



Senior Beacon

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— Cañon City — PUEBLO — Colorado Springs —

Monthly Edition

****LOCAL NEWS****

Viewpoint: You Can't Get There, if You Don't Know Where You Are Going



IN 2024, I WALKED 500 MILES. THAT WAS A NEW YEAR'S RESOLUTION THAT I DIDN'T MENTION TO ANYONE. Partially, because I didn't know if I could do it. I average about one mile in 18 minutes. Of course, there are

some things that affect that, such as terrain, street and road conditions, how I am doing physically, etc. But I use 18 minutes as my average. So, that means in 2024 I walked 9000 minutes or 150 hours. I could have done the entire 500 miles in six

days and six hours. I may have hit my peak. Do I lower it some for this year? Or, since I accomplished it, should I raise it? I'm not sure. The reason I bring it up is because it is time for New Year's resolutions again. The walking

resolution was the only one that was easy to measure and determine if I kept it. I know I failed on my diet. I fail every year on my diet. That's always a disappointment. One of my resolutions this year is to avoid medical facilities except

► SEE NEW YEAR, PG 9

***NEW* FARMER'S ALMANAC WEATHER p. 11**

Exclusive Senior Beacon Interview with Colorado Mountain Health

CANON CITY—*Editor's Note: Please enjoy this interview with Lindsey Bollinger, Owner/Nurse Practitioner at Colorado Mountain Health.*

SB: How long have you been in business?
LB: We've been in business about a year now.

SB: How long have you been in this industry?
LB: Oh, goodness. Together, we have a combined amount of experience of about 40 years [with husband David]. I have a background in ICU, cardiology for a year; being a primary nurse for 2 years during COVID and I've done telephonic nursing for five years.

SB: Have you been in other businesses?
LB: Yes. Accounting and automotive repairs before we went into this.

SB: Why are you in business?

► SEE LINDSEY, PAGE 9

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PUBLIC HEALTH OFFERS FREE RADON TEST KITS

(Pueblo, CO) – Radon is a colorless, odorless radioactive gas that is found in soils in Colorado that can make its way into homes and buildings. Since radon can cause cancer, all Coloradans are encouraged to test for radon and install mitigation systems when radon levels are above the recommended levels. Those interested in testing their home for radon can pick up a home radon test kit at no cost from the Pueblo Department of Public Health and Environment (PDPHE), located at 101 W. 9th Street, while supplies last.

Radon is a naturally occurring radioactive gas that comes from the breakdown of uranium in the soil. In Colorado, about half the homes have radon levels higher than the U.S. Environmental Protection Agency recommended action level of four picocuries per liter (pCi/L).

When a person is exposed to radon over many years the exposure can increase the risk of lung cancer. Radon is the second-leading cause of lung cancer in the United States, only smoking causes more lung cancer. Radon is the leading cause of lung cancer in people without a history of smoking.

There are several proven methods to reduce radon levels in the home. More information is available at PuebloHealth.org/radon

ROD SLYHOFF CITIZEN OF THE YEAR AWARD RECIPIENT

THE GREATER PUEBLO CHAMBER OF COMMERCE ANNOUNCES AWARD RECIPIENT
(Pueblo, CO --- 9 December 2024) The Greater Pueblo Chamber of Commerce, with Presenting sponsor Black Hills Energy, will hold the 114th

Annual Gala on Friday, January 31, 2025 at the Pueblo Convention Center. At the Annual Gala, the "Rod Slyhoff Citizen of the Year" Award will be presented to an

► SEE SLYHOFF, PAGE 9



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"Thanks for all the great information. I have wanted to learn about stocks for a long time, so when I saw your class we decided to give it a try. It looks like there is much more to learn, but you provided a lot of great resources. Thanks again!"
Jackie F., Homemaker Pueblo, CO

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OBSERVATIONS FROM THE CAVE

JAMES R. GRASSO
Former Chief Cook & Bottle Washer



BEFORE I BECAME PUBLISHER EMERITUS OF SENIOR BEACON SOME 8-PLUS YEARS AGO, I ran my column monthly like clockwork, well now digital clockwork, for more than 30 years. Some were good, some were average, some not-so-much but I did my best. One feather in Senior Beacon's cap was that we were able to get monthly screed's from the late William F. Buckley, the great conservative voice of our time. His column graced Senior Beacon for nearly three years until his death. He was born on November 24, 1925 in New York City. He died on February 27, 2008. Besides being the leader of the conservative movement, publisher of his very successful magazine National Review he was dubbed a "public intellectual." And a "public intellectual" he truly was. The nation would flock every week to

his televised talk show Firing Line to listen to him joust with intellectual aplomb versus some of the great(?) thinkers from the Left. His first language was Spanish, then he learned French and ended up learning English as a young boy. On Firing Line his diction was pitch perfect and his points were as sharp as his wit. He would eviscerate his opponent pretty much every week on the show. He was too sharp for them all.

He believed that "ideas are powerful but perishable, requiring defense and renewal with each generation." So in 1967 he and four other like minded men founded The Fund for American Studies (TFAS) to champion the principles of freedom, individual responsibility, and free markets-hallmarks all of the American political tradition. According to an ad in the February issue of National Review which trumpets Mr. Buckley's 100th birthday anniversary is the following. "United by a shared vision, these leaders (Buckley and four others) sought to restore confidence in foundational American values by equipping young campus leaders with a balanced understanding of how the nation's economic and political systems compare globally." It goes on to say, "Today, TFAS continues this mission, cultivating courageous leaders who are inspired and prepared to advance liberty, personal responsibility, and economic freedom." "(Over 50,000 of these alumni) are impacting communities worldwide, TFAS remains at the forefront of preserving and promoting these enduring ideals. You can learn more at www.TFAS.org We Develop Courageous Leaders!" Man, with what these kids are faced with in most colleges in this day of Woke and an almost communism worldview pervading most campuses. There is a tall, sheer mountain to climb with no safety equipment, order. My hat's off to them all. Oh, and thanks Mr. Buckley for your contributions to America and allowing us to print your op-ed columns to our newspaper, even a few posthumously.

The way things have been trending, especially over the past 10-15 years our country is becoming a country that works for the larger administration that our "leaders" give us and it should be that they work for us. The Declaration of Independence and our Constitution is losing strength with every cockamamie bill that is out there. It's getting worse dear friends. Yes we are in our twilight years ladies and gents but we shouldn't be shy to "tell it like it is." The Federal bureaucrats are being empowered once more trying to diminish the role of parents who are not paying attention. The buzz word is (KOSA) Kids Online Safety Act! Sounds good doesn't it? This bill would place federal bureaucrats, not their parents, to have the ability to make decisions (dictate) for our children's, grandchildren's and great-grandchildren's

online activities. The bill would strip parents of their responsibilities, giving the authority to Washington bureaucrats at the Federal Trade Commission. The kids can become data subjects in government-funded studies without the knowledge or consent of their parents making decisions by use of The American Psychiatric Association among hundreds of others wanting in on the gravy train that this bill would bring. If you haven't read the book or seen the movie 1984, I suggest you do. Stop KOSA my readers. You know how. Call your Senators and Representatives and say no to KOSA. You can go to PATRIOTVOICES.COM to show your disdain for minimizing the rights we have.

Sorry I'm so long-winded this month but don't forget to contact me for the pamphlet Divine Mercy Novena and Chaplet. The one that contains in Jesus's words, to wit: "Even if there were a sinner most hardened, if he were to recite this chaplet, only once, he would receive grace from My infinite mercy." The chaplet itself takes about 15 minutes out of your prayer time but it guarantees you a place with Him when the time comes. Please send me an email requesting the pamphlet with your name and address or if you aren't a computer person send me a letter requesting same to P.O. Box 7215 Pueblo West, CO 81007-0215. No Gimmicks! As soon as your pamphlet is sent, all your info is deleted. The pamphlet offers a great ease to your soul. You can say it anytime and there is even a Novena you can say. Salutations and Godspeed. to you all.

