

# Senior Beacon



"If You're 50 Or Over You Should Read It!"

Established February 1982

—JAN/FEB 2024 EDITION

—Vol. 42:12

504 Consecutive Months!



— Cañon City — PUEBLO — Colorado Springs —

Monthly Edition

## \*\*LOCAL NEWS\*\*

### MEDICINE SHOPPE OPENS IN PUEBLO: EXCLUSIVE INTERVIEW WITH PHARMACIST ROB GEBHARDS

(PUEBLO, CO) *How long have you been in business? In this business? In other businesses?*

I just opened this pharmacy. The official opening date was 11/13/2023. I have been a pharmacist for over 22 years. I graduated from Creighton University with my PharmD in May 2001.

*What did you do before this business?*

Before opening my own pharmacy I worked at Jim Sajbel's Prescription Shop for a little over the last 10 years. Before that I worked for Kmart and Albertsons pharmacies

*Why are you in business?*

I want to give patients in Pueblo an alternative to the chain pharmacies. I feel that independent pharmacies give more personalized care than the chains or mail order pharmacies.

*How did you get started in this business?*

My 1st job was at a CVS drugstore in southern California at age 16, so I have always been in this business. I also had an uncle who was a pharmacist at a Skagway in Nebraska so I always saw how pharmacists help the community

► SEE PHARMA, PAGE 9

## Medicine Shoppe COUPON! pg. 13

## \*\*LOCAL WRITER\*\*

### RED? BLUE? WHO ARE YOU?

(Pueblo, CO) Last year, a group of Red and Blue citizens put in time, money, and miles obtaining signatures for a proposed citizen's ballot initiative for NO MAYOR and a return to our city charter's roots of a nonpartisan city government.

Red and Blue citizens also signed the petition. Red and Blue citizens conversed, organized, worked together, and celebrated together after obtaining signature goals, checking every signature, and following all orders from the city clerk and city attorney. All this accomplished in the middle of winter by mostly retired folks, who have the hours for such activism.

Unless you live under a rock, you are aware that the city attorney Dan Kogovsec was forced to retire related to "misinformation" given to petitioners. Just a FYI, the council had been questioning counsel for years, prior to the mayor. But not now with the new City Attorney, George Hypolite.

So here we are, with another mayoral election. What some folks don't know is that efforts to 86 the mayor position wasn't about Gradisar. It was

► SEE RED/BLUE, PAGE 2

## Check out Boys & Girls Club of Pueblo! pg. 2

## \*\*LOCAL NEWS\*\*

### BOYS & GIRLS CLUBS IS LOOKING FOR VOLUNTEERS

(PUEBLO, CO) *Boys & Girls Clubs of Pueblo County is recruiting volunteers to assist Pueblo youth.* In 2023, the Clubs served over 2,000 kids and teens across Pueblo County in nine different locations. Club programs, with the help of volunteers provide our future leaders with development of good character and leadership, athletics and fitness, healthy lifestyles programming, and set them up for academic success through STEM (Sci-

► SEE CLUBS, PAGE 9

## \*\*LOCAL NEWS\*\*

### LOCAL PUEBLOAN HEATHER GRAHAM FACES ENTRENCHED, DISLIKED INCUMBENT

*Get to know Heather Graham*

As a longtime resident of this community, I care deeply about its future. After completing my degree in Psychology with a minor in Statistics at CSU-P, I spent years building successful businesses in this town. I currently operate four successful local businesses, including restaurants and

► SEE MAYOR, PAGE 9

**Winter Wonderland Move-In Specials**

at the *Chateau at Sharmar Village*

**50% off Move-In Deposit!**

**Call Amber today for details!**  
**719-334-5977**

**Ask the Berrier Group, your Real Estate Consultants!**

*We have the Answers to YOUR real estate questions!*

*"Call us today for a free market analysis of your home!"*

**Marlene Berrier, Realtor**  
#1 2017, 2018, 2019 RE/MAX of Pueblo West, inc.

Proven Success with over \$19 Million in real estate sales in 2022!

◀ FROM RED/BLUE PAGE 1

about the political position of mayor which presents adverse consequences for citizens, employees, and our city charter. Not to mention the fear of future uneducated imbecilic mayors.

When I asked if folks wanted to sign, it was not presented as anti-Gradisar. It was anti-mayor and most that signed were not anti-Gradisar. They were anti-mayor for reasons just mentioned. Even though we had our small share of extremist, both Red and Blue that wanted to argue about politics in general.

The new city attorney George Hypolite isn't bowing to PURA or PEDCO. These board members have major financial interests in the city, heavily influencing the rest of the board and employees. Mr. Hypolite is citing actual policies, procedures, and laws. Shaking it up. That's if the city council listens, which will help Pueblo's future. A vote for Gradisar is a vote for George Hypolite.

The Board members and employees I am speaking about are Red. Thus, the reason so many Reds ran for mayor and major funds donated for the Red mayoral candidates. Just like the police union (which is another subject) they want a mayor wrapped around their finger. Again, there are many harmful consequences. We need a mayor that will plow through this, without "obligations."

If you want to know the reason for blight, poverty, and low pay, learn the history of PURA and PEDCO. If you are a business owner and want some advice, don't support the Pueblo Chamber. Support the Latino Chamber. They hire educated, qualified and intelligent folks. They also do background checks.

Until we can abolish this nonsense of mayor, Pueblo needs voters to put aside emotions, anger, Red, Blue and vote for the candidate with the most experience, the highest level of education, the most high-up connections, and someone that can speak intelligently without prep by the players or searching their notes for 3 and 4 syllable words.

Pretend that you are hiring someone for a high-level management position, or to be the next CEO of your company. Pretend you are going through resumes for the city manager position. Which resume would make it to the finals. Pretend that the resumes went through modern tech to select who moves on to an interview. Who would that person be?

The last council did a good job with moving this city forward. Some folks are making their choice based on who says they will take care of crime and homelessness. Have solutions been explained?

Sure, drugs are an issue, but it's not solely a Pueblo issue. It's deep and complex. We have a generation of drug users with children that have become drug users. It's generational like gangs at this point. This is all related to pain becoming the 5th vital sign pushed by pharma 1996, pain is now subjective. Mental health being a major contributor towards not only addiction but be-

coming incapable. Pueblo needs a cultural shift related to enabling the incapable. Gangs, multi-generation at this point, are also a national problem not unique to Pueblo. Most unsolved murders are, gang on gang, and I personally don't have a problem with that. Some cities have gang member relocation for nongenerational members which has been successful. Before submitting your ballot, take a moment and vote logically. This needs to be a big picture decision. One that is best for the city as a whole. No emotions. Use your head. It's important.

Lori Winner is a former At Large Representative on the Pueblo City Council

**YOU Can Make A Difference!**

*Help Kids with Tutoring; Science, Math & Technology; Healthy Lifestyles; Economics & Outdoor Skills*



**STEM Mentoring**

For more information Contact  
Jena Sanchez:  
719-283-1690, jenas@bgcpueblo.org



**Share Outdoor Skills**



**Tutoring & Reading Buddies**

APPLY TODAY

Visit [www.bgcpckids.org/volunteer](http://www.bgcpckids.org/volunteer)

**\*\*LOCAL NEWS\*\***

**FLORENCE, CO RESTAURANT AIMS TO PLEASE**

Two Sisters originally opened June 1, 2001 in Florence Colorado. It was opened by sisters Pat and Linda (Pope). Pat was the owner of the business and Linda ran it until her passing in 2003. In 2013 Pat passed away and her sister Connie took over the business to keep it going for family members to still have employment. In 2019 Cinda (Linda's daughter) bought it from Connie so she could return to ranching full time.

Cinda began working at the restaurant in October of 2001 and has worked there ever since and now is the proud owner. In 2023 the opportunity arose to move to a more up to date building with a better location in Penrose right on hwy 115. After a lot of consideration Cinda took the leap of faith to move the long established business miles up the hill.

Within 9 weeks of making the decision to move Two Sisters opened up December 1, 2023, at it's new location. Penrose has been very welcoming and business is booming. Cinda is very happy with the choice she made (with God's guidance) to move to Penrose.

Come see Cinda and her staff and enjoy a great home-cooked meal.

They are located on Highway 115 in Penrose and can be reached at (719) 784-4090.

**LOVE**

When we think about love and all it entails, we are reminded of the most beautiful love chapter in the Bible – 1 Corinthians, Chapter 13. I would like to share part of that chapter with you:

*“Though I speak with the tongues of men and of angels, but have not love, I have become as sounding brass or a clanging cymbal. And though I have the gift of prophecy, and understand all mysteries and all knowledge, and though I have all faith, so that I could remove mountains, but have not love, I am noth-*

*ing. And though I bestow all my goods to feed the poor, and though I give my body to be burned, but have not love, it profits me nothing. Love suffers long and is kind; love does not envy; love does not parade itself, is not puffed up; does not behave itself rudely, does not seek its own, is not provoked, thinks no evil; does not rejoice in iniquity, but rejoices in the truth; bears all things, endures all things. Love never fails....”* (1 Corinthians 13:1-8a)

This chapter says it all! I love the last sentence... "Love never fails". Sometimes that scripture keeps us together when all else fails. And every day we have the opportunity to put this exhortation into practice. Reach out in love to someone who is lonely; someone who is confined to a skilled nursing care facility; someone you attend church with; someone who is homeless; someone who has lost their job, or someone you work with. And

don't forget the needs of your neighbor. Look for someone to love. You won't regret it! You will be blessed as much as those you reach out to love.

Remember, love is eternal, for God is Love.

Have a Perfect Valentine's Day in our Father's Perfect Love!!

Kay Owen-Larson is the co-founder and President of Crossroads Ministries

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

## OBSERVATIONS FROM THE CAVE

**JAMES R. GRASSO**  
Former Chief Cook & Bottle Washer



**H**appy New Year Everyone! I could stop here but I don't think the Publisher would be very happy with me if I did. Publisher Emeritus is my title but I don't want to overstep my authority. You know, two years ago I was 60 and my early February birthday will be my 75th!!! Good grief, where did those 15 years go? I've had five, fifteen year segments of my life and I swear this last fifteen-year segment has flown with the speed of light in comparison to all the others. The first

fifteen years, in fact, were the slowest. They inched by waiting for certain milestones to pass like mastering balance so I could walk, then run, but getting those dang diapers off for good (I hope) seemed like an eternity. Then, starting school with all the learning and homework and different nuns to try and figure out. Never did. Then, waiting for the freedom to drive!!! How glorious that was but of course that was in my second segment. Getting to that second segment seemed like it took forever! The second segment lasted quite a while to begin with but it sped up about year 21 finishing college, getting married to my sweetheart wife Jeannie, having my great little boy, moving to Colorado Springs, leaving New York State and finally moving to Pueblo. But those first 30 years went pretty slow. I'm probably boring you by now, so if you want to stop reading this screed you have my permission!

Where was I, oh yes, 31-45. That segment was wild. It started with our second child. My first daughter was born, we bought a home and I scuffled around some until I decided to start Senior Beacon. It was fun, even made it into The Pueblo Chieftan. It was a nice article about the newspaper especially for seniors. The work schedule was difficult and slow going with a lot to learn but our little family seemed to thrive in those years. My feet were generally firmly planted on the ground and my wife and family became utterly wholesome. We had a second daughter in that third segment. Fifteen years went by especially well time-wise.

