

PIKES PEAK

SENIOR NEWS

Quarterly Lifestyle Magazine

MAY / JUNE / JULY 2019

**Best Waterfall Hikes
Near Colorado Springs**

**The Complex Problem
of Hoarding**

**Summer Events and
4th of July Calendar**

**Special
Gardening
Feature**

Including Farmer's Markets

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PIKES PEAK SENIOR NEWS

Quarterly Lifestyle Magazine

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Publisher's Letter



Our winter seemed to be especially cold and bitter this year and even included a multi-state snowclone. Many homes received damage and fences and trees were taken down throughout the city of Colorado Springs. Although the weather can often times be severe, we are so fortunate to live in such a beautiful state and enjoy the treasures of nature that each season brings.

Spring has finally arrived along with warmer temperatures and more hours of daylight. As the landscape becomes greener, once again we prepare for the gardening season. With a renewed interest in gardening across generations, we have included a special gardening section and also a schedule of classes for both the beginner and for those seeking to increase their knowledge. There is also a 2019 list of local Farmers Markets where you can shop outdoors and buy locally grown produce and help support local farmers.

With the weather more favorable to being outdoors, now is the time to explore a new hiking trail- we have included a feature article that suggests several beautiful waterfall hikes in the Pikes Peak Region.

We have a variety of things to do in our Calendar of Events. You may want to go to one of the many outdoor concerts such as Jazz in the Gardens or browse through art galleries in Old Colorado city on a Friday night. Colorado Springs is also Home to Pikes Peak or Bust Rodeo and Rocky Mountain State games.

I want to thank all of our readers for continued support. We are committed to developing appealing stories, factual articles, and introducing readers to resources within our community.

Please stop by our booth at the SRC Senior Expo June 1st and say hello. Expo details are in this issue.

Anne Jensen

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Faith Through Older Eyes

Bringing Life-giving Water



By: Nancy Parker Brummett

Is there anything more life-giving than water? In years of drought in the West our tomato vines dry up tied to their stakes like so many scarecrows in a row. Any flowers that survive in gardens are devoured by the deer that come down from the mountains in search of something green. But in years like this, with the snowpack well over 100%, we can look forward to the melting snow providing just enough water for gardens, lawns, and potted petunias. The threat of wildfires will be dampened as well. Having enough water, but not so much as to cause

flooding, is life-giving in so many ways.

We can also be life-givers in the lives of the older people we love by bringing water to them in both practical and spiritual ways. Nutritionists to the elderly stress the importance of drinking water to keep systems working smoothly and to prevent the confusion or dizziness that may come with dehydration. Yet many don't drink the water they need. One suggestion is to stock an elder's refrigerator with small bottles of water with the lids pre-loosened for easy opening. The

smaller size is easier to grab and less intimidating than hefting a larger bottle. That's a simple, practical life-giving act.

But how can we be spiritual life-givers? One of my favorite passages in the Bible is the one in John 4 where Jesus goes out of His way to meet the Samaritan woman at the well. His first words to her are, "Will you give me a drink?" (John 4:7). She was stunned by His request, and we don't know if she offered him a cup of cool water, but we do know that He told her about the living water that only He can provide.



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Jesus said to her, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life." (John 4:13-14)

We can all become parched, and all the older people we know are thirsty for the living water Jesus brings whether they know it or not. Who do we know who needs this eternal, living water? How can we carry it to them, and be life-givers in the process?

We can begin by sharing the faith we know. By assuring them

that once they trust their lives to Jesus, they will be satisfied with living water throughout eternity, and never be thirsty again. How blessed we are that when Jesus supplies the water it's never too little nor too much, but just the life-giving amount we need.

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.



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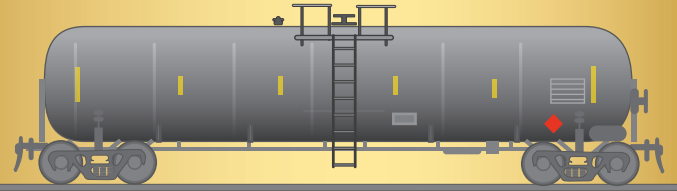
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Fixed Annuities Made Simple For Those Who Want To Retire More Comfortable



Rick Kelly, CSA

Have you thought about investing in fixed annuities to help make your retirement more comfortable? You're not alone. In 2018, pre and current retirees invested over \$130 billion into annuities, which set new records! However, for many of us, investing in annuities can be confusing. Hence, I've listed some tips that make annuities simple!

#1. Fixed annuities are offered by insurance companies. They protect your money against market losses, pay competitive returns, provide a variety of liquidity features, provide excellent estate planning benefits and can provide income for life.

#2. There are five different styles of Fixed Annuities (FAs) available today: MYGA, Traditional, Combination, Index, and LTC. All five styles guarantee your principal and a minimum interest rate. The actual interest you earn is based on the style you choose. **Tip 1:** Review the styles and their returns before you invest.

#3. FAs offer several liquidity features including: Interest-Only Withdrawals, 10% Withdrawals, Systematic Withdrawals, Nursing Home Withdrawals, Hospitalization Withdrawals and Liquid At Death Withdrawals. **Tip 2:** Decide what liquidity features best fit your retirement plan.

#4. FAs have early withdrawal charges that last for different terms (The surrender period). At the end of the surrender period, your annuity is 100% liquid. The most common surrender periods are from three to ten years. **Tip 3:** Before you invest, decide what surrender periods best for your retirement plan.

#5. Compare the insurance companies to find which ones offer the most competitive interest rates, liquidity features, and surrender periods that you want. **Tip 4:** Shop FA plans side-by-side before you invest.

#6. Safe and proven insurance companies have top ratings from rating services like A. M. Best, have at least 90% of their portfolio invested into "Investment Grade Assets" and long track record. Avoid companies that have high percentages of junk bonds, stocks and real estate. **Tip 5:** Check the company's "Vital Signs" before you invest.

Fixed annuities were created to help make your retirement more comfortable! To make annuities simple and less confusing, follow the six steps.

Rick Kelly, CSA, President of Pinnacle Retirement Inc., is an Independent Certified Senior Advisor in Monument, CO. He helps Boomers & Retirees to live more comfortable retirements. To request **A FREE Copy Of Rick's Guide "Annuity Protocol!"** email him at rick@pinnacleretirementinc.com or call his toll-free 24-hour resource line at 1-800-975-1064.

The opinions voiced in this material are for general information only and are not intended to provide specific advice or recommendations for any individual. To determine which products/investment(s) may be appropriate for you, consult with your attorney, accountant, financial advisor or tax advisor prior to investing or taking action.



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For Rick's FREE Guide, "Preserve Your Portfolio & Prosper" email rick@pinnacleretirementinc.com or call his 24-Hour Resource Line at 800-975-1064.


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Rick Kelly, CSA



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Small Garden But Big Harvests!

By: Larry Stebbins

I have a confession to make. I am retired, a senior citizen and I love to garden. Like many of us we want a garden but we don't want to be tied down to a big garden. Those trips to see the grandkids or to faraway places are becoming a priority but gardening is important too!

The solution may be a scaled down garden that fits your lifestyle. Even if you live in an apartment or a townhome you can still enjoy fresh produce now and then. For those that fit this description, let's talk about containers and felt growing pouches.

If you have a sunny space in your yard or on your deck, then these will work. First you may wish to consider the container garden option. Many stores and local nurseries carry ready-made container kits. One popular kit is seen in the photo. It is called an Earthbox. This option holds 2 cubic feet of soil. That is one size medium bag (look at the label for amount). I get Fertilome Ultimate Potting Mix. It is a little more expensive but it drains well and plants like it. You will also have to buy an all-purpose organic fertilizer. I like the Espoma Garden-tone fertilizer (available at most garden centers). I have had success growing salad greens, carrots, radish, peppers, herbs and bush tomatoes using this method. The bottom of the Earthbox has a water reserve. Add water to the tube as seen in the corner of one of the pepper box. It will hold enough water to carry

you through a long hot weekend. Also, you will never have to worry about overwatering since it has an adequate size drain hole.

Felt growing pouches are an affordable way to plant in containers. They are just a strong felt bag with handles. Some water will drain out through the bottom so place it on a tray if you are putting it on a wood deck. One of the best things about these is that at the end of the season just dump out the soil and fold up the pouch and store inside. I recommend getting a 10 or preferably 15-gallon size pouch. Again, most garden shops will be carrying these. The same soil and fertilizer applies here as well. About a two-cubic foot bag of soil will fill up a 15 gallon. Don't overcrowd your pouch. One bush tomato, a few lettuce plants and one or two herbs should do it. Or try carrots and herbs around the outside and one pepper plant in the middle. Water these well, each time you water. Make sure you feel moisture coming through the sides or you see water draining out the bottom of container each time. One negative is that these pouches need daily watering in the heat of the summer. The positives are that they are inexpensive and easy to store during the off season.