I WANT PUEBLO TO BE A WORLD-CLASS COMMUNITY

by Puebloan Daniel McHenry

I want Pueblo to be a world-class community. My vision for Pueblo includes Pueblo being an innovation hub in Southern Colorado. I would like to see Pueblo nurture and facilitate entrepreneurialism. This includes lowering taxes, eliminating city bureaucracy and procedural roadblocks to starting, owning, and running a small business. In addition to developing and fostering a business-friendly environment, Pueblo should partner with high schools, the community college, and the university to teach entrepreneurialism and innovation. Pueblo should put in the hard work and resources to develop a culture of innovation, business development, and cutting-edge technologies. We should be leveraging state and federal resources and partnering with agencies like the Department of Labor and the Small Business Administration to develop and support entrepreneurs and business start-ups. Capitalism, innovation, and creativity are beautiful and have the power to change lives and transform communities. The old saying, "A rising tide lifts all boats," is true. If we can cut taxes, remove bureaucracy, and develop a business-friendly environment that fosters and supports innovation and entrepreneurialism, the city coffers will swell. We will be a prosperous community. Pueblo has talent and potential, but I don't know if the city leaders have the will to commit to this type of bold transformation.

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How Combination Appliances Can Transform Your Kitchen

(StatePoint) COMBINATION APPLIANCES ARE REVOLUTIONIZING MODERN KITCHENS, offering a blend of functionality, efficiency and convenience that is transforming cooking and meal preparation.

“The appeal of combination appliances lies in their ability to streamline kitchen operations, save valuable space, and provide a diverse range of cooking options without the need for separate appliances,” says Peter Weedfald, senior vice president of sales and marketing for Sharp Home Electronics Company of America.

Whether you’re a seasoned chef or a busy parent looking to simplify meal preparation, combination appliances can offer a compelling solution that merges convenience with culinary excellence. Here’s how:

Space-Saving Efficiency

One of the primary advantages of combination appliances is their ability to save valuable kitchen space. In an era where kitchen real estate is often at a premium, especially in urban environments, these multifunctional units can create a more organized kitchen layout, while still delivering quality cooking.



Smart Features

Many combination appliances come equipped with smart features that enhance the cooking experience. The Sharp Smart Convection Wall Oven with Microwave Drawer Oven, for example, combines two appliances into one beautiful and convenient cooking center. The simple-to-use, full-color touchscreen control panel seamlessly manages both ovens. It Works with Alexa for hands-free cooking and features over 150 Alexa Voice Commands that provide intuitive operation and access to various cooking modes for both the oven and microwave drawer (Amazon Echo device not included). These smart features can make cooking more accessible and enjoyable for users of all skill levels. Got your

hands full in the kitchen? Just say, “Alexa, open the microwave,” and watch the magic happen!

Streamlined Selection Process

One challenge in kitchen shopping is navigating the number of choices. Combination kitchen appliances can streamline this process by reducing the need to research and compare multiple individual products, simplifying decision-making, and allowing you to focus on what truly matters—designing a functional and stylish kitchen.

Modern Design

Combination appliances often feature sleek, modern designs that elevate the aesthetic of any kitchen. The integrated look of appliances like the Smart Radiant Rangetop with Microwave Drawer Oven contributes to a cohesive and sophisticated kitchen environment, appealing to both homeowners and interior

design enthusiasts. When planning your kitchen, these combination appliances seamlessly fit into a single cutout.

Combination appliances like the Sharp SWB3085HS and STR3065HS offer several benefits, from space-saving efficiency to simple selection and smart features. As kitchens continue to evolve, these multifunctional appliances are becoming increasingly popular with homeowners looking to maximize functionality without sacrificing style or space.

To learn more about how combination appliances can transform your kitchen, visit <https://shop.sharpsa.com/products/combi/>.

With their innovative features and sleek designs, combination appliances can help make your life simply better while elevating your cooking experience.

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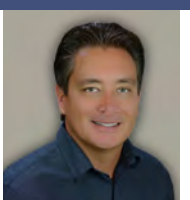
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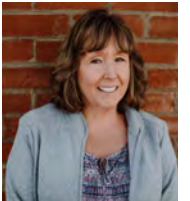
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Silver Key closed in observance of New Year's Day	2 Broccoli Stuffed Chicken Sweet Potatoes w/ Dates & Nuts Succotash Orange & Milk	3 Beef Burrito w/Green Sauce Spanish Rice SW Black Beans Diced Mango & Milk
6 Chicken Pot Pie w/Buttermilk Biscuit & Lima Beans Pear & Milk	7 Beef Stroganoff WW Penne Pasta Brussel Sprouts Apple & Milk	8 Chef's Choice: Chicken	9 Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	10 Baked Ziti Bahama Veg Banana Milk
13 Shepard's Pie w/Cheese Veggies, Roll w/Butter Diced Peaches Milk	14 Sweet & Sour Chicken Brown Rice & Asian Veg Cookie Pear & Milk	15 Broccoli Cheese Soup Brown Rice Roll w/Butter Apple & Milk	16 Swedish Meatballs WW Pasta Brussels Sprouts Banana & Milk	17 Chicken Marsala Roasted Potatoes Brussel Sprouts Apple & Milk
20 Chicken Cacciatore WW Pasta Green Beans Diced Pears & Milk	21 Chef's Choice: Pork	22 Baked Chicken W/Gravy Mash Potatoes Carrots, Orange Oatmeal Raisin Cookie & Milk	23 Beef Bourguignon Roasted Red Potatoes Broccoli Orange & Milk	24 Pork Pot Roast w/ Celery and Onion Red Potatoes Carrots, Orange & Milk
27 Chicken Teriyaki Brown Rice Succotash Orange & Milk	28 Deconstructed Stuffed Bell Pepper Roasted Red Potatoes, Peas & Carrots, Pear & Milk	29 BBQ Chicken Roasted Sweet Potatoes Peas & Carrots Orange & Milk	30 Spaghetti w/ Meat Sauce Italian Blend WW Roll w/ Butter Banana & Milk	31 Chicken Ala King Jasmine Rice Green Beans Apple & Milk

Menu substitutions may occur without notice.

Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

We value your feedback! At the end of the month, return your menu to your café specialist & write in a 1-3 rank on the day's entry.

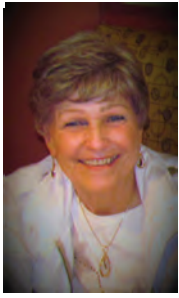
1 = Don't love it 2 = It's Good 3 = LOVE it!

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'LIGHT FOR THE JOURNEY'

JAN MCLAUGHLIN
Columnist & founder of an international prison ministry



"THERE'S A NEW SHERIFF IN TOWN!"

THE BEGGINNING OF A NEW YEAR ALWAYS STIRS WITHIN ME A MYRIAD OF EMOTIONS. AS I AGE, THE ONE ON THE TOP OF THE LIST IS SHOCK THAT ANOTHER YEAR HAS PASSED SO QUICKLY. ANOTHER, WHICH IS QUITE DIFFERENT, IS THE EXCITEMENT OF WHAT THE NEW YEAR MIGHT BRING. I AM ESPECIALLY EXCITED ABOUT THIS NEW YEAR BECAUSE WE HAVE A NEW ADMINISTRATION, A "NEW SHERIFF IN TOWN" AND A NEW "POSSE" ALONGSIDE HIM. I've heard rabid leftists spout derogatory comments about how people worship this man. However, we all, even those doing the spouting, know it isn't worship. American citizens who are truly Christians worship our Lord and Savior, Jesus Christ. He is our idol, not a man. The unanimous landslide vote was not for a pastor, or a Sunday school teacher or an evangelist. The vote was an outpouring of trust in someone who has a proven record of his love for this country, the Constitution, and

the American people and his ability to get things done. A man who keeps his promises. When a man refuses to take the salary as President of the United State, the most powerful nation in the world, he is not in it for the money.