Forty-five to sixty was primarily back to very slow status which equaled that of the first 15. The two older kids graduated from college and got married and began their lives. We were blessed. Each one, thank God, live proper lives and are doing



quite well. There was a time though, that was very, very trying. The minutes went by like hours. But we came out the other side with my readers helping us with their prayers and good cheer and things came back to normal but it took a long time to heal. A good ten years and like all healing, scars abound in many ways. The past 15 years as I stated earlier have whizzed. Our youngest made us proud with a Valedictorian from High School and a Summa Cum Laude from college, and then all As for Masters grades. She joined her siblings in matrimony and they are doing well.

Then, Tempus Fugit (Latin for time flies) hit. It started slowly like a snowball rolling down a mountainside and a third of the way down it begins exploding with speed. And here I am. Soon to be 75. It's a milestone some would say. I thank the Lord for blessing me with longevity given the fact that my mom and dad passed in their 40s. I also thank the Lord for allowing me to taste the fruit of what a long life has to give. Lots of mistakes and embarrassments. Much love and happiness. Understanding what a full life is. Who knows what the next segment of fifteen years will bring. If He favors me with those

next fifteen years, perhaps I'll finally get it right by Him. I will be sated by His love. I can't do it by myself!

Speaking of God. Would you like to go to heaven? I found a way you can gain points that will get you there. I came across a book about a nun in Poland named Maria Faustina Kowalska who lived during the Hitler years. It is a daily compilation of the young nun's spiritual attachment to Jesus. Yep, that one! It is explained in detail. You could probably find out the history of St. Faustina on the web. I am offering anyone who is willing to contact me with your name and address to [srbeacon@gmail.com](mailto:srbeacon@gmail.com) and I will send you a simple pamphlet that will open the door for you to heaven. No joke. No gimmicks. No strings! As soon as it's sent, your name and address is wiped from the computer. We all pass away from this orb and I believe that Jesus is real and a Supreme Being offers us the chance to be in heaven. This Chaplet of Divine Mercy that was given to St. Faustina will open that door to heaven.

*Godspeed to you and yours.*

# PUEBLO'S LARGEST INDEPENDENT REAL ESTATE COMPANY!



		<b>Managing Broker</b>				<b>Broker/Owner</b>			
		 <b>SUZY LUCERO</b> 719-369-2178	 <b>CANDEE VILLANUEVA</b> 719-252-9054	 <b>JESSICA MCCAFFERTY</b> 719-250-9850	 <b>JOEL MOFFIT</b> 719-251-0176	 <b>KIM WEILER</b> 719-369-7946	 <b>SHAWN MARTINEZ</b> 719-240-2502		
<b>Canon City</b>		 <b>DENA STEVENS</b> 719-369-9087	 <b>CATHY MARTINEZ</b> 719-671-0034	 <b>ALEX PACHECO</b> 719-501-2020	 <b>ARIEL CASAUS</b> 719-569-6990	 <b>JAMIE HIGH'AM</b> 719-778-3616	 <b>JEFF M. BIDDLE</b> 719-252-8647	 <b>KRISTEN MORITZ</b> 719-406-1637	 <b>SHERYL PAPISH</b> 719-251-1132
<b>Property Manager, Agent</b>		 <b>TRACY BASTIAN</b> 719-248-7743	 <b>TRAVIS ARGUELLO</b> 719-248-3683	 <b>LAZARUS GOMEZ</b> 719-789-2423	 <b>LINDSAY PEHECK</b> 719-289-8892	 <b>MEGAN MOFFITT</b> 719-320-2734	 <b>MICHELLE GONZALES</b> 719-406-7744	 <b>CHRISTINA ARAGON</b> 719-412-2072	 <b>CLINTON NAU</b> 719-242-6729
 <b>STEPHANIE MESTAS-PAIZ</b> 719-647-7172	 <b>WAYNE HUNTER</b> 719-568-5668	 <b>KATIE FOX</b> 719-214-3188	 <b>KAYLIE THOMAS</b> 719-553-7372	 <b>TOBY VILLANUEVA</b> 719-252-9055	 <b>BENETTA CRUZ</b> 719-252-2950	 <b>RUDY STUPAR</b> 719-369-1610	 <b>JOHNATHON AYALA</b> 719-289-2369	 <b>JUANITA GONZALES</b> 719-568-8414	

*Proudly Serving the Southern Colorado Region*

[www.RockyMountainRealty.biz](http://www.RockyMountainRealty.biz)

201 N. MAIN ST. 719-582-6191



**Why Not Give a Shout Out to  
A PLACE AT HOME? Give Them a Call!**  
*And thank them for sponsoring these menus!*



**In-Home Senior Focused Care**  
IN-HOME CARE • CARE COORDINATION • SENIOR LIVING ALTERNATIVES

**OUR MISSION**  
To Be Passionate Professionals Providing  
the Compassionate Care Solutions You  
Need, Where and When You Need Us.

Scan to learn more and  
schedule a free  
consultation

**Did you know.....**  
Senior Beacon  
reads like a  
magazine????  
Try us online at:  
**www.  
SeniorBeacon  
.info**  
Also catch our  
Breaking News  
section as a bonus!

**Get NEW  
REVENUE !!**  
**Visit:**  
**SeniorBeacon.info**  
get your **FREE**  
advertising packet

**4023 Club Mannor Drive • Pueblo, CO 81008 • 719-561-1111**

All Up-To-Date Menus at [www.SeniorBeacon.info](http://www.SeniorBeacon.info)



**Connections Café Menu January 2024**

Menu substitu-  
tions may oc-  
cur without no-  
tice. Clients  
are advised to  
keep a 3-day  
supply of non-  
perishable  
foods and bot-  
tled water in  
their home in  
the event of  
inclement  
weather or oth-  
er emergen-  
cies that may  
cause a tem-  
porary suspen-  
sion of ser-  
vice.





Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>New Year's Day Silver Key Closed</b> 	2 Chicken Cacciatore WW Pasta Green Beans Diced Pears Milk	3 Beef Bourguignon Mashed Potatoes Broccoli Orange Milk	4 Sweet & Sour Chicken Brown Rice Asian Veg High Fiber Cookie Pear & Milk	5 Beef Burrito w/Green Sauce Spanish Rice SW Black Beans Diced Mangos Milk
8 Chicken Pot Pie w/Buttermilk Biscuit Lima Beans Pear Milk	9 Citrus Tilapia Lemon Herb Rice 5-Way Blend Veg WW Roll w/ Butter Diced Tropical Fruit Milk	10 Broccoli Cheese Soup Brown Rice WW Roll w/ Butter Peach Cobbler Apple & Milk	11 Pork Pot Roast w/Onions & Celery Roasted Red Potatoes Carrots Orange & Milk	12 Meatloaf w/ Gravy Mashed Potatoes Peas and Carrots WW Bread w/ Butter Orange & Milk
15 Honey Curry Chicken Coconut Rice Peas and Carrots Apple, OJ Milk	16 Bratwurst w/ Mustard Roasted Potatoes Cabbage & Carrots, Orange Milk	17 Beef Stroganoff WW Penne Pasta Roasted Brussel Sprouts Apple Milk	18 Broccoli Stuffed Chicken Sweet Potatoes w/ Dates & Nuts Peas and Carrots Orange & Milk	19 Cheese Ravioli Succotash WW Roll w/Butter Diced Tropical Fruit Milk
22 Shepherd's Pie Winter Blend Veg WW Roll w/ Butter Diced Peaches Milk	23 Chicken Teriyaki Brown Rice Succotash Orange Milk	24 Sweet & Sour Meatballs w/Pork Brown Rice Bahama Blend Veg Diced Mangos Milk	25 Breaded Chicken w/ Country Gravy Mashed Potatoes Succotash Apple Milk	26 <b>Chef's Choice</b>  
29 Chicken Marsala Roasted Red Potatoes Brussel Sprouts Apple Milk	30 Stuffed Bell Pepper Baby Bakers Carrots Orange Milk	31 Swedish Meatballs w/ Pork WW Pasta Green Beans Banana Milk		

**We value  
your feed-  
back!!**  
**At the end  
of the  
month,  
return  
your menu  
to your  
café  
specialist  
and write  
in a  
1-3 rank  
on the  
day's  
entree.**  
**1=Don't  
love it;**  
**2=It's  
Good;**  
**3=LOVE it!**

**SILVER KEY SENIOR SERVICES | 719-884-2300 / [www.SilverKey.org](http://www.SilverKey.org)**

Menu substitutions may occur without notice. Clients are advised to keep a 3-day supply of non-perishable foods and bottled water in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

