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# SENIOR NEWS

*QUARTERLY LIFESTYLE MAGAZINE*

## Wings And Warriors

*Training Man's Best Friend to  
Help Our Wounded Heroes*

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## Breakfast Above The Clouds

*The Breakfast Restaurants of Woodland Park*

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## Regional History

*And The Authors That Write About It.*

MARCH | APRIL



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Spring has Sprung



Man's Best Friend



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## Pikes Peak Senior News

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# People Enjoy Better Lifestyles When They “Age In Place”

By Trevor Phipps

Recently, the importance of elderly people aging in place or staying in their own homes when they get older is starting to gain more attention. These days there are a number of organizations that provide services to help people remain in their homes as opposed to seeking assisted living.

Several local organizations have programs that work toward helping people adjust to the challenges of aging. Envida, formerly Amblicab, is a nonprofit organization that provides transportation and homecare services to people in need. “We work to help people as they age maintain the quality of their lives,” Envida Homecare Director Trudy Hodges said. “We help them stay in their homes as long as they can.”

Hodges referred to a book called “Being Mortal” by Atul Gawande that talks about the importance of maintaining a quality lifestyle up to the end. “Our most crucial failure of how we treat the sick and aged is the failure to recognize that they have priorities beyond merely being safe and living longer; that the chance to shape one’s story is essential to sustaining meaning in life; that we have opportunities to refashion our institutions, our culture, our conversations in ways that transform the possibilities for the last chapter of everyone’s life,” Gawande said in his book.

The book goes on to talk about ways people can keep a quality lifestyle up until the day they pass away. The book explains that everyone ages and eventually dies and that the need exists to help others keep a quality life even during the last chapter of it. Gawande also explains how now is the best time to be a senior due to cultural changes that make them more equal to other age groups than ever before.

The bottom line is that people

should have a choice what happens to them in the last years of their lives and it is up to their family members to make sure that this occurs. “These days age is no longer a value of rarity, in America in 1790 persons 65 or older were 2% of the population, today they are over 14%,” Hodges said, quoting a statistic from an article called “Framework for Isolation in Adults Over 50” published by the AARP.

Through the times, though, the things that matter to people as they age have not changed that drastically. Things like quality of life, independence, dignity, and sense of connection remain essential to people even when they reach their golden years. Older Americans still want and deserve security, autonomy, caring relationships, identity, choice, and purpose.

Hodges also stressed the importance of maintaining generational identities. The majority of the older adults of the country are members of the Baby Boomer generation. According to Hodges, traits specific to the Baby

Boomer generation such as competitiveness, non-conformism, and being goal-oriented and career-focused stay important to people as they age.

However, as people get older things change and certain risk factors to maintaining the quality of their lives come into play. Situations like living alone, having mobility or sensory impairments, or major life transitions and losses can inhibit someone’s quality of life. Financial, transportation, psychological or cognitive issues can also put a damper on one’s lifestyle.

Hodges explains that having a plan for when we age is essential. She holds presentations for senior citizens on how they can better plan to stay in their homes as life presents its challenges. As a part of these presentations Hodges provides examples on ways to start the conversation with family members and other loved ones. According to the homecare director, conversation starters like “As time has gone by I have been thinking about my desires for this stage of my life...” or “I have some strong feelings

Continued on page 16

**THE FACTS ABOUT AGING IN PLACE**

Aging in place: “The ability to live in one’s own home and community safely, independently, and comfortably, regardless of age, income, or ability level.”

As of 2014, there are over <b>56 million people</b> in the US over the age of 65. By 2030 this number will climb to <b>111 million</b> .	<b>90% of seniors</b> want to stay in their own home as they age.	The NAHB reports that the aging in place market represents <b>10 percent</b> of the <b>\$214 billion</b> home improvement industry.
<b>70% of seniors</b> have made modifications to their home for safety reasons.	A private nursing facility costs <b>\$81,000 on average</b> . Homemaker and adult care services cost just <b>\$20,000</b> .	Many businesses will typically see a <b>27% increase</b> in their revenue by offering aging in place services.

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sources: seniorresource.com, lyhusa.com, aarp.com, 80a.act.gov, nassad.org

# Letter from the Editor



*“Spring is nature’s way of saying let’s party.”*  
- Robin Williams

The winters can be slow in Colorado due to the snow and cold temperatures. Even though it seems as if our winters tend to stick around into May sometimes, Spring

should still be a time to rejoice.

Some do not give the Springs seasons in Colorado enough credit. The Spring time snows bring about good moisture and allows for a good late skiing season. In the foothills of the state, there are several areas that bring about beautiful Spring time growth.

In the winter, many events tend to come to a standstill but in the Spring, things to do start to return yet again. To me, Spring is also a time to party due to the fact that Summer is on the way.

Spring is a time for change and new changes can become a party. Embrace the things changing around you and keep thinking that the fun of the summer time in Colorado is almost here.

*“Springtime is the land awakening.  
The March winds are the morning yawn.”*  
-- Lewis Grizzard ■

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Trevor Phipps  
Editor In Chief  
Pikes Peak Senior News



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# Merle Southern, Local Centenarian Tells Her Story

By Trevor Phipps



So what does it feel like to be 100 years old? Well, according to local Centenarian Merle Southern it feels about the same besides having broken “just about every bone in my body.” She tells stories from her current home at the Winslow Court Retirement Community in Colorado Springs of surviving a brutal car accident decades ago. She said that due

to the circumstances and the era in time the accident occurred, Southern was left injured on the side of the road hoping that someone would come rescue her. After suffering from several injuries and being stuck on the side of the road for hours at night, a car finally drove by and took Southern to the hospital.

Since then, Southern has suffered other more minor injuries that have added to her list of broken bones. In 2011 while living in her home in California after her husband had passed away, Southern fell and suffered from a broken hip. The injury forced her daughter to make the decision to relocate Southern close to where the daughter lived at Winslow Court in Colorado Springs.

These days Southern still roams the halls of Winslow Court and can be seen exercising “when she feels like it”

and is present during the retirement home’s “happy hour” and when there is live music being played. On December 2, 2018 Southern turned 100 years old and quite a party was held at the retirement community.

The Centenarian had several family members from across the country that came to visit her for her big celebration. She had nieces, nephews, and grandchildren that all flew out to come celebrate Southern’s 100th. She also had a local musician that plays regularly at Winslow Court, make a special appearance for her birthday party.

Since then, things have been normal for Southern and she says she still enjoys her exercising and the live entertainment the retirement home offers. When she was asked if she had any tricks she could tell that has en-

**Continued on page 17**

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# It Is Never Too Late To Have An Exciting “Life List”

By Rick Sheridan

Many of us in the over-60 crowd have noticed that time seems to pass quicker as we get older. This can lead to a sense of remorse or a feeling that we have not accomplished all that we wanted to do in this lifetime.

I first got interested in the idea of a “life list” or “peak experiences list” after reading about John Goddard. At the age of fifteen John listed 127 goals he wished to achieve in his lifetime. The list is impressive, and he accomplished most of them during his long life.

John explored the Nile, Amazon, Congo and other well-known rivers. He climbed Mt. Kilimanjaro, Mt. Ararat, Mt. Fuji and other challenging mountains. He rode a horse in the Rose Parade, visited the Galapagos Islands, walked along the Great Wall of China, climbed the Leaning Tower of Pisa and had many other profound experiences. He became an Eagle Scout, made a parachute jump, taught a college course, read many volumes of classic literature, and even wrote a book himself. This is just a small part of his “life list.” You can see the entire thing at: [https://johngoddard.info/life\\_list.htm](https://johngoddard.info/life_list.htm)

How could a typical Colorado Springs area senior begin their own “life list”? You might start out by recording all the places that you have visited. Be sure to include the amazing sights here in Colorado. For each place, try to think back on what was most interesting to you. Was it the people you met? Did you challenge yourself to take a strenuous hike while you were there? Was there something you remember about the way that others seemed to be very excited about being there?

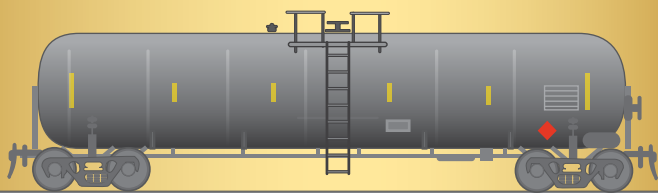
Next, think of any frightening experiences that turned out okay. Did you survive an earthquake, hurricane or tornado? Did you avoid a serious automobile accident with your quick thinking? In my case, I have been on two different airplane flights that made emergency landings. This proved to be a deeply reflective experience.

How have you helped (or rescued) others? Were you a regular volunteer at a local soup kitchen? Did you mentor a teenager who was alone in the world? Have you ever provided first aid to someone who was seriously injured?

How about sports? Were you a star on the high school basketball team? Did you develop your martial arts skills to a high level? Are you able to whip the other seniors at

Continued on page 30

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# Wings And Warriors And Other Nonprofits Train Man's Best Friend To Help The Disabled

By Trevor Phipps

Four years ago, local business owner and cosmetologist, Deb Davidson received a phone call from her son who was in the military at the time. Her son told her that he was upset because his chaplain had recently committed suicide and now he did not have anyone he could talk to about certain things. Davidson felt for her son and realized that his issue was one that most likely other enlisted military personnel and veterans had dealt with as well.

Due to her love of people in the military she decided that she wanted to do something to give back. She then realized the one thing that had helped her get through rough times in the past was her dog. What if, Davidson thought, she could train dogs to help people like her son?

She then started a non-profit organization called Wings and Warriors to provide a solution for veterans that struggled with medical problems. The organization has now grown to three locations and has

trained almost twenty dogs to assist veterans. The organization finds a vet in need, then goes out and matches the perfect dog for them. Davidson's team of volunteers work with the dog and the owner and trains them both.

The group of volunteer dog trainers work to teach the animals to do a number of things that provide assistance to vets. "Anything we think we can train a dog to do something that will help a person, we do it," Davidson said. The ways dogs help veterans include providing stabilization for amputees and anxiety relief for veterans that suffer from Post Traumatic Stress Disorder and Traumatic Brain Injuries.

According to Davidson, her team can teach the dogs to comfort them when they see an anxiety attack coming. The dogs are trained to get in between their owner and other people when they are in crowds to help decrease the veteran's crowd anxiety. The dogs sometimes also get taught to bring their owners medicine or open refrigerator doors and fetch bottles of water.

support. Some dogs are trained to give people confidence and relax them in different life situations.

Recently, the organization had one of their trained dogs, Shiloh entered in the election for the Mayor Of Divide. Shiloh has helped comfort many different veterans that have needed help from the organization.

The next fundraiser for the group is a Spaghetti dinner that is planned for September 22. "After we planned the date we realized September 22 was the perfect date for two reasons. The statistics show that 22 veterans a day commit suicide in the U.S. And the month of September is National Suicide Awareness Month," Davidson stated.

Wings and Warriors founder Deb Davidson plans to continue her work with dogs and veterans in to the future. "Wings and Warriors is a passion for me and not a job," Davidson said.

## ***Other Local Service Dog Training Organizations***

Along with Wings And Warriors, there are other nonprofits in the area that work towards training canines to serve the needs of humans. Citizens other than veterans suffering from PTSD also can find a service dog useful to fulfill a quality lifestyle.

Mountain High Service Dogs was started in Colorado Springs in 2007 to teach dogs and handlers how to harmonize with each other. The group trains service dogs to help patients with PTSD as well



Other dogs are trained to comfort their owners before they notice a seizure is coming. According to Davidson, they train the dogs to provide both physical and emotional



## ... Man's Best Friend continued

as many other ailments. The team can train dogs to help prevent people who are allergic to foods like peanuts, soy, and dairy from going into anaphylactic shock. They can also train dogs to be the companions of people with conditions such as autism, diabetes, epilepsy, and seizures.

The Canine Partners Of The Rockies training organization was established in 2002 and is accredited as a Service Dog organization with Assistance Dogs International. This nonprofit does not train dogs for PTSD, seizures or medical response but the focus is strictly on training the animals for people with physical disabilities. Their specialty is in training dogs for mobility assistance. Once trained, these canines can provide assistance by retrieving objects, pulling wheelchairs, opening and closing doors, turning light switches off and on, barking to indicate that help is needed, and finding another person and leading the person to the handler.

Gentle Persuasions Dog Training Owner Sami Mann has been training animals including dogs and horses for over 14 years. Mann has a degree in Wildlife biology and was an apprentice under an animal behaviorist and dog handler. The company offers many different dog training programs including basic obedience classes as well as training for therapy and service dogs.