The landslide election was not for a perfect human being but a broken man who, like all of us, has sinned multiple ways. There will never be a perfect candidate on the ballot unless Jesus Christ was to run for president. That won't happen. In the meantime, Christians vote for someone whose values align more closely with ours. True followers of Jesus don't vote for candidates who promote abortion, mutilating children in the name of gender "care," marriages that are a slap in the face of God or for a candidate who would allow men in girl's bathrooms. For a Christian, when it comes to selecting the right person to vote for, the choice is easy. Where does the candidate stand on the issues that matter to me, my family and my Savior? Who is the right person to vote for to ensure my children can grow up in a country where they can safely walk

down the street? "What would Jesus do" is an old, often over-used statement but I'm going to use it! What WOULD Jesus do? You know that as well as I do that Jesus would vote for a candidate with Biblical values no matter what office they were running for.

Having this new face in the Whitehouse doesn't mean Christians should relax and fold our hands while the president does his thing. First, as I write this, there has not been an inauguration. At this point, America has a President Elect. I pray that many of you are doing as I and many other believers are doing; fasting and praying that the inauguration will take place and there will be a smooth transition of power. I am praying that every weapon formed against our new president, his Cabinet, and his nominees will be turned back on the enemy. I am fervently praying Isaiah 54:17 for our new administration. "No weapon formed against you shall prosper, And every tongue which rises against you in judgment You shall condemn. This is the heritage of the servants of the Lord, And their righteousness is from Me," Says the Lord."

Do I know that this new president is a servant of the Lord? According to Romans 13:1, he is. And God has chosen him for this position for such a time as this. "... there is no authority except that which God has established. The authorities that exist have been established by God" (Romans 13:1b NIV). The Apostle Timothy tells all Christ followers to pray for this president and all who are in authority because God has placed them there. Love him or hate him, if you are a Christian,

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God says to pray for him and there is good reason to be obedient to that mandate. Check it out! "Therefore, I exhort first of all that supplications, prayers, intercessions, and giving of thanks be made for all men, for kings and all who are in authority, that we may lead a quiet and peaceable life in all godliness and reverence. For this is good and acceptable in the sight of God our Savior, who desires all men to be saved and to come to the knowledge of the truth. For there is one God and one Mediator between God and men, the Man Christ Jesus, who gave Himself a ransom for all..." (1 Timothy 2:1-6a NIV).

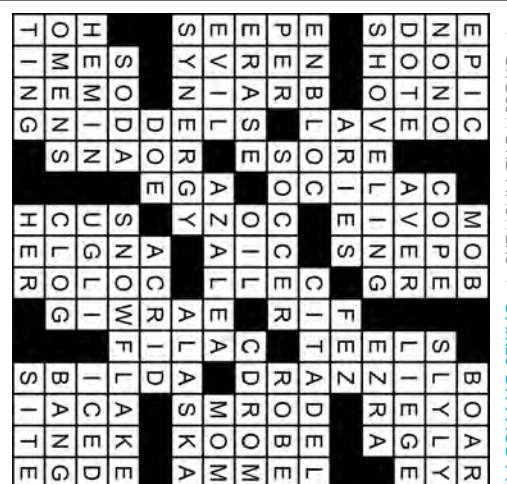
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► CROSSWORD ANSWERS ► GAMES ON PAGE 14

REELING

WICKED

BETTY JO TUCKER
Pueblo award
winning film critic



FIRST A BOOK. THEN A BROADWAY MUSICAL. AND NOW A POPULAR MOVIE. That's WICKED, a film that has already earned 20 wins and 60 nominations at this writing time.

My daughter and grandson took me to WICKED in a wheelchair. It was the first time I saw a film in a regular indoor movie house in over two years. My thanks to them because this gave me a terrific entertainment experience! I am a big fan of anything about the Wizard of Oz. In fact, right over my typing is a huge poster showing some of Frank L. Baum's characters, so I look at them every day.

Although WICKED deals with how Elphaba became the Wicked of the West instead of these Oz characters, it's fun to see how Galinda (Glinda later) and Elphaba became friends. Both are students in the Shiz University and have to fight at the way people treat Elphaba because of her green skin.

Kudos to director Jon M. Chu, writers Gregory Maguire and Winnie Holzman plus the great performances of Cynthia Erivo as Elphaba and Ariana Grande (my late husband's favorite singer and who was very excited about this casting as Glinda). The vocal power of those latter two made me want to stand up and applaud. The excellent supporting cast includes a surprising role by Jeff Goldblum who will make you laugh. I couldn't help it.

Beautiful costumes, excellent production values, eye popping special effects and music that I love. However, as a dance fan, I enjoyed the rigorous dance scenes the most. So time for a short film poem.

*In WICKED, dance covers the screen.
It's like a Wondrous movie dream.*



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*I'd like to contact dancers all
To give them another dance call.*

*But maybe that's already done.
For Part Two. So won't that be fun?*

Yes, you read that last line right. Even though this Part One runs for 160 minutes, there's a Second Part coming out next November. I understand that the Tin Man will be one of the characters. Or is it the Scarecrow? We will have to wait a few months to find out.

I hope to be among the fans here in Pueblo, Colorado, when WICKED: Part Two opens.

"Never give up. No one knows what's going to happen next." --- Frank L. Baum

"No one controls your destiny --- even at the worst. There is always choice." --- Gregory Maguire

(Released by Universal Pictures and rated "PG." Watch for streaming soon.)



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◀ FROM NEW YEAR PG 1

for my annual physical. As I've shared with you, healthcare is broken. At the same time, you can't do without it. But I'm going to try to make it a very rare thing. I'm sure there are still doctors like the ones I grew up with, probably more than I think.

Maybe the bureaucracy is a bigger issue than the doctor. And maybe I'm wrong, but I want to minimize my exposure.

I've also decided that whenever I am feeling down and depressed, I'm going to find someone who needs a helping hand. When I have too much time to think about poor me, I lose perspective pretty fast. If I can find someone to think about helping instead, I think I'll be better off and, hope[1]fully, so will they.

Now to the diet. Lori and I are working our way into the Mediterranean Diet. We are looking at it not so much as a weight loss program, but as a life-style change. I took a bunch of cognitive tests and did pretty well. But the doctor suggested this diet. Biggest meal at noon, take time while you're eating to visit with others you love, eat less red meat and substitute fish and legumes. I like fish and legumes, so we are going to give it a shot.

I'm also going to try to honestly express myself more often. Some of you are thinking, "I wish he'd express himself less." I'm not really talking about in the newspaper. I'm talking about face to face, eye to eye. I am going to try to be respectful, kind and loving; but I think we are so afraid of offending someone in our society that a lot of things that should be addressed, aren't. For instance, have you ever been in a group and bothered by the language that is being used?

Especially when in the presence of women or children, I don't understand why people talk the way they do. But I usually just let it go rather than express that it bothers me. That's just one example.

What do you think? I think people should have a lot of rights, but I also think assaults on civility, patriotism, and spiritual beliefs should be addressed. If everyone who is offended at least mentioned it, I wonder what would happen?

Finally, I want to spend more time with Lori in fun situations. We spend lots of time together. We live together, work together, do most things together, but I want to make more of those times doing fun things like travel, exploration, and time alone.

"If you don't know where you are going, you will probably end up somewhere else."

-Lawrence J.

Terry Krause is the Owner and Publisher of the local newspaper Greenhorn Valley View. The paper primarily serves Colorado City and Rye. They can be reached at (719) 214-3509 or at Editor@GreenhornValleyView.com. For more info their website is GreenhornValleyView.com

◀ FROM LINDSEY PAGE 1

LB: Personal experiences. It started out as a job for him [David], of course, to earn money for the family. I had some really bad personal experiences with medical and nursing staff, and that's why I went from the business side of life and became a nurse and then a nurse practitioner. So I wanted to improve that experience.