# SRDA MENU: 2023 MEALS ON WHEELS

SRDA MEALS ON WHEELS MENU January-24				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-Jan	2-Jan	3-Jan	4-Jan	5-Jan
 <p>May this year be full of hope in our eyes and love in our hearts. WISH YOU AND YOUR FAMILY A VERY HAPPY NEW YEAR.</p> <p>(frozen meal to be delivered 12/30) No Meal Service Today</p>	<p>Hoppin' John (48) (ham, blackeyed peas &amp; rice) Collard Greens (6) Cornbread (19) Strawberry Gelatin (15) Milk (12) Calories: 675 Carbs: 100g Fiber: 13g Protein: 21g Fat: 25g Sodium: 1150mg</p> <p><b>new</b></p>	<p>Apple Ginger Pork Chop (3) Potatoes Delmonico (14) Sauteed Brussel Sprouts (8) Angel Food Cake (27) Blueberries w/ topping (16) Milk (12) / Dinner Roll (22) Calories: 765 Carbs: 102g Fiber: 11g Protein: 44g Fat: 26g Sodium: 825mg</p> <p><b>new</b></p>	<p>Meatloaf w/ Gravy (13) Mashed Winter Squash (25) Seasoned Spinach (5) Beef Barley Soup (12) Ambrosia(18) Milk (12) / Cracker (5) Calories: 820 Carbs: 90g Fiber: 11g Protein: 47g Fat: 35g Sodium: 1010mg</p>	<p>Bean Burrito w/Green Chili (62) Cilantro Rice (18) Calabacita (6) Pozole (10) Fresh Banana (26) Milk (12) Calories: 835 Carbs: 135g Fiber: 12g Protein: 38g Fat: 21g Sodium: 1160mg</p>
8-Jan	9-Jan	10-Jan	11-Jan	12-Jan
<p>Beef Chow Mein (29) Sweet &amp; Sour Carrots (32) Oriental Green Beans (7) Vanilla Ice Cream (27) Sliced Oranges (11) Milk (12) Calories: 850 Carbs: 118g Fiber: 13g Protein: 38g Fat: 31g Sodium: 1110mg</p>	<p>Tuna Noodle Casserole (26) Harvard Beets (14) Italian Vegetable Toss (17) Chocolate Pudding (6) Sliced Apples (22) Milk (12) Calories: 680 Carbs: 96g Fiber: 14g Protein: 39g Fat: 19g Sodium: 970mg</p>	<p>Roast Beef w/ Rosemary Au Jus (27) Blue Cheese Potatoes (27) Broccoli Florets (5) Roasted Beets (11) Dinner Roll w/ Margarine (22) Milk (12) / Fruit Parfait (14) Calories: 905 Carbs: 92g Fiber: 13g Protein: 43g Fat: 47g Sodium: 615mg</p>	<p>Ham &amp; Potato Casserole (24) Fall Harvest Couscous (25) Capri Mixed Vegetables (6) Summer Fruit Salad (26) Chocolate Cake (41) Milk (12) Calories: 820 Carbs: 129g Fiber: 9g Protein: 32g Fat: 25g Sodium: 1045mg</p> <p><b>HAPPY JANUARY BIRTHDAY</b></p>	<p>Chicken Bacon Ceasar Wrap (14) Apple Pear &amp; Walnut Salad (19) Assorted Pudding (6) V-8 juice (8) Milk (12) &amp; Frozen Meal for MLK Day Calories: 610 Carbs: 61g Fiber: 7g Protein: 31g Fat: 32g Sodium: 850mg</p>
15-Jan	16-Jan	17-Jan	18-Jan	19-Jan
 <p><b>CLOSED FOR</b> MARTIN LUTHER KING JR. DAY</p> <p>(frozen meal to be delivered 1/13) No Meal Service Today</p>	<p>Cuban Roasted Pork (2) Rosemary Snap Peas (15) Seasoned Asparagus (4) Squash Bisque Soup (15) Diced Peaches (15) Milk (12) Calories: 845 Carbs: 93g Fiber: 10g Protein: 49g Fat: 36g Sodium: 515mg</p>	<p>Cheese Tortellini w/Sauce (28) Sugar Snap Peas (6) Steamed Carrots (6) Cherry Crisp (36) Mandarin Oranges (15) Milk (12) / Breadstick (14) Calories: 735 Carbs: 112g Fiber: 11g Protein: 31g Fat: 22g Sodium: 795mg</p>	<p>Chicken Alfredo w/Pasta (31) Roasted Broccoli (6) Garlic Bread (15) Minestrone Soup (19) Fresh Grapes (18) Milk (12) Calories: 975 Carbs: 119g Fiber: 10g Protein: 54g Fat: 36g Sodium: 835mg</p>	<p>Beef Pot Pie (23) Seasoned Spinach (5) Corn O'Brien (12) Diced Pears (16) Butterscotch Blondie (54) Milk (12) Calories: 975 Carbs: 122g Fiber: 10g Protein: 37g Fat: 42g Sodium: 815mg</p>
22-Jan	23-Jan	24-Jan	25-Jan	26-Jan
<p>Baked Ham w/Glaze (11) Roasted Red &amp; Swt Potatoes (19) Green Beans Almondine (7) Cranberry Pear Salad (31) Side Salad w/Dressing (8) Milk (12) / Dinner Roll w/Marg (22) Calories: 730 Carbs: 111g Fiber: 10g Protein: 38g Fat: 22g Sodium: 1070mg</p>	<p>Chicken Parmesan (16) Pasta w/ maranara (36) Brussel Sprouts (11) Dinner Roll w/Margarine (22) Cinnamon Apple Slices (19) Milk (12) Calories: 825 Carbs: 113g Fiber: 14g Protein: 39g Fat: 30g Sodium: 1105mg</p>	<p>Beef Pot Roast (29) Garlic Mashed Potatoes (5) Ratatouille (22) Peach and Yogurt Parfait (22) Dinner Roll w/Margarine (22) Milk (12) Calories: 775 Carbs: 102g Fiber: 10g Protein: 43g Fat: 28g Sodium: 575mg</p> <p><b>new</b></p>	<p>Pecan Crusted Cod (21) Orzo (34) Peas &amp; Mushrooms (13) Dinner Roll w/ Margarine (22) Chocolate Chip Cookie (16) Milk (12) / Cranberry Juice ( ) Calories: 1055 Carbs: 135g Fiber: 10g Protein: 54g Fat: 39g Sodium: 925mg</p>	<p>Chicken Tahitian (8) Red Mashed Potatoes (22) Roasted Winter Vegetables (7) Vegetable Soup (9) Fruit-of Choice (15) Milk (12) Calories: 970 Carbs: 95g Fiber: 11g Protein: 46g Fat: 51g Sodium: 1025mg</p> <p><b>new</b></p>
29-Jan	30-Jan	31-Jan	1-Feb	2-Feb
<p>Beef Chili Mac (24) Cheesy Cauliflower (6) Cape Cod Mixed Vegetables (8) Cinnamon Applesauce (11) Butterscotch Pudding (27) Milk (12) Calories: 700 Carbs: 97g Fiber: 11g Protein: 33g Fat: 25g Sodium: 810mg</p>	<p>Arroz con Pollo (32) Sugar Snap Peas (7) Mexican Corn (17) Cranberry Apple Crumble (30) Raisin Nut Cup (22) Milk (12) Calories: 920 Carbs: 159g Fiber: 13g Protein: 41g Fat: 17g Sodium: 380mg*</p>	<p>Mostaccioli w/ Meatsauce (29) Oven Roasted Vegetables (5) Dinner Roll w/Margarine (22) Orange, Beet &amp; Spinach Salad (14) Diced peaches (14) Milk (12) Calories: 620 Carbs: 73g Fiber: 11g Protein: 32g Fat: 28g Sodium: 1165mg</p>	<p>Mesquite Roasted Turkey (1) Browned Potatoes &amp; Onions (25) Green Peas (13) Dinner Roll w/ Margarine (22) Pumpkin Mousse (44) Milk (12) Calories: 935 Carbs: 117g Fiber: 10g Protein: 66g Fat: 28g Sodium: 1150mg</p>	<p>Pinto Beans &amp; Ham (39) Sweet &amp; Red Potatoes (19) Seasoned Green Beans (6) Cornbread (42) / Apple (13) Broccoli Salad (11) Milk (12) Calories: 915 Carbs: 142g Fiber: 18g Protein: 42g Fat: 24g Sodium: 980 mg</p>

**IMPORTANT INFORMATION:** Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.

**Are you new to the Pueblo area?**  
*Looking to make new friends?*  
**Here's the place to go!!!**



**230 N. Union Ave.  
Pueblo, CO 81001**

**Call us: 719-545-8900**

**MENUS ARE SUBJECT TO CHANGE**

Please remember SRDA in your planned giving. Your legacy lives on, our mission continues at Meals on Wheels.

\* In order to prevent waste, we are on a Reservation System.  
\* Please call the day before or the morning of, before 9:00 A.M, to CANCEL your Meal  
\* IMPORTANT INFORMATION: Numbers in parentheses next to each meal item indicate the number of carbohydrates in grams for that item.  
\* YOU MUST BE HOME TO RECEIVE YOUR MEAL!!!  
Consumers attending the congregate meal sites shall be advised and informed to keep a three-day supply of non-perishable foods and bottled water in case of inclement weather or other emergency that causes a temporary suspension of services. If feasible and determined by the Area Agency on Aging in their area plan, emergency meal packages may be provided.

## Lifeline With Philips AutoAlert!\*

The Only medical alarm pendant that can call for help even when you can't press the button!



**KEEP YOUR INDEPENDENCE with SRDA Lifeline**

- No Long Term Contract • New Homesafe Wireless Solution
- Now Available, Go Safe Wireless GPS

**NO HOME PHONE LINE NEEDED**

**Lifeline of Pueblo**

**Call Today! 719-545-1212**

**Lifeline Colorado Springs**

**Call Today 719-522-9779**

[www.srda.org](http://www.srda.org)

Serving Pueblo for Over 28 Years!





**PHILIPS Lifeline Affiliate**

All Help Calls answered in the USA

\*AutoAlert does not detect 100% of falls. If able, always press your button when you need help.

**"THE ENERGY OF THE MIND IS THE ESSENCE OF LIFE."**

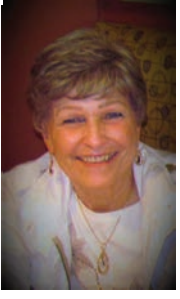
-Aristotle

**All Up-To-Date Menus at [www.SeniorBeacon.info](http://www.SeniorBeacon.info)**

# 'LIGHT FOR THE JOURNEY'

JAN MCLAUGHLIN

Columnist & founder of an international prison ministry



"ARE YOU SCRATCHING THE FURNITURE OR JUMPING THE FENCE?"

We have a cat. We have been raising him since he was a cute cuddly kitten. He is now over 2 years old, fat and very spoiled. I don't know how that happened. Spoiled I mean! I gave him all he needed. He has plenty of food, clean water every morning — filtered water at that! I clean out his litter box every day and he gets our undivided love and attention. He comes to us when he wants some treats and meows until he gets what he wants. He loves to go outside to explore, but we know he will jump the fence and wander off without a second thought, so we have to go with him and keep him within his safe boundaries.

We love our cat; we delight in him. And we're pretty sure he loves us, we think. Actually, his love for us is very fickle. He chooses to display his love for us when he feels like it. So often he simply wants to be left alone to sleep or to do his stealthy acts of misconduct. In our old age he

Wait!  
Don't Sign  
THAT  
Contract  
Call  
**Twin Enviro**  
services  
719-372-6671  
No Contracts. No hidden Fees. Local Customer Service.

is like our child...a spoiled child who gets himself into lots of trouble. He is curious about everything and likes to explore areas and spaces and horizontal platforms where cats should never go. He scratches our furniture and sometimes meows incessantly. So, we squirt him with the water bottle to keep him under control. That's our warning signal. If he continues his bad behavior, he gets time out in the basement. He does not like that.

My cat, Buddy got me to thinking about God and the prophets and the Israelites in the Old Testament and modern people today. How we humans since the beginning of time are so much like my cat, Buddy. What humanity in general fails to understand is that God not only raised us up (He made us out of dirt— that ought to humble us) but He actually loves us and takes care of us by giving us everything we need for this life and for godliness. Just as I take care of and love and delight in Buddy, God does the same for us. He has given us a beautiful creation, food to eat, clothes to wear, homes to live in, mountains and oceans and flowers, trees, birds and so much more. He changes the seasons four times a year, so we have variety in our environment. He lights up the night sky, He paints a new sunrise and sunset every evening. He pours out refreshing showers that bring forth life from the earth and then caps off those showers with the exquisite heavenly jewelry of a rainbow.

And when we want to wander off and jump the fence of His commandments into the dark and dangerous world of our enemy, the devil, He

warns us by bringing trials upon us to call us back to Him. At times, when we persist in our bad behavior, He brings calamities upon us.

Here is what He says in **Isaiah 45:5-7**: "(NASB) *I am the LORD, and there is no other; Besides Me there is no God. I will gird you, though you have not known Me; That men may know from the rising to the setting of the sun That there is no one besides Me. I am the LORD, and there is no other, The One forming light and creating darkness, Causing well-being and creating calamity; I am the LORD who does all these.*"

Do you wonder why we are going through so much chaos and turmoil in the world? Wars, violence, corruption in every arena of society, lies and deception, shameful breaking of God's commandments. Our great and merciful God has put up with so much of our bad behavior for thousands of years. On reading the prophetic books of the Bible, I hear our loving Creator repeatedly calling out to humanity, "**Return to Me,**"

The words in the book of **Joel 2:12-14** especially brought me to tears: "*Yet even now,*" declares the LORD, "*Return to Me with all your heart, And with fasting, weeping and mourning; And rend your heart and not your garments.*" Now return to the LORD your God, For He is gracious and compassionate, Slow to anger, abounding in lovingkindness and relenting of evil."

Hear these words from **Ezekiel 33:11**: "(NASB) *Say to them, 'As I live!' declares the Lord GOD, 'I take no pleasure in the death of the wicked, but rather that the wicked turn from his way and*

*live. Turn back, turn back from your evil ways! Why then will you die, O house of Israel?'* These words are not only for the Old Testament Israelites. They are for us right now.