Other companies such as Two Bears dog training based in Erie, CO focus on more basic dog training services. Two Bears specializes in training dogs while they are young and still in their puppy stage. The company offers group puppy training classes that teach them basic obedience and commands in addition to tricks and more specialized services. ■



Photo by Mountain High Service Dogs Inc.

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# Faith Through Older Eyes: Sharing a Sunrise Hope



By Nancy Parker Brummett

When you go into any care facility you soon realize which of the residents you pass in the hall are still alive in a spiritual sense, and which have abandoned all hope and are, to use an unfortunate definition of aging used in the 80s, “slipping into nothingness.”

Those who know the Lord, and know that He knows and sees them,

have a light in their eyes the others don't possess. They often have a smile on their faces for all they meet, and a figurative, if not literal, bounce in their step. Those without hope stare blankly from lifeless eyes, and seem to wish they were anywhere but where they are.

So how can we share a rejuvenating hope with the elders we know and love? Maybe it's as simple as arranging to visit them when you can watch the sun rise together, and using that opportunity to ask them about their spiritual journey.

The first rays of a sunrise are subtle at best. Slowly the darkness begins to fade as the sun makes its way toward the horizon, but then as the giant orb of fire climbs up into view the entire sky changes color. The sunrise can

look different each and every day, but because we can count on it to happen without fail, it's a wonderful symbol for the hope we have in Christ, and the eternal joy faith in Him can bring.

It was a dark, bleak day when Jesus was crucified on the cross—the worst day His followers had ever known. And yet when the grieving women ran to the tomb early in the morning of the third day, after the sun had risen, they were greeted with the glorious news of the Resurrection! Praise God we can be sure that those who believe in his Son will also know the glory of everlasting life. We can be even more certain of that than we are of the sunrise. For no matter what darkness our life holds, one day we will be bathed in the light of heaven forever.



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## ...Faith Cont.



In this season of Lent and Easter, encourage the seniors you know and love to rely on a “sunrise hope” that never disappoints. Share with them the verse in Lamentations 3:21-23: Yet this I call to mind and therefore I have hope: Because of the Lord’s great love we are not consumed, for

his compassions never fail. They are new every morning; great is your faithfulness. Thank God together for the sun He created, and for His Son who came to earth that we might have eternal life and live in the light of heaven with Him one fine day. ■

*Nancy Parker Brummett is the author of [The Hope of Glory](#), [A Devotional Guide for Older Adults](#), and [Take My Hand Again](#), [A Faith-based Guide for Helping Aging Parents](#). Learn more about her life and work at [www.nancyparkerbrummett.com](http://www.nancyparkerbrummett.com).*

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# Assisted Living Alternative to Living on a Cruise Ship. Is it Realistic?

By Rick Sheridan

During the two weeks that I spent in the Caribbean earlier this year, I saw several cruise ships at the port in St. Thomas, USVI. This reminded me of the ongoing debate about whether it would be cost-effective for a senior citizen to live on board a cruise ship full-time, as an alternative to assistive living. I found several articles on this subject that presented different perspectives on whether full-time cruise residence would make sense.

As most readers know, during retirement there may come a time when maintaining your current household becomes too difficult. When the yard work, housecleaning and cooking become too much, the typical option that many seniors consider is assisted or independent living. Unfortunately, assisted living can be very expensive and it can restrict the freedoms that you had before.

According to Christy Bieber in her article "Is Cruise Ship Living a Cheaper Option for Seniors Than Assisted

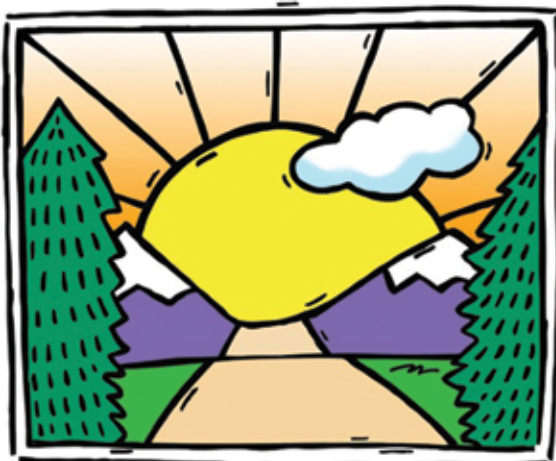
Living?" living on a cruise ship could be a lower-cost way for seniors to take advantage of similar features provided by assisted living facilities. This could include things like all-you-can eat meals, a swimming pool for low-impact exercise, regular companionship and entertainment, and even access to on-board doctors and onboard pharmacy services.

The average costs for an assisted living facility, as of 2017, are around \$3,750 per month, according to the Genworth Cost of Care survey. This is around \$45,000 annually. The cost of taking a series of long-term cruises can be competitive. For example, a 12-night cruise of the Caribbean is available for an average cost of \$779 per person. For a senior couple traveling together, discounts of 50% for the second passenger lower the costs even more. Points for frequent cruising and using a rewards credit card keep costs down even further, especially if you avoid some of the expensive options, such as custom tours of the ports you visit.

For seniors considering life on a cruise ship, it's important to evaluate whether a specific cruise ship can provide the same level of service as an assisted living facility. This often depends on the level of fitness and mobility of the senior and what health restrictions they have. The on-board medical personnel likely won't include geriatric specialists. If an emergency arises and you can't wait until the ship reaches the next port, you may have to be airlifted to a hospital on-shore, which can be expensive.

Cruise ship living may not work for seniors who require help with activities of daily living such as bathing, toileting, dressing, grooming and medication management. You can get meals delivered to your cabin, but the staff may not be prepared or able to help provide hands-on personal care. Seniors with dementia who require supervision, or wheelchair-bound seniors would probably find that the cruise was not appropriate for them.

There are some other impractical



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## ...Cruise Ship Continued

realities to consider. Passengers must disembark when the cruise ends and make future arrangements while the ship is at port. Keeping these temporary arrangements month after month would be difficult and there might be a gap that was unavoidable.

Many seniors have a high-risk of falling because of mobility issues. A cruise ship would have many obstacles, such as narrow stairways, along with the turbulence in bad weather.

The use of long-term cruise lines as an alternative to assistive living is an interesting possibility, but the potential problems need to be carefully examined before jumping in to such a situation. A practical alternative might be to combine assisted living for part of the year with a couple of lengthy cruises. ■



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Day 7 - We say goodbye to Ignacio and head for home .





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# Woodland Park Is The Home To Several Delicious Breakfast Joints

By Trevor Phipps

Many people in the Southern Colorado region often enjoy taking a trip up Ute Pass and into Teller County. Whether it is to go to the gambling town of Cripple Creek and test their luck on the table games and slot machines or it is to visit one of the county's many outdoor recreation areas, last summer nearly 40,000 cars per day drove on Highway 24 through the city of Woodland Park. During the winter and spring seasons many travel through the county to get to ski resorts and other recreational areas.

When traveling through, many notice that their stomachs are growling once they make their way into the mountain town and decide to stop for a meal. When heading up the mountain, it is sometimes wise to stop in Woodland Park first and grab some breakfast. Luckily the small city is the home to several breakfast joints that are enjoyed daily by locals and tourists alike.



## *The Pantry In Green Mountain Falls*

Some decide they get hungry before they even get to Woodland Park and choose to stop in the small community of Green Mountain Falls. The historic town sits right below a waterfall that runs off the side of the mountain from reservoirs nestled at the foot of Pike Peak. The community offers a picturesque atmosphere with a park and a lake located in the center of town. The town also has several beautiful hiking trails itself as you can hit the Ring the Peak trail and travel up the waterfalls to the Catamount Reservoirs from town.

Probably the town's most famous eatery as far as breakfast goes is the Pantry. The Pantry only offers breakfast and lunch and closes at 2:30 p.m. everyday. The delicious breakfast and lunch offered is loved by locals and there is often a wait during the busy summer season.

The town of Green Mountain Falls also offers two other restaurants that are not open for breakfast. The Blue Moose Tavern is a prime spot to enjoy a cocktail while in town and their pizza selection is quite delicious. The Mucky Duck is open for lunch and dinner every day and also offers a special Sunday Brunch menu.

## *Famous Woodland Park Breakfast Restaurants*

Once people travel into Woodland Park they often find it hard to pass through the town without stopping for something to eat at one of the city's many establishments. The town offers both good breakfast foods to enjoy on the go as well as places to sit and mow down on a hearty meal.



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## **...Woodland Park Breakfast Continued**

As you are heading west on the right hand side sits The Grandmother's Kitchen right before you get to the signal light at the intersection of Fairview St. and Highway 24. The small eatery has a comfy feel and makes you think you are enjoying a meal at grandma's house. The menu has breakfast and lunch items that are both very affordable and extremely delicious. The business has been owned by the same owners for several years and they continue to produce top-notch food.



Just past the signal light at Fairview and Highway 24, Joanie's Deli sits on the right. The Deli offer a large selection of fresh cut meats and cheeses as well as a selection of delicious breakfast sandwiches and other items. The eatery is one of those where you can get in and out of easily to grab that meal on the go. The good thing about Joanie's is that people can buy breakfast for now and lunch for later all at the same location.

Another good place to stop in real fast and grab food for the road is the infamous Donut Mill. For decades, the Donut Mill has been a staple of Woodland Park and it has been known to offer some of the best donuts and other breakfast items around. The building has limited seating and is often full but the friendly staff is usually very fast with to-go orders. Being well-known by tourists, the Donut Mill usually sees several people stopping by to feast on some of their homemade donuts and scrumptious breakfast burritos.

Near the intersection of Highway 24 and Fairview in Woodland Park on the left hand side heading west is the home to the Hungry Bear. "The Bear," as it is known to locals in the

area, has some of the best breakfasts around. At one time in history the Hungry Bear was THE place to go for local high school students to skip school and enjoy a nice lunch or brunch. The pleasant atmosphere offers a unique setting seeing as how all of the walls are covered with more stuffed bears than most have seen inside one building. The restaurant offers a large breakfast and lunch menu with affordable prices and giant, generous portions.

### ***Other Woodland Park Eateries And Breakfast Joints Further West***

For those that are not specifically looking for breakfast when they find their selves travelling through Woodland Park can stop at a number of other well-known restaurants. The Historic Ute Inn offers a full bar that is open late as well as a full lunch and dinner menu. The Circle H Smokehouse features barbecued foods as well as an affordable lunch and dinner menu. The Casa Grande and Fiesta Mexicana offer delicious Mexican cuisines whereas, the Fortune Dragon, Mayflower, and Fusion Japan offer foods from the Far East.

**Continued on page 17**



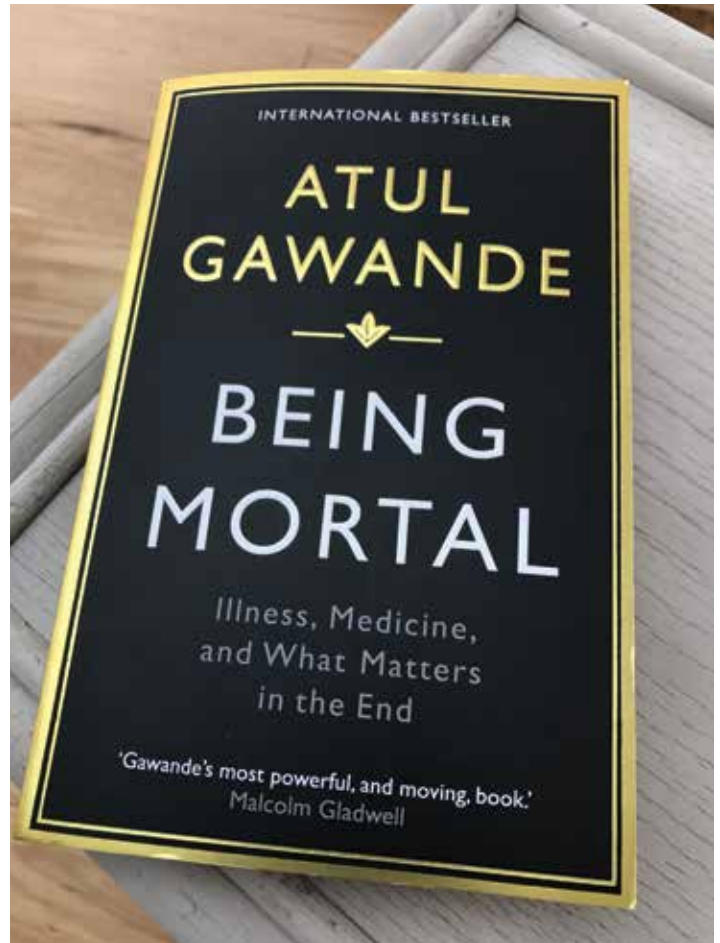
## ...Age In Place Cont. from page 4

about what is now important to me and I want to share that vision with you..." can help initiate a dialogue about seeking assistance to maintain a quality lifestyle at home.