SB: Can you describe your customers?

LB: Adults, family care, and children over 15. Anyone who needs anything to do with primary care, weight loss, hormonal therapy, etc. We have new and established patients.

SB: And that sounds like patients even in different geographies, different places? LB: Yes, I'm currently licensed in quite a few states, including Colorado, Washington, Arizona, Utah, Oregon, Texas, and Illinois. And so a lot of people who



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enjoy Colorado; it helps out because if they go down to Arizona, like for the winter, I can still be their provider there. That's a big trend now with the telehealth.

SB: How are you finding these out of state clientele?

LB: It always ends up being something like, 'Oh, my mom's in Illinois. Or we're gonna go down



to Arizona for the summer.' It just happens to be word-of-mouth, usually. I don't advertise in any other states. We do have a website.

SB: Why do customers select you over your competitors?

LB: I would say because of who we are; we're very easy to discuss stuff with and we make time for people. I think people are tired of getting five or ten or 15 minutes allocated to them and getting pushed out of the office. And that's not our goal. That happens a lot, it seems like. A quick service is what it seems like, and then you wait longer than you're seen, right? Unbelievable, you sit there for 45 minutes and then they rush you through in 10 minutes.

SB: Who do you seek advice from for your business?

LB: Medical wise, I have a lot of colleagues who I rely on and are there for me if I have any questions about specific things. I've worked in different fields in the ICU and in cardiology and still have colleagues that I can bounce stuff off of.

SB: How has technology such as computers, the Internet, websites, etc., how has that impacted how you conduct business?

LB: We use them, we don't like them. I try to use them for what they're worth and not get engulfed by it. But I'd say we use them because we have to in today's society.

SB: And how can readers get a hold of you? You mentioned a website.

LB: Yep, absolutely, the website. It's ColoradoMountainHealth.com. And the phone number, of course, they can call anytime. If we don't answer they can leave a message. And then, of course, we have an email, too: ColoradoMountainHealth@gmail.com

SB: What about after hours emergencies, does that come up? And how can people reach you?

LB: So if I'm reachable, absolutely, call us. If it's an emergency then you need to go to the emergency room or hospital. If it's 'I'm running out of medications tomorrow,' leave a voicemail and we'll help you take care of it.

SB: Any other thoughts, ideas, or comments that you want to add for our readers?

LB: We're looking to add just a great primary care experience to this [Cañon City, Pueblo] area. I think there's so many people and very few primary care providers here. We can make it easy for people. When they come to see us, we get to know you, then we can do virtual visits rather than you having to drive down to see us. Of course, if we need to swab your throat or something, that's different, but a lot of stuff can be taken care of, if you want, over the phone or over a video visit.

SB: And, I'm just curious myself, do you do a subscription service? I used to do that in Colorado Springs where I paid each month. Do you do something like that?

LB: We've considered starting that for people who are uninsured. Yes, we're looking into that because I think there are a lot of people who are uninsured. And I would like to do that to be able to carry everything for patients.

Colorado Mountain Health is located at 115 S. 7th Street, Suite 112 in Cañon City. Their phone is (719) 299-0988

◀ FROM SLYHOFF PAGE 1

individual in Pueblo County who makes a substantial contribution to the Pueblo and surrounding areas and demonstrates extensive community involvement outside of their daily employment. This award recognizes a recipient that has made a significant and positive impacts on Pueblo.

After accepting nominations throughout the last months of 2024, the selection committee has decided to honor Yanera McCulley-Sedillo as the 2024 Citizen of the Year. McCulley-Sedillo has made a profound and lasting impact on the Pueblo community in numerous ways. As a dedicated advocate for both Pueblo and her cherished Bessemer neighborhood, she exemplifies a commitment to service inherited from her parents, Charles and Petra McCulley.

Yanera is the owner and operator of Angelus Chapel and Mortuary. Together with her family and dedicated staff, she goes above and beyond to ensure that each family's needs are met, providing support during their time of grief after losing a loved one. Yanera is widely recognized for her genuine kindness and empathy, particularly in her efforts to assist community members facing difficult times.

The 2024 Trailblazer Award will be presented to Paulette Stuart. Paulette Stuart is recognized as a pioneer of tourism in Pueblo, serving as the first tourism director for the Greater Pueblo Chamber of Commerce. She operated the first Visitor's Information Center in the famous red trolley in the Kmart parking lot, organized events like "Wake Up with Pueblo," and established a 19-county tourism council. Paulette was key in implementing a state lodging tax that funded promotional materials and helped bring the National Street Rod's Association event, benefiting local businesses now for over 30 years. Together with her husband Jim, she co-founded the Pueblo Home of Heroes Association and continues to volunteer in various local organizations. Paulette's past accolades include Citizen of the Year and induction into the Pueblo Hall of Fame.

The 2024 Outstanding Volunteer Award will be presented to Gary Micheli, a native of Walsenburg. After military service, he and his wife, Karen, raised three wonderful children in Pueblo. Gary worked 14 years in engineering before joining the City of Pueblo Fire Department, becoming the oldest rookie in its history. There he served 28 years in various roles, including Fire Inspector and Public Information Officer, and helped establish the department's red, white, and blue fire truck color scheme. Gary has volunteered in leadership positions for the Pueblo Fire Fighters Historical Society and the Hose Co. No. 3 Fire Museum beginning in 1997. Gary also currently serves as Vice President of the Home of Heroes Association.

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A \$4.00 suggested donation per meal is appreciated, but not required.	The following major food allergens are used as ingredients: Milk, Egg, Fish, Tree Nuts, Peanuts, Wheat, Soy, and Sesame. Please notify staff for more information about these ingredients.	1 CLOSED NEW YEAR'S DAY	2 #47 Scalloped Potatoes w/ Ham Spinach Salad w/Mandarin Oranges Hard Boiled Egg Sliced Peaches WW Roll w/Butter	3 #56 Lemon Baked Fish Tarter Sauce/Lemon Rice Pilaf Creamy Coleslaw Green Beans w/Mushrooms Apple
6 #13 Beef Barley Soup WW Crackers Sesame Broccoli Apricot Pineapple Compote WW Bread Apple	7 #24 Chicken Cacciatore Green Beans Smashed Red Potatoes Banana WW Bread W/Butter	8 #94 Swiss Steak Mushroom Sauce Smashed Red Potatoes Seasoned Greens Salad w/Lite Ranch Orange WW Bread w/Butter	9 #20 California Veggie Bake Spinach Salad w/Egg and Lite Italian Pear Citrus Cup Oatmeal Raisin Cup WW Bread w/Butter	10 #82 Smothered Chicken Cornbread Stuffing Peas & Carrots Cauliflower & Broccoli Applesauce Waldorf Salad
13 #26 Chicken Fajita Savory Black Beans w/Cilantro Tortilla Whole Wheat Cheddar Cheese Mexicali Corn Orange	14 #39 Corned Beef Brisket Parsley Buttered New Potatoes Cabbage & Carrots Spinach Salad w/Mandarin Oranges Apple	15 #40 Cream of Potato Soup Tuna Salad Wrap Shredded Romaine Lettuce & Tomato Slices Creamy Coleslaw Peaches	16 #68 Pueblo Beef Stew Sour Cream WW Crackers Brussels Sprouts Vegetable Salad w/Lite Ranch Banana	17 #9 BBQ Chicken Potato Salad Spinach Salad w/Mandarin Oranges Apple WW Roll w/Butter
20 CLOSED MARTIN LUTHER KING JR. DAY	21 #109 Turkey Pot Pie Peas & Carrots Salad w/Lite Ranch WW Roll w/Butter Orange Oatmeal Cookie	22 #86 Spinach Lasagna Seasoned Green Beans Salad w/Lite Italian Banana WW Bread w/Butter	23 #16 Beef Stroganoff Orange Spiced Carrots Pickled Beet & Onion Salad Orange WW Bread w/Butter	24 #17 Black Bean & Tortilla Casserole Steamed Brown Rice Whipped Sweet Potatoes Mixed Fruit
27 #104 Tuna Salad Romaine Lettuce w/Tomato Slice Pasta Salad Orange Raisin Nut Cup WW Dinner Roll	28 #92 Sweet & Sour Pork Brown Rice California Mixed Vegetables Orange WW Dinner Roll	29 #29 Chicken Noodle Soup Chicken Caesar Salad w/Saltine Crackers WW Rolls w/Butter Apple & Orange Juice Raisin Nut Cup	30 #59 Macaroni & Cheese Vegetable Salad Asparagus Banana WW Bread w/Butter	31 #15 Beef Stew Sweet Corn Cauliflower and Broccoli Salad Peaches WW Crackers