Despite my cat Buddy's bad behavior, I love him. I don't know why, I just do. He doesn't deserve my love, my protection or all the comforts I provide for him. The same goes for us. We don't deserve all that God does for us. We don't deserve God's love. None of us do. Someday soon God's warnings will cease. He will cease to say, "**Return to Me.**" Rather, the scariest words in the Bible come from the very mouth that called out the words Return to me. He will say, *'I tell you, I do not know where you are from; DEPART FROM ME, ALL YOU EVILDOERS.'*

© 2024 Karen DeHerrera can be contacted at [kdeph1.4@gmail.com](mailto:kdeph1.4@gmail.com)

© 2024 Jan McLaughlin - All rights reserved. Jan can be contacted at 719-275-6971 or by e-mail [Jansmail@reagan.com](mailto:Jansmail@reagan.com)

# REELING

## POWERFUL AND PERSONAL HISTORY

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



**D**IRECTOR MICHELLE DANNER'S LATEST FILM, *MIRANDA'S VICTIM*, made me so angry I even shouted at the screen. But I also felt thankful for this movie because it helped me understand how difficult it is for women who have been raped and try to get justice.

What you will see, dear reader, involves how the Miranda Rights warning became required in the United States. It all started back in the 1960s in Phoenix, Arizona. The victim was 18 years old. She was walking home from her night job at a local theater when a man kidnapped and raped her. And, imagine this, she wanted him to pay for his crime! The film then shows how difficult it was for the young girl after she accused Ernesto Miranda.

*MIRANDA'S VICTIM, no holds barred.  
Watching it through sure can be hard.  
But powerful, in ways galore.  
When done, you know a whole lot more.*

*Michelle Danner looks at real life.  
Again she picks someone in strife.  
Brave young woman who tells her woes.  
And how she suffers as trial goes.*

*But just one trial was not enough.  
So suffering is daily stuff.  
Abigail Breslin plays this part  
and shows she knows acting is Art.*

*Subject Miranda we see too.  
with lawyers who have lots to do.  
The U.S. Supreme Court appears  
to make a judgment someone fears.*

*All come together on the screen  
and history has now been seen.*

In addition to Abigail Breslin's star performance, the wonderful support cast deserves praise, especially the lawyers played by Andy Garcia, Ryan Phillippe, Luke Wilson and Supreme Court judge Donald Sutherland (in almost a cameo). Also, Sebastian Quinn delivers the goods as Miranda, and Mireille Enos does the same as the victim's worried mom,

Kudos for the writers too. Complicated but down-to-earth screenplay was written by J. Craig Stiles from his story with George Korber and Richard

## SENIOR LIVING AT VILLA PUEBLO



**ABOUT 1/2 THE PRICE  
ABOUT 1/2 HOUR AWAY!**

**"Pueblo is ranked among the most affordable cities to live."**

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

**Located approximately 30 minutes South of Colorado Springs, Villa Pueblo Senior Living Community is an affordable option for Adults over the age of 55.**

**Let's talk about how our bundled rates can save you money!**

Shop around and see how we compare!

Our great rates start at only \$1850 & include:

- All utilities (except telephone)
- Cable television
- Two meals a day—GREAT FOOD!
- Housekeeping & Flat laundry services
- Inside and outside maintenance/grounds-keeping
- Complimentary use of washers and dryers
- Emergency call system
- Assigned parking for residents and guests
- Scheduled transportation & MORE!

**Great Location! Close to Shopping, Walking Trails, Medical Offices, and Highways!**

**Hometown Feel & Friendly Neighbors!  
5 Floor Plans to Choose From!**

**Tallest Building in Pueblo—  
Apartments Have GREAT VIEWS!**

**SCHEDULE A TOUR & TRY OUR GREAT FOOD! 719.545.5911**

**Villa Pueblo Senior Living Community**  
1111 Bonforte Boulevard, Pueblo, CO 81001  
[www.villapueblo.com](http://www.villapueblo.com)

Lasser.

movie that matters.

Miranda's Victim is not easy to watch. But like other Danner films (Hello Herman, Bad Impulse, and The Runner) this unflinching offering ends up being a

(Released by All in Films. Available on Prime Video. Not rated by MPAA.)

"You have the right to remain silent.

Anything you say will be used against you in a court of law. You have the right to speak to an attorney and to have an attorney present during any questioning." --- U.S. Miranda Rights



# Montgomery & Steward Funeral Directors

# Continuing Into Another Century of Service



Dian & Gerry J. Montgomery

For 100 Years, Montgomery & Steward Funeral Directors has had a reputation for excellence.

Our focus has always been thoughtful, caring, professional, personalized service to families.

Moving into the next century, Gerry and Dian Montgomery, pledge their commitment and long tradition of providing care and compassion for the community they have always called home.

Continuing to set the bar high, we promise to go above and beyond for each family we serve – not because it's a business but because it's our way of life.

We invite you to call or visit us today.



- Funeral Services
- Pre-need Plans
- Cremations
- Burial Planning
- Granite Monuments
- Bronze Memorials



*Funeral Directors, Inc.*

14th and Main Streets, Pueblo, Colorado 81003, (719) 542-1552

Visit our web site: [www.montgomerysteward.com](http://www.montgomerysteward.com)



◀ FROM PHARMA PAGE 1

*Can you describe your customers?*

My customers are too diverse to describe. They range from little babies to people in their 80's and 90's. I strive to be welcoming to everyone and treat them fairly.

*Why do your customers select you over your competitors?*

Customers choose me because they want to go to a pharmacy where they know the pharmacist and the technician and can easily ask them questions. I don't have a long phone answering system where you have multiple options to select from. When you call, you get an answer! And on the odd chance that we can't get to the phone on time, there is a simple message line and we call you back quickly.

*Where do you see your business in the next year?*

I see my business right here. I hope to build a loyal customer base that I can serve for many years to come.

*Whom do you seek advice from for your business?*

I have had the pleasure to work both for and with many skilled pharmacists over the years. I have a plethora of contacts I can reach out to. Cardinal Health, my primary wholesaler and The Medicine Shoppe franchise also provide many resources to reach out to for help. There are also other independent pharmacy owners that I know both in Pueblo and Colorado Springs that are always willing to help out with answers.

How has technology, such as computers and the internet, impacted how you conduct business? Technology is essential to pharmacy practice. From physically typing in prescriptions to advertising you have to use technology. The main one is help in checking both drug and disease state interactions. Nobody could do that without the aid of computers. Technology like texts and refill apps also greatly improve your communication with patients.

*How can our readers get ahold of you?*

The best way to reach me is to call. We still answer the phone! 719-501-5141. Or just stop on by and say hi. Mon-Fri 9am to 6pm and Saturday 9am to noon.

*Other thoughts, ideas, comments:*

I offer many pharmacy services, including bubble packing of meds, delivery or drive-thru for people with mobility issues, non-sterile compounding and immunizations.

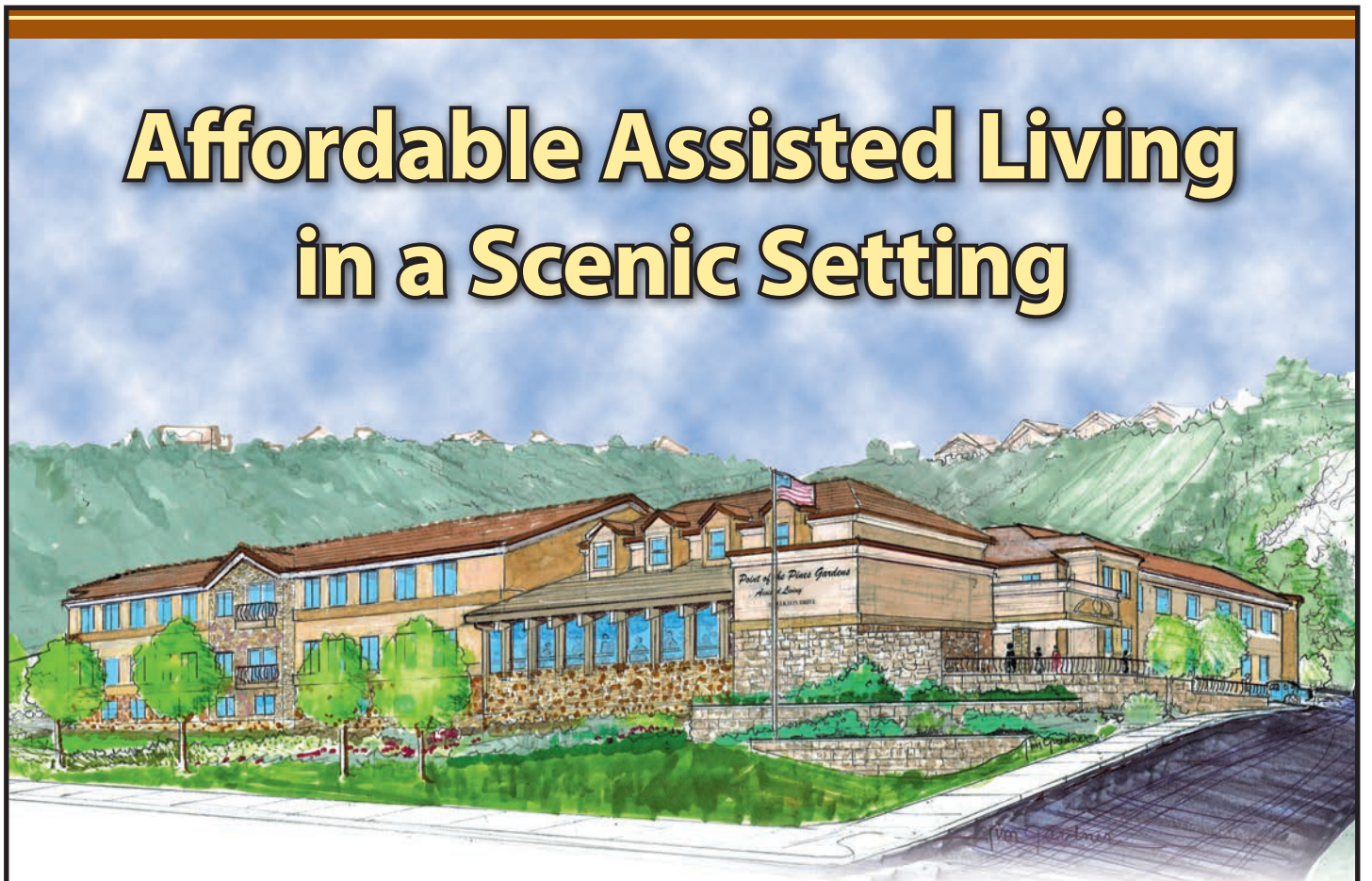
I take Colorado Medicaid and most insurances and give uninsured patients a good price as well.

◀ FROM CLUBS PAGE 1

ence, Technology, Engineering & Math) tutoring and mentoring.

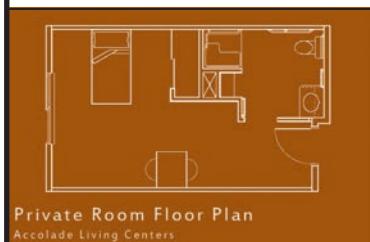
Boys & Girls Clubs volunteer opportunities assist staff in out-of-school programs including mentoring and tutoring in addition to teaching or co-facilitating activities in sports, arts and crafts, science, careers and more. After completing an application, interview and attending an orientation, volunteers may work in a specific Club to help with activities on a weekly basis and/or help on special events throughout the year.