The stores are now carrying many different mini-varieties of vegetables that state on package, "great for containers". Experiment and have some fun.



Class Schedule:

The following classes will be held at Phelan Gardens

4955 Austin Bluffs Parkway
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(719) 574-8058

Rose Care

Learn how to prune a rose to achieve a desirable structure. We'll cover some of the subtle differences in pruning techniques with respect to creeping, shrub, and climbing roses.

Mon, May 6, 12:00 PM – 1:00 PM Cost \$5

Forest Gardening

Learn how to design and implement forest gardening guilds. Well-designed forest gardens, called guilds, mimic a natural forest ecosystem

Wed, May 8, 5:30 PM – 6:30 PM Cost \$5

Hummingbird Pollinator Class

We will discuss some tips and tricks using hummingbird feeders, and address some of the challenges such as bees and ants. We will also discuss the best attractant of all: perennial and annual flowers that hummingbirds, and you, will love!

Wed, May 15, 6:30 PM – 8:30 PM Cost \$5

Growing and using Medicinal Herbs

How to grow, harvest and use many medicinal herbs that are perfect for Colorado gardeners. Sat, June 29, 1:00 PM – 2:00 PM Cost \$5

Colorado Springs Utilities Free Water Wise Landscape classes

There is no charge for classes, however, reservations are required.

To register, call 719-668-8232 or click the hyperlink on the class listing below and complete registration. If a class is full, send an email to waterconservationcalendar@csu.org to receive a link to a recorded version. It will be available several days after the class date.

All classes are held at our Conservation and Environmental Center, 2855 Mesa Road, home of our beautiful Water Wise Demonstration Garden. For more information, call 719-668-8232.

May 4 // Water Wise Landscape Design // 9 to 10:30 a.m.

May 8 // Winning Against Weeds // 6 to 7:30 p.m.

May 15 // Plant Select: Smart Plants for the Right Places 6 to 7 p.m.

May 22 // Outstanding Water Wise Plant Combos // 6 to 7:30 p.m.

May 25 // Habitat Heroes: Wildscaping 101 // 9 to 10:30 a.m.

June 22 // Efficiency Expo Open House (no registration required) // 9 a.m. to 1pm

July 7 // Tour of Tough Plants // 5 to 6 p.m.

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By: Rick Sheridan



Farm-to-table is a fairly recent social movement which promotes the serving of local food at restaurants and school cafeterias by purchasing it directly through a local producer whenever possible. This could include a local farm, ranch, winery or other type of food producer. The transaction is often organized through a farmer's market, a local distributor or by the restaurant or school raising its own food. There are several Colorado Springs restaurants that participate in this idea.

Farm-to-table often provides what is known as food traceability "knowing where your food comes from." The source and origin of the food is explained to consumers.

The farm-to-table movement has developed along with changes in attitudes about food safety, food freshness, and small-farm survival. Believers in the farm-to-table model often cite the scarcity of fresh, local ingredients; the poor flavor of ingredients shipped from overseas; the poor nutritional quality of shipped ingredients; and the disappearance of small family farms.

I had the opportunity to see British Prince Charles and his wife Camilla when they visited the "Edible Schoolyard" program at the Martin

Understanding the Farm-to-Table Movement

Luther King Middle School in Berkeley, California. This project was led by Alice Waters a Bay Area restaurant owner. She founded the Chez Panisse Foundation in 1996 to help promote the farm-to-table model and similar projects.

Closer to home, there are several Colorado Springs restaurants who embrace the farm to table idea. These include: Till Kitchen, Garden of the Gods Market and Cafe, Natural Epicurean and several others.

A similar project is called "Colorado Farm to Table." They are a non-profit farm and ministry located in Salida, who raises produce for the sole purpose of providing to those in need around Colorado through soup kitchens, food pantries and warehouses. Standard crops grown are sweet corn, cabbage, broccoli, zucchini squash, yellow squash, and acorn squash. These vegetables are harvested by volunteers. The produce is then distributed at no cost to nonprofit organizations, or distribution partners, that are typically soup kitchens, churches, food banks

and pantries. Some of their donated produce comes here to Colorado Springs, along with Pueblo, Canon City, Fountain and other nearby locations.

Another factor that has contributed to the farm-to-table movement is food safety. According to the Colorado State University, growers can implement proven best practices to reduce crop exposure to contaminants and minimize the potential for bacterial growth before planting, during production, and throughout harvest and post-harvest handling. This often does not happen with food imported from overseas, especially from those countries with minimal consumer protection laws.

The next time you are ready to enjoy a night on the town, consider dining at one of the Colorado Springs restaurants who participate in the farm-to-table movement. You stand a good chance of getting an inventive dish made with the freshest possible ingredients and the least possible impact on the environment.



FARMERS MARKETS IN THE PIKES PEAK REGION



MONDAYS

- Western Museum of Mining and Industry, 225 North Gate Blvd; 10 a.m. - 3 p.m.; July - October

TUESDAYS

- Canon City Farmers Market, Veterans Park; 8 a.m. - 1 p.m. June 4 - Sept 24, 2019

WEDNESDAYS

- Briargate Farmers Market, 7610 N. Union Blvd.; 9 a.m. - 3 p.m. May 22 - Oct. 9, 2019
- Western Museum of Mining and Industry, 225 North Gate Blvd; 10 a.m. - 3 p.m.; July - October (Mondays and Wednesdays)
- Colorado Farm & Art Market - 2019 summer hours TBD
- Fountain Community Market, May 29th through August 21st

THURSDAYS

- Memorial Park, 1605 E. Pikes Peak Ave.; 7 a.m. - 1 p.m. TBD 2019
- Banning Lewis Ranch, 6885 Vista Del Pico Blvd.; 3 - 7 p.m. June 6 - August 29, 2019
- Acacia Park Community Market
Location: Acacia Park in downtown Colorado Springs
- Manitou Community Market, Memorial Park - 502 Manitou Ave; 3 - 7 p.m. June 20 - October 3, 2019

FRIDAYS

- Woodland Park, 117 Center Ave; 8 a.m. - 1 p.m. June - September 2019
- Buffalo Bicycle Lodge, 2 El Paso Blvd; 4 p.m. - 8 p.m. 2019 dates TBD

SATURDAYS

- Old Colorado City Farmers Market, W. Colorado Ave & 24th St.; 7 a.m. - 1:30 p.m. June - October. 2019 dates TBD
- Monument Hill Farmers Market, 66 S. Jefferson St.; 8 a.m. - 2 p.m. May 25 - October 12, 2019
- Colorado Farm & Art Market at Margarita at Pine Creek; 7350 Pine Creek Rd.; 9 a.m. - 1 p.m. June through Mid October. 2019 dates TBD
- Chapel Hills Mall, 1710 Briargate Blvd.; 2019 dates TBD
- Colorado Springs Flea Market, 5225 E. Platte Ave; Open year-round: 8 a.m. - 4 p.m.
- The Promenade Shops at Briargate, 1885 Briargate Parkway; 2019 dates TBD
- Metcalf Park Market 618 E. Ohio Ave June 8th through August 3rd

SUNDAYS

- Cordera, 11894 Grandlawn Cir.; 10 a.m. - 3 p.m. May 26 - September 1, 2019
- Colorado Springs Flea Market, 5225 E. Platte Ave; Open year-round: 8 a.m. - 4 p.m.
- Colorado Farm & Art Winter Market at Cottonwood Center for the Arts, 427 E. Colorado Ave.; 11 a.m. - 2 p.m. January 13 - May 12, 2019



Colorado Produce Season Starts with Asparagus

BROOMFIELD, Colo.--Farmers' markets are beginning to open, and an early season crop you'll find is asparagus. This nutritionally well-balanced vegetable is low in calories and sodium free. Asparagus is a good source of vitamins A and C, and high in folate. Refrigerate asparagus for up to four days by wrapping the ends of stalks in wet paper towel and placing in a plastic bag. Look for Colorado asparagus at your local grocery store, farmers' market or at restaurants across the state. Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.



Asparagus, Goat Cheese and Prosciutto Pizza

Chef Jason K. Morse, C.E.C., 5280 Culinary, LLC and Ace Hardware Grill Expert

- 8-10 oz. Pizza Dough, fresh or defrosted
- 1/4 Cup Pesto Sauce with Sun Dried Tomato
- 1/4 Cup Mozzarella/Parmesan Cheese Blend, shredded
- 4 slices Prosciutto, cut into 1/2" strips
- 6 spears Jumbo Asparagus, cut into tips and stalks (remove woody part)
- 1 Shallot, peeled and shaved thin
- 4-5 oz. Goat Cheese, crumbled
- 1 Roma Tomato, sliced
- 1 tsp. All Purpose Seasoning

Instructions

Preheat oven to 450°. Allow the dough to soften at room temperature for approximately 15 minutes. Hand stretch the dough to a very thin crust and place onto a floured pizza pan. Top with pesto sauce, cheese blend, Prosciutto, asparagus, shallots, goat cheese, Roma tomatoes and seasoning to taste. Chef's Tip: Building the pizza quickly will ensure the dough doesn't get wet from the toppings and stick. Bake for 9 to 12 minutes and garnish with freshly chopped parsley.