FLORENCE SENIOR CENTER

Tuesday	Thursday	Friday
A \$4.00 suggested donation per meal is appreciated, but not required.	2 #47 Scalloped Potatoes w/ Ham Spinach Salad w/Mandarin Oranges Hard Boiled Egg Sliced Peaches WW Roll w/Butter	3 #56 Lemon Baked Fish Tarter Sauce/Lemon Rice Pilaf Creamy Coleslaw Green Beans w/Mushrooms Apple
7 #61 Meatloaf w/Sweet Potatoes Brown Gravy Brussels Sprouts Tossed Vegetable Salad Pineapple Tidbits WW Bread	9 #20 California Veggie Bake Spinach Salad w/Egg and Lite Italian Pear Citrus Cup Oatmeal Raisin Cup WW Bread w/Butter	10 #82 Smothered Chicken Cornbread Stuffing Peas & Carrots Cauliflower & Broccoli Applesauce Waldorf Salad
14 #83 Spaghetti and Meat Sauce Salad w/Lite Italian Green Beans Orange WW Bread w/Butter	16 #68 Pueblo Beef Stew Sour Cream WW Crackers Brussels Sprouts Vegetable Salad w/Lite Ranch Banana	17 #9 BBQ Chicken Potato Salad Spinach Salad w/Mandarin Oranges Apple WW Roll w/Butter
21 #109 Turkey Pot Pie Peas and Carrots Salad w/Lite Ranch WW Roll w/Butter Orange Oatmeal Cookie	23 #16 Beef Stroganoff Orange Spiced Carrots Pickled Beet & Onion Salad Orange WW Bread w/Butter	24 #17 Black Bean & Tortilla Casserole Steamed Brown Rice Whipped Sweet Potatoes Mixed Fruit
28 #65 Pork Chow Mein Steamed Brown Rice Cabbage w/Red Pepper Banana Fortune Cookie WW Bread w/Butter	30 #59 Macaroni & Cheese Vegetable Salad Asparagus Banana WW Bread w/Butter	31 #15 Beef Stew Sweet Corn Cauliflower and Broccoli Salad Peaches WW Crackers

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Excerpt: PROFILES IN LONELINESS

Does loneliness afflict some more than others? Are certain groups of people at higher risk? We examine some basic demographics before moving on to more spiritual issues.

generation? Haven't they grown up with the technological ability to interact with pretty much anyone on the planet any time they want? Don't they always seem to have their eyes on their phones?

GENDER AND GENERATION

Women report more loneliness than men. With an average score of 12.1 on the Loneliness Scale, women clearly exceed the 11.7 score of

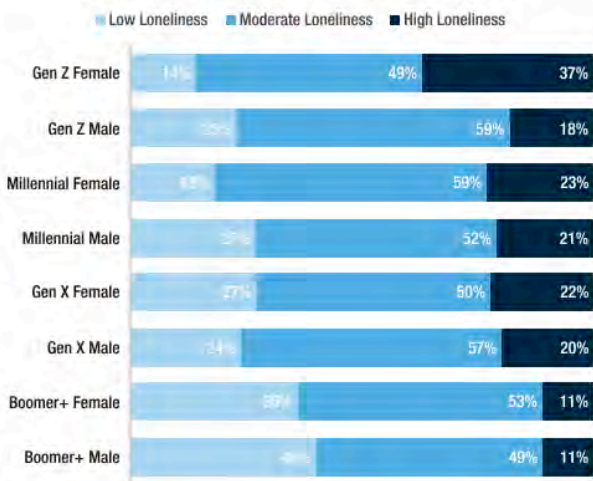
men, though the difference is not huge. Looked at a different way, about one in five women (21%) have scores that indicate a high degree of loneliness, where only one in six men (17%) are at that level.

You might be surprised by this. Many assume that women are naturally more social and that men tend to be loners. Women build deeper friendships, it is said, and men have shallow connections based on sports. And yet, on this survey, women are more likely to say nobody really knows them well, or that they feel left out or alone.

The generational breakdown provides the same stairsteps we've seen on other questions. Here Generation Z scores highest in loneliness (12.9), with Millennials a step lower (12.5) and Gen X another step lower (12.0). Then we see a huge step down to the level of the Boomers+ group (10.8), which now includes all who are 60 and older.

This might also seem counterintuitive to some readers. Isn't Gen Z the connected

Loneliness Levels by Generation and Gender



As Jonathan Haidt explains it, "Social media . . . increases the quantity of social connections and thereby reduces their quality . . . When everything moved onto smartphones in the early 2010s, both girls and boys experienced a gigantic increase in the number of their social ties and in the time required to service those ties. . . This explosive growth necessarily caused a decline in the number and depth of close friendships . . ."

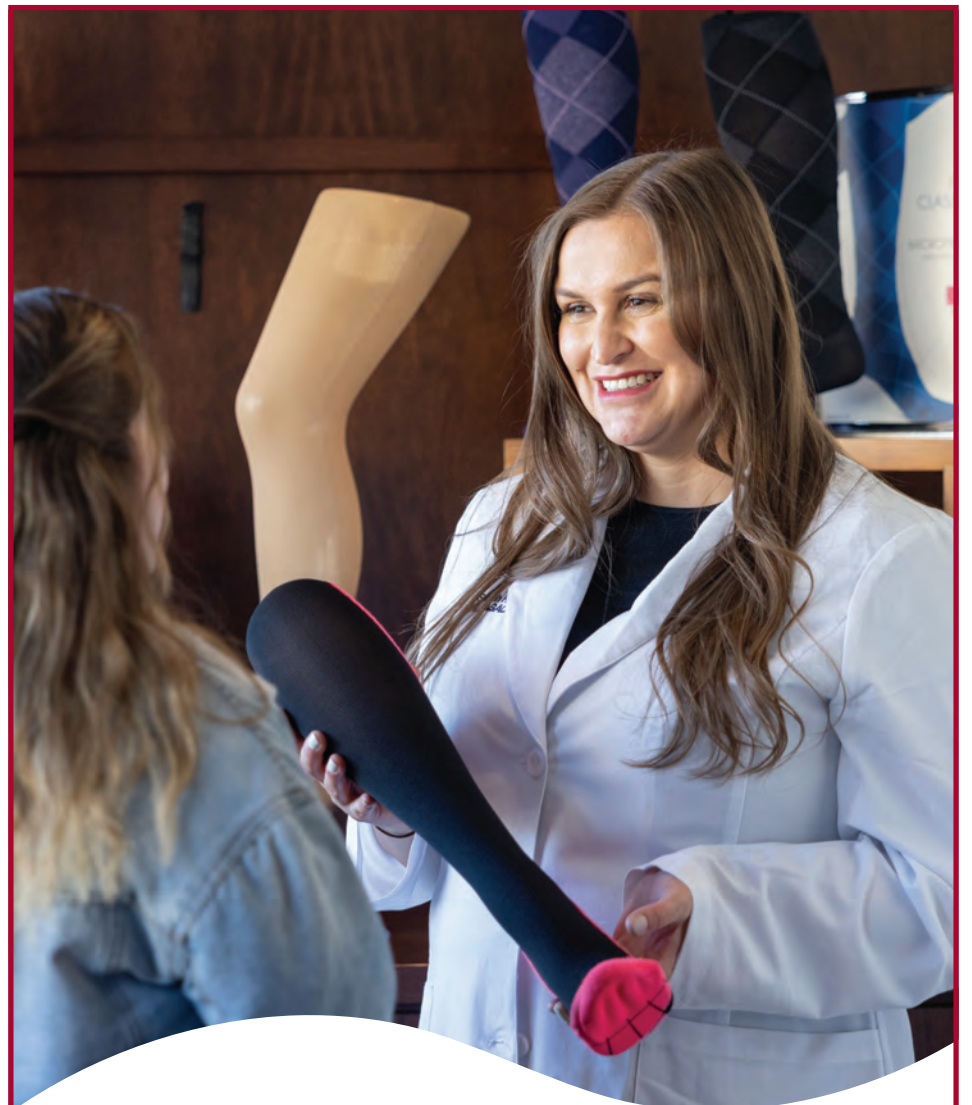
He cites data from the University of Michigan showing a precipitous decline since 2009 in the percentage of teens saying they had a few close friends "to hang around with" and a sharp increase in the percentage saying, "A lot of times I feel lonely."