The Envida organization provides several tools to help people determine what types of homecare they may need if any. Its "Homecare Needs Assessment" is designed to figure out exactly what older adults need in order to stay living in their own residence. The assessment asks questions like if one can drive and if one can dress and undress without assistance. To view the entire assessment go to Envida's website at [www.envidacares.org](http://www.envidacares.org).

No matter what it takes, it is proven that people are better off staying in their own homes. According to the American Senior Housing Association, "a 78 year old living independently without a major health crisis could live 15 years more years in their own home." Besides, according to an article published by the AARP entitled "What is Livable, Community Preferences of Older Adults," 87% of adults over 65 want to stay in their current home.



"All I ask is to remain the writer of my own story. In stories, the end matters." -Atul Gawande ■





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## ...Woodland Park Breakfast Continued from page 15

As you head further west on Highway 24 the options for breakfast get more limited, but there are eateries in the towns of Florissant and Divide located west of Woodland Park on Highway 24 that offer good food selections. Divide is the home to Mike's BBQ, Russ' Place Bar and Restaurant, as well as McGinty's Restaurant and Sports Bar. Those that travel further to Florissant can enjoy food at the Thunderbird Inn, the Costello Street Coffee House, or Iron Tree Table and Taps.

If Cripple Creek is the given destination, it might be a good idea to hold off on food until arriving at the small but bustling mountain gambling town. All of the casinos in the city offer reasonable deals on food for those that are gambling and those that are not. Most of the casino restaurants have some sort of cheap breakfast deal as well as specials for lunch and dinner. Probably one of the best and most famous breakfast deals in the town is the infamous 49 cent breakfast that is offered every day from 2 a.m. to 10 a.m. at the Home Café located inside the Bronco Billy's Casino. ■

## ...Merle Southern from page 6

abled her to make it to the 100-mark, she said that there wasn't and that she never thought she would live longer than everyone in her immediate family. "No, no tricks, I just worked and got married and had three kids," Southern said.

She then went on to tell stories of



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her life including when she would milk cows on a farm in Missouri at seven years old. After she got married her and her husband both worked for a hail and rubber company in California that made door and window seals for cars and airplanes. Both Southern and her husband retired from

the company after working there for several decades.

As for any advice Southern has for younger people to live a long life, she was rather tight lipped and wasn't ready to give up any secrets. "No, no advice and if there was I didn't know it," the Centenarian replied. ■

# The Glen Eyrie Castle: Filled With Stories From The Past

By Trevor Phipps

Among the many beautiful places in Colorado Springs, the Glen Eyrie Castle nestled near the Garden of the Gods, has a story to tell. The property was purchased by the locally infamous General William Jackson Palmer in the late 1800's and still stands to this day.

## *General Palmer, The Founder Of Colorado Springs*

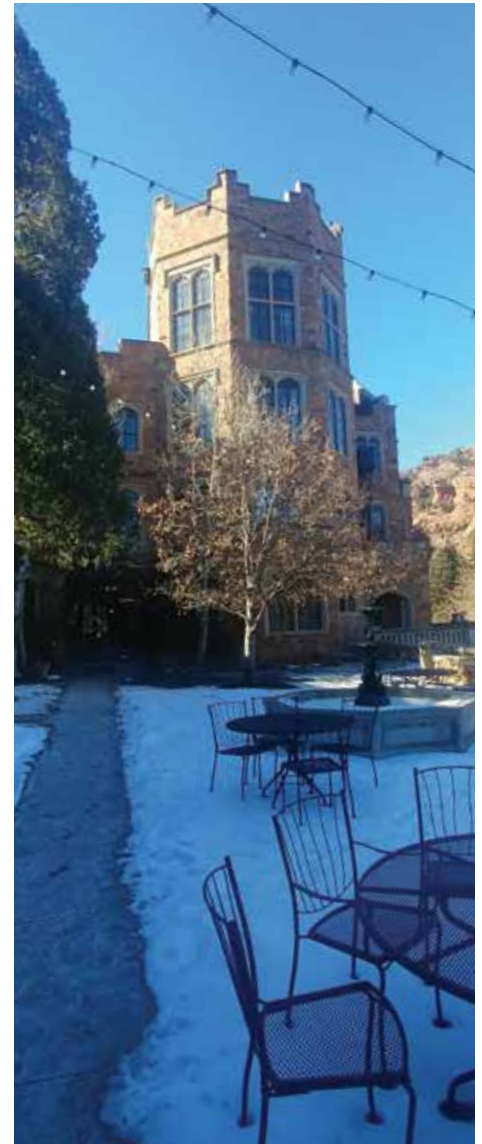
General Palmer was born on a farm in Delaware in 1836 and grew up in Pennsylvania when he started working for the railroads at a young age. During the Civil War Palmer, despite his family telling him not to, entered battle in the Civil War on the Union side. During the war, Palmer was promoted to the rank of brigadier general where he led hundreds of men to battle. Ever since his service, Palmer was always known as "General Palmer."

After the war, Palmer went back to working in the railroad business, when he was sent out west to complete a scouting mission to see

where future rails would lie. As he was traveling into the high country of the Rocky Mountains by stagecoach, Palmer landed his eyes on Pikes Peak and instantly fell in love with the area. He vowed that one day he would return to the Southern Colorado region and make it his home.

His hopes came true a few years later when he returned to the Colorado Territory to aid in railroad development in the area. During his first several years in the Colorado area, Palmer played a role in purchasing lands that would later become the towns of Manitou Springs, Woodland Park, and Colorado Springs.

Palmer became known as the founder of Colorado Springs when he bought the land the city currently sits on to create a better city than the well-known rowdy town of Old Colorado City. He envisioned his new town as a clean city without things like drinking, gambling, and prostitution. He wanted glorious structures and to model the city from the buildings he had seen in Europe and he even went as far as labeling the new town "Little London."



Continued on page 20

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# Regional history and the authors who write about it

By Rick Sheridan

The Colorado Springs area has a robust writing community. There are many authors in this area and almost every writing genre is represented in one form or another. Of all the areas in Colorado, we have one of the most interesting histories is right here. As a result, there are several authors who specialize in regional history. This article will provide a quick profile of nine of them, along with the process that many of them use to research and write about local and regional history.

Anyone writing about regional history would need a method to uncover accurate details about what happened and why it was important. My father loved researching and writing about local history, and he even wrote a textbook that was used by many high school history classes about the Underground Railroad in his area of Kansas.

According to Elspeth Brown in her article "Writing About History," the first thing that many local history authors look for are primary sources. A primary source can be anything, including written texts, objects, films, paintings, buildings, etc. What makes the source "primary" is that it was created at the time of the event that is being written about.

A secondary source is where the author looks at what other recent authors have written about that topic or era. It is perfectly okay to include some secondary sources, but the primary sources give it more authenticity. Disciplining yourself to write and working out a schedule is important to staying focused, "Find the time when you are most productive and creative to write and cherish that time on your calendar six days a week.

I try to block off 3-4 hours every morning, with the freedom to maybe take one day off one day a week, or let that time block slip to the afternoon or evening," said author John Anderson.

As part of the research process, regional history writers often try to come up with good questions. To make the book interesting, the author will often try to think of topics that average people would find interesting or useful. For example, an author who was writing about why many people came to the Colorado Springs area to recover from tuberculosis and other ailments. A couple of questions might include:

\* Why was the Colorado Springs area considered to be a healthy alternative to other locations in the USA?

\* Did the city government (or private agencies) help to promote this area as a healthy location to people on the East Coast?

Next, let's look at several of the Colorado Springs area authors who have written about regional history:

1. Elaine Pease is an award-winning children's author. Her book, "Ghost Over Boulder Creek," (Filter Press, 2011), is about the journey of a half-Cheyenne boy as he searches for his white father with Buffalo Bill in 1860s Colorado. She also wrote "Safe at Last: True Stories of Horse Rescues," (Filter Press, 2015).

2. Gail Beaton attended schools in Colorado Springs and graduating from Harrison High School in 1972. She has written "Colorado Women: A History." It is one of the first full length chronicle of the lives, roles, and contributions on women in Colorado, including those in the Pikes Peak Region, (University Press of Colorado, 2012). Another of Gail's books is

"The Widening Sphere of Women's Lives: The Literary Study and Philanthropic Work of Six Denver Women's Clubs, 1881-1945" (appearing in Essays in Colorado History, Colorado Historical Society, 1992).

3. Alexander Blackburn, was Professor of English and Creative Writing at the University of Colorado at Colorado Springs from 1973 through 1995. He has written, or edited several books, including two on regional history: "Higher Elevations: Stories from the West: A Writer's Forum Anthology" (Swallow Press/Ohio Univ. Press, 1993); and, "The Interior Country: Stories of the Modern West" (Swallow Press/Ohio Univ. Press, 1987).

4. Doris McCraw is a historian specializing in Colorado and women's history. After moving to Colorado from Illinois, Doris spent many a day traveling the state, learning about the history. She has presented at several of the Pikes Peak Library District's History Symposia. She writes non-fiction and poetry under her own name and historical fiction under a pen name (Angela Raines). Doris has also worked as an actor. In her spare time, she has taught music, speech and writing workshops.

5. Mel McFarland is a Colorado Springs native, who is active in local history pursuits and has worked with newspapers, schools, and historical sources in preserving local railroad history. He has one of the most extensive lists of regional history books that he has published:

"Midland Route: A Colorado Midland Guide and Data Book," (Pruett Publishing, Boulder, CO, 1980)

**Continued on page 27**

## ... Glen Eyrie cont.

from Page 18

Shortly after founding what would become Colorado Springs, Palmer had a role in developing much of Southern Colorado. Palmer developed the Denver and Rio Grande Railroad that he envisioned one day would stretch from Denver south to El Paso and then to Mexico City. Palmer also built the original Antlers Hotel in downtown Colorado Springs in 1883 and is the one who started the Colorado Springs Gazette Newspaper that is still in operation to this day.

While he was working for the railroad company, he took a business trip where he met Mary Lincoln Mellen and instantly fell head over heels in love. He married Mellen in 1870 and the two went on to have three daughters.



Palmer had always tried to provide as best as he could for his family and once he was in Colorado he envisioned building a castle for them to make their home. He purchased the Glen Eyrie property and immediately broke ground on building a home fit for his “queen” Mary Mellen. After going above and beyond building an exquisite home that had over 20 rooms, Mellen quickly developed the nickname “Queen Palmer” and she is credited for opening the first public school in Colorado Springs.

### *The Early Days Of Glen Eyrie*

Shortly after the huge home was built, tragedy struck the Palmer family as the beloved “Queen” suffered from a heart attack. After the sudden health problem, the Queen’s doctor instructed her that she needed to go back to living at sea level. Queen Palmer then took all three of their daughters and relocated to the east coast at first and then eventually to Europe.

When his family was away Palmer tried to visit them as often as he could. But then, while he was traveling to see her, Queen Palmer passed away in 1894 at 44 years old. Once Palmer arrived to England where his family was living, he took the remains of his wife along with his three

**Continued on page 26**



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Rick Kelly, CSA

# Just Keep Movin'!

By Laura Engleman, M.A.

If getting more exercise was among your new year's resolutions in January, most of you (an estimated 80%) have abandoned that goal by now. You're feeling defeated and disappointed that you just didn't have the self-discipline to get to the gym regularly or hit the treadmill. Take heart. There are better approaches to getting off the couch than sheer willpower.

Published in the January 16 online issue of Neurology, new research from Rush University Medical Center in Chicago suggests that any type of activity, including chopping vegetables, sweeping the floor, or doing the laundry, can contribute to better cognition in older adults. The study conducted post-mortem analyses of 454 adults, age 70 or older, 194 of whom displayed signs of dementia and 263 of whom did not. All took thinking and memory tests annually for 20 years and wore activity monitors in the last years before they died. Findings showed that more daily movement led to improved thinking and memory. More surprising was that 30% of individuals whose brain tissue showed characteristics of Alzheimer's disease appeared to have normal cognition even in their later years.

Another factor you may not consider is the literal and psychological weight of your stuff. If your house is packed with furniture and piles of clutter, you may not be able to move freely, and completing household tasks may feel overwhelming. You couldn't dance to the music even if you wanted to. Researchers from DePaul University in Chicago found a link between procrastination and clutter among all age groups. For older adults in particular, clutter problems were associated with frustration and life dissatisfaction.