Enjoy with a glass of Colorado wine such as "Bubble Universe" Sparkling Albariño from Infinite Monkey Theorem in Denver, Colorado.



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Senior Resource Council Improves Lives for Seniors

By: Audrey Jensen

Since 1988, the Senior Resource Council has educated local businesses on the senior population by providing networking opportunities and resources for its members.

Cofounded by Joe Henjum, the council started when a group of executives from senior living facilities met for lunch to discuss improving services for their clients. The group met regularly with the goal of educating businesses on how to best serve the aging population and eventually, it became the Senior Resource Council.

“Joe Henjum pictured Colorado Springs as being the best place to receive senior care, so in order to do that, we’ve got to start with all the professionals working in the senior industry,” said Kelsie Heermans, executive director of the Senior Resource Council. “We’re trying to bring the businesses together to collaborate with each other, learn from each other and network.”



Heermans, who has worked in the senior care industry since she was 16 years old, said the SRC’s goal is to make sure seniors receive the best care possible.

“We want to make sure we can get as many businesses and individuals to be part of the Senior Resource Council and take advantage of the education we provide,” Heermans said. “We spend a lot of time looking at who we bring in to speak every month, what topics are relevant and what’s going to be beneficial to our members. The ultimate goal is that we’re enhancing the lives of seniors.”

Benefits of becoming a member of the SRC include free membership meetings, access to special private and public events and access to the SRC event calendar.

One of the SRC’s upcoming annual events, the Senior Expo, is being held Saturday, June 1, from 8:30 a.m. to 2 p.m. at the Colorado Springs Marriott. The free event will feature more than 70 vendors, raffle giveaways, gifts for purchase and 20 presentations.

“The Senior Expo is just as much for seniors as it is their caregivers, whether that’s their adult children, grandchildren, or spouse. It’s for anybody, because the information we’re trying to get out there is there are so many services in Colorado Springs that can take some stress away from you when it comes to planning,” Heermans said.

“The Senior Resource Council is such a unique organization. It has fostered a sense of community among everyone in senior care, even in competitors,” Heermans said.

Heermans said she believes around 1,000 people or more will participate in the event. In addition to vendors and presentations, the first 500 attendees will also receive a ticket for free lunch provided by Brookdale Senior Living. Silver Key will also provide shuttle rides to attendees to the venue.

“People are realizing, if they can’t take care of a senior, they’re going to call competitor who can. It’s helped get everyone in the same room and on the same page. I think it’s also benefited Colorado Springs and the community of seniors.”

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AARP

Silver Key Connections Café Adds New Location



Silver Key has a new Connections Café meal site. Food, friendship and fun will be served Monday through Friday from 11:45 am -12:30 pm at Holiday Village at 3405 Sinton Rd. This centrally located meal site is open to anyone age 60+. Space is also available on the eastern side of town at the Colorado Springs Senior Center at 1541 N. Hancock Ave. and on the southern part of town at Southview Plaza Apartments at 1462 E. Fountain Blvd. Reservations are required at most locations by 2 p.m. at least one day prior to dining and can be made online at www.silverkey.org/connections-cafe or by calling 719-884-2304.

Since 2015, Silver Key has been providing older adults age 60+ with the opportunity to meet new people and eat with friends at more than twenty Silver Key Connections Café meal sites throughout the community. It's a great way for seniors to remain independent, engaged and active.

Silver Key Active Living Programs

Silver Key Active Living is a variety of programs consisting of classes, seminars, clubs/groups, events and outings that are supportive of health and well-being, recreational, creative, cultural, inspirational activities, and lifelong learning. Most programs will be provided at no cost to anyone age 60+ and will be held at the Silver Key Community Rooms located at 1655 S. Murray Blvd. For questions or information about activities, events or future programs, please call 719-884-2321 or email activeliving@silverkey.org.

To know the latest on Silver Key Active Living programs this summer, please sign-up for the Active Living newsletter at www.silverkey.org.

May, June and July Activities and Events

Exercise Sampler

Check out different types of group exercises.

- ☐ Thursdays from 1:30 to 2:30 p.m.
- ☐ Silver Key Community Rooms, 1655 S. Murray Blvd.
- ☐ These classes are free.
- ☐ RSVP at 719-884-2350

May 2: Dance Cardio

May 9: Yoga

May 16: Boxing

May 23: No class

May 30: Tai – Chi

Cinco de Mayo Fun!

Lunch and the Mexican game, Loteria emceed by Monica La Unica AKA Moni the 1 and Only – 104.9 FM. The quint-essential Mexican game is often referred to as “Mexican Bingo.”

Rewarding

“After I retired, I still wanted to do something meaningful. I decided to volunteer at Silver Key to help prepare and deliver meals to seniors. It fits my schedule and is so worth my time. I love knowing I’m making a difference in our community and what I do matters.”



Be part of something special.
Apply to volunteer at silverkey.org/volunteer
or call 719-884-2300.

The Silver Key logo features a stylized purple and grey circular graphic to the left of the text "Silver Key" in a bold, black, sans-serif font.

- ☐ May 6, 2019
- ☐ 11:45 a.m. to 1:30 p.m.—Lunch at 11:45 a.m. and Loteria (Mexican Bingo) starts at 12:30 p.m.
- ☐ Silver Key Community Rooms, 1655 S. Murray Blvd.
- ☐ Suggested donation of \$2.25 for lunch
- ☐ RSVP at 719-884-2350

Gardening Series

Join us for the Gardening Series. Try them all or pick and choose.

- ☐ Every other Monday through September from 10:00 to 11:30 a.m.
- ☐ Silver Key Community Rooms, 1655 S. Murray Blvd.
- ☐ There is a \$2 suggested donation per class
- ☐ Limited room, RSVP at 719-884-2350

May 13: Understanding Seeds Packets; Hybrid versus Heirloom

May 27: No Class

June 10: Make & Take Vegetable Container Garden

June 24: Trip to HAS Demonstration & Heritage Gardens

July 8: Make & Take Terrarium

July 22: Trip to Mesa Xeriscape Demonstration Garden

Fabric Bowls

Have fun creating a decorative bowl made of fabric with decoupage (all supplies provided). This is a fabulous project that anyone can do. You will love how it comes out!

- ☐ Tuesday, May 14 from 1:30 to 3:30 p.m.
- ☐ Silver Key Community Rooms, 1655 S. Murray Blvd.
- ☐ This event is free
- ☐ RVSP at 719-884-2350

A limited number of rides may be available through Silver Key Reserve & Rides for registered clients who need transportation to and from Silver Key or events. Please reserve your seat at 719-884-2380.

About Silver Key:

Since 1970, Silver Key services have supported quality of life for seniors, allowing them the choice of safely aging in place with dignity and independence. Silver Key provides more than 7,000 seniors annually with a wide variety of services, including Silver Key Connections Café, Home Delivered Meals including Meals on Wheels, Reserve & Ride transportation services, Active Living services, and vital Senior Assistance services including case management and government food program distribution. To learn more about Silver Key and volunteer opportunities, visit SilverKey.org.



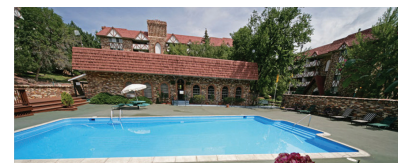
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May, 31, 2019: Tony Exum Jr.

June 14: Wayne Wilkinson Trio

June 28: Little London Belles

July 12: Geoff Cleveland and the Sporadicals

July 26: Hennessy 6

August 9: Air Force Academy Falconaires

August 23: Moses Jones Quartet



Sax player Cully Joyce with the Hennessy 6. Photo Courtesy of Grace and St. Stephen's Episcopal Church.

ART WALKS

First Friday Art Walks

During the summer months, the First Fridays are lively and fun, and they happen simultaneously in downtown Colorado Springs, Old Colorado City, and Manitou Springs. The Art Walks feature gallery openings, live demonstrations, a chance to meet local artists, shopping and dining, special performances, and much more! These free community events take place on the first Friday of each month from 5-8 p.m. They are presented by Cultural Office of the Pikes Peak Region. For more information, and to see a map of the participating galleries and the free shuttle service, please go to: <https://downtowncs.com/event/firstfriday/>



Concerts In The Region

Colorado Springs City Auditorium is again doing Summer Sacklunch Serenades this year: watch a silent film, accompanied by the music of the 1927 Wurlitzer theater pipe organ at noon on Thursdays from May through August. You can bring your own lunch to this event (in the past, they've had specials that you could purchase for \$5 as well).