Haidt identifies the years 2010–2015 as "the Great Rewiring," with improvements in smartphones changing youth culture. Whether or not he's right, we note that our group of Gen Z adults, now 18–27 years old, would have been 4 to 18 years old in that period, directly in the crosshairs of the cultural shifts he's writing about.

So if we see relatively high loneliness in Generation Z and also among females, will it be

► SEE LONELY, PAGE 15

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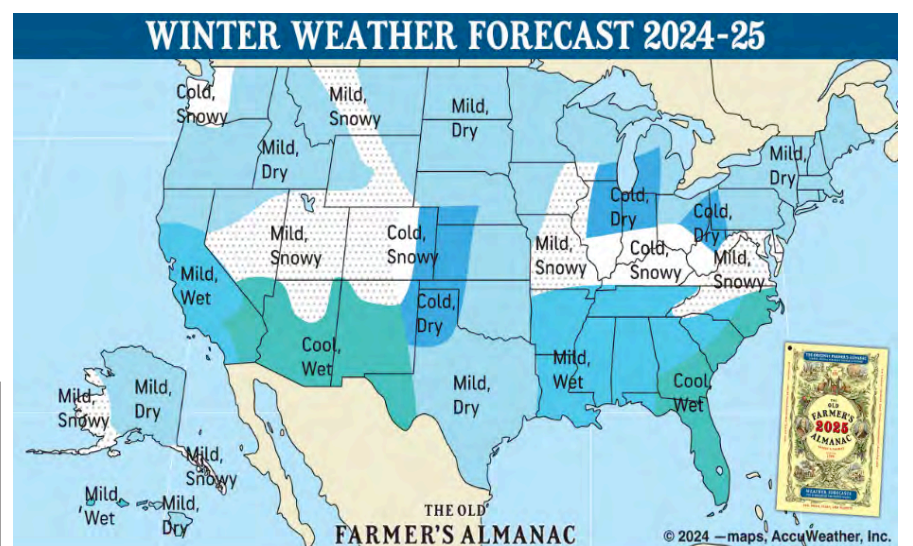
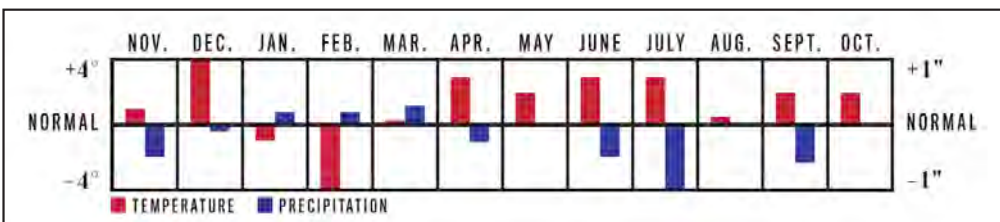
January 2025 Long Range Weather Forecast for Pueblo Area & High Plains

The 2025 Old Farmer's Almanac Forecasts a "Calmer, Gentler" Winter

- Jan 1-4: Snowy, very cold
- Jan 5-9: Sunny, warm
- Jan 10-17: Snowy, then sunny; cold, then warm
- Jan 18-24: Flurries, frigid
- Jan 25-31: Sunny, then snowy periods; warm, then cold

January: temperature 27° (1° below avg.)
precipitation 0.7" (0.2" above avg.)

The 12-Month Local Temperature and Precipitation Outlook: November 2024 to October 2025



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HISTORIC EVENTS: SUPERNATURAL ACTIVITIES: GHOSTLY ENCOUNTERS.

GLEN VOLLMECKE
Author: "Intermission
a Place in Time."



Upstairs-Downstairs. Imagine.
Despite the colorful, flamboyant series

The Tudors, which remain gruesome, these are historically accurate, topics of my recent columns, British castles remain ethereal reminders of the past. As shown in several T.V. series i.e., Downton Abbey, also Upstairs-Downstairs, all individuals involved, weave a tangled web of intrigue. Aristocratic Lords and Ladies exhibit authority, and occasionally impossible demands, yet downstairs doesn't differ. Britain's Buckingham Palace is notoriously run by the 'gray-suits,' the courtiers: servants known for control of those with lesser rank. Butlers tower over lowly footmen: all know their place in the blue-blooded structure of life. Individual lives of trials and tribulations have contributed to the environment for decades, past and present. Even today, relentless demands are issued by the manor's aristocracy, yet wages aren't comparable

to the exertion involved. Barely a living is eked out, but decades ago, it was preferable: a bed, three meals a day, and protection from the vehement, despicable conditions on the streets of large cities. Remarkably, the United Kingdom boasts of 4,000 castles. Some inhabited by generations of the same family, others are desperate melancholy relics of the primeval past. A vibrantly historic Chirk Castle stood only minutes away from our 300-year-old cottage in Wales, and historic Caernarvon Castle a mere few miles away. April 25th, 1284 Edward 11 was born in Caernarvon Castle. Tribulations of present royals, are inconsequential to latter day kings and queens. Imprinted with dreaded actualities from history, another named Birkeley Castle for 800 years stayed within the same family. Beneath its elegant façade remains four rancid, rotting dungeons, all once containing carcasses of not only animals, but also local peasants, who dared to disagree with the castle's Lord Birkeley. A nauseating stench was ripe, and detrimental to the health of anyone daring to investigate, the prisoner's unceasing shrieks, and whimpers of desolation. Often this contaminated atmosphere of incarceration, offered a convenient means of disposal, without guilt of actual murder per se. Edward proved a weak and inefficient king, useless and exclusively dependent upon his male lovers. Nonetheless, enter his new wife twelve-year-old Isabella of Spain, a beautiful young virgin: (fit for a king?) Innocently this child was incapable of understanding infidelities, and such. However eventually she grew into a competent young woman, able to appreciate her powerful position as queen. Then smeared by his numerous illicit affairs, Edward's wife eventually became traumatized due to his weaknesses and also his blatant adultery. Her relationship with Roger Mortimer strengthened her resolve

to improve her life, without her spouse. In the year 1327 Edward's faith in his title as king was shattered. He was literally abducted and hastily thrown into the pits of Berkeley's insidious vaults. Expecting a horrifying death, the queen would wait.