Even your smug friends who tell you they run an hour daily may be sitting at a desk for eight hours at work and bingeing on Netflix while sitting on the couch in the evening. The run amounts to a mere 4% of the day exercising and the rest of the time being sedentary without other intentional movement. There is no doubt that what you consider traditional exercise is good for you. (For example, regular practice of yoga has been correlated with sharper brains.) Better, however, is consistent movement throughout the day that can be achieved through simple, small changes in

**Continued on page 26**

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habits: wearing comfortable shoes that encourage walking, choosing a distant parking space on purpose, taking the stairs instead of the

elevator, standing more, stretching on the floor while watching TV, shopping, rearranging furniture, carrying groceries, picking up trash

in your neighborhood, and playing games with your grandchildren. You probably can think of more.

The new physical activity guidelines released by the U.S. Department of Health and Human Services support this concept of “exercise snacks” throughout the day. Although experts still recommend that adults log at least 150 to 300 minutes of moderate-intensity exercise weekly (such as brisk walking), you need not do it all at once. In contrast to previous recommendations that specified at least 10-minute increments, there is no minimum amount of exercise that should be done at once. Everything counts toward your total time, even the two-minute walk to the kitchen (to get a healthy snack, right?).

If you incorporate movement as a natural part of your day, it will soon become a way of life. And you might even lose a few pounds!

*Laura Engleman is program director at the UCCS Aging Center, a nonprofit clinic that provides individual, group and family psychotherapy to adults 55+ and caregivers as well as assessment and consultation services.*

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# Preserving Your Portfolio For You & Your Loved Ones

By Rick Kelly, CSA



One of the worst things that can happen to a retiree and their loved ones (aside from health issues) is suffering losses in their retirement portfolio!

Portfolio losses aren't such a big deal when you're in your 30's or 40's when you have more time to recover. However, if you're nearing or already in retirement, losses can ruin your lifestyle!

You might remember how many retirements that were ruined by the market losses of 2000-2002 and 2008 during the "Lost Decade."

Sadly, most folks did exactly what they were supposed to do. They diversified their portfolios, used asset allocation, rebalanced their portfolios on a consistent basis, yet still suffered significant losses.

The problem is that, over the years, we have all been programmed to accept 100% of the risk while trying to earn 100% of the returns, pay unnecessary management fees, keep thinking it's long term (My clients like to say, "Long term? I don't buy green bananas!") and hope that the markets don't crash during our retirement.

But, is this a sensible way to retire? Wouldn't retirement be better if you had more certainty and less worry?

The good news is that solutions are available today, but we do have to change our beliefs.

We have to go from Wall Street to Secure Street. We have to go from a 100% of the losses/100% of the gains mentality to a 0% of the losses/portion of the gains mentality.

For example, look at the table below:

Between 2000 and 2018, if you earned 100% of the S & P 500 returns while suffering 100% of the losses vs. earning 54% of the S & P 500 gains while earning 0% of the losses, you won with by taking no market risk! Amazing, isn't it?

The strategy to growing the \$500,000 to \$1,230,183 without market risk vs.

\$1,227,767 with market risk, between 2000 and 2018 is:

1. Replace losses with 0%
2. Earn 54% of the price returns of the S & P 500
3. Lock in your gains annually
4. Eliminate paying fees

This strategy is called the "54% Participation Rate" Strategy. It's available from a small number of extremely large insurance companies through their guaranteed fixed index annuities.

Its sole purpose is to protect retirement portfolios against losses while continuing to provide competitive return potential along with a variety of liquidity features.

At this stage of your life, if preserving your portfolio for you and your loved ones is your primary concern, consider adding strategies like the "54% Participation Rate" to your portfolio.

As you can see, you don't have to take all the risk to earn competitive returns. You can preserve your portfolio and prosper in retirement! ■

*Rick Kelly, CSA, President of Pinnacle Retirement Inc., is an Independent Certified Senior Advisor in Monument, CO.*

*He helps Boomers & Retirees to live retirement with less risk, less fees, less worry and more comfort no matter what the markets do.*

To receive your **FREE Copy** of his Guide, "**Preserve Your Portfolio & Prosper**" email him at [rick@rickkellycsa.com](mailto:rick@rickkellycsa.com) or call his 24-hour toll-free resource line at: 1-800-975-1064.

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		Total		Price		PR Strategy		\$500,000.00	
Yrs.	Year	Returns	\$500,000.00	Returns	\$500,000.00	PR Strategy	\$500,000.00	PR Strategy	\$500,000.00
1	2000	-9.10%	\$454,500.00	-10.14%	\$449,300.00	2000	0.00%	\$500,000.00	
2	2001	-11.89%	\$400,459.95	-13.04%	\$390,711.28	2001	0.00%	\$500,000.00	
3	2002	-22.10%	\$311,958.30	-23.37%	\$299,402.05	2002	0.00%	\$500,000.00	
4	2003	28.68%	\$401,427.94	26.38%	\$378,384.32	2003	14.25%	\$571,226.00	
5	2004	10.88%	\$445,103.30	8.99%	\$412,401.07	2004	4.85%	\$598,956.74	
6	2005	4.91%	\$466,957.87	3.00%	\$424,773.10	2005	1.62%	\$608,659.84	
7	2006	15.79%	\$540,690.52	13.62%	\$482,627.19	2006	7.35%	\$653,425.55	
8	2007	5.49%	\$570,374.43	3.53%	\$499,663.93	2007	1.91%	\$665,881.15	
9	2008	-37.00%	\$359,335.89	-38.49%	\$307,343.29	2008	0.00%	\$665,881.15	
10	2009	26.46%	\$454,416.17	23.45%	\$379,415.29	2009	12.66%	\$750,201.68	
11	2010	15.06%	\$522,851.24	12.78%	\$427,904.56	2010	6.90%	\$801,974.60	
12	2011	2.11%	\$533,883.41	0.00%	\$427,904.56	2011	0.00%	\$801,974.60	
13	2012	16.00%	\$619,304.75	13.41%	\$485,286.56	2012	7.24%	\$860,048.78	
14	2013	32.39%	\$819,897.56	29.60%	\$628,931.38	2013	15.98%	\$997,518.98	
15	2014	13.69%	\$932,141.53	11.39%	\$700,566.67	2014	6.15%	\$1,058,872.38	
16	2015	1.38%	\$945,005.09	-0.073%	\$700,055.25	2015	0.00%	\$1,058,872.38	
17	2016	11.96%	\$1,058,027.70	9.54%	\$766,840.52	2016	5.15%	\$1,113,421.25	
18	2017	21.83%	\$1,288,995.14	19.42%	\$915,760.95	2017	10.49%	\$1,230,183.51	
19	2018	-4.75%	\$1,227,767.87	-6.59%	\$855,412.31	2018	0.00%	\$1,230,183.51	



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# Integrated Behavioral Health Care a new Plus for Primary Care Offices

By Cyndy Kulp

Marketing Associate,  
AgeWell Medical Associates

If getting more exercise was among your new year's resolutions in January, most of you (an estimated 80%) have abandoned that goal by now. You're feeling defeated and disappointed that you just didn't have the self-discipline to get to the gym regularly or hit the treadmill. Take heart. There are better approaches to getting off the couch than sheer willpower.

Published in the January 16 online issue of Neurology, new research from Rush University Medical Center in Chicago suggests that any type of activity, including chopping vegetables, sweeping the floor, or doing the laundry, can

contribute to better cognition in older adults. The study conducted post-mortem analyses of 454 adults, age 70 or older, 194 of whom displayed signs of dementia and 263 of whom did not. All took thinking and memory tests annually for 20 years and wore activity monitors in the last years before they died. Findings showed that more daily movement led to improved thinking and memory. More surprising was that 30% of individuals whose brain tissue showed characteristics of Alzheimer's disease appeared to have normal cognition even in their later years.

Another factor you may not consider is the literal and psychological weight of your stuff. If your house is packed with furniture and piles

of clutter, you may not be able to move freely, and completing household tasks may feel overwhelming. You couldn't dance to the music even if you wanted to. Researchers from DePaul University in Chicago found a link between procrastination and clutter among all age groups. For older adults in particular, clutter problems were associated with frustration and life dissatisfaction.

Even your smug friends who tell you they run an hour daily may be sitting at a desk for eight hours at work and bingeing on Netflix while sitting on the couch in the evening. The run amounts to a mere 4% of the day exercising and the rest of the time

Continued on page 35

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Michael Kenny, PsyD, Elizabeth Allen, NP, Brad Bingham, NP



Whitney Pahl, NP, Jeffrey Kulp, MD, Paula Hardy, NP

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## ... *Glen Eyrie cont.* from page 20

daughters back to Colorado Springs.

Once the family returned to their Glen Eyrie home, they decided to tear down the original 22 room house and build a bigger and better castle in the name of their mother and wife Queen Palmer. The new castle had the same floor plan as the original but areas were added and extensive detail was put into the home's interior and exterior décor.

The general was also known for adding special amenities inside his home that most other structures did not have at that time. On the outside, Palmer built a unique weather station that enabled him to track weather patterns and record temperatures and wind speeds. For plumbing in the castle, he ran pipes that gravity fed water down Queen's Canyon from a reservoir over eight miles away.

Palmer was also deeply concerned about the issue of structure fires so he

designed the castle with an advanced fire suppression system. He had a fire hose on every floor that was located near the many fireplaces in the home in case a fire broke out. He also designed the castle with large metal doors that could close the home off in sections if a fire did take place.

Palmer also had one of the first houses in the area that had electricity from an outdoor generator he built. The castle had one of the first sophisticated telephone systems inside the house so that people could communicate with each other while in different rooms. The house also had a central vacuum system that was way ahead of its time. The property also had a creamery to pasteurize milk because Palmer's youngest daughter was diagnosed with tuberculosis at a young age and drinking non-pasteurized milk was believed to be a cause of the disease.

During Palmer's days, he was involved in railroad construction which threw him in the middle of some violence associated with being the first company to lay tracks in a certain area. Knowing that he and his family could be a target, Palmer built a school house on his property fearing that if he sent his children to public schools that they would get kidnapped.

### *The Castle Nowadays*

In 1906, tragedy struck the Palmer family once again when the general suffered from a horse riding accident. The fall left Palmer paralyzed from the ribs down forcing him to bring in a doctor to care for him the last few years of his life. On March 13, 1909 Palmer died at the age of 72. He and his late wife's remains were buried in the Evergreen Cemetery in Colorado Springs.

**Continued on page 33**



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\*Prostate Cancer Foundation

## **... Local Authors Continued from page 19**

"The Cripple Creek Road: A Midland Terminal Guide and Data Book," (Pruett Publishing, Boulder, CO, 1984)

"Colorado Rail Annual No. 17: Rocketing to the Rockies," co-authored with Mike Doty. (Colorado Railroad Museum, Golden, CO, 1987)

"Phantom Canyon," co-authored with Doris Wolfe. (Wolfe & McFarland, Fountain, CO, 1990)

"Midland Route: A Colorado Midland Guide and Data Book," (Colorado Railroad Museum, Golden, CO, 1986)

"Colorado Midland Guide," (CMQ, Colorado Springs, CO, 1985)

"Midland Route: A Colorado Midland Guide and Data Book," (Old Colorado City Historical Society, Colorado Springs, CO, 2014)

6. Molly Merry spent most of her career as an educator in Cañon City, CO. Molly was the Colorado Teacher of the Year in 1995. She moved to the Ivywild neighborhood in Colorado Springs in 2012, and she

later published a book, "Ivywild: A Treasure Filled Neighborhood History," (2015).

7. John Stansfield is a former classroom teacher who is a specialist in storytelling in education, having taught storytelling and other courses at the University of Colorado at Colorado Springs. In 1989, he founded the Rocky Mountain Storytelling Festival. He has also published several books on Colorado history, including:

"John Denver: Man for the World," (Filter Press 2008); "Enos Mills: Rocky Mountain Naturalist," (Filter Press 2005); "Writers of the American West: Multi-cultural Learning Encounters," (Teacher Ideas Press, 2002), etc.

8. Claude Wiatrowski moved to the Pikes Peak area in 1975 and has published: "Railroads of Colorado," (Farcountry Press, 2012); and "Historic Colorado," (Voyageur Press, 2009). Dr. Wiatrowski's DVDs have won Telly and Teddy awards. His "Pikes Peak's Shadow" was selected for the Library of Congress Local Legacies Program.

**Continued on page 31**

# The Top Financial Scams Targeting Seniors, And How You Can Prevent Them

By Rick Sheridan

Financial scams that target seniors happen throughout the entire USA. This article will describe some of the most common crimes, along with some common-sense solutions that Colorado Springs area seniors should consider.

## *Telemarketing/phone scams*

Scammers use telemarketing calls to prey on older people. These range from phony lotteries, too-good-to-be-true bargains, fake pharmaceuticals (mentioned later), charity scams, along with threats from an “IRS agent” warning the potential victim about back taxes that need to be paid immediately. The resource section at the end of this article has resources for getting on “do not call” lists and where to report a fraud. One of the best things that seniors can do is to simply hang up if they get an unsolicited call. You are under no obligation to listen to the sales pitch or try to convince the telemarketer that you are not interested.