According to Angela Giron, the President/CEO, "Becoming a Boys & Girls Clubs Volunteer is a great way for the community



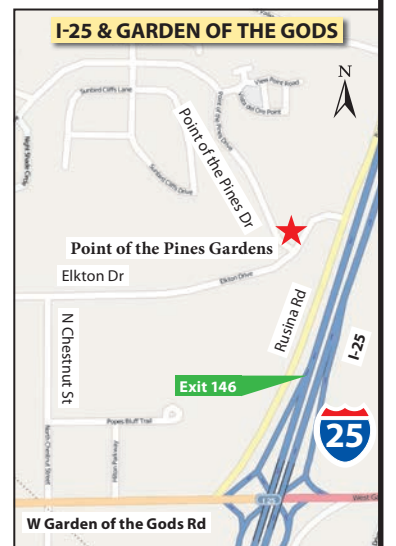
# Affordable Assisted Living in a Scenic Setting

## Point of the Pines Gardens MEDICAID & PRIVATE PAY ACCEPTED



- ALL PRIVATE ROOMS & BATHROOMS
- INDIVIDUAL HEAT & COOLING
- 24-HOUR CARE
- HOUSEKEEPING SERVICES
- ON-SITE SALON & BARBERSHOP
- FAMILY ATMOSPHERE WITH ALL THE COMFORTS OF HOME

**719-265-0030**  
**info@acoladelivingcenters.com**  
**330 Elkton Drive**  
**Colorado Springs, CO 80919**



**Accolade Living Centers**  
 CARING IS OUR BUSINESS

to support our mission of enabling all young people to reach their full potential as productive, caring and responsible community members. **Volunteers play a unique role in asset building in Clubs, and that's why your support is so valuable to us.**

Boys & Girls Clubs of Pueblo County provide healthy meals and quality educational programming for kids and teens age 6 to 18. Although its costs approximately \$2100 per member to provide program services for a year, thanks to grants and individual donors, there is no cost passed on to youth or their families.

Help support the great Pueblo organization that devotes all of their resources into helping Pueblo youth grow up to be successful adults. Club kids and teens report that 82% report feeling emotionally safe at their club; 78% have supportive adult connections at their club, and 95% of members say that club staff make them feel they will be a success.

Check out the Boys & Girls Clubs of Pueblo County website at [BGCPCkids.org](http://BGCPCkids.org) where you can fill out a Volunteer Interest card. Volunteer orientations occur on bi-monthly. You can get information on how to get started by emailing Jena Sanchez at [JenaS@BGCPueblo.org](mailto:JenaS@BGCPueblo.org) or by calling **719-283-1690**.

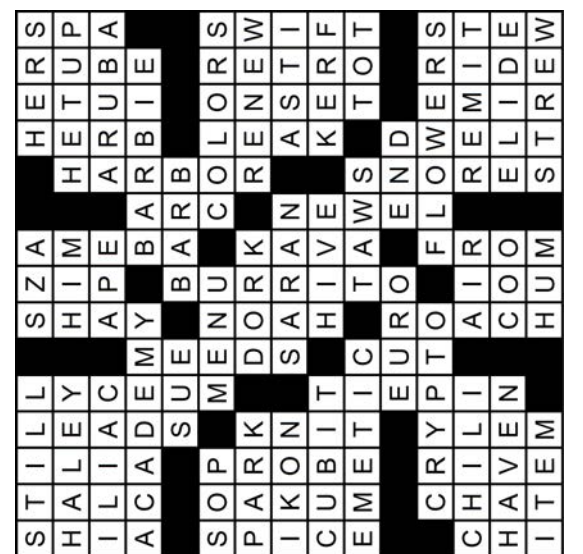
◀ FROM MAYOR PAGE 1

a gym. Prompted by the lack of supports for local businesses during the pandemic, I organized a group of business owners and community members to advocate for more funding and a plan for businesses to safely reopen. Along with the City and County, the team and I were successful in creating a system where businesses could get support to reopen which meant more people could go back to work and more businesses could give to the economy.

In 2021, I decided to run for City Council to ensure that small businesses were represented in policy making and have been elected as Council President since my first meeting. From joining City Council, I've been committed to working tirelessly to make sure that the needs of our community are met. As President, I have had the opportunity to lead the Council in

finding practical solutions to the crucial issues affecting our community. I am dedicated to making sure that the city continues to thrive and grow in a way that benefits all of our citizens. Through my experience in governing, I came to know the people, the challenges, and the opportunities that this

▶ CROSSWORD ANSWERS ▶ GAMES ON PAGE 14



▶ SEE MAYOR, PAGE 16

**Let's thank VILLA PUEBLO for sponsoring--Stop by soon!!**

**WOW! SALE EXTENDED**  
**FREE RENT FOR 2 MONTHS!\***

\*2 MONTH'S FREE RENT OFFER IS FOR NEW AND PERMANENT INDEPENDENT LIVING RESIDENTS; MUST SIGN LEASE FOR 12 MONTHS AND MOVE IN BY 3/31/24. OFFER CANNOT BE COMBINED WITH OTHER DISCOUNTS. THIS OFFER IS NOT VALID FOR PAY-FOR-REFERRAL INQUIRIES.

Villa Pueblo Senior Living has been a name you can trust for many decades. We know that the cost of everything has increased and we want to make your move into a spacious 55+ apartment home as easy and as affordable as possible. That is why we are offering this **amazing sale**. Move-in before the end of MARCH 2024 to take advantage of this offer.

- NO COMMUNITY FEE
  - FRIENDLY NEIGHBORS & STAFF
  - RENT INCLUDES ALMOST EVERYTHING
  - WELL-BEHAVED PETS ARE WELCOME
- CAMPUS OF CARE INCLUDES:
- APARTMENT HOMES FOR ADULTS 55+
  - ASSISTED LIVING STUDIOS
  - SKILLED NURSING & REHABILITATION
  - HOME CARE ONSITE

Call Today to Schedule a Tour!  
NEED HELP WITH TRANSPORTATION FOR A TOUR? LET US KNOW!  
**719.253.3731**

Villa Pueblo Senior Living Community

Find us on: **facebook**

1111 Bonforte Blvd., Pueblo, CO 81001 | [www.villapueblo.com](http://www.villapueblo.com)

**Tatum Plan Review**

- \*\*\* Lower Your Drug Cost
- \*\*\* See Added Benefits Like Dental, Hearing & Vision
- \*\*\* And Much More--CALL TODAY: (719) 431-9009



**MEDICARE Questions?**

MEDICARE QUESTIONS?

\*\*\* We Can Compare Plans From Multiple Top Carriers

**REVIEW Plans?**

2024 PLANS ARE HERE  
 Call For Your FREE Review  
 Katia Tatum Licensed Agent  
 Katia@TheReedAgency.net  
 719-431-9009

**GOLDEN AGE CENTER**

Penrose (719) 372-3872    Canon City (719) 345-4112  
 Florence (719) 784-6493    Salida (719) 539-3351

Monday	Tuesday	Wednesday	Thursday	Friday
1 CLOSED  NEW YEAR'S DAY	2 <b>#13 Beef Barley Soup</b> WW Crackers Sesame Broccoli Apricot Pineapple Compote WW Bread Apple	3 <b>#66 Pot Roast w/Gravy</b> Baby Carrots & New Potatoes Seasoned Green Beans Cantaloupe Raisin Nut Cup WW Bread w/Butter	4 <b>#47 Scalloped Potatoes w/ Ham</b> Spinach Salad w/Mandarin Oranges Hard Boiled Egg Sliced Peaches WW Roll w/Butter	5 <b>#56 Lemon Baked Fish</b> Tarter Sauce/Lemon Rice Pilaf Creamy Coleslaw Green Beans w/Mushrooms Apple
8 <b>#55 Kielbasa</b> Parsley Buttered New Potatoes Mixed Vegetables Baked Acorn Squash Pineapple/Mandarin Orange Compote	9 <b>#24 Chicken Cacciatore</b> Green Beans Smashed Red Potatoes Banana WW Bread W/Butter	10 <b>#94 Swiss Steak</b> Mushroom Sauce Smashed Red Potatoes Seasoned Greens Salad w/Lite Ranch Orange WW Bread w/Butter	11 <b>#20 California Veggie Bake</b> Spinach Salad w/Egg and Lite Italian Pear Citrus Cup Oatmeal Raisin Cup WW Bread w/Butter	12 <b>#82 Smothered Chicken</b> Cornbread Stuffing Peas & Carrots Cauliflower & Broccoli Applesauce Waldorf Salad
15 CLOSED  MARTIN LUTHER KING JR. DAY	16 <b>#44 Ham and Beans</b> Collard Greens Cornbread Orange Juice	17 <b>#40 Cream of Potato Soup</b> Tuna Salad Wrap Shredded Romaine Lettuce & Tomato Slices Creamy Coleslaw Peaches	18 <b>#68 Pueblo Beef Stew</b> Sour Cream WW Crackers Brussels Sprouts Vegetable Salad w/Lite Ranch Banana	19 <b>#88 Stuffed Peppers</b> Chopped Spinach w/Malt Vinegar Applesauce Cake WW Bread w/Butter
22 <b>#31 White Bean Chicken Chili</b> Spinach Salad w/Lite Italian Dressing Cornbread Orange Juice	23 <b>#109 Turkey Pot Pie</b> Peas & Carrots Salad w/Lite Ranch WW Roll w/Butter Orange Oatmeal Cookie	24 <b>#86 Spinach Lasagna</b> Seasoned Green Beans Salad w/Lite Italian Banana WW Bread w/Butter	25 <b>#28 Beef Stroganoff</b> Orange Spiced Carrots Pickled Beet & Onion Salad Orange WW Bread w/Butter	26 <b>#17 Black Bean &amp; Tortilla Casserole</b> Steamed Brown Rice Whipped Sweet Potatoes Mixed Fruit
29 <b>#92 Sweet &amp; Sour Pork</b> Brown Rice California Mixed Vegetables Orange WW Dinner Roll	30 <b>#63 Pasta Primavera</b> Spinach Salad w/Egg & Lite Italian Apple Pear Salad w/Almonds Plums Garlic Bread	31 <b>#27 Chicken Fried Steak w/Cream Gravy</b> Smashed Red Potatoes California Mixed Vegetables Appl & WW Roll	A \$3.00 suggested donation per meal is appreciated, but not required.	Must have assessment form for our meal program on file with UAAACOG. Eligibility 60+.

**FLORENCE SENIOR CENTER**

Tuesday	Thursday	Friday
2 <b>#50 Honey BBQ Chicken</b> Oven Browned Potatoes Broccoli and Carrots Diced Pears Carrifruit Salad WW Bread w/Butter	4 <b>#47 Scalloped Potatoes w/ Ham</b> Spinach Salad w/Mandarin Oranges Hard Boiled Egg Sliced Peaches WW Roll w/Butter	5 <b>#56 Lemon Baked Fish</b> Tarter Sauce & Lemon Rice Pilaf Creamy Coleslaw Green Beans w/Mushrooms Apple
9 <b>#32 Chili con Carne</b> Steamed Broccoli Cornbread Trail Mix w/Nuts & Raisins Apple	11 <b>#20 California Veggie Bake</b> Spinach Salad w/Egg and Lite Italian Pear Citrus Cup Oatmeal Raisin Cup WW Bread w/Butter	12 <b>#82 Smothered Chicken</b> Cornbread Stuffing Peas & Carrots Cauliflower & Broccoli Applesauce Waldorf Salad
16 <b>#75 Roast Pork Loin</b> Brown Gravy Smashed Red Potatoes Orange Spiced Carrots Orange Mitzie's WW Dinner Roll	18 <b>#68 Pueblo Beef Stew</b> Sour Cream WW Crackers Brussels Sprouts Vegetable Salad w/Lite Ranch Banana	19 <b>#88 Stuffed Peppers</b> Chopped Spinach w/Malt Vinegar Applesauce Cake WW Bread w/Butter
23 <b>#27 Chicken Fried Steak</b> Cream Gravy Smashed Red Potatoes California Mixed Vegetables Apple WW Dinner Roll	25 <b>#16 Beef Stroganoff</b> Orange Spiced Carrots Pickled Beet & Onion Salad Orange WW Bread w/Butter	26 <b>#17 Black Bean &amp; Tortilla Casserole</b> Steamed Brown Rice Whipped Sweet Potatoes Mixed Fruit
30 <b>#81 Sloppy Joe on a Bun</b> Scalloped Potatoes Broccoli and Carrots Apple	A \$3.00 suggested donation per meal is appreciated, but not required.	Must have assessment form for our meal program on file with UAAACOG. Eligibility 60+.