Barely a living is eked out, but decades ago, it was preferable: a bed, three meals a day, and protection from the vehement, despicable conditions on the streets of large cities. Remarkably, the United Kingdom boasts of 4,000 castles.

Illness naturally ensued; writhing in his own excrement and disease, all hopes of redemption shattered, (Edward was surprisingly strong, and remarkably lived another five months.) Weary of waiting for his demise, she ordered his 'knighted' security team of two, to physically increase the possibilities of his imminent death, which included an evil and excruciating procedure. September 21st, 1327 his wardens theatrically seized him from behind throwing his small frame onto a rough wooden table, originally his humble bed. Suddenly, a red-hot poker, (or funnel as described in my research) was quickly plunged into his rectum, and swiftly turned to include destruction of his bowels. Agonizing screams penetrated the thick, sturdy walls of the castle. Presently, from the cell's anniversary of Edward's death distressing echoes of his screams continue to be heard. Believe it or not!

Hundreds of years later, during 2016, two friends known as amateur 'ghost hunters' arrived at the palace with cameras in tow, intent on investigating possible supernatural activity. Queen Isobella's sewing room seemed an appropriate chamber to begin. Gloomy and cold it wasn't for several tedious hours that

something actually occurred: a light 'swishing' sound was heard, likened to a long dress brushing against the uneven stone stairs outside the chamber. Their

final results as photos developed were astounding. Just a foot away from the cameraman, an ethereal flimsy female in white, wearing

a diamond studded tiara, stood next to a canine, relaxing at her feet...

Thought for the day:

Try not to force anything at all. Let life evolve and 'let go.' Remember nature/God opens millions of flowers each day, with-



out forcing their buds to open.

Author Glen Vollmecke can be reached at AlpacasRus@hotmail.com

Funding Cuts Deeply Affecting SRDA

I am writing to share some troubling news that deeply affects the SRDA community and the vulnerable individuals we serve.

As you may have heard, recent federal funding cuts have severely impacted our ability to provide critical service programs here at SRDA. This past year, the Labor, Health and Human Services subcommittee of the House Appropriations Committee made a drastic decision to cut the FY 25 budget for the Home Delivered Meal Program by a staggering \$45 million. This has resulted in a 60% reduction of funding for SRDA's Home Delivered Meal Program (referred to as Meals on Wheels). Sadly, this means that we have had to cut home delivered meal service to 3 days a week, instead of 5.

SRDA was founded in 1971 by four compassionate Puebloans, and has been committed to providing nutritious meals to older adults in Pueblo and especially to those who are homebound. Shortly thereafter, SRDA saw a critical need for transportation for those who are no longer able to drive and the Transportation Department was added. However, the recent cuts mean we will have to reduce our services by over 3,000 meals per month and cut more than 30 round trips per day for transportation to critical services such as medical appointments. The cut to Nutrition and substantial increase in costs of the Transportation program mean that we are less able to provide our services to our clients. This is a devastating blow to the most vulnerable members of our community, who rely on these essential services for their health and well-being. This will have a ripple effect throughout the agency and all programs will be affected.

**How Can You Help?*

We are urgently calling on our community to ask for your support during this critical time. SRDA is dedicated to fundraising and exploring all available grant resources, but we need your help to continue our mission throughout our 12 programs. Every donation to SRDA, no matter the size, can make a significant difference in the lives of those who depend on all of our services.

Please consider making a donation to help us sustain our programs. All donations will go directly to support the essential services that SRDA provides to the older adult community in Pueblo and Pueblo County. You can donate to SRDA by calling us at 719-545-8900 or using the enclosed envelope.

Please feel free to reach out to me at (719) 930-8685 with any questions or resources you may know of to overcome these cuts. And thank you for your continued support of SRDA and our programs.

Carma Loontjer
Development Director

Ways to Help!

Many of you have asked how you can help to support our programs at SRDA. There are many ways!

1. Volunteer! Become a driver for Meals on Wheels and deliver hot, fresh meals to homebound seniors in Pueblo! Call [545-8900](tel:545-8900) or visit SRDA.org for more information! Drivers receive a mileage reimbursement.

2. Make a donation, general or for a specific program. Donate online at www.SRDA.org or mail checks to SRDA, 230 N. Union Blvd, Pueblo, CO 81003

3. Remember us in your estate planning. Planned giving allows for your assets to remain accessible during your lifetime and then contributed upon passing. Contact Carma - Development Director at cloontjer@srda.org or (719) 930-8685 if you have questions on planned giving.

4. Donate your Colorado Tax Refund. Use registration #20023002990

5. Spread the word about our programs. Our programs rely on participation to maintain funding sources.

SENIOR CLASSIFIEDS

THE CATHOLIC DAUGHTERS OF THE AMERICAS, located at St. Dominic's in Security, is hosting a card/game party as a fundraiser. It will be February 15, 12-4pm at the Fountain Valley Senior Center. 5745 Southmoor Dr. Fountain, 80817. Entry is \$5 & your name goes in a raffle. Lunch is \$10 includes sloppy joes, chips, a drink & a dessert table. We will have different raffles for chances to win money or prizes. It's to have fun playing games with friends & family. Reservations call: **Lori 719-216-2347** or **Evelyn 719-687-5713**

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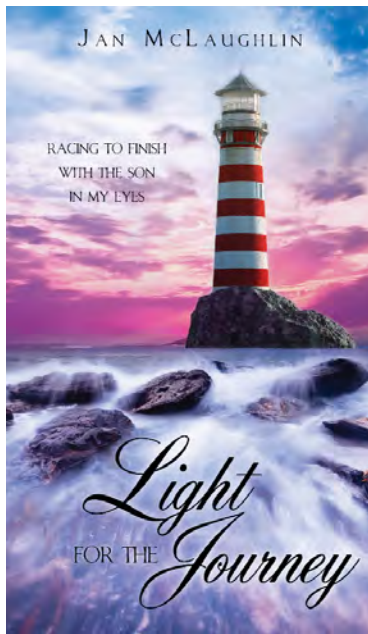
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SOCIAL SECURITY BENEFITS ARE PART OF THE RETIREMENT PLAN OF MANY AMERICAN WORKERS. If you're among the many people paying Social Security taxes, you should get an estimate of what your future benefit may be. Our retirement webpage at www.ssa.gov/retirement is a great place to start mapping out your retirement plan.



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- When is the right time to start receiving your retirement benefits?
- What documents do you need to provide when you apply for retirement?

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CROSSWORD

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18				19					20			
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			47			48	49					
	50	51				52				53	54	55
56						57				58		
59						60				61		
62						63				64		

THEME: SNOW DAY

ACROSS

- Larger-than-life
- Capone's family
- Wild swine
- "You're not allowed," to a baby
- Deal with it
- Cunningly
- Shower with affection
- Allege
- City in Belgium
- *Snow Day exercise?

- Poet Pound
- Ovine sign of the zodiac
- Tasseled hat
- All together (2 words)
- Military College of South Carolina, with The
- For every
- a.k.a. association football
- *All-day Snow Day garb?
- Delete
- Crude fuel
- Read-only disc
- Good's counterpart
- Popular flowering shrub

DOWN

- Odds' partners
- Tubby little cubby
- "He's Just Not That ___ You"
- Of the same period
- *Popular Snow Day pastime
- Some tournaments
- Zugspitze, e.g.
- *Severe weather
- Deed hearing
- Algae, sing.
- Marble bread

- Female ancestor
- Two heads are better than one, e.g.
- Bering Strait state
- Rudolph's Clarice, e.g.
- Like thick smoke
- Fountain option
- *No two are alike, sing.
- Surround (2 words)
- Tangerine plus grapefruit
- *Like a river, with over
- #51 Down, pl.
- Heidi's "Magic Wooden Shoe"
- Olufsen's partner
- Sound of a bell
- Not him
- Surfer's stop

SODUKU

Fill in the blank squares in the grid, making sure that every row, column and 3-by-3 box includes all digits 1 through 9.