## *Medicare and health insurance scams*

In these types of scams, crooks may pose as a Medicare representative to get older people to give them their personal information, or they will provide bogus services for elderly people at temporary mobile clinics, and then use the information to bill Medicare and pocket the money. Sometimes seniors will receive pitches by mail for a “free” wheelchair that is billed to their Medicare or health insurance account.

## *Counterfeit prescription drugs*

These scams usually operate on the Internet. The online ads and

spam e-mails offer very low prices for pharmaceutical drugs. They are often completely fake. The danger is that besides paying money for something that will not help a person’s medical condition, victims may purchase unsafe substances and/or suffer by not taking their needed doses.

## *Funeral and cemetery scams*

Sometimes scammers will try to extort money from relatives to settle the fake debts from the deceased. Another scam is where a disreputable funeral home adds unnecessary charges to the bill. In one common scam, funeral directors will insist that a casket is necessary when performing a direct cremation. This can usually be accomplished with a cardboard casket rather than an expensive display or burial casket.

## *Internet fraud*

Here are four types of scams among the many that are out there:

1. Ransomware: I have personally had two ransomware attacks where my computer screen locked up and a payment was required to get it unlocked. Fortunately, I learned from a “techie” to immediately shut the computer down by holding the power button. This worked in my case, but scammers may have figured out a way around this by now. Avoid clicking on questionable sites to avoid this fiasco.

2. In another fraud, pop-up browser windows simulating virus-scanning software will fool victims into either downloading a fake anti-virus program (at a high cost) or an actual virus that will search the user’s computer for valuable information.

3. In yet another scam, a senior receives email messages that appear to be from a legitimate company or institution, asking them to “update” or “verify” their personal information. This is used to capture your password and break in to your computer.

4. A senior receives emails that appear to be from the IRS that demand payment for an “overdue” bill.

## *Investment schemes*

Seniors are targeted by boiler room operators who call them and offer an investment product that is marginal, at best. This could range from a pyramid investment schemes to the Nigerian prince willing to share his fortune with you (for a fee). Investment schemes have long been a successful way to take advantage of older people.

## *Tips to protect yourself*

1. According to the National Council on Aging, seniors should be aware that over 90% of all reported elder abuse is committed by that person’s own family members, most often their adult children, grandchildren, nieces and nephews, and others. Common tactics include depleting a joint checking account, promising but not delivering care in exchange for money or property, outright theft, and other forms of abuse.

2. Always tell solicitors: “I never buy from (or give to) anyone who calls or visits me unannounced. Send me something in writing.” It’s also good practice to obtain a salesperson’s name, business identity, telephone number, street address, mailing address, and business license number before you transact business. Take your time in making a decision.

## ... Scams Continued

3. Shred all receipts with your credit card number. Identity theft is a huge business. To protect yourself, invest in—and use—a paper shredder. Monitor your bank and credit card statements and never give out personal information over the phone to someone who initiates the contact with you.

4. Sign up for the “Do Not Call” list below and take yourself off multiple mailing lists. Do not let incoming mail sit in your mailbox for a long time. When sending out sensitive mail, consider dropping it off at a secure collection box or directly at the post office. You also can regularly monitor your credit ratings and check on any unusual or incorrect information at [www.AnnualCreditReport.com](http://www.AnnualCreditReport.com)

5. Steps to take if you’re a victim of a scam. Don’t be afraid or embarrassed to talk about it, waiting could only make it worse. Immediately:

**Continued on page 39**

## Sudoku Answers:

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

### Brain Teaser Answer:

A: Turn on the right switch and leave it on for two minutes. After two minutes, turn on the middle switch and leave it on for one minute. When that minute is up, turn off both switches and enter the room. One light bulb will be hot (1st switch) and one will be warm (2nd switch). The cold bulb will correspond to the switch you didn’t turn on.

18-054, Benton  
ROC(2) V1, 2/26/18



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## **...Life List continued** from page 7

pickleball? Have you hiked all the way to the top of the Manitou Springs Incline? In my case, I worked out with the Sacramento City College football team all summer when I was 48 years old.

Any speeches or performances that you remember vividly? Have you ever attended a Ted Talk? Seen a U.S. Presidential candidate speak in person? Have you attended an especially good orchestra or philharmonic performance? What were some of the details from these events that you still remember?

Do you have a hobby or craft that you are especially proud of? Have you built a home addition that others still enjoy? Have you knitted a quilt that still receives compliments?

If you have not done many of these, don't worry, it is not too late. The first step is to take an inventory of what you have done. The next step would be to set goals with your own future "life list" of things that you want to accomplish during your one-and-only lifetime. ■

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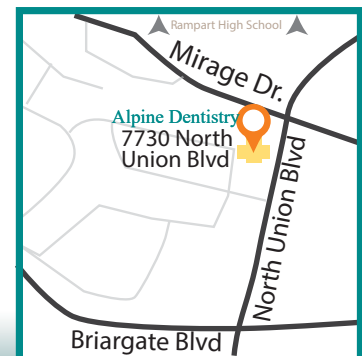
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**...Local Authors continued from page 27**

9. John Anderson is a published author of three books. His first book, *Ute Indian Prayer Trees of the Pikes Peak Region* sold over 2,000 copies. Since its release in 2015 John has conducted over 200 walks, talks or book signings. John's second book, *Rankin Scott Kelly, First Sheriff El Paso County, Colorado Territory 1861-1867*, won a 2017 Literary Award from the Historical Preservation Alliance of Colorado Springs. His latest book *Native American Prayer Trees of Colorado* is available online at Amazon.com. John retired from Lockheed Martin in 2012 to launch a consulting business allowing him the freedom to pursue his love of writing, history and the arts full-time. Prior to working ten years in the corporate world, John served two-terms as the elected Sheriff for El Paso County, Colorado (term-limited in 2003). He completed an MBA while working as a police officer with the Colorado Springs Police Department and retired after 22 years of service in 1995. Although John has travelled the world, including five adventures on a catamaran sailing the Caribbean, three corporate assignments in a combat zone on the Horn of Africa and landed on an aircraft carrier at sea, he remains most fascinated by the rich

history and art discovered in his own back yard in the American Southwest.

If you do not already enjoy reading about local and regional history, stretch your comfort zone and give it a try. You may find that those history markers around here take on a whole new perspective once you understand the details of what actually happened and why it is considered to be important. ■



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## ... *Glen Eyrie cont.* from page

After Palmer died, his daughters wanted to donate the castle and the property to the city of Colorado Springs. However, the city decided that they did not have the sufficient funds to properly maintain the property so the Palmer family was forced to sell it. The property was then bought and sold by several different people and partnerships but little was added to it. In 1938, the last owner of the property died and had no descendants forcing the property to sit empty for over a decade.

In 1953, the property was pursued by an international Christian organization called the Navigators. The Navigators saw the \$340,000 price tag on the castle and decided to find a way to come up with the money to purchase the property. After reaching

out to its members the organization was able to raise \$120,000 in a matter of six weeks to put a down payment on the property.

Once it was purchased the group had found that there were many renovations needed. While the castle sat idle for 15 years, people broke into it and stole most of the original furniture items. The building was also vandalized and dilapidated in areas requiring the Navigators to conduct extensive remodeling operations.

For the first several years after purchasing Glen Eyrie, the property was only open to Navigators' members. Now the property is still controlled by the Christian organization but it is open to the public for tours, teas, and other events. The property is

also the home to a bookstore and lodging. The castle now operates as a bed and breakfast where anyone can go and spend the night. The Great Hall room in the castle is rented out for conferences, weddings and other group events.

In 2012, the property was threatened by the Waldo Canyon Fire as its flames danced across the upper walls of Queen's Canyon located near the castle. The fire caused the closure of a famous trail leading up the canyon as well as create flooding issues on the property. Since then, the Navigators have had to widen the once small creek running through the property and next to the castle, to accommodate the excessive waters running downhill from the Waldo fire's burn patch. ■



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## ...Integrated Behavioral Health continued

from page 25

being sedentary without other intentional movement. There is no doubt that what you consider traditional exercise is good for you. (For example, regular practice of yoga has been correlated with sharper brains.) Better, however, is consistent movement throughout the day that can be achieved through simple, small changes in habits: wearing comfortable shoes that encourage walking, choosing a distant parking space on purpose, taking the stairs instead of the elevator, standing more, stretching on the floor while watching TV, shopping, rearranging furniture, carrying groceries, picking up trash in your neighborhood, and playing games with your grandchildren. You probably can think of more.

The new physical activity guidelines released by the U.S. Department of Health and Human Services support this concept of “exercise snacks” throughout the day. Although experts still recommend that adults log at least 150 to 300 minutes of moderate-intensity exercise weekly (such as brisk walking), you need not do it all at once. In contrast to previous recommendations that specified at least 10-minute increments, there is no minimum amount of exercise that should be done at once. Everything counts toward your total time, even the two-minute walk to the kitchen (to get a healthy snack, right?).

If you incorporate movement as a natural part of your day, it will soon become a way of life. And you might even lose a few pounds! ■

*Laura Engleman is program director at the UCCS Aging Center, a nonprofit clinic that provides individual, group and family psychotherapy to adults 55+ and caregivers as well as assessment and consultation services. For more information, call (719) 255-8002.*

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# Spring Recipes: Chicken-and-Vegetable Hand Pies

**Serves 12 (serving size: 1 pie)**  
**Total Prep Time: 1 Hour 20 Mins**

## Ingredients

- 14 ounces white whole-wheat flour (about 3 1/2 cups) plus 2 Tbsp., divided
- 1 tablespoon kosher salt, divided
- 1 teaspoon baking powder
- 10 tablespoons ice-cold water
- 2/3 cup plus 2 Tbsp. extra-virgin olive oil, divided
- 1 1/2 pounds ground chicken
- 4 ounces haricots verts (French green beans), cut into 1/4-in. pieces (about 1 cup)
- 3/4 cup finely chopped carrot
- 1 tablespoon chopped fresh thyme
- 1 tablespoon minced garlic
- 1/2 cup fresh or frozen green peas, thawed
- 1 1/2 cups unsalted chicken stock (such as Swanson)
- 1 tablespoon chopped fresh flat-leaf parsley, plus more for garnish
- 3/4 teaspoon freshly ground black pepper
- 1 large egg, beaten
- 1 teaspoon water
- Cooking spray

## Directions

1. Place 3 1/2 cups flour, 1 1/2 teaspoons salt, and baking powder in a food processor; pulse until combined. Stir together 10 tablespoons ice-cold water and 2/3 cup oil. With processor running, slowly pour water-and-oil mixture through food chute, processing until dough is crumbly. Turn dough out onto a lightly floured surface. Knead 1 minute. Press into a 5-inch disk; wrap in plastic wrap, and chill 30 minutes.
2. Preheat oven to 400°F. Heat 1 tablespoon oil in a large nonstick skillet over medium-high. Add chicken; cook,

stirring often, until no longer pink, about 5 minutes. Place chicken and pan drippings in a bowl.

3. Without wiping pan, heat remaining 1 tablespoon oil over medium-high; add haricots verts, carrot, thyme, and garlic; cover, and cook, stirring occasionally, for 5 minutes or until tender. Add chicken and drippings back to pan; stir in peas. Sprinkle with remaining 2 tablespoons flour; stir to coat. Add chicken stock and bring to a boil; cook for 3 to 4 minutes or until thickened. Fold in parsley, pepper, and remaining 1 1/2 teaspoons salt.
4. Whisk together egg and 1 teaspoon water in a small bowl. Remove dough from refrigerator; let stand 5 minutes. Divide dough into 12 equal portions (about 2 ounces each), shaping each into a ball. Roll each ball into a 6-inch circle on a lightly floured surface. Spoon 1/3 cup chicken mixture onto center of each circle. Brush edges of dough circles with egg wash; fold dough over filling to form half-moons. Press edges together to seal. Brush remaining egg mixture over tops of pies and score tops to vent, or follow freezing instructions. Line a baking sheet with parchment paper; lightly coat paper with cooking spray. Place pies on prepared pan.
5. Bake at 400°F for 22 to 25 minutes or until crust is lightly browned. Top with additional parsley, if desired.
6. FREEZE: Freeze on a baking sheet for 12 hours or until solid. Transfer to a ziplock plastic freezer bag; freeze up to 6 months.
7. THAW: Not necessary! Bake straight from frozen.
8. BAKE: Place frozen pies on a parchment paper-lined baking sheet. Brush with egg wash; score. Bake at 450°F for 22 to 25 minutes or until crust is lightly browned. Top with additional parsley, if desired.