Please call (719) 345-3064 before 9:30 a.m. for reservations. Congregate meals served Monday - Fridays. All menus subject to change.

Please call (719) 784-6493 before 9:30 a.m. for reservations. Congregate meals served Tuesdays, Thursdays, and Fridays. All menus subject to change.

**All Up-To-Date Menus at [www.SeniorBeacon.info](http://www.SeniorBeacon.info)**

# 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

## Pneumococcal Pneumonia Can Be Life-Threatening

### HERE'S WHAT TO KNOW & DO

(StatePoint) Pneumococcal pneumonia can disrupt your life for weeks and, in some cases, be serious or even life-threatening. To help adults understand how they can help protect themselves against pneumococcal pneumonia, the American Lung Association and Pfizer are partnering to share important information and patient insights about the disease.

The Centers for Disease Control and Prevention (CDC) estimates that this lung disease causes an estimated 150,000 hospitalizations annually nationwide. Symptoms include high fever, excessive sweating, shaking chills, coughing, difficulty breathing, shortness of breath and chest pain. Some symptoms can appear quickly and without warning.

#### Risk Factors

The immune system naturally weakens with age, so even if you're healthy and

active, being 65 or older puts you at increased risk for pneumococcal pneumonia. In fact, adults 65



and older are over 10 times more likely to be hospitalized with pneumococcal pneumonia than those aged 18-49.

In adults 19 and older, certain factors increase pneumococcal pneumonia risk compared with healthy adults of the same age. These include smoking cigarettes, chronic lung diseases like asthma and COPD, chronic heart disease and diabetes.

#### Prevention

Pneumococcal pneumonia vaccination can help protect against the disease and is recommended for at-risk groups. For adults living with certain chronic health conditions and those 65 or older, vaccination helps protect against a potentially life-threatening illness.

"Having asthma can sometimes restrict me from doing things I love, so I really try to take proactive steps to help keep myself healthy, like avoiding my known asthma triggers and following my doctors' advice," says Catherine, a patient who was diagnosed with asthma in

adulthood. "I didn't even think I was old enough to get vaccinated for pneumococcal pneumonia, but when my doctor recommended it, I got it because I trust him. I like the comfort of knowing it's helping to protect me against this potentially serious lung disease."

In addition to being up to date on your vaccinations, washing your hands, and not smoking are all habits that can help prevent pneumococcal pneumonia. Those with chronic illnesses should also follow the care recommendations for their condition.

#### Disparities

The 2025 Vaccines National Strategic Plan has pneumococcal disease vaccination rate targets of 90% for people 65 years and older and 60% for adults with underlying health conditions at increased risk of disease. Unfortunately, current vaccination rates are falling far short of these goals – especially among Black and Hispanic/Latino-communities. In 2021,

pneumococcal vaccination coverage among all U.S. adults aged 65 and older was 70.1%. However, the rate was around 60% among the Black population and around 52%

among the Hispanic/Latino population of the same age group. **Latino and Black adults are also at greater risk of developing certain chronic health conditions, such as asthma and diabetes, compared to individuals who are white. It's important that all adults at risk take steps to help protect themselves against infection.**

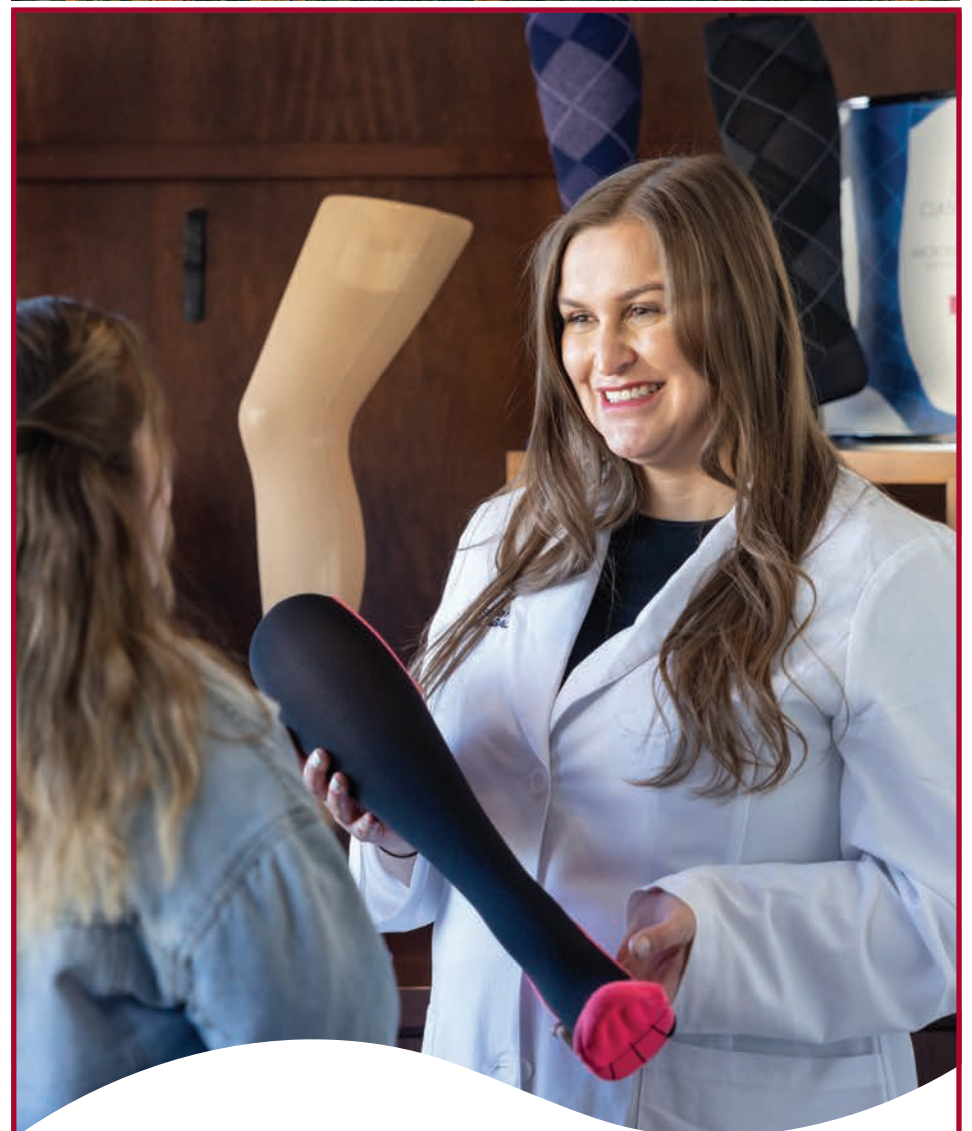
#### What Should You Do?

If you're at increased risk for pneumococcal pneumonia, talk to your doctor or pharmacist about vaccination. Being an active part of your healthcare team, advocating for yourself and asking questions is important. Even if you've previously had a pneumonia vaccine, your healthcare provider may recommend additional vaccination for increased protection. You can learn more, as well as take a quiz to assess your risk, by visiting [lung.org/pneumococcal](http://lung.org/pneumococcal).

Pneumococcal pneumonia can be serious. Talk to your healthcare provider about how to help prevent this lung disease.

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

**Silver Key™**  
 "Aging is...All of Us!"  
 Do you or a loved one need help and care?  
 Silver Key makes the difference!  
 Over 50 Years of Serving Seniors  
 SilverKey.org | 719-884-2300  
 All Seniors | All Neighborhoods



## Vein care is self-care

Colorado's Largest Network of Vein Clinics. Let our talented team take care of your: Achy legs, varicose veins, leg swelling, spider veins, restless legs, and leg cramps

Call for an appointment  
**866.594.8145**  
[americanvein.com](http://americanvein.com)

American Vein & Vascular Institute  
 Family OWNED & OPERATED

ANCIENT FAERIE LORE: FAERIE HERBS AND POTIONS

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



**The infamous Tower. Imagine.**

Dominating London's landscape and constructed by William the Conqueror in 1078, this infamous structure remains one of England's most sinister. Named the Tower of London, few haven't heard gory details of its past inhabitants. A memorial on Tower Green, (where I once stood myself) plays tribute to many sad souls executed there over past centuries. Ghosts of Anne Boleyn, Lady Jane Grey, not to forget Margaret Pole, Countess of Salisbury,

whose shadow often theatrically returns to this site. At seventy-two she unsuspectingly was the target for Henry VIII's significant retribution. Her son Cardinal Pole belittled the king's claim to be head of the Church of England. Safely ensconced in France his own mother was the target in London, and ordered to appear albeit defiantly at the chopping block. Told to kneel, she adamantly refused, screaming in terror that she was no traitor. The frustrated masked executioner took a wild swing, and missed, angered he chased her frail worn body around the scaffold, until she eventually succumbed to being hacked to pieces. This spectacle has been seen many times; amid her phantom earsplitting screams of suffering, and desperation. Even the multiple ravens cannot consider another retreat, as should they abandon their present home, the Tower will inevitably fall... Obviously their relentless care is certainly the finest. My initial visit occurred at 17 years old, and captivated by its reputation, I careful-

ly climbed upwards on the stone, cold winding steps toward the fateful room the absolute prison which housed the two

*Ghosts of Anne Boleyn, Lady Jane Grey, not to forget Margaret Pole, Countess of Salisbury, whose shadow often theatrically returns to this site. At seventy-two she unsuspectingly was the target target for Henry VIII's significant retribution.*

princes the brothers Edward and Richard, circa 1483 prior to their deceptive and apparent, yet unproven murders.

When Edward IV died unexpectedly his twelve-year-old son was destined to succeed him as Edward V. Prior to his coronation, both brothers were acknowledged as illegitimate by Parliament. Their uncle the Duke of Gloucester dispatched the brothers to the Tower. Meanwhile he ascended the throne as Richard III. Two

their uncle the Duke of Gloucester, (soon to become Richard III) "His deadly knife rapidly stikked Henry's body full of deadly holes."