The City Auditorium is located at 221 E. Kiowa Street and you can call (719) 385-5969 for more information.

The Friends of Monument Valley Park organization will present free outdoor concerts on three Monday evenings in July! Bring your own chairs or blankets and a picnic, or they'll also have food trucks on site. The concerts will be held at Monument and Mesa Streets, or as the concert organizer describes it, the lawn west of the Fine Arts Center.

Concerts in the Park returns to Limbach Park in Monument starting Wednesday, June 6th! There will

be free concerts at the band stand from 7 to 9 PM on Wednesdays through August 1st (excluding July 4th). Bring your own chairs and blankets. The address for Limbach Park is 151 Front Street in Monument.

University Village will have free summer concerts again this year! On Friday nights through mid-August, you can enjoy a free outdoor concert on the north plaza (next to Hacienda Colorado) from 6 to 8 PM.



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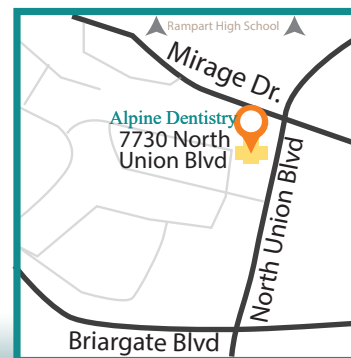
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Crossword Puzzle

FreeDailyCrosswords.com

Sunday, May 1, 2016
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ACROSS

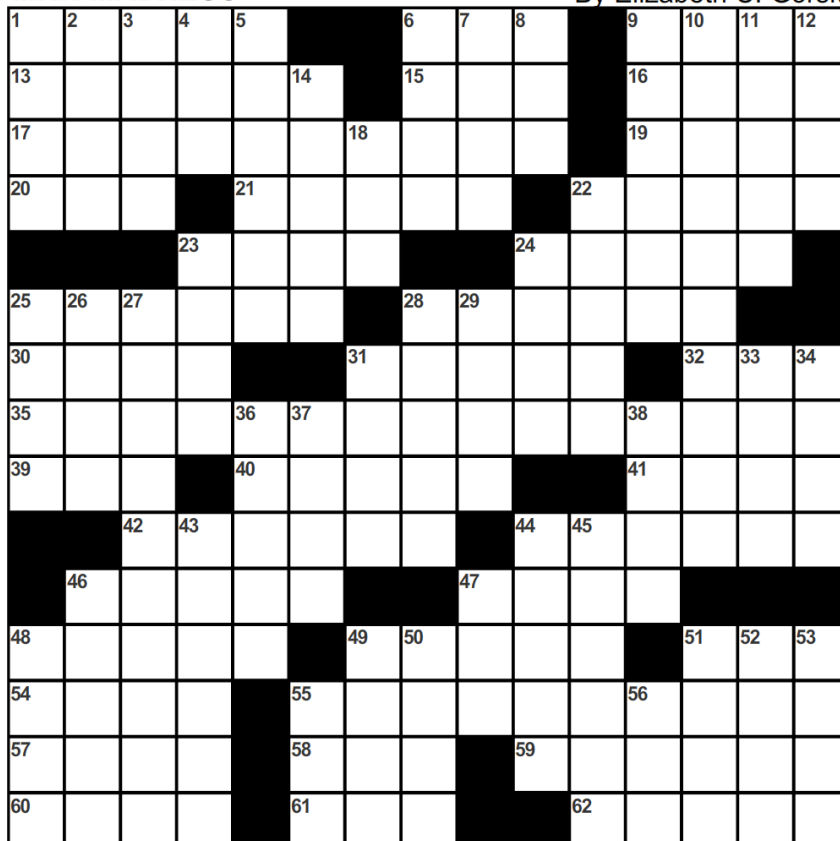
- | | |
|-------------------------------|-------------------------------|
| 1) Chocolate substitute | 39) Adventurer Nellie |
| 6) FDR's successor | 40) Maximum bet |
| 9) "The King and I" kingdom | 41) Old Italian money |
| 13) Sports venues | 42) Fumbles (for) |
| 15) Rap sheet acronym | 44) Cheese shredder |
| 16) Falco of "Nurse Jackie" | 46) Letter closing |
| 17) Computer storage medium | 47) Forest females |
| 19) Traveled on horseback | 48) Orators' spots |
| 20) Shell out | 49) Wield a baton |
| 21) Night vision? | 51) Chocolate unit |
| 22) Guiding principle | 54) Similar (to) |
| 23) Worm's home | 55) Batman foe aka "Two-Face" |
| 24) Breath fresheners | 57) Campbell of "Scream 3" |
| 25) Nabokov novel | 58) Another Nabokov novel |
| 28) "Hogan's Heroes" setting | 59) Make a gift |
| 30) App-loaded Apple | 60) Elated |
| 31) Farm machine pioneer | 61) Atlas page |
| 32) Take a course? | 62) Directory listings |
| 35) Like a pastry chef's cake | |

DOWN

- 1) Rough it
- 2) Specialty, so to speak
- 3) "Ratatouille" rat
- 4) Artist who married a Beatle
- 5) Actress from Paris
- 6) "Oh, that's funny!"
- 7) Milk selection
- 8) One of a brewpub array
- 9) Tennis star Williams
- 10) "Huh?"
- 11) Senate staffers
- 12) Run across
- 14) Neighbor of Jordan
- 18) Animator's frame
- 22) Floor layer
- 23) "Them" or "us"
- 24) Painter Chagall
- 25) Place for a tire swing
- 26) Autumn birthstone
- 27) Peeping Tom's eyeful
- 28) Final Four matches
- 29) Trial balloon
- 31) Stadium topper
- 33) Farm measure
- 34) "___ she blows!"
- 36) Plant life
- 37) Jobs for tailors
- 38) "Sad to say ..."
- 43) Beyond repair
- 44) Hurt at the corrida
- 45) Have faith in
- 46) Simple fellow
- 47) Section (Abbr.)
- 48) Bit of hunger
- 49) "I did it!"
- 50) Rolled sandwich
- 51) Gymnast's perch
- 52) Pot starter
- 53) GPS readings (Abbr.)
- 55) Easter entree
- 56) "CSI" evidence

MAR MADNESS

By Elizabeth C. Gorski





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By: Elizaeth Allen | Nurse Practitioner

Sleep is Good Medicine

As we age, sleep can become quite a challenge for some individuals. There are many factors that can contribute to this: normal bodily changes, chronic illness, side effects of medications, sleep apnea, depression, anxiety and grief to name a few.

According to the National Sleep Foundation, for “older adults (65+) the sleep range is 7 to 8 hours.”

Insomnia is an issue for nearly half of all adults over the age of 60. Symptoms of insomnia include:

- * Taking at least 30-40 minutes to fall asleep
- * Waking up in the middle of the night on multiple occasions
- * Waking up at a relatively early hour and being unable to fall back asleep
- * Feeling exhausted and unproductive the following day

Common chronic medical conditions associated with

sleep disturbances are neurological conditions such as Parkinson’s disease, dementia, neuropathy and restless leg syndrome. Urinary issues are also a common culprit of interrupted sleep, such as enlarged prostate or bladder dysfunction. Heart and lung disease as well as depression and anxiety can also have a major impact on sleep.

There are several classes of medications that can have a negative effect on sleep. Some prescription drugs include those that treat high blood pressure such as beta blockers, steroids such as prednisone, anti-seizure medications, antidepressants and medications for attention deficit disorder. Do not stop taking any of these medications without first consulting your health care provider.

Non-prescription drugs can also contribute to sleep disturbance. Examples in this category would include Pseudoephedrine, found in many cough and cold medicines, and medications with caffeine such as over the counter migraine treatments.

Illegal drugs such as cocaine, amphetamines and

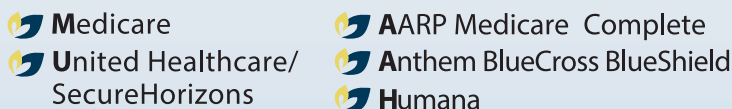
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methamphetamines as well as legal drugs such as alcohol and nicotine can also be contributing factors to poor quality sleep.

Since marijuana is legal in Colorado, preliminary research into cannabis and insomnia from the National Institute of Health suggests that the cannabinoid CBD may have therapeutic potential for the treatment of insomnia. THC may decrease the time needed to fall asleep, but could impair sleep quality in the long term.