Source: [Cookinglight.com](http://Cookinglight.com) ■

Photo by: Jennifer Causey



# Fennel Crusted Halibut with Asparagus

Serves 2

Total Prep Time: 35 Mins

## Asparagus Sauce Ingredients

- 1 shallot, rough diced
- 1 tablespoons butter or olive oil
- 1 bunch asparagus (divided)
- 1 cup chicken or veggie stock or broth
- 1/8 teaspoon salt, more to taste
- 1/8 white pepper (optional)
- 2-3 tablespoons fresh tarragon (this makes the sauce!)
- squeeze of lemon

## Halibut Ingredients

- 1 tablespoon olive oil or butter (or a mix is nice)
- 2 thick filets of halibut, cod, black cod or sea bass
- salt and pepper to taste
- light sprinkling of fennel seeds
- 4 radishes, sliced (or sub 1 cup snow peas or english peas)
- 1 lemon
- Garnish with fresh tarragon leaves

## Instructions

- Make the sauce: Cut the the top 2-3 inches off the asparagus and set these tips aside.
- Trim off the tough ends. Slice the remaining asparagus stocks into very thin, 1/4 inch thick disks, until you have about 1 1/2 cups. Any remaining stocks, add to the asparagus tips, cutting them to roughly the same size.
- In a small sauce pan, cook the shallot in the olive oil over medium heat until fragrant and golden, about 3 minutes. Add the 1 1/2 cups of asparagus disks and saute 1-2 minutes, stirring, then add the stock. Cover and simmer gently for 4-5 minutes or until asparagus is tender. Dont over cook or you will loose the lovely color. Let this cool, then pour into a blender along with salt, tarragon and a squeeze of lemon. Blend until silky smooth. Taste and adjust lemon and salt. Place in a small sauce pan and set aside until ready to serve.
- Cook the fish: Pat the fish dry and sprinkle all sides with salt and pepper. Sprinkle the tops with fennel seeds and gently press down into the flesh.
- In a large skillet heat the butter or oil over medium heat.
- Place fish, fennel seed side-down, and sear until golden, about 4 minutes. Turn the fish over and add the asparagus tips and sliced radishes to the same pan. ( You could also add other quick cooking veggies like snow peas of fresh peas if you like.). Season with salt and pepper and



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\*Alcohol beverages not included

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Continued on page 39



# CRIPPLE CREEK CARE CENTER

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## **A 5-STAR COMMUNITY**

- **Zero Deficiencies in 2018-19 State Inspection**

- **Rated in Top 10% Nationally**

Through the National Nursing Home Quality Care Collaborative  
[www.telligenqinqio.com](http://www.telligenqinqio.com)

- **CHCA Nurse of the Year**

**Congratulations!** Kellye Nelson, our Assistant Director of Nursing, for her selection as the 2018-19 Nurse of the Year by the Colorado Health Care Association. She is proud to represent the commitment and dedication of our entire team.

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*...With Love*

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**719.689.2931 ~ [www.cc-care.org](http://www.cc-care.org)**

**700 North 'A' Street ~ Cripple Creek, CO 80813**

## ***Fennel Crusted Halibut with Asparagus continued from page 29***

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- lightly saute them alongside the fish.
- When the fish is done to your liking, squeeze with lemon and gently warm the Tarragon Asparagus sauce, stirring often. Do not cover or simmer the sauce, just warm it up, or you may lose the vibrant green color.

- Divide the sauce generously among two plates, top with the seared fish and divide the asparagus and radishes. Top with sprouts or fresh tarragon leaves.
- Serve with lemon.

Source: Feastingathome.com ■

## ***...Scams continued from page 29***

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Call your bank and/or credit card company. Cancel any debit or credit cards linked to the stolen account.

Reset your personal identification numbers and computer passwords.

### ***Here are some consumer and legal resources:***

Adult Protective Services

To find your local offices, visit the Eldercare Locator or call them toll-free at 1-800-677-1116

AARP ElderWatch

1-800-222-4444, option 2  
[www.aarpelderwatch.org](http://www.aarpelderwatch.org)

Better Business Bureau

[www.bbb.org/scam-stopper](http://www.bbb.org/scam-stopper)

Consumer Financial

Protection Bureau

1-855-411-2372

[www.consumerfinance.gov](http://www.consumerfinance.gov)

Federal Trade Commission (FTC)

1-877-438-4338

[www.consumer.gov](http://www.consumer.gov)

Financial Industry Regulatory Authority (FINRA)

1-800-289-9999

[www.finra.org/complaint](http://www.finra.org/complaint)

[www.finra.org/fileatip](http://www.finra.org/fileatip)

FTC Do Not Call Registry

1-888-382-1222

[www.ftc.gov/donotcall](http://www.ftc.gov/donotcall)

Internet Crime Complaint Center

The Internet Crime Complaint Center (IC3) is a partnership between the Federal Bureau of Investigation (FBI) and the National White Collar Crime Center (NW3C).

<https://www.ic3.gov/default.aspx>

### ***Major Credit Bureaus***

Free annual credit report:

1-877-322-8228

[www.annualcreditreport.com](http://www.annualcreditreport.com)

National Association

of Insurance Commissioners

1-866-470-6242

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

National Association of Attorneys General

202-326-6000

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

U.S. Postal Service

Office of Inspector General

1-888-877-7644

[www.uspsoig.gov](http://www.uspsoig.gov)

U.S. Securities and

Exchange Commission

1-800-732-0330

[www.sec.gov](http://www.sec.gov), [www.investor.gov](http://www.investor.gov)

### ***Credit bureaus:***

TransUnion

1-800-680-7289

[www.transunion.com](http://www.transunion.com)

Equifax

1-888-766-0008

[www.equifax.com](http://www.equifax.com)

Experian

1-888-397-3742

[www.experian.com](http://www.experian.com) ■

# Take a break: Pikes Peak Senior News entertainment



## Outside the Lines: Story in 100 Words

### Stained Lips

She dabs her lips with *Faithful Fawn*. He hovers behind, runs his fingers through his graying hair, eyes fixed on his reflection. *How do I look?* Her mouth forms a perfect “O,” presses shut. *Handsome.* He points. *When you move your mouth that way, you look like a fish.* Her mind recedes to their rehearsal dinner. The baby photos her mother had blown up. *Adorable,* she’d said when she saw his. *Your forehead’s so high,* he’d responded. She drops her stained tissue in the toilet. Flushes. *What’s that lip color?* he asks. *Fawn,* she answers, and flashes her broad smile.

-Jan Elman Stout



## Crossword Answers:

1	T	2	I	3	N	4	A		5	S	6	A	7	P	8	S		9	S	10	L	11	A	12	S	13	H	
14	I	15	R	16	O	17	N		18	E	19	C	20	H	21	O		22	C	23	A	24	R	25	T	26	A	
17	C	18	A	19	S	20	T	21	O	22	R	23	O	24	I	25	L		19	A	26	D	27	M	28	I	29	T
20	K	21	N	22	E	23	E	24	L	25	E	26	R		21	D	22	E	23	P	24	L	25	O	26	R	27	E
26	R	27	E	28	M	29	O	30	V	31	E		32	E	33	G	34	G		35	S	36	P	37	E	38	W	
35	E	36	V	37	A	38	D	39	E		36	M	40	A	41	R	42	E		37	L	43	I	44	E			
38	F	39	I	40	N	41	E		39	R	42	I	43	G	44	I	45	D		40	L	46	A	47	D	48	E	
41	I	42	T	43	O				42	A	43	L	44	U	45	M		43	M	46	A	47	T	48	E	49	D	
44	T	45	E	46	R				46	G	47	E		47	T	48	U	49	B	50	E	51	R	52	S			
52	B	53	R	54	O	55	M	56	I	57	D	58	E		54	M	55	O	56	R	57	O	58	C	59	C	60	O
60	L	61	O	62	U	63	P	64	E		61	S	62	A	63	I	64	L	65	O	66	R	67	H	68	A	69	T
63	A	64	S	65	S	66	E	67	T		64	T	65	I	66	L	67	E		65	C	68	A	69	L	70	I	
66	S	67	E	68	E	69	D	70	Y		67	D	68	R	69	E	70	D		68	A	69	W	70	L	71	S	



# Sudoku: Answers on Page 29

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



## Brainteaser:

**Question:** You're standing in a hallway with three light switches on the wall, each of which turns on a different lamp inside a closed room. You can't see inside the room, and you can't open the door except to enter the room. You can enter the room only once, and when you do, all the lamps must be turned off. How can you tell which switch turns on which lamp?

**Answer on Page 29**



# Intermission - A Place in Time; an excerpt

by Glenda Lee Vollmecke

In the year 1593, Guido enlisted in the Spanish Army, and during 1604, after much plotting, he joined his co-conspirators Catesby, Percy, and Wright at the 'Duck and Drake Inn' where they mutually agreed, under oath, to hire a cellar beneath the Houses of Parliament in London. Without fail, they instigated their conspiracy the next day and by filling the room with barrels of gunpowder hidden beneath iron bars and faggots (wood.) They predicted a fiery explosion that would blow up 'Scotsmen present back to Scotland.' By morning, the Lord Chamberlain, who described Fawkes to be a 'very bad and desperate fellow,' was convinced of Guy's guilt due to the matches in his hand. He was arrested.

On November 4th 1605, Guido strolled unhurriedly to the gallows in Old Palace Yard in Westminster, London. Meanwhile, his fellow conspirators suffered a less compassionate treatment as clearly they suffered a terrible death. Almost hanged by nooses their bodies endured disembowelment, while still alive. Aided up the steps by the hangman, Guido requested no special treatment and, as the wooden platform parted, his now frail and limp body fell forcefully below. A few seconds of twitching and writhing on a stout rope and soon he was dead.

This unique celebration occurs each year on November 5th and crowds of adults and teenagers assemble wooden carts equipped to carry a life-sized likeness of the notorious Guy Fawkes. Angie, Margie, Dave, Beryl, and I gathered scraps of wood, a rubber mask, old clothes, a hat, and a pair of men's shoes. Bags of straw strengthened his body as plastic eyeballs protruded from the sunken eye cavities. Likened to an inebriated bridge dweller, the figure held an ornately painted sign. In a rough script, it begged for 'a penny for the guy.' Pitifully very few people dug deeply into their pockets and grins and nods were our only reward.

A more significant profit emerged while carol singing during the Christmas season. Assertively we knocked on affluent neighborhood doors before breaking into song.

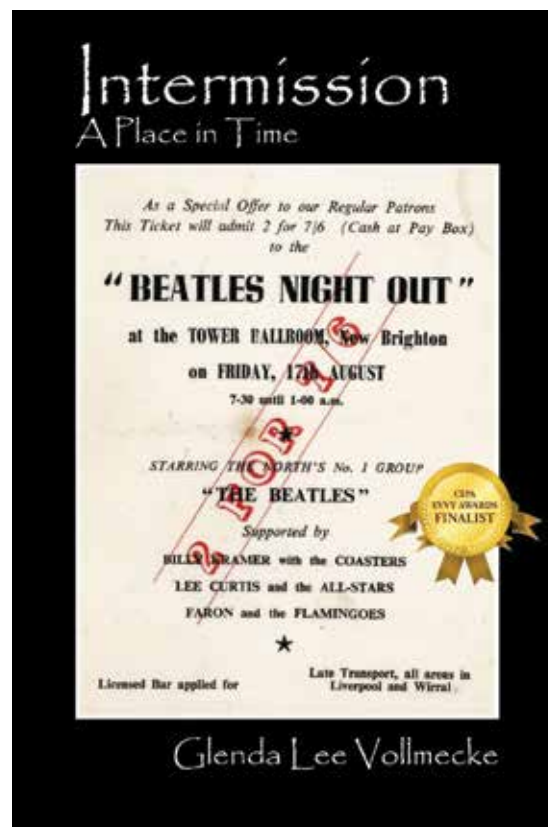
Trevor's house was in a posh area and he answered the door in his evening jacket sans the basket. "What's up? What's up?" "Happy Christmas, Trevor," we chorused in tune but soon we departed leaving Trevor alone.

Several days prior to November 5th we had walked through damp rain-soaked streets begging for cash to purchase additional fireworks such as bangers, sparklers, and noisy intrusive riraps for the big night. Stacked on numerous bombed areas, the bonfires were acceptable and seemingly secure. Piled in a field, humungous amounts of sticks and landfill were ready to light, while neighbors had generously contributed and piled gritty potatoes on

plates. Everything was in order for the toasty infernos. In our avenue, adults hovered near displays of fireworks readily prepared for the big event. All were unaware of young Beryl's participation, as she idly struck matches near boxes of fireworks. Then shortly before nightfall a premature burst of color illuminated the street. Ignited rockets, intended for the sky, veered in all directions. Amid rapid splashes of color, agitated riraps zigzagged in between ankles and bare legs as adults and kids hurriedly dispersed. Invasive bangers tore through our street while submissive dogs nervously scrambled for safety. Deathly afraid of fire, my friend's tabby cat 'Shultz' shot up the comatose tree over our gate. With no supervision, and like fairies in a danger zone, majestic sparklers danced

joyfully on the ground. While bursting through the frosty night air, pinwheels ruptured and glowed vividly.