(Pardon my primeval spelling; that is verbatim!) This transpired May 21st at midnight, 1471. Notoriously, this irrational phantom paces angrily

around Wakefield Tower's damp, murky inner sanctuaries until the last stroke of midnight, then abruptly it vaporizes into thin air, until next year, where it seizes attention once again. Rest in peace Henry, as still a vestige of anger, frustration and remorse cling to this ethereal character. However, despite legend referencing the structures' paranormal activity elsewhere



small skeletons were uncovered beneath a staircase near the White Tower in 1674. Both, because of their royal status were then buried in West Minster Abbey. Many encounters of two small boys dressed in white nightgowns are seen as they clutch each other fearfully. Often those witnessing and realizing the significance of the spirits reach out in sympathy. Sadly, the brothers' reflections both retreat into their prison wall. Perceptibly assassinated/ dispatched by close relatives due to a compulsive craving to reach Britain's throne, thus robbing the two royal brothers of their rightful destiny. Images of these pale skinned, and gentle boys reveal their vulnerability, so alike with ebony tunics, soft black velvet slipperlike shoes, and golden shoulder length hair. Each consistently wore heavy gold chains, with attachments signifying their heritage... mutually an easy target for their adversaries. Notorious for ghostly activity, Wakefield Tower parades a tragic translucent specter of Henry VII, whose weak and ineffectual reign was terminated by

in the building, the White Tower provides ageless stories, proof of having the most hostile manifestations. Known as the earliest erected building in the vicinity, these clammy cement, subzero temperature of these previously occupied rooms play host to the 'White Lady'. Often seen through a nearby window, as she serenely waves to groups of children playing in the courtyard. Permeating her entrance to St. John's chapel with a cheap, nauseating perfume, this Lady announces her eventual arrival. Many sentries attest to the fact they gagged and even 'threw up' due to her lightheaded fragrance. Meanwhile, Henry VIII's gawdy yet impressive rendition of his coat of armor stands proudly in the gallery. Many guards sense the demonic crushing sensation, felt more conspicuously while in close proximity to these areas, only to feel relief when staggering from the room. One describes a heavy cloak being flung at him, describing the incident, an entity grabbed it from behind, causing a red inflamed gash to his neck which was identified by his comrades in the guardroom. Thus, even today another invisible assailant roams the corridors.

**Thought for the day:**

*Careful! Thoughts are like boomerangs.*

Author Glen Vollmecke can be reached at [AlpacasRus@hotmail.com](mailto:AlpacasRus@hotmail.com)

**Silver Key™**  
"Aging is...All of Us!"  
Do you or a loved one need help and care?  
Silver Key makes the difference!

WE NEED Volunteers  
Discover how you can make a difference!

Over 50 Years of Serving Seniors

SilverKey.org | 719-884-2300

All Seniors | All Neighborhoods

**Where Quality of Life Comes First**

**Hildebrand Care Center**  
Skilled Nursing & Rehabilitation  
1401 Phay Avenue, Canon City, CO.  
(719) 275-8656

**719-275-8656**

- \* Skilled Nursing
- \* PT, OT & Speech Therapies
- \* Respite Care
- \* Hospice Care
- \* Offering single occupancy rooms to all pay sources
- \* No ancillary charges

**1401 Phay Ave, Canon City, CO 81212**

# SENIOR CLASSIFIEDS

**WHAT: ALL PUEBLO**

**SINGS! COMMUNITY SING-ALONG-Free.** All ages/talents welcome.

WHEN: Saturday Oct., 14, & Sat. Nov., 16 2023. TIME: 3-4:15 PM  
WHERE: Pueblo Divine Science Church 115 E. Routh Ave. Pueblo, CO 81004.

Contact/Questions:

Marcia Beachy, 719-542-0156, MEFbeachy@hotmail.com  
Dorothy Maher 719-289-5866

DMmaher1@gmail.com #1123

\* \* \* \*

**BOOKS WANTED! WE BUY BOOKS...** Also, private and estate libraries We make house-calls.  
Call: 719-659-4686  
Jim, *Hooked On Books*

\* \* \* \*

#1123

**WANTED: RECORDS, ESPECIALLY** LPs and 45s. Good prices and will buy in bulk.  
Call Chris @ 719-406-2700  
[Cmesser5@hotmail.com](mailto:Cmesser5@hotmail.com) #1123

WWW.SENIORBEACON.INFO  
WWW.SENIORBEACON.INFO  
WWW.SENIORBEACON.INFO  
WWW.SENIORBEACON.INFO  
WWW.SENIORBEACON.INFO  
WWW.SENIORBEACON.INFO  
WWW.SENIORBEACON.INFO  
WWW.SENIORBEACON.INFO  
WWW.SENIORBEACON.INFO



VISIT OUR HOME PAGE FOR THE LATEST BREAKING NEWS!

**Local help with your Medicare questions**

Overwhelmed?  
Wondering where to begin?  
Call me—I can help



**Elizabeth Trent**  
Licensed Agent  
**(719) 406-4501**

**TOWNHOUSE, BRAND NEW. ONE LEVEL LIVING--**Fit all

your belongings in 1500 square feet of living space. Open and light. 3 bedrooms, 2 baths, living room with gas fireplace, dining area and kitchen.



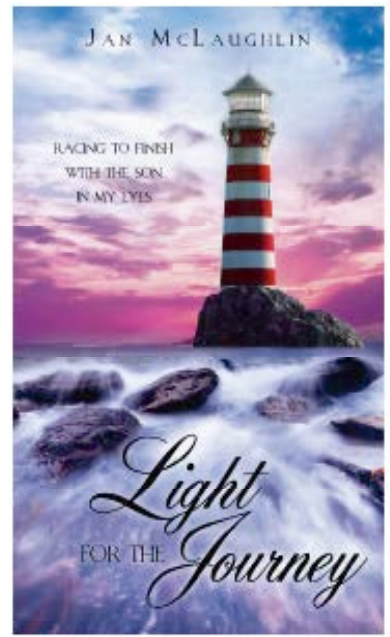
- \* Insulated, finished and painted 2 car garage with charging station for electric car.
- \* Large owners suite closet with ample storage.
- \* \$110 month HOA, includes trash, lawn mowing.
- \* Two models: \$395,000 and \$385,000.

**LOVEABLE HOMES BY HANEY LLC, CALL MARVIN --** (45 years experience)  
(719) 240-8137 text or email: [MarroBHaney@msn.com](mailto:MarroBHaney@msn.com) #1123

**LOOKING FOR PART-TIME income??** Do you enjoy working with people? This is flexible schedule, independent (but with plenty of support), commission work.

Call or text the Senior Beacon at (719) 247-6580 #1123

**WE ARE LOOKING FOR** Pueblo Storyteller enthusiasts at the *Pueblo Welcome Center.* Volunteer for 2-40 hours per week...your choice. Have fun, while telling visitors about Pueblo! Contact: [LChapman@pueblochamber.net](mailto:LChapman@pueblochamber.net)



**LIGHT FOR THE JOURNEY**  
A Great Gift for any Occasion

You will laugh and cry as you walk with Jan through memories that point to an incredible God who orders our steps and uses even the worst situations to His glory and our good. An easy read which also makes a delightful devotional.

Reviews: "A Delightful and Inspirational Read"  
"The reader will find author Jan McLaughlin's book an inspirational and thoroughly delightful reading experience. Her wit and love of life permeates the entire 400-plus pages. Reading will not be tedious in the least. I think what I most enjoyed was the author's ability to take ordinary, and sometimes harrowing, experiences and draw a spiritual lesson that the reader can apply in his or her own life."

The chapters are short and keep the reader's interest. The author is humble and not adverse to admitting her own foibles. As a result, this reviewer can relate as one less-than-perfect reader to a less-than-perfect author.  
**A 4-word recommendation: It's a happy read!"**  
Dr. Raymond White, Pueblo, CO

\$10.00 Plus shipping.  
719-275-6971 or [Jan@prayerforprisoners.org](mailto:Jan@prayerforprisoners.org)  
Or you can order by mail: Checks payable to Jan McLaughlin P.O. Box 855 - Cañon City, CO 81215-0855

**GRIMES SEWING MACHINE REPAIR** 60 years experience. Household, industrials, reconditioned machines starting @ \$80. 100-year-old treadle machines available. New con sew upholstery machine in stock. *If possible, one-day or same-day service.* Scissor-knives sharpening. Pueblo. 719-250-0472 or 719-545-8337 #1123

**BECOME A PUBLISHED AUTHOR** We want to Read Your Book! Dorrance Publishing--Trusted by Authors Since 1920. Book manuscript submissions currently being reviewed. Comprehensive Services: Consultation, Production, Promotion and Distribution  
Call for Your Free Author's Guide 1-833-307-1759 or visit: <http://DorranceInfo.com/snrben>

**GRAVE SITE, OLD** Mountain View Cemetery. Good location close to street. \$1000 EMAIL: [bgddy1@aol.com](mailto:bgddy1@aol.com)

**WANTED: VINYL RECORDS** #1123  
Rock, Blues, Jazz, Etc. Call Adam 719-634-3675

**VISIT ONLINE: SeniorBeacon.info**  
To sign up and pay for your Classified Ad  
**MAIL TO:**  
P.O. Box 8485  
Pueblo, CO 81008  
*Just \$15/ for 25 words*

**PERSONAL ASSISTANT** #1123w I can provide & help with Rides and Running Errands, Yard/House Work; home-made meals delivered. Dog Walking/Sitting. Kind, trustworthy, dependable. References provided.  
Call Joel (719) 351-2365. #1123

**BUY 3 MONTHS OF CLASSIFIEDS and GET 2 MONTHS FREE**

**The Medicine Shoppe®**  
PHARMACY



*Caring beyond prescriptions.* <sup>SM</sup>

**420 W. 29th St.**  
**Pueblo CO 81008**  
**719-501-5141**

**Free 50 ct bottle of Ibuprofen with a new or transferred and filled prescription**

- \* This coupon is required
- \* Limit 1 bottle per customer per month
- \* Coupon redeemable at the Pueblo location only

**Call or Text the Senior Beacon Today: (719) 247-6580**  
**GET YOUR FREE BUSINESS AD B.O.G.O.**

# SOCIAL SECURITY & YOU

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

## SOCIAL SECURITY IMPROVES CUSTOMER EXPERIENCE RANKING

**SOCIAL SECURITY IS COMMITTED TO IMPROVING** customer service by providing more access to our programs and services, and our efforts have paid off. We're proud to announce that Social Security's ranking on Forrester's 2023 Customer Experience Index increased by 3.3 points – the only agency on the list to make a significant gain.

We achieved this higher ranking by focusing on key initiatives in 2023, like:

- \* Implementing online scheduling for in-office enumeration appointments. Customers can now schedule appointments online for both original and replacement Social Security cards. This service is currently available in all 50 states, as well as Puerto Rico and the Virgin Islands.

- \* Conducting a targeted mail campaign to reach people who may be eligible for Extra Help with Medicare prescription drug costs and Medicare Savings Programs with enrollment information. Please see our publication, Understanding the Extra Help with Your Medicare Prescription Drug Plan, at [www.ssa.gov/pubs/EN-05-10508.pdf](http://www.ssa.gov/pubs/EN-05-10508.pdf).

\* Employing strategies to help people facing barriers in accessing our programs and services, including people with:

- Limited income and resources.
- Limited English proficiency (LEP).
- A risk of homelessness.
- Mental and behavioral disabilities.
- Partnering with the U.S. Department of Agriculture's Food and Nutrition Services to test new ways to make it easier for SSI applicants to access nutrition assistance programs.

Forrester's recognition of our customer service improvements reflects our commitment to making it easier for you to do business with us. We invite you to learn more at [www.forrester.com/press-newsroom/forrester-2023-us-federal-customer-experience-index/](http://www.forrester.com/press-newsroom/forrester-2023-us-federal-customer-experience-index/). Please share this news with those who may need it.

### HELP SOMEONE YOU LOVE APPLY FOR SOCIAL SECURITY AND MORE

Sharing is caring. This Valentine's Day, take time to remind your loved ones that Social Security helps people in all stages of life. We provide easy and convenient ways to learn about and apply for benefits. Using our online services, you can assist friends and family members to:

1. Apply for Supplemental Security Income (SSI).

Check if the person you are helping is eligible for SSI – and start the process online – at [www.ssa.gov/ssi](http://www.ssa.gov/ssi).