Sleep Hygiene is the first line of defense against sleep disturbance. Some recommendations from University of Colorado

Health related to sleep hygiene are:

- In the daytime, spend time outdoors or in natural light. Light helps the body produce melatonin which is a sleep promoting hormone. Social activities, family and work can increase your activity level and prepare your body for a good night's sleep
- Participate in regular exercise but not before bedtime.
- Establish a pre-bed routine that involves engaging in relaxing activities. Sit quietly and breathe or listen to soft, calming music. A warm bath one hour before bedtime causes body temperature to rise, which can help you fall asleep.
- Avoid stimulating activities before bed such as watching a suspenseful movie or having an important conversation. Even the news can be stressful. Limit screen time – phone or computer – to one hour before bedtime.
- Take medications as prescribed in AM or PM. Some medications can make you alert or drowsy.
- Don't go to bed too hungry or too full. A healthy bedtime snack may help you fall asleep.
- Alcohol can make it easier to fall asleep, but have a negative effect during the night: making you need to urinate more, causing you to have fragmented sleep or wake early.
- Do not drink caffeinated beverages in the evening such as coffee, tea or soda.
- Go to bed at the same time each night and get up the same time each morning. This helps to set your body's natural clock.
- Make your bedroom as restful as possible. Keep the temperature cool, and minimize any noise and light.
- Be comfortable and relaxed. Have comfortable pillows, mattress and pajamas.
- If you have trouble shutting your mind off, keep paper and pen next to your bed. If you think of things, write them down to deal with the next day.
- Use your bed only for sleep – this helps make the brain connection between places (bedroom) and events (sleeping). Avoid watching TV, reading, talking on the phone.
- Do not share your bed with pets. Pets can disrupt your sleep.
- If you do not fall asleep within 20 – 30 minutes, get up and do something boring (in another room). Try to keep lighting low so that you don't stimulate yourself too much. When you are tired, go back to bed. Do this same routine if you wake up during the night and are having trouble going back to sleep.

There is a variety of over the counter sleep aids, many of which are not recommended for the older population. Sleep medicines such as Acetaminophen PM (Tylenol) or Ibuprofen PM (Advil/Motrin) contain Diphenhydramine which is an older, sedating antihistamine that has many possible side effects.

Sleep is an integral part of good health. If you have sleep disturbance, make an appointment to discuss your concerns with your primary care provider. Together you can decide what's best for you to achieve a restful, restorative night of sleep.



Senior Resources Plentiful in Pikes Peak Region

By: Laura Engleman

Older adults in the Pikes Peak region are fortunate to live in a community that is becoming increasingly age friendly, thanks to efforts by the Innovations in Aging Collaborative, the City of Colorado Springs, AARP Colorado, and many local businesses, volunteers, funders, and senior-focused agencies. Among them is the University of Colorado at Colorado Springs (UCCS) Aging Center, the only mental health clinic in this area exclusively dedicated to aging.

Celebrating its 20th anniversary this year, the Aging Center is a nonprofit clinic that helps adults 55+ and caregivers address late-life challenges such as depression, anxiety, grief and loss, loneliness, adjustment issues, marital strife, and others. The clinic's four core programs include the Memory and Cognitive Assessment Clinic, ranging from memory screens to comprehensive neuropsychological evaluations; the Aging Families and Caregiver Program, offering counseling, education, and consultation; Psychotherapy for individuals, families, and groups; and Clinicians in the Community, integrating mental health services with primary care and social service agencies. The Aging Center also is the primary training site for clinical geropsychology graduate students.

The Aging Center provides the most vulnerable, undeserved seniors and caregivers with affordable services they could not obtain elsewhere. Services are offered on a low-fee sliding scale based on income or for Medicare reimbursement by advanced graduate students and licensed psychologists with expertise in gerontology.

Thanks to a grant from the NextFifty Initiative, the Aging Center also has expanded its ability to provide capacity and functional assessments that can determine whether an older adult has the mental ability to make decisions affecting his/her health and safety. The Aging Center can conduct a cognitive assessment in domains related to attention, executive functioning, learning and memory, language, perceptual-motor abilities, and/or social cognition. Deficits in these areas can impact medical, legal, and financial decisions as well as the ability to live independently. Staff provide a clearly written report with recommendations that support the older adult's well-being.

The Aging Center is one of five HealthCircle clinics located in the Lane Center for Academic Health Sciences at 4863 North Nevada Avenue (across from University Village

Center). For more information, visit www.uccs.edu/aging-center or call (719) 255-8002

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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Hoarding is a Complex Problem



By: Rick Sheridan

Hoarding is a problem throughout Colorado and the United States. Many people have seen the reality television shows, “Hoarders,” or “Hoarding: Buried Alive.” The program often starts with scenes from a house that is overflowing with clutter. Negotiations between the hoarder and other family members hang in the balance. A psychologist is often called in to help convince the hoarder to de-clutter.

Besides the health and safety issues, hoarding can disrupt a person’s normal routine. Misplaced items, such as important documents, bills, job lists, lost prescriptions and other essential items can cause serious disruptions. Hoarders are often threatened with eviction when the neighbors complain. The most common things that hoarders collect are clothes and books. They also stockpile other items that people normally toss out, such as: junk mail, food packaging, and empty shampoo bottles. According to New York State Senator Liz

Krueger in her guide, “Best practices for clutter and hoarding,” one of the side effects is that the hoarder stops inviting friends and family to come over because they feel that they are being judged or criticized for their behavior.

I have known a compulsive hoarder for over 20 years. She has filled two houses to the point where it is almost impossible to move from room to room. For the entire 20 years that I have known her, “Laurie” has visited the trash barrels behind U.S. Post Offices. I joined her on one of these hoarding adventures a few years ago. The barrels were mostly filled with undelivered third-class mail. Besides all the advertisements, there were a few marginally valuable items such as, mouthwash samples, key chains and other nick-knacks. Unfortunately, it does not take long to fill a house with these items that none of her friends seem to want. Laurie also knows a manager of a local coffee shop who gives her leftover copies of the New

York Times. Instead of just taking one copy, Laurie grabs several “just in case.” These ancient stacks of newspapers create tall walls that inhibit the movement of any visitors to either of her houses.

Studies show that compulsive hoarding affects up to 6 percent of the population, or 19 million Americans, according to a recent article in Washington Post. There have been reported cases of hoarding from children as young as ten years old, but it is primarily found in people who are fifty years or older.

Sen. Krueger’s guide also explains that you cannot force someone to end their hoarding habit or begin to de-clutter. Respect is important to everyone. Try to recognize a person’s decisions and have patience with the pace. Understand that people have attachments that you might not have to certain types of objects. During the slow process of de-cluttering, the family should develop ideas and plans for keeping the space as safe as possible. An example is moving clutter away from doors and fire exits.

One of the possible solutions is to use a computer scanner to digitize a hoarder’s mementos, photos, newspaper articles and other collections. Once something has been scanned into their computer, the hoarder is sometimes more willing to get rid of the items.

With enough patience and perseverance, the family of a hoarder can eventually turn the situation around while not humiliating the hoarder in the process.



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Photo From Our Readers



Queen Mochi is done for the day!

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Sudoku

Answers on page 50

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Bald Eagles And Other Wild Animals Get Rescued By Local Animal Lovers

By: Trevor Phipps

Earlier this year a team of volunteers successfully rescued a bald eagle that was trapped inside a culvert near Eleven Mile State Park. The rescue wasn't easy as it took hours and involved people crawling into a narrow drainage culvert and dragging the eagle on a sled through deep snow in temperatures close to 0 degrees Fahrenheit.

On one cold winter Sunday afternoon, a man took his dog for a walk in an area below the dam at the entrance to Eleven Mile State Park located near Lake George in Park County. During his walk, he noticed a beautiful bald eagle that appeared as if it was sitting on an "unusually low branch." The man told a neighbor about the situation and the neighbor made efforts to get the eagle off of the branch and capture it in order to get the animal medical treatment. The local resident's efforts failed as his actions startled the eagle and made it seek safety inside a small drainage culvert where it eventually got stuck.

The two then reported the incident to authorities in Teller County, who contacted Colorado Parks and Wildlife volunteer, Joe Kraudelt. Kraudelt has been volunteering with the agency since 1990 and has been a part of their "Bear Aware" team and has helped with several wildlife rescue missions in high mountain country.

Kraudelt arrived to the scene with a fishing net and a large dog kennel to complete the peculiar rescue mission. "It was trapped under the road in a culvert that was 24-inches in diameter and 20 feet long," Kraudelt said in a press release sent out by the Colorado Parks and Wildlife division.

The volunteer then lead the rescue mission with the local neighbors in the cold winter conditions. The team started by sending their smallest and skinniest member into the culvert in attempts to scare the eagle hoping that it would come out of the opposite end.

"We worked three hours until finally I was able to get my net over it," Kraudelt said. "One of the guys grabbed its wings and I grabbed its talons and we put it in our dog crate. It was a real team effort." The team then put the dog kennel with the eagle inside it on top

of a sled and pulled the eagle through the snow to safety.