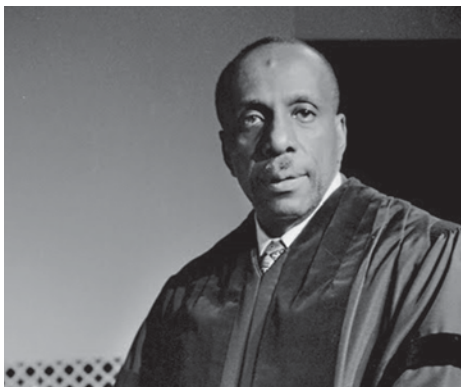
Five minutes later, multiple scraps of ghostly charred cardboard littered our empty avenue. Quietly, like zombies, despondent adults gathered their senses. All their hard work had literally evaporated in smoke. Unobserved, we slowly retreated. With Guy strapped in the cart, we searched for a nearby bonfire and my cousin Beryl soon caught up with us. Prematurely lit just a block away, a huge bonfire glowed in the dark, and, joining the excited crowd, we graciously accepted indigestible gritty raw potatoes and



Continued on page 47

# Spring Events

## March 2019 Local Events



**Curiosity Unlimited Club presents**  
**UCCS Professor Paul Harvey, Ph.D.,**  
*History, lecturing on “Mentor of the*  
*Movement: The Life & Times of*  
*Howard Thurman.”*

March 8 at UCCS University Hall,  
Room 302, 1420 Bluffs Pkwy, 9:30 to  
11:30, free coffee, goodies, free park-  
ing in any lot with a registered license  
plate number.

Call 719-574-1449

for further information or see

[www.uccs.edu/curiosity/lectures.html](http://www.uccs.edu/curiosity/lectures.html)



## **Introduction to Fly Fishing**

*March 9 at the Anglers Covey Fly*  
*Shop from 9 to 10 a.m.*

Free lessons on fly fishing basics,  
equipment, and outfit rigging and  
some casting instruction. This is a  
basic 1 hour class plus 30 minutes of  
casting designed to give you a taste  
of fly fishing.

Contact: [Jon@anglerscovey.com](mailto:Jon@anglerscovey.com),  
(719) 471-2984

## **Movie House Music**

*March 10 at the Gold Hill Theatres in*  
*Woodland Park from 2:30-4 p.m.*

Catch live music by Howie Henderson  
before a flick at the movie theatre.

Contact: (719) 687-2210

## **Delicious Downtown Food Tour**

*In downtown Colorado Springs*  
*from 2 to 5 p.m.*

A downtown food tour developed  
for locals and visitors! Dine and dash  
in the heart of historic downtown  
Colorado Springs on this famous  
flagship tour. As you meander down  
Tejon Street, envision an old horse-  
drawn carriage, hear the chug of the  
railroad, and learn about the trade of  
gold and silver at the Mining Ex-  
change. Be transported to yesteryear  
in between bites as your trusty tour  
guide enchants you with tales untold.  
This tour features five diversely deli-  
cious culinary destinations within  
the easy walking distance of one-half  
mile. Each destination will prepare  
generous helpings of their homemade  
provisions with some non-alcoholic  
beverages, too. Thirsty trailblazers  
can elevate this appetizing adventure  
by adding alcohol pairings at up to  
four locations.

Contact:

[info@rockymountainfoodtours.com](mailto:info@rockymountainfoodtours.com),  
(844) 567-7638

## **The Art Of Dining**

*At the Dusty Loo Bon Vivant Theater*  
*from 8 to 10 p.m. on March 14.*

The most fun you will have at a  
restaurant all year! Howe's romp  
through the trials and tribulations of  
an upstart fine dining establishment  
and its eccentric patrons has a sweet-  
ness and depth that will catch you by  
surprise. Foie gras, crepes suzette, sole  
meunière? Check, we've got that, and a  
whole lot more.

Contact: [tickets@uccs.edu](mailto:tickets@uccs.edu),  
(719) 255-3232

## **The Verdict: St. Patrick's Day Party**

*On March 16 at the Stargazers*  
*Theater from 8 to 10 p.m.*

The Verdict is Colorado Springs'  
premiere classic rock dance band.  
They'll take you through the '60s,  
'70s, '80s, and '90s with the music of  
Pink Floyd, Lit, The Rolling Stones,  
John Mellencamp, The Beatles, The  
Monkees, The Doobie Brothers, The  
Cars, Queen and many more. And  
trust us, you won't want to leave the  
dance floor! 2019 is their 30th year  
together as a band!

Contact:

[stargazerstheatre@gmail.com](mailto:stargazerstheatre@gmail.com),  
(719) 476-2200



## **Glen Vollmecke Book Signing**

*March 20 from 9-5 p.m. at*  
*Pueblo Community College.*

Glen Vollmecke will be signing cop-  
ies of her book titled, “Intermission:  
A Place In Time” in the Artists’ The-  
book is filled with British humor and  
her experience being present at rock-  
n-rolls most memorable events when  
the Beatles took Liverpool and the  
world by storm.

Pueblo Community College.

51320 US-50

Outside Cañon City.

Contact: (719) 296 6100

# Spring Events



## Blacksmith Workshops

*March 22, 23, and 24 at the Rockledge Ranch Historic site from 9 a.m. to 4:30 p.m.*

Ranch Blacksmith and one of Pikes Peak Region's most accomplished craftsmen, Andy Morris, and with special guest blacksmith, Don Hanson, will conduct three one-day workshops for beginners (16 years and older) and those who have a minimal amount of experience. These hands-on workshops will include an overview of blacksmith history, tools, techniques, and discussions of supplies necessary for starting your own shop. Each participant will forge practical and decorative items from hot steel to take home and amaze their family and friends!

Contact: [info@rockledgeranch.com](mailto:info@rockledgeranch.com), (719) 578-6777



## Three Dog Night

*7:30 to 9:30 p.m. at the Pikes Peak Center For Performing Arts on March 22.*

Legendary music icons Three Dog Night celebrate their fourth decade bringing with them some of the most astonishing statistics in popular music. In the years 1969 through 1974,

no other group achieved more top 10 hits, moved more records or sold more concert tickets than Three Dog Night. Three Dog Night's hits wind through the fabric of pop culture today, whether on the radio where they are heard day in and day out, in TV commercials or in major motion pictures - songs like "Mama Told Me (Not To Come)", "Joy to the World", "Black and White", "Shambala" and "One" serve to heighten our emotions and crystallize Three Dog Night's continuing popularity. Contact: (719) 520-7469

## O Beautiful! Shifting Landscapes of the Pikes Peak Region

*From 10 a.m. to noon at the Colorado Springs Fine Art Center at Colorado College on weekends in March.*

Decades before Katharine Lee Bates penned the famous words of her poem Pikes Peak in 1893, artists working in the European academic traditions were depicting the sublime grandeur of the Pikes Peak region. Colonizers of the Ute, Arapaho, Cheyenne, and other native lands sent tales of the rugged, dramatic scenery of the West back East, compelling artists such as Harvey Otis Young and Hamilton Hamilton to explore as well. The natural landscape of spacious skies, amber waves of grain, and purple mountains majesty of which Bates wrote, and would later become the famous anthem America the Beautiful, provided ample inspiration to late 19th and early 20th century painters. Contact: [fac@coloradocollege.edu](mailto:fac@coloradocollege.edu), (719) 634-5581

## 'One Bad Apple... or...As The Worm Turns'

*At the Iron Springs Chateau Dinner Theater in Manitou Springs from 6 to 10 p.m. on weekends in March.* The Iron Springs Chateau is excited



for its first show of 2019, "One Bad Apple...or...As the Worm Turns." This show, written by local actor and playwright, Ms. Sallie Walker, is a hilarious classic melodrama where poor Granny Smith can't pay the mortgage on her orchard, because the apples are infested with worms! Granny's niece, Goldie Lishus, will do anything to help out, but going to work for Ella Va-Floozie at the gaming hall is surely out of the question... isn't it? However, will our hero Sheriff Fisher Cutbait rescue his true love, Goldie, from a dreadful life with the evil Gil Crabpot and save the Angler's Haven Applery? The melodrama is followed by a sing-along intermission and a Grand Old Opry themed Vaudeville style musical revue that will keep you laughing with songs, dances, jokes and crazy costumes! It's a blast for the whole family! Contact: [info@ironspringschateau.com](mailto:info@ironspringschateau.com) (719) 685-5104

## April 2019 Local Events

### A64 Bead Weaving: Netted Amulet Bag

*At the Bemis School of Art at the Colorado Springs Fine Arts Center at Colorado College every Friday in April from 2 to 4:30 p.m.*

Construct a small amulet bag using the off-loom tubular netted stitch and seed beads. In addition to the netted stitch, you'll be introduced to several other beading techniques to complete and embellish your miniature bag. No previous experience needed, just your imagination.

# Spring Events

Contact: bemis@coloradocollege.edu,  
(719) 475-2444

## Masked Till Midnight

*On April 6 at the Pinery at the Hill  
from 8 to 11:55 p.m.*

Alzheimer's disease is an irreversible, progressive brain disorder that slowly destroys memory and thinking skills and eventually, the ability to carry out the simplest tasks. Although treatment can help manage symptoms in some people, currently there is no cure for this devastating disease. We and our generous sponsors host an annual event in Colorado Springs, Masked Till Midnight, that raises money to help local families get the help they are needing and deserve. In 2018, at our Inaugural Event on April 7, we were able to donate \$5,000 to the UCCS Aging Center to help fund research they are conducting on Alzheimer's Disease. We hope you can join us for our Masked Till Midnight event this year. There will be a casino night, silent auction items and dancing till midnight!

Contact:

gina@gkaiseradvertising.com,  
(719) 339-9017

## Monster Jam

*April 5 at the Broadmoor World  
Arena from 7 to 9 p.m.*

The new season of Monster Jam will bring motorsport fans to the edge of their seats with adrenaline-charged, high-flying, four-wheel excitement that is fun for the entire family! Unexpected, unscripted and unforgettable, Monster Jam takes center stage in the world's most iconic venues like The Broadmoor World Arena sporting meticulously manicured dirt tracks created with the sole purpose of pushing these perfectly engineered, larger-than-life trucks to the limit. Monster Jam is one of the



only sports where male and female world-class drivers, some generational rivals, are equals competing for the same championship on the same track. Following racing, new in 2018 across all Monster Jam events, fans in every city will have the chance to vote for the truck winner in the freestyle competition by real-time, in-arena fan voting on their smartphones.

Contact: (719) 520-7469

**Curiosity Unlimited Club presents**  
*UCCS Professor Emily Scop, Ph.D.,  
Geography & Environmental Studies,  
lecturing on "Colorado Springs: Salad  
Bowl or Melting Pot?"*

April 12 at UCCS University Hall,  
Room 116, 1420 Bluffs Pkwy, 9:30 to  
11:30, free coffee, goodies, free park-  
ing in any lot with a registered license  
plate number. Call 719-574-1449 for  
further information or see  
[www.uccs.edu/curiosity/lectures.html](http://www.uccs.edu/curiosity/lectures.html)

## Pikes Peak Gamers Convention

*April 12-14 at the Manitou Springs  
City Hall from 5 to 11:55 p.m.*

Just like last year's convention, you will enjoy: Gaming as late as you want! Full access to The Vault, a library of over 800 board games. A variety of free tournaments. Board game bonanza - Flea Market: Buy, sell, and trade! Several nearby parks with grassy areas to relax and enjoy outdoor games. Restaurants, shops, hotels, and Penny

Arcade, all within walking distance.... but wait, there's more this year: More ticket options, cheaper prices, and even better value! An even Larger library with over ~100 NEW board games bringing the total to over 800! Hoity-Toity: Our Attendees' Board-game Art Exhibit, Contest and Silent Auction with proceeds going to Concrete Couch, a local non-profit, and Nightly raffles! Sunday Funday For Families! So get ready for some fresh air while exploring Manitou Springs, one of Colorado's most scenic small mountain towns. Stroll around unique shops and restaurants and don't forget to check out The Penny Arcade, featuring hundreds of vintage arcade games, pinball machines, and much more.

