne Mountain High School. Mr. DeHaan has been running hearing clinics in Colorado for over 17 years. He concentrates on the diagnosis and treatment of hearing loss and tinnitus. In addition, Mr. DeHaan specializes in dispensing the latest digital hearing instruments from a variety of the best manufacturers in the world. As a second-generation hearing health provider with 17 years of experience, Mr. DeHaan has the expertise and compassion to bring you world-class hearing care. He takes great pride in taking care of each of his patients as if they are family.





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### STATE AWARDS RECOGNITION DINNER FOR BLACK FOREST AARP CHAPTER

**THE BIENNIAL AARP** State Awards Dinner was held at the Field House Restaurant in Denver on 15 October. Fifteen Black Forest AARP Chapter members attended the awards recognition dinner. During the event and ceremonies Chapters and their members from throughout Colorado were recognized for their exceptional activities during 2018 and 2019.

For the 11th Consecutive year the Black Forest AARP Chapter 1100 was designated the Platinum AARP Chapter and awarded the Chapter Cup as the most outstanding AARP Chapter in Colorado for Community Service. The Chapter received the award for numerous community service projects such as the annual free shredding events, blood drives, hosting the monthly Senior Social gatherings, participating in local public expositions, presence at the annual Black Forest Festival, and making significant donations to veteran and community charities. The award was accompanied by a \$300 grant to the Chapter.

In Addition to the Chapter Cup, three Black Forest AARP Chapter 1100 members were individually recognized for their exceptional service.

Jim and Lori Belk were presented the award for Community Service. They were presented the AARP Community Service Award for the sustained support they have given to Chapter 1100 and the subsequent positive effect they have had on the community in general. Specifically, Jim Belk excelled as the person in charge of the 2019 free shredding event that the Chapter undertook in partnership with ElderWatch Colorado. Jim, a Chapter 1100 Board Member, supervised the project and ensured that every aspect of the planning was appropriately accomplished, resulting in event total success. Lori Belk is very active in Chapter activities. She has served, in a superior manner, on the Chapter Community Services Committee for three years. In addition, she has been the Chapter Luncheon & Catering Coordinator the past two years. This responsibility includes coordinating and ordering two annual catered meals for the Chapter and supervising the luncheon activities for each of the other Chapter meetings during the year. She was also very active in the planning and supervising other chapter activities.

The AARP Colorado Program/Strategic Award for 2019 was presented to Stephen Blucher. Stephen was recognized and congratulated for his 22 consecutive years of service as an instructor in the AARP Driver Safety program and his steady, consistent, volunteer service with AARP. Stephen is also a member of Chapter 1100 in Colorado Springs since 2014. During this time, he has been a steadfast and reliable member on numerous occasions. He was cited for his exceptional record of achievement, service, and commitment and providing the extraordinary example of the difference that volunteerism can make in the lives of individuals and in the well-being and vitality of a community in general. Stephen has recently been appointed one of the two AARP Western Region delegates to the Chapter Activities Team at AARP Headquarters in Washington, D.C.

AARP Colorado took great pride in congratulating The New Falcon Herald Newspaper, and its editor Marylou Doeherman Bride, for the publicity, support, and visibility given to AARP and the Black Forest Chapter 1100, through the New Falcon Herald.



# OPINION-EDITORIAL

**DAVID SHRIBMAN**

Insert his title here when you finally get it down



## THE ROMNEY-TRUMP FEUD EMBODIES A LARGER CONFLICT

ONE IS PROFANE, the other devout. One is unpredictable, the other thoroughly predictable. One is an outsider, the other an insider. One flouts family values, the other flaunts them. One is deliberately unconventional, the other studiously conventional. Both won a New Hampshire Primary. But only one of them won the White House.

Donald J. Trump and Mitt Romney — both professed teetotalers, both with business degrees, both with commercial success and business values, both with peculiar Twitter affectations — increasingly sit atop rival factions of the Republican Party.

The size of those two factions is not comparable; Mr. Trump's is vastly larger. But Mr. Romney, who is not temperamentally inclined to confrontation or conflict and who is not by nature an insurrectionist, poses a serious threat to Mr. Trump,

and the president knows it. This month he denigrated Mr. Romney as a "pompous ass" and called for him to be impeached. This week, Mr. Romney indicated he was open to the possibility of voting to convict Mr. Trump in the Senate if the House, as is nearly certain, votes to impeach him.

The two have sparred for years. Mr. Romney wrote in his wife for president rather than vote for Mr. Trump. Once elected, Mr. Trump interviewed Mr. Romney for secretary of state, perhaps primarily to have the opportunity to reject him. But as much as Mr. Romney prefers the high ground, it is incontrovertible that Mr. Trump occupies the White House grounds.

Apart from their different world views — it is inconceivable, for example, that Mr. Romney would question the value of NATO, just as it was inevitable that Mr. Trump would — they fill vastly different categories in the Meyers-Briggs personality profiles. Mr. Trump considers Mr. Romney a wimp. Mr. Romney, a former governor of Massachusetts now occupying a Senate seat from Utah, considers Mr. Trump a vulgarian. At times, they are both right.

Mr. Trump spoke recently about the critique that his comportment isn't considered presidential. "It's much easier being presidential, it's easy," he said in Dallas, before 20,000 supporters. "All you have to do is act like a stiff."

Mr. Romney personifies uber-stiffness. When he was running for president in 2012 he recalled turning to his wife and saying, "In your wildest dreams, did you see me running for political office?" She responded: "Honey, you

weren't in my wildest dreams."

That was one of those moments when people laughed less — not because it wasn't funny but because it rang true.

As a result, a close Romney associate told me that his mini-revolt against the president is "the first irresponsible thing he's ever done."

This is what that sounds like: "The places where I would be most critical of the president would be in matters that were divisive, that appeared to be appealing to racism or misogyny," he said in an interview for Axios on HBO. "And those are the kinds of things I think that have been [the] most harmful long term to the foundation of America's virtuous character."

These two men are the most different successive winners of the Republican presidential nomination since the party's choices in 1916 and 1920: Charles Evans Hughes (a cultivated Brown-educated governor of New York and Supreme Court justice) and Warren G. Harding (a raucous serial adulterer more suited to the presidency of a fraternity than of a newly minted world power, one so inarticulate that H.L. Mencken said his rhetoric "reminds me of stale bean soup, of college yells, of dogs

barking idiotically through endless nights").

The difference between the two pairs of successive GOP nominees: Harding actually did choose Hughes as his secretary of state, positioning him for even greater influence, because later Herbert Hoover selected Hughes as Chief Justice, and he occupied that post, worth distinction, for nearly a dozen years. "He took his seat at the center of the Court with a mastery, I suspect, unparalleled in the history of the Court," said Justice Felix Frankfurter.

Nothing remotely like that would happen today, a century after Harding's awkward overture to Hughes. Instead, Mr. Romney increasingly is regarded as the center of the (currently infinitesimal) Republican resistance to Mr. Trump. But in recent weeks, an odd consensus has gathered, and it envelops both Republicans and Democrats.

Mr. Trump is supremely safe at the moment; the chance of 20 Republicans voting to convict, and thus remove him from office, is about equal to the likelihood of the Cincinnati Bengals winning the Super Bowl. That is how things stand now.



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