"This is a great example of the dedicated work of Colorado Parks and Wildlife's volunteers," said Tim Kroening, CPW wildlife officer in Teller County who works closely with Kraudelt. "They care so deeply for the wildlife and will go out in terrible weather on weekends and holidays to help perform a rescue like



this. Our agency, and the wildlife of Colorado, are so fortunate to have committed volunteers like Joe."

The eagle was first transported to the Catamount Wildlife Center in Woodland Park where it sat until the next morning when it was brought in to get checked out by a local vet. The vet determined that the eagle suffered from a bruised wing and had a claw missing from one talon. The eagle stayed at the veterinarian's office Monday and Tuesday before it was transported to the Wildlife and Nature Discovery Center's raptor campus in Pueblo for rehabilitation last Wednesday morning. According to the CPW press release, "it is expected to make a full recovery."

Wildlife Rehabilitation Centers

Unfortunately, animals in the wild do not have easy

access to health care like humans and pets do. When animals get injured out in the wilderness, they usually either learn to live with their injuries or pass away. However, sometimes people find animals while they are hurt or in danger and are able to relocate them to a place where they can be saved.

Across the state there are only about 60 licensed nonprofit organizations whose purpose is to rescue and rehabilitate wildlife. Depending on the type of animal, the creature may have a chance to be rehabilitated and return to their natural habitat. The different organizations out there usually specialize in specific types of animals but there are some that will take in just about any critter.

Catamount Wildlife Rehabilitation Center

The Catamount Wildlife Rehabilitation Center is located just west of Woodland Park on a large piece of land that is the home to an organization that works towards preserving the environment. The center was the first to take in the wounded bald eagle and they have made the news in the past when they helped rescue wild animals in other situations as well.

During one incident, a man knocked down a nest with a steel pipe that was the home to several small swallows. While many of the young birds died, the Catamount rehab center was able to nurse many of them back to life.

Since the center is the only licensed rehab facility in Teller County, the organization is often very busy. Most of the rehab centers operate using volunteers and limited funding which many say is the reason why there are so few wildlife rehab centers.

Nature And Wildlife Discovery Center

The specialized raptor center at this organization's Pueblo River Campus was the place where the wounded bald eagle in Teller County ended up. The raptor center was established inside the area that was acquired so that people could preserve and enjoy nature in 1981. The land located along the Arkansas River proved to be a good location for bird watching and a good spot to house different species of birds including various types of raptors.

According to their website, over 200 injured and orphaned birds of prey enter the facility each year. The

hope is that the center can help the birds get healthy enough to return back to their natural habitat in the wild. However, some permanent disabilities force certain birds to stay at the raptor center as residents of the nature center.



Wild Forever Foundation

Of the 60 wildlife rehab centers in the state, only 12 of them are licensed to take in large mammals such as deer. Seeing as how the Pikes Peak region as a large deer population there is an ever increasing need for injured deer rehabilitation. The Wild Forever Foundation is one of the 12 and they are located in Colorado Springs.

The organization has been operating for over two decades taking care of different types of wild animals. The rehab center will take in smaller mammals such as squirrels and raccoons as well as deer. The foundation will also take in wounded birds that they attempt to nurse back to health.

Second Chance Wildlife Rehabilitation

The Second Chance Wildlife Rehabilitation Center is located in Pueblo, CO and specializes in helping return wounded animals back to their natural habitat. The organization takes in anything from birds, turtles and turtoises to small mammals including bats. The organization has been serving all of Southern Colorado since 1992.



By Trevor Phipps

Top Ten Best Waterfall Hikes Near Colorado Springs

Spring time has arrived, Summer is almost here and many celebrate the change of season and the warmer weather by going out on a hike. Among the many places in the area that provide thousands of different landscapes one can experience, hiking to a waterfall tends to be quite popular. In the Spring and early Summer seasons, the snow melts off of the high mountains and causes more water to fill the mountain streams, thus making gorgeous waterfalls.

Luckily, there are many waterfalls in the Pikes Peak region, giving the Spring/Summer season hiker several options. Some of the waterfalls are tougher to get to than others. However, many are easy to conquer and most can be accomplished in a half day trek or less.

The following is a list of waterfall hikes that are within a short drive from Colorado Springs. Some of the falls can be seen quite easily while others will require hiking over a mile.



Broadmoor Seven Falls

Probably the most popular and well-known waterfalls in the region are located just west of Colorado Springs. The Broadmoor Seven Falls are gorgeous year round and can be enjoyed without much effort. To get there from I-25, take Exit 140B and follow the signs to Seven Falls. Make a right onto W. Cheyenne Road and follow the road to a split in the road. The right goes to N. Cheyenne Canyon Park while staying to the left goes to S. Cheyenne Canyon and Seven Falls. Turn left and enter S. Cheyenne Canyon, before too long you'll see the arch and entrance station for

Seven Falls.

The main attraction of the falls is the set of 224 steps that lead along the side of the waterfalls. After climbing up 185 steps, there is a lookout point that provides a spectacular view of the falls as well as South Cheyenne Canyon. At the top of the stairs, there is a viewpoint where the entire falls can be seen from the top.

The Broadmoor Seven Falls website describes the attraction best, "The falls tumble 181 feet down the head of this box canyon, dancing from granite face to granite face in seven distinct leaps." Once hikers reach the top, they have the option to continue exploring on more hiking trails.

Helen Hunt Falls

Another close waterfall hike is the Helen Hunt Falls Trail located in North Cheyenne Canyon. To get there from the entrance of North Cheyenne Canyon Park, drive approximately 2.5 miles up the canyon on North Cheyenne Canyon Road to the parking area at the base of the falls. The trail is a steep one but it is not too hard and can be traversed by most people with beginner to average hiking skills.

The trail can be slippery at times, but the route to the top of Helen Hunt Falls is quite short. There is a bridge on the top that allows the hiker to view the water pouring off of the steep granite rock face.

At the bottom there is a visitor center where hikers can find a gift shop and as well as get introduced to the natural features of the area. The waterfalls were named after Helen Hunt Jackson who was a poet and writer that eventually became an activist on behalf of improved treatment of Native Americans by the U.S. government.

Silver Cascade Falls

The Silver Cascade Falls are located on the same trail as the Helen Hunt Falls and to get to them does not take that long. The hill up to the waterfall is moderately steep but it is only about two thirds of a mile from the top of Helen Hunt Falls.

This waterfall is unique because water pours over a 50 foot rock face. At times the water can jump up to 10 feet off the rock ledge at the top of the waterfall. Overall, the trail can be traversed quite easily in a matter of hours and hikers get to see the beauty of both waterfalls.

Catamount Falls



Another gem, is the trail that leads from the small, cozy town of Green Mountain Falls all the way up to the Catamount Reservoirs that sit at the bottom of Pikes Peak. To get to the trail the hikers must park near a community park in Green Mountain Falls and then walk up Hondo Ave. in order to get to the trailhead.

Once hikers walk up the road inside town, the bottom of the waterfalls can be seen. The trail then leads up the water falls that come down from the mountains. The trip all the way up to the reservoirs is a steep one and is several miles in length.

From the trail, exquisite views can be enjoyed from the top to the bottom. The further up on the trail someone hikes, the better the views of the falls and the Ute Pass area get.

Seven Bridges Trail

This trail is accessed by traveling through North Cheyenne Canyon just past Helen Hunt Falls. The parking lot is located right when the road turns into Gold Camp Road. To get to the Seven Bridges trailhead one must start by walking on the closed portion of Gold Camp Road. The trail is located about three quarters of a mile to the right off of the former railroad bed.

The trail follows a rapidly flowing river that contains a total of seven bridges that cross calmer sections of the stream. The route up the river is filled with several small waterfalls as the stream flows down the steep canyon. Once the seventh bridge is passed a larger waterfall can be seen.

Many turn back after the last bridge, but for those avid

hikers they can continue onto Jones Trail. Overall the hike is decently easy and is filled with exquisite sites of nature.

St. Mary's Falls

This beautiful waterfall is a little bit further of a hike and is rated for those with intermediate hiking skills. To get to the St. Mary's Falls trailhead, hikers start at the same place as the Seven Bridges Trail and park in the same parking lot. However, instead of turning right after less than a mile at the Seven Bridges Trailhead, the St. Mary's Falls trail is located about 1.7 miles from the parking lot on the old Gold Camp Road.

When the water is flowing rapidly in the Spring and early Summer, this is the best time to experience the trail that is around six miles round trip. The three mile climb up the forested valley leads to the falls that pour off of a steep ravine.

Rainbow Falls

This unique waterfall combines features of the city as well as views of water flowing. This trail is pretty close and it only takes an easy walk on a dirt road to experience. The trailhead is located on the far west side of Manitou Springs just off of Manitou Ave. almost to where it merges into Highway 24.