Contact: info@pikespeakgamers.com,  
(719) 428-5902



## Gabriel Iglesias

*April 13 at the Broadmoor World  
Arena from 8 to 10 p.m.*

Gabriel Iglesias is one of a handful of comedians with the distinct honor to headline and sell out the Staples Center, Madison Square Garden and the Sydney Opera House. In addition to being one of America's most successful stand-up comedians, Iglesias is also one of the most watched comedians on YouTube with more than 380,000,000 views and has more than 14 million fans across social media. He was recently featured in The Hollywood Reporter's Top 40 Comedy Players of 2018 issue alongside com-

# Spring Events



edy giants Jerry Seinfeld, Chris Rock, and Lorne Michaels. “There is still no greater thrill for me than to perform standup live. I’m so excited to launch this new tour and reconnect with all my fans. It’s going to be Fluffy-licious,” Iglesias said regarding the tour.  
Contact: (719) 520-7469

## Earth Day

**Rockledge Ranch Historic Site from 8 to 3 p.m. on April 20.**

In combination with the Garden of the Gods Nature and Visitor Center, celebrate the environment at Rock Ledge Ranch on this free day! Historic homes will be open, as well as the Blacksmith Shop and General Store. Bring a picnic and come have a great time while supporting the Ranch! Did you know that Colorado Springs has been a “Tree City USA” for 40 consecutive years! It’s the longest running in the state. General Palmer had 600 cottonwood trees planted when water was available from city reservoirs in 1872. In 1910 City Council created a Department of Forestry, a tree ordinance and a city forester position. When many of the cottonwoods did not survive they were replaced with maple, ash and elm trees.

## The New Christy Minstrels

**On April 26 from 7 to 9 p.m. at the Tri-Lakes Center for the Arts in Palmer Lake, CO.**

The New Christy Minstrels® (officially known as The New Christy Minstrels®, Still Under the Direction of Randy Sparks) is an American large-ensemble folk music group founded by Randy Sparks in 1961, and currently in concerts across the country, still going, better than ever with 100% record of at least one standing ovation per concert since Randy Sparks revised the group with the current line up of stellar entertainers! From their

beginnings as prominent figures in the early-1960s U.S. folk revival, the group recorded over 20 albums and had several hits, including “Green,” “Saturday Night,” “Today,” “Denver,” and “This Land Is Your Land.”

Contact: [info@trilakesarts.org](mailto:info@trilakesarts.org),  
(719) 481-0475

## Learn to Meditate for Stress Release & Emotional Healing

**On April 27 at the Unity Spiritual Center in the Rockies from 10 a.m. to noon.**

Would you like to experience greater inner peace, enhance your divine connection, and help heal physical and psychological imbalances in your body? In this specialized presentation about meditation, learn about the types and purposes of meditation, how to meditate, and more.

Experience the Meditation on Twin Hearts, a guided non-denominational Meditation for Planetary Peace. Also, learn how the energy generated from meditation can be harnessed to heal physical and psychological imbalances in the body in a brief overview of Pranic Healing.

Contact:  
[LightPoint@pranichealing.com](mailto:LightPoint@pranichealing.com),  
(719) 602-9260



sooty chestnuts on sticks. By joining this gathering, our Guy was susceptible, but useless after the big night, sadly we allowed two brawny lads to heave our effigy onto their ten-foot mound of wood.

Thundering out of control, the fire charred our legs and eyebrows, and perched on top, Guy balanced shakily amid the licking inferno, as aggressive tongues of fire seared his defenseless and wretched torso. Poor Guy was burning alive! Margie's body was limp and she was horrified witnessing the tragedy now facing us. Dismayed, we watched the black gooey tar seep from Guy's shoes as swiftly it dripped into the furnace below. Scorched and charred, his clothes crackled and burned amid the snapping wood as his flammable straw torso swiftly surrendered to the heat. Revulsion kept us stunned and glued to the spot. Soon the blazing firestorm roared louder, as it soared toward the facemask, which distorted by intense heat, swiftly melted. Abysmally bubbling lips and eyeballs seeped in wet channels, and then oozed onto his chest. Little Margie's bottom lip trembled, as her big blue eyes reflected the blistering effigy. Quietly, Beryl sought solace while nibbling absently on a sooty chestnut. Reluctantly resigned Dave, Angie and I amassed and tossed on more wood as peevishly we watched the prolongation of this horrific execution.

Finally, Guy shattered in a haze of red flames. It was not a movie or TV, but real life, and forever engraved into our young minds. Sooty and black as coal, we stood mutely amid ashes, smoke, and like many other kids encircling the gigantic inferno, we conveniently blended into the night. Now Guy Fawkes was a black sticky blob rapidly consumed by a soggy ball of soot, which sank deeper into a heap of smoldering residue. Billows of fine ash rapidly dispersed above our heads as masses of reflective embers splintered in the cold night air. Predictably, a gentle rain fell, prematurely ending the festivities, so linking small grubby hands we trudged noisily through muddy streets toward home. Reeking of smoke with hairless eyebrows and sore red limbs, we quietly shuffled into the house, and mercifully, when Mum did not respond to our calls we piled into the bath. Outside, working diligently with neighbors, she retrieved pieces of charred explosives and stacks of cold metal sparklers from the ground. Straightening with difficulty, Mum tiredly grasped her paper bag containing hollow rockets and skeletal ripraps, and all were unceremoniously, dumped into the trash.

### **JERSEY ORPHANAGE**

In 1910 at the onset of her father's second marriage, my mum's rigid childhood in the Island in the island

of Guernsey near France changed drastically when my grandmother Emily Grace Ball an accomplished pianist died at the age of thirty two. Soon afterwards ten year old Elsie, and her sister seven-year-old Rita would fend for themselves in a Jersey orphanage.

Admittedly, this life-changing trauma left my mother's self-esteem in tatters, and at seventeen she traveled to London, working in menial domestic jobs, all of which contributed to her low sense of worth. (Later she moved up north and settled down with my dad.) For the young girls, the orphanage presented a pitiless and laborious atmosphere, but Mum's sense of humor was dauntless and with seven-year-old Rita as her conspirator, their frequently boisterous behavior often provoked lectures from the surly staff. Scolded while talking in class, her punishment was degrading, as Elsie was to knit a long red tie, which resembled a human tongue. She was mortified as, suspended around her neck for several weeks; this demeaning piece of art remained a constant source of humiliation. Seeing her sister's distress, young Rita would speak in Elsie's defense. "I'd like to rip that thing off your neck as they've no right to treat you that way." Of course, they could and did treat the orphans badly. "You can't touch it Rita, because they'll give us a whipping." Elsie gently explained her quandary but her heart broke to hear little Rita's resolute answers to irresolvable problems. The child's face mirrored such pain for her sister. Trying to make light of this deplorable situation young Elsie encouraged her small sister. "Don't worry Rita. They'll remove it soon and I'll be careful in the future."

Seldom apart, the sisters relied upon each other, and because most resident children with traumatic histories were separated from siblings, the girls were luckier than most. For an endless few weeks, Elsie's brilliant red tongue dangled brazenly around her neck, which provoked teasing from their peers, but fortunately, for Elsie her younger sister demonstrated her loyalty daily and remained her dearest collaborator and friend..... ■

*For the past eighteen years, Glen and her husband John have owned and operated a thriving alpaca farm with spectacular views of the Sangre de Cristo Mountains four miles from the Royal Gorge, near Cañon City Colorado. Signed copies are available. (719) 275 0229.*

*Glen will be signing copies of her memoir from 9 am-5 pm on March 20th. at Pueblo Community College. 51320 US-50 Outside Cañon City. For more information: (719) 296 6100*



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# Crossword Puzzle

## ACROSS

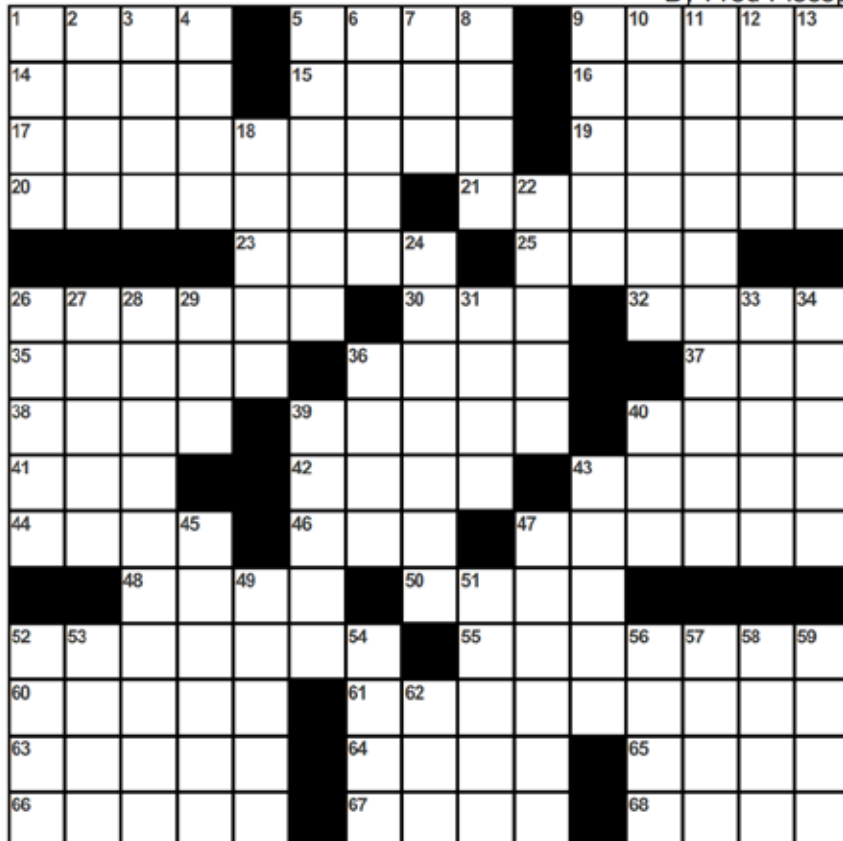
- |                                      |  |
|--------------------------------------|--|
| 1) Fey of "30 Rock"                  | 40) Fill with cargo                    |
| 5) Drains of strength                | 41) "Who am ___ judge?"                |
| 9) Reduce drastically                | 42) Homecoming attendee, for short     |
| 14) Meteorite element                | 43) Whipped in chess                   |
| 15) Recording studio effect          | 44) Alaska, until 1959 (Abbr.)         |
| 16) Magna ___                        | 46) Shaving cream type                 |
| 17) Choice of a molding or painting? | 47) Potatoes and yams                  |
| 19) Ticket word                      | 48) Optimistic view                    |
| 20) Pew attachment                   | 50) Russia's Trotsky                   |
| 21) Really disapprove of             | 52) Corny saying                       |
| 23) Rustic stopovers                 | 55) Marrakech's land                   |
| 25) One "in the headlights"          | 60) Watchmaker's glass                 |
| 26) Do away with                     | 61) Choice of a boat part or a boater? |
| 30) Souffle need                     | 63) Good thing                         |
| 32) Emit, as lava                    | 64) Roofer's piece                     |
| 35) Sidestep                         | 65) Colombian metropolis               |
| 36) Mule's mother                    | 66) Moth-eaten                         |
| 37) Stretch, of sorts                | 67) Scott in an 1857 case              |
| 38) Larry of the Three Stooges       | 68) Hole-punching tools                |
| 39) Unwilling to bend                |  |

## DOWN

- 1) Clock sound
- 2) "Argo" setting
- 3) Groucho glasses feature
- 4) Pay-to-play fee
- 5) Hard to fluster
- 6) Squirrel's nibble
- 7) Honor society letter
- 8) Auctioneer's word
- 9) Suffix with "moon" or "sea"
- 10) Soup servers
- 11) Choice of an octopus part or an armadillo part?
- 12) Tend to the batter
- 13) Can't stomach
- 18) Cocktail garnish
- 22) Moved stealthily
- 24) Beach bird
- 26) Equip to new specs
- 27) Online party notice
- 28) Choice of a chess piece or a Monopoly piece?
- 29) Homage in verse
- 31) Lacking mirth
- 33) Source of down
- 34) Vacant lot growth
- 36) About 1,609 meters
- 39) Blew a gasket
- 40) Technician's place
- 43) H.H. \_\_\_ (Saki)
- 45) Won in a walk
- 47) Decorated, as leather
- 49) Reverence
- 51) Hirsch of "Milk"
- 52) Lesage's "Gil \_\_\_"
- 53) Kennedy matriarch
- 54) Abbr. on a business sign
- 56) Predator of seals
- 57) Tobacco plug
- 58) Match a bet
- 59) Redding of R&B
- 62) Go public with

## TAKE YER CHOICE

By Fred Piscop



(Answers on page 40)

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