			7			9	3	
4	5							1
				8	9			5
	9	4			7			3
				4				
3			5			1	8	
5			6	1				
2							6	7
	3	6			5			

- ___ Jack, English pirate
- *As opposed to rain
- Irregular
- Type of conifer
- Musketeers' swords
- High-strung
- Cerebellum location
- Unit of life
- Students' dwellings
- *Snow Day reading choice
- Helping theorem
- *Like soft pj's
- Intelligence org.
- *Slope fun
- Shorter than California
- Number of years
- No, it doesn't crawl in one's ear
- Horse of certain
- color, pl.
- Spontaneous additions
- Obtuse one
- Tom Cruise's "The ___ of Money"
- Highway hauler
- Bad sign
- Of a particular kind
- Smoothie berry
- Superman's last name
- Part of a seat
- *Like chocolate on a Snow Day

▶ ANSWERS ON PAGES TWO & SIX

Questions about Medicare Plans??



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especially concentrated in Gen Z women? It is.

Looking at those in the “high” loneliness category, we find that fourpoint difference (21% female to 17% male) flattening in every generation, except in Gen Z. There the females (37%) are twice as likely as the males (18%) to report a “high” degree of loneliness.

LONELINESS, THE BIBLE, AND CHURCH

Active Christians combat loneliness in two important ways. First, when they engage with Scripture, they interact with a God who loves them “with an everlasting love”

(Jeremiah 31:3). “You are familiar with all my ways,” the Psalmist prays (Psalm 139:3). For the Scripture Engaged person, Bible reading is not a homework assignment, but more like a date night that develops a valuable relationship.

The Bible also leads to meaningful connection with other people. Scripture engagement is statistically associated with church attendance. Churches are far from perfect—and they always have been—but they still provide opportunities for people to connect intentionally and deeply, building relationships that go beyond “How ya doin’?”

SCRIPTURE ENGAGEMENT

Scripture Engaged people are half as likely to report high loneliness (11%) as the Bible Disengaged (22%). Those in the Movable Middle are, as you might guess, in the middle (17%).

As we have indicated throughout this report, the Scripture Engagement metric is designed to go beyond the frequency of Bible reading. It also considers the Bible’s centrality in decision-making and impact on relationships with God and other people. It’s no surprise then that people who read about love and humility and forgiveness—and live out these principles in their lives—would build strong friendships and thus report fewer feelings of loneliness. Still, it’s nice to see statistical confirmation.

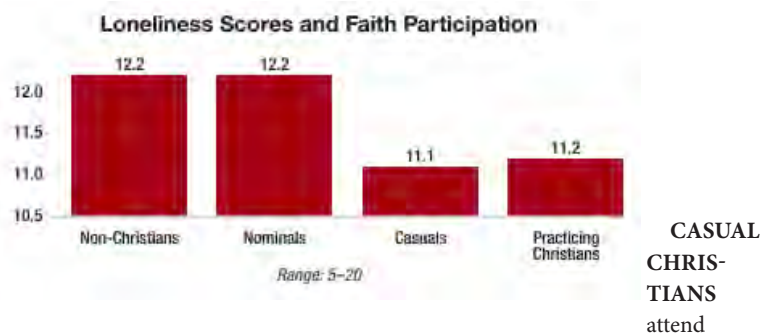
CHURCH CONNECTION

One third of those who attend church weekly report low levels of loneliness (33%). Only about one in eight report high levels of loneliness (12%). For those who have attended not weekly, but “within the past month,” the numbers are similar (32% and 15%). We might assume that church-based relationships—reinforced every week, or even once a month—do a great deal to fend off loneliness.

In the last chapter, we introduced a new category of how people interact with religion, the church, and personal faith. The Casuals now take their place among Nones, Nominals, and Practicing Christians. We wondered whether

there was any difference in the loneliness levels of these groups.

By our definition, Practicing Christians identify as Christians, attend church at least monthly, and “strongly agree” that their faith is “very important” in their lives. These people average a fairly low Loneliness Score of 11.2 (remember that 11.9 is the overall mean).



church at least monthly, but fall short on that faith question. Their Loneliness Score is even lower at 11.1—not terribly surprising if their main reason for attending church is social more than spiritual.

NOMINAL CHRISTIANS do not attend church even monthly. As we saw in the previous graph, loneliness increases when church attendance is less than monthly. Here, they show an average score of 12.2.

NON-CHRISTIANS, obviously, do not identify as Christians. Some belong to non-Christian religions and attend those services, but this category also includes the Nones. Together, this group of Non-Christians averages a Loneliness Score of 12.2.

Note that there is no meaningful difference between Nominals and Non-Christians. Casual Christians and Practicing Christians are also nearly identical on this measure. From these findings, it would appear that church attendance, rather than claiming to be a Christian, is a key factor in reducing loneliness.

With regard to religious identification, the category of the Nones (covered in depth in Chapter 7) can be sliced into subgroups of Atheists, Agnostics, and Nothing in Particular. Is there any difference in loneliness among them? Yes. Atheists struggle least with loneliness, Agnostics most.

Defining these groups in the simplest terms, Atheists have decided there is no God; Agnostics haven’t decided yet. Perhaps there is a confidence in the atheists’ certainty. Perhaps they develop friendships with those who reinforce their belief. On the other hand, perhaps agnostics are caught in between—expressing doubt among people of faith and the possibility of faith among those committed to disbelief. If that’s the case, they might respond strongly to our survey question about feeling that “people are around you but not with you.”

A special THANK YOU to the American Bible Society and for letting the Senior Beacon reprint this important section from their new e-book *State of the Bible*. Check out their book and their website AmericanBible.org or by phone at (215) 309-0900.

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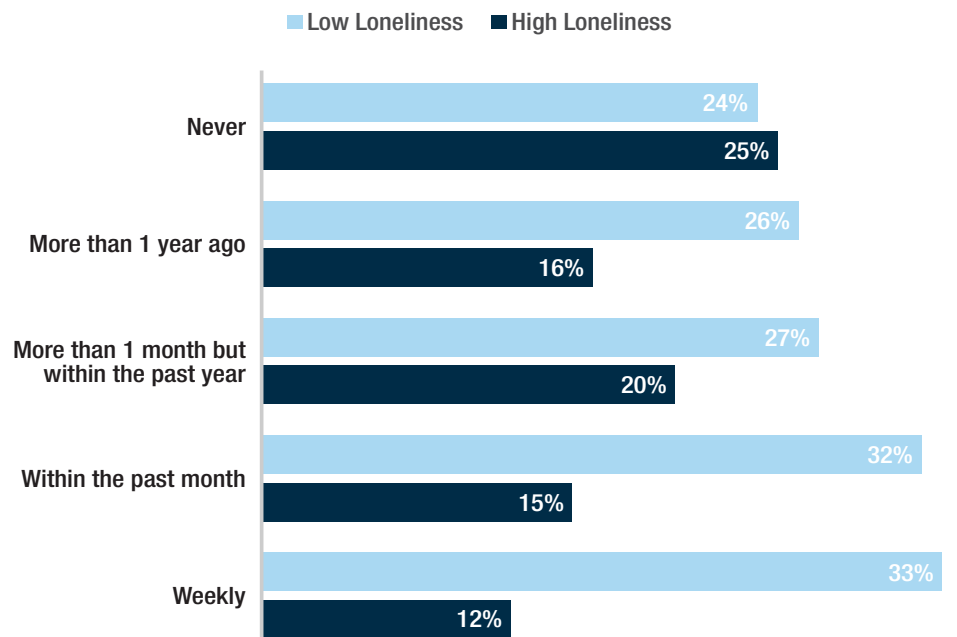
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Loneliness Levels by Church Attendance



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