After the short walk, visitors get to experience a unique waterfall that features water from Fountain Creek flowing over a man-made bridge. The bridge over the years has been used for a place where local "graffiti artists" have

painted several of their masterpieces. The combination of the “street art” and the waterfall makes this short journey a must-do for everyone.

Horsethief Falls

These waterfalls are a little bit further away than the rest, but they are worth the drive and hike. The trailhead to these high mountain falls is located off of Highway 67 in between Cripple Creek and Divide just after the old railroad tunnel that is blocked off. The start of the trail gives hikers many options of trails that traverse the foot of Pikes Peak on its western edge.

The trail starts by leading explorers up a steep climb up the side of a mountain. After about 0.8 miles, the trail levels out into a pleasant valley and the trail comes to a tee with a sign leading to either Pancake Rocks or the falls. Heading north will take hikers on the Pancake Rock trail, whereas continuing to travel straight east will bring them to the beautiful, high mountain waterfalls. The falls are only a short half mile journey from the sign in the valley.

Anne Marie Falls

The Anne Marie Falls trail is a hidden gem that is also located in between Divide and Cripple Creek. However, instead of going all the way to the tunnel, visitors turn off near the Mueller State Park entrance towards the Crags Campground east of Highway 67. To view this waterfall

hikers must park at the parking lot at the end of the road that leads to the campground.

Then, the adventurers must take the Ring The Peak Trail for a short distance past three river crossings. Just as the trail ascends again there is an old forest service road bed labeled with a sign that says, “704” that veers off at the first right hand switchback. Once to the road bed the journey to the waterfall is not a long one. The trail ends at the creek where it falls down from higher elevations. The total trip to the Anne Marie Falls is less than three miles there and back.

Paradise Cove

This unique spot has been enjoyed by locals for decades, but it is located quite a distance from Colorado Springs near the town of Guffey west of Cripple Creek. The area is well-known as a swimming hole where people can jump off rock ledges into the deep water hole. The water hole, however, is created by a stream flowing off of a steep rock cliff.

The hike to the waterfall and swimming hole is rather short and can be accomplished by most hikers. Jumping off the sides of the rock cliffs is not recommended but people can still be seen doing it. The views of the steep rock canyon and the creek flowing through it are gorgeous enough without taking the risk of getting injured by “cliff jumping.”



Staying Healthy And Active Can Include Playing Sports Like Pickle Ball

By: Trevor Phipps

Most people through time have realized that there is a correlation between staying active and being healthy. When people exercise or just do small things like take walks they tend to live healthier and happier lives.

The late Spring and early Summer seasons are some of the best times to be outdoors in Colorado. The temperatures start to warm up and the snow storms turn into more tolerable rainstorms. In the colder months, it is easy to avoid the cold outdoor weather and hide indoors, but now that the seasons have changed it is the prime time to get outside and enjoy the sunshine while keeping the body parts moving.

Being in Colorado there are several things to do in the outdoors to stay active. The Rocky Mountains provide several hiking trails and local municipalities offer a plethora of beautiful public parks. Apart from hiking, there are many other things to do that are fun and can be a substitute for hitting the gym.

One sport that is especially popular with senior citizens is pickle ball. The sport is a cousin of tennis and is a unique way to get some exercise and play a fun sport without enduring as much physical exertion as tennis requires.

According to the United States Of America Pickle Ball Association or USAPA, the sport was invented in 1965 when Washington State Congressmen Joel Pritchard and successful businessman Bill Bell were bored one day. Due to a lack of supplies, they started playing the paddle sport that combines elements of badminton, tennis, and table tennis. The name given by Pritchard's wife Joan was a peculiar choice because no actual pickles are involved when playing the sport. She gave the sport the name "pickle ball" because of how it combined so many different sports. She said that it reminded her of a pickle boat that chose their crew members from the leftovers of other boats. However, a family friend swore that they called the sport they invented pickle ball based on a dog the Pritchard family owned named Pickles that would always go running after the ball.

No matter the exact story of how the game started, it quickly became a neighborhood sensation. The first

permanent pickle ball course was built in the backyard of Pritchard's friend and neighbor, Bob O'Brian in 1967. By 1972 a corporation was formed to protect the creation of the sport. In 1975 and 1976 The National Observer and Tennis Magazine published articles about "America's Newest Racquet Sport." During the spring of 1976, the first pickle ball tournament was played in Washington. In 1984 the USAPA was established "to perpetuate the growth and advancement of pickle ball on a national level." By 1990, pickle ball was officially being played in all 50 states.

The game can be played with either two people or teams of two with a total of four players. The court is smaller than a tennis court and close to the size of a doubles badminton court sitting at 20 x 44 feet for both singles and doubles games. The rules are similar to tennis, but the game requires less physical effort. The game is played with wooden paddles that are similar to table tennis paddles as opposed to tennis racquets. Instead of tennis balls, the players hit small plastic perforated balls that look like a smaller version of a woofle ball.

Locally, the region has recently experienced a pickle ball craze. People of all ages now participate in the sport in both El Paso and Teller Counties. In Colorado Springs, the play is organized and the Pikes Peak Pickle Ball Association offers lessons, guided play sessions, round robin play and tournaments. The majority of the matches and tournaments hosted by



Outdoors and Recreation

the association take place at Monument Valley Park in Colorado Springs. In Teller County, many can be seen playing pickle ball on the tennis courts at Woodland Park's Meadow Wood Sports Complex nearly every day.

People have been playing pickle ball at the park since the early 2000's but the local organization was officially founded in 2012. Since then they have significantly grown in the number of players and have participants that range from the young age of eight to the more experienced age of 88. Nearly every day the association holds some type of pickle ball event. Players of all skill levels are welcome as they provide lessons for the newbies.

Every year the Rocky Mountain State Games puts on a tournament that awards a trophy to the best pickle ball player in the region. This year the event takes place at Monument Valley Park in Colorado Springs from June 7-9. On Friday the 7th, the women's double tournament takes place. Then on the eighth a mixed doubles tournament occurs followed by the men's double's tournament on Sunday, June 9th.

Even for those that do not play the sport, checking out the tournament could be worthwhile. Once watching the game people could decide to participate in the sport as a fun way to socialize and stay active now that the weather has warmed up.

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Tips On How To Stay Safe During Hiking Adventures

By: Trevor Phipps

The Spring season is here and it is one of the best times of year to go out for a hike on a trail in Colorado's beautiful wilderness. The Pikes Peak region alone is filled with several hikes made for all experience levels. Whereas, the mountains are beautiful there are several elements that can create danger while hiking on a trail.

Many get injured in Colorado's back country every year. However, planning ahead and knowing what to expect can save people from injuries and allow them to enjoy the beauty unscathed. Knowing what people are getting themselves into before their expedition allows them to bring the proper gear and know how to handle various situations that could arise.

Be Prepared

The old boy scout motto tends to always be a good one when entering the Colorado wilderness. Being prepared starts before the journey begins and involves studying trail maps and knowing the route the hiker plans to take. Having the journey mapped out ahead of time can prevent explorers from getting lost or from running into unforeseen dangers.

Being prepared also includes knowing what to expect as far as terrain and weather goes. Knowing the weather forecast can help people from getting stuck in a surprise thunderstorm. Having a good idea of the type of terrain the trail contains can also help the hiker better prepare for their journey.

Once the hiker is confident that they know what to expect on their expedition, they should bring the appropriate gear. Even short day hikes

require things like hiking boots, layers of clothing and a water bottle. Longer treks can require more equipment that must be carried in a backpack.

that hikers stay aware of their surroundings. Be conscious of the potential dangers in the area and know what to do if dangerous



The Buddy System

Generally, it is not recommended to hike alone and it is always a good idea to hike with a partner. Having two people can help prevent injury and keep adventurers from getting lost.

For those that must take the voyage alone, it is wise to let someone else know about the planned journey. Informing a friend or family member of the hiking itinerary and estimated time of return is essential.

Stay On Designated Trails And Pay Attention

Once out on the trail it is important

situations arise. Sometimes potential dangers can be sensed before it is too late allowing time to turn back or seek shelter of some kind. For example if a storm starts to move in, it is a good idea to put on the proper clothing and figure out if it is a better idea to head back or to find somewhere safe to wait out the storm.

When hiking out in the Rocky Mountains it is very important to always stay on designated trails. Walkways are made in certain places for reasons including both hiker safety and erosion control purposes. Taking shortcuts or venturing off trails for any

reason can be dangerous for both the hiker and the ecosystem.

Be Bear Aware

Remember that whenever hiking in Colorado, humans are not the only living beings present. The mountainous wilderness is filled with various types of wildlife including large animals like bears. Bears do not usually attack humans but they have been known to be violent if they feel threatened or if a mother bear thinks a hiker is threatening her cubs.