2. Apply for Social Security Disability Insurance (SSDI).

When the unexpected happens and a loved one can no longer work due to a serious medical condition, SSDI can be a lifeline. Find out more at [www.ssa.gov/benefits/disability](http://www.ssa.gov/benefits/disability).

3. Create a personal my Social Security account.

If your loved one is planning for retirement or interested in estimating their future benefits, they can create a free and secure my Social Security account at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount) and view their benefit estimates.

4. Check the status of a pending application for benefits.

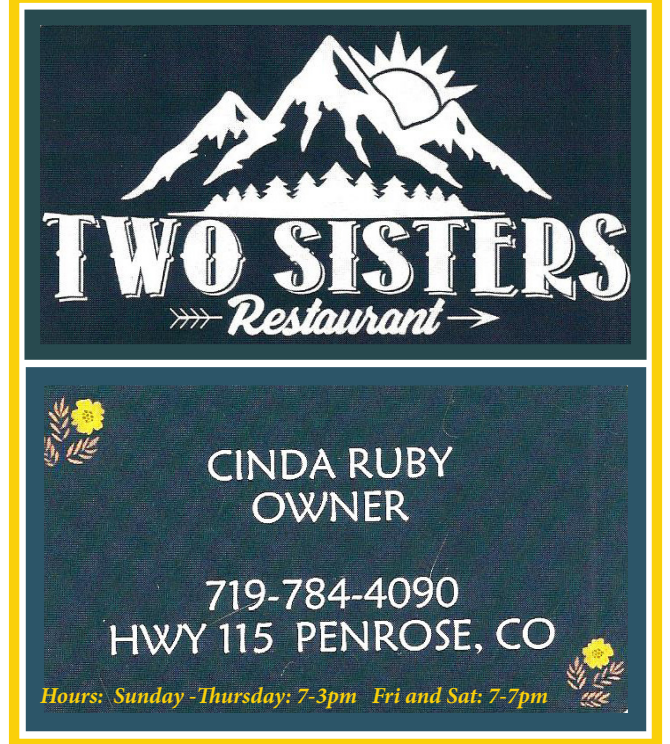
Checking the status of an application is quick and easy with a personal my Social Security account. If you don't have an account, you can create one at [www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

[www.ssa.gov/myaccount](http://www.ssa.gov/myaccount).

5. Appeal a decision for benefits.

If someone you know was denied Social Security benefits or SSI, they can request an appeal. We provide information about how to appeal decisions for both medical and non-medical reasons at [www.ssa.gov/benefits/disability/appeal.html](http://www.ssa.gov/benefits/disability/appeal.html).

To discover more ways you can assist others, please visit [www.ssa.gov/third-party/](http://www.ssa.gov/third-party/).



## FUN & GAMES FOR YOU

CROSSWORD														
1	2	3	4	5		6	7	8		9	10	11	12	
13						14				15				
16						17				18				
19					20			21	22					
		23					24							
25	26	27		28		29			30		31	32	33	34
35			36		37			38		39				
40					41				42		43			
44				45		46					47			
48					49		50			51		52		
				53		54			55		56			
	57	58	59					60				61	62	63
64						65	66			67				
68						69				70				
71						72				73				

### THEME: THE GRAMMYS

#### ACROSS

- Moonshine maker
- \* Artist with most 2024 Grammy nominations
- Not his
- "Roots" author
- That guy
- Full of emotion (2 words)
- Relating to #3 Down
- Tarzan's mom, e.g.
- Caribbean island destination
- \*The Recording \_\_\_\_, voting

#### organization

- \*"What Was I Made For?" movie
- \*"A Boy Named \_\_\_\_," 1970 Grammy winner
- Prickle on a wire
- Drench
- Waiter's handout
- \*Grammy-nominated Lauryn Hill song, "True \_\_\_\_"
- Amusement destination
- Rachel Renee Russell's "\_\_\_\_ Diaries"
- Extend subscription
- South Korean boy band
- Type of wrap

#### entry

- Refrigerator sound
- Scatter

#### DOWN

- Not Sunni
- Baby powder ingredient
- Pelvic parts
- Shows the way
- Aristotle's school
- One-horse carriage
- Mailing "code"
- Single-cell protozoan
- \*Grammy-winner, \_\_\_\_ Alpert
- \*Purse for the red carpet

- Italian wine region
- Forearm length unit
- Honey-producing facility
- Saw incision
- Nauseant
- Fancy marbles used as shooters
- U.S. Marine Corps gift recipient
- EU currency
- Aglet on a shoelace, e.g.
- \*\_\_\_\_.com Arena
- \*Miley Cyrus' Song of the Year nominee and popular romantic gift
- Texas cook-off dish
- \*"In the \_\_\_\_ Tonight," by Grammy-winner Phil Collins
- Send, as payment
- Safe place
- Bird word
- Leave out
- Bookkeeping

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

- Bumpkin
- Pampering place
- Bar \_\_\_\_, ME
- Rewards, in the olden days
- Pendulum's path
- Cantina staple
- \*Ice \_\_\_\_, Best New Artist nominee
- Wooden ship caulking
- Space exploration mission
- \*Grammy host for the fourth time
- Plumbing problem
- Early stages of illness
- Reminiscent of the past
- \*"Anti-Hero" performer
- Not purl
- Pacific Islanders'
- herbal drink
- Handrail post
- Neckwear decoration
- Use scissors
- Soft palate vibrations
- House pest
- Resided
- Social media conversation
- Bank of Paris
- Big Bang's original matter
- Word on a gift tag
- Arabian bigwig
- Fair attraction
- Hot pot
- Denoted by symbol X
- Debtor's letters

# LOCAL REPRESENTATIVE

**TY WINTER**

Colorado Congressman,  
business owner, husband, father



**CONGRESSIONAL  
REP TY WINTER  
WRITES TO  
GOVERNOR POLIS;**

HERE'S THE  
LETTER:

"January 12, 2024

Over the last ten days, the Eastern Plains in Colorado have endured severe weather and blizzard conditions. Colorado's farmers, livestock producers, and rural families were faced with singledigit, below-zero temperatures, and other life-threatening conditions.

Yesterday, Governor Polis released a disaster declaration activating the Colorado State Emergency Operations Plan to "take all necessary and appropriate state actions

to assist the affected jurisdictions with whole State of Colorado."

their response, recovery, and mitigation efforts." The warning centers Governor Polis announced can be found in counties along I-25 north of Jefferson County. Despite our severe weather, the southern and eastern parts of our great state were ignored by this measure.

Today I was contacted by several local officials in my counties who are struggling to assemble limited resources to aid their communities. This is yet another stark example of the rural-urban divide and the apparent disregard the Governor has for Rural Coloradans.

We call on Governor Polis to provide the same aid to Rural Coloradans as he gave to those in urban areas. Governor Polis, be a governor for the

**Representative Ty Winter  
House District 47**  
Colorado State Capitol  
200 E. Colfax Avenue, Room 307  
Denver, Colorado 80203  
Ty.winter.house@coleg.org  
Office: 303.866.2747



**COMMITTEES**  
Agriculture, Water & Natural Resources  
Energy & Environment

**HOUSE OF REPRESENTATIVES  
STATE OF COLORADO  
DENVER**

January 12, 2024

Over the last ten days, the Eastern Plains in Colorado have endured severe weather and blizzard conditions. Colorado's farmers, livestock producers, and rural families were faced with single-digit, below-zero temperatures, and other life-threatening conditions.

Yesterday, Governor Polis released a disaster declaration activating the Colorado State Emergency Operations Plan to "take all necessary and appropriate state actions to assist the affected jurisdictions with their response, recovery, and mitigation efforts." The warning centers Governor Polis announced can be found in counties along I-25 north of Jefferson County. Despite our severe weather, the southern and eastern parts of our great state were ignored by this measure.

Today I was contacted by several local officials in my counties who are struggling to assemble limited resources to aid their communities. This is yet another stark example of the rural-urban divide and the apparent disregard the Governor has for Rural Coloradans.

We call on Governor Polis to provide the same aid to Rural Coloradans as he gave to those in urban areas. Governor Polis, be a governor for the whole State of Colorado.

Representative Ty Winter

Representative Richard Holtorf

Senator Rod Pelton

Senator Byron Pelton

**5 STAR  
REAL ESTATE  
AGENT**

**IF YOU ARE SELLING  
YOUR PROPERTY**

**CALL John Grove  
(719) 369-7169**

[jgrove@remax.net](mailto:jgrove@remax.net)

**RE/MAX**  
OF PUEBLO

**Questions about  
Medicare  
Plans??**

Let me show you how you could benefit from the Medicare-related plans out there.

**John B. Reed III**  
Independent licensed and certified broker  
**719-225-8313**  
Serving Colorado and New Mexico

Currently we represent 4 organizations which offer 64 plans or products in our area. You can always contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program for help with plan choices.

**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. Current issues and back issues, dating to 2006, are available for free online at [SeniorBeacon.info](http://SeniorBeacon.info)

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

**BEACON NEWS GROUP**  
d/b/a Senior Beacon  
P.O. Box 8485  
Pueblo, CO 81008

**Publisher**  
Beacon News Group  
**Publisher Emeritus, CCO**  
James R. Grasso

**Advertising Executives**  
Kristin Collins

**Advertising Executives**  
Rick Forman  
Jim Grasso  
Jan McLaughlin

**Graphic Design and Layout**  
Senior Beacon Staff

**Distribution Manager**  
Kelton Griffith  
Braden Phillips

**IT Support**  
Robin Eckelberry

**CONTACT US**

[www.SeniorBeacon.info](http://www.SeniorBeacon.info)  
[BeaconNewsGroup@gmail.com](mailto:BeaconNewsGroup@gmail.com)  
**719-247-6580**

**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

*Copyright 2024-Evergrowth Media, LLC*

**All views expressed in these pages are that of the author/s and not necessarily endorsed by the Senior Beacon, Beacon News Group, et al. Further, by reading this paper you agree to a Hold Harmless Agreement pertaining to the publisher (Evergrowth Media, LLC), it's principals, and all writers.**

# MOUNTAIN VIEW CEMETERY



# Now Available!



Dian & Gerry  
Montgomery

- Burial Estates
- Chapel Mausoleum
- Gazebo Columbarium
- Glass Front Niches
- Monuments and Bronze Memorials



## Our Newest Addition

Inside Glass front niches

- Family Niches
- Companion Niches
- Individual Niches



**Call Gerry at  
564-6023 or 569-8757  
for more information**



1315 Acero • Pueblo, CO 81004

Visit our web site: [www.montgomerysteward.com](http://www.montgomerysteward.com)

◀ FROM MAYOR PAGE 9  
town presents.

All of this has brought me to where I am today as a Mayoral candidate. Pueblo is at a crossroads, and we need a leader who can help us move forward in a positive direction. I have always been committed to making

a difference in this community, and as Mayor, I will work tirelessly to build a brighter future for all of us. I am passionate about creating jobs, strengthening our local economy, and improving the quality of life for all Pueblo residents. With my background in business, I am uniquely qualified to help our community grow and prosper.

The run-off election is being held January 23, 2004. It pits Nick Gradisar versus Heather Graham.

Heather can be contacted at (719) 406-5970, [GrahamForPueblo@gmail.com](mailto:GrahamForPueblo@gmail.com), and by visiting [HeatherGrahamForMayor.com](http://HeatherGrahamForMayor.com)