In the situations where a bear does come up on someone while they are hiking, the experts say to try to look big and to talk loudly to the bear. Never look directly into a wild animal's eyes because it could cause them to feel threatened and attack.

Mountain Lion Attacks

Mountain lions exist all over Colorado, but they do not typically attack humans because they prefer hunting other animals like elk and deer. However, it recently made the news when a man was hiking on a trail near Fort Collins, CO and was viciously attacked by a juvenile mountain lion. The man fought back once he was pounced on by the cat and was able to fend off the wild animal and break its neck which ended up killing the rather young mountain lion.

Shortly after the incident occurred the Colorado Parks and Wildlife Division issued a press release that stated the following:

“The runner did everything he could to save his life. In the event of a lion attack you need to do anything in your power to fight back just as this gentleman did,” said Mark Leslie, Colorado Parks and Wildlife Northeast Region manager.

Mountain lion attacks on people are rare, with fewer than 20 fatalities in North America in more than 100 years. Since 1990, Colorado has had 16 injuries as a result of mountain



lion attacks, and three fatalities. Lion populations are doing very well in Colorado, but they are elusive animals and tend to avoid humans. Most people will never see a lion in the wild, but they are there. If you live, work, or play in mountain lion country, it is important to be alert.

What to do if you encounter a mountain lion:

Do not approach a lion, especially one that is feeding or with kittens. Most mountain lions will try to avoid a confrontation. Give them a way to escape.

Stay calm when you come upon a lion. Talk calmly and firmly to it. Move slowly and never turn your back on it.

Stop or back away slowly, if you can do it safely. Running may stimulate a lion's instinct to chase and attack. Face the lion and stand upright.

Do all you can to appear larger. Raise your arms. Open your jacket if

you're wearing one. If you have small children with you, protect them by picking them up so they won't panic and run.

If the lion behaves aggressively, throw stones, branches or whatever you can get your hands on without crouching down or turning your back. Wave your arms slowly and speak firmly. What you want to do is convince the lion you are not prey and that you may in fact be a danger to the lion.

Fight back if a lion attacks you. Lions have been driven away by prey that fights back. People have fought back with rocks, sticks, caps or jackets, garden tools and their bare hands successfully. We recommend targeting the eyes and nose as these are sensitive areas. Remain standing or try to get back up!

Respecting wildlife includes being informed on how to avoid or manage wildlife encounters. To learn more about living with wildlife in Colorado, visit cpw.state.co.us.

MAR MADNESS

By Elizabeth C. Gorski

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Summer Events

Iron Springs Chateau 2019 Melodrama Series

The Iron Springs Chateau is excited to present its 2019 melodrama series! 2/2019-8/2019 - "One Bad Apple or As the Worm Turns" 6/2019-10/2019 - "Prairie Treasure or Are You Sirius?" For more information call, or check the website at <http://ironspringschateau.com>



Woodland Park Farmer's Market

Every Friday in June, July, August, and September at Woodland Park's Memorial Park from 8 a.m. to 1 p.m. Woodland Park's Award Winning Outdoor Summer Market for 2019 season will be held on Henrietta Ave located one block North of Highway 24 in Woodland Park. Our Market features vegetables, breads, pies, pastries, jams, honey & pickles, salsas, pastas, birdseeds, birdhouses & toys, pet treats & miscellaneous items, natural meats, eggs, cheeses, flowers and plants, a variety of hot foods & drinks and seasonal specials

The 25th Annual Senior Resource Council Senior Expo

June 1, 2019 8:30 a.m.-2:00 p.m. Marriot Rockrimmon 550 Tech Center Drive 80919 Shuttle Available from parking lot to front door. Join us for a day full of expert speakers, 70+ vendors, gifts available for purchase, raffle giveaways, and more. Free to attend.

Manitou Springs Wine Festival

Spend your day in Manitou Springs enjoying samples from 25-30

Colorado wineries. You can also enjoy food from local vendors and shop the different wine and souvenir booths located throughout Memorial Park. Live entertainment starts at noon and various musicians will play throughout the day. There is a complimentary shuttle to the off-site parking. All wine tasting participants must be 21 years of age or older. Admission is free to designated drivers that do not partake in wine sampling.

Event Date: June 1. Time: 11 a.m.- 5 p.m., Ticket sales end at 4 p.m. Location: Memorial Park, 502 Manitou Ave, Manitou Springs, CO 80829

The Flying W Wranglers at Mount Saint Francis

Come enjoy good music for a great cause. This concert will benefit Women Partnering, a ministry of the Sisters of Saint Francis, which directly serves poor women and children. Women Partnering is celebrating their 19th anniversary.

Event: June 2, 2019 from 2:00-3:30pm DOORS OPEN AT 1:00PM Location: Mount Saint Francis Auditorium: 7665 Assisi Heights, Colorado Springs, CO 80919 Cost: Advance Purchase: \$15.00 per adult (before 5-28-19) Admission at the door: \$20.00 per adult; Children under eleven: \$10.00 Call 719-577-9404 or email stephanie@stfrancis.org

Top Of The World Rodeo

June 8,9 2019 at the Teller County Fairgrounds. The City of Cripple Creek has a long history of rodeo, including an indoor rodeo in the early 1900s. In an effort to revive that grand tradition of rodeo sports, The City of Cripple Creek proudly presents the 2018 Top of the World Rodeo—the highest elevation rodeo in the world at 9,640 feet! Now in its sixth year as a Colorado Professional Rodeo Association (CPRA) sanctioned event, the Top of the World Rodeo will feature three days of thrilling rodeo competition, a street dance, mutton busting and

more. Come experience "The Best New Rodeo in Colorado" as awarded in 2013 by the Colorado Professional Rodeo Association!

Woodland Music Series Jazz In

June Live outdoor music at the Midland Pavillion in Woodland Park "JAZZ IN JUNE"

Swing Factory Big Band

6:30 PM Cocktail Hour

7:30 PM Concert

Ute Pass Cultural Center

FREE

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www.woodlandmusicseries.org

Woodland Music Series Presents Colorado College Festival Orchestra

The Colorado College Festival Orchestra comes to Woodland Park on June 8 for a special concert. The free concert takes place at 7 p.m. at the Ute Pass Cultural Center.

Cripple Creek Summer Music Series – The Martini Shot

June 15 @ 5:00 pm - 8:00 pm

Join us in Cripple Creek for our exciting and new Summer Music Series! It's going to be an amazing and busy summer here in Cripple Creek, and we're filling up our weekends with exciting entertainment that helps keep your already fun weekends here full and lively. This summer, we're bringing bands from around the state of Colorado that you have come to know and love. And we're giving you these concerts for free! Indulge in an evening of tunes, delightful meals provided by local non-profits for a small cost, and relaxing evenings at an elevation of 9,494.

We're kicking off the series with Colorado's favorite Horn-Powered Pop-Rock Bands, The Martini Shot.

Colorado Springs Western Street Breakfast Kick off the rodeo season with a family-friendly western breakfast

Event: Wednesday, June 19, 2019

Time: 5:30 a.m. - 9 a.m.
Location: Downtown Colorado Springs
A celebration of Colorado Springs' western heritage, this annual event celebrates the beginning of rodeo season in Colorado. Come on downtown for a hearty breakfast of eggs and pancakes for only \$5.

88th Annual Donkey Derby Days

June 22 @ 9:00 am - June 23 @ 6:00 p.m. Now in its 88th year, Donkey Derby Days tops the list of favorite Cripple Creek events. People from all over the world descend on downtown, drawn by a chance to watch a race inspired by the town's resident donkey herd, believed to be distant relatives of the original donkeys from the town's Gold Rush days. Enjoy games, live entertainment, heritage competitions and don't miss meeting our new, baby donkeys! The origins of this popular Colorado donkey festival date back to the 1930s, when local businessman Charley Lehigh thought a Cripple Creek festival would attract people in the summer months. It wasn't long before he and two business partners settled on donkey racing. Together, they built a race track, solicited advertising and arranged concessions and entertainment in time for the first-ever Donkey Derby Days festival.



Broadmoor Pikes Peak International Hill Climb

The Broadmoor Pikes Peak International Hill Climb "Race to the Clouds" is the second oldest motorsports race in America has been a long-standing tradition in Colorado Springs and the Pikes Peak Region. The Broadmoor Pikes Peak

International Hill Climb is a 12.42-mile trek up Pikes Peak Highway with over 150 turns that begins at 9,000 feet and finishes at the 14,000-foot summit. According to the sponsors-what takes an average person around one to three hours to drive, takes these professional daredevils around ten minutes. The current record is a slightly over eight minutes! This year's race will have 16 classes and features a variety of automotive, exhibition, open wheel, super stock car and motorcycles. Visitors can cheer on the drivers from designated areas along the course for the practice days and for the race day.

Event: June 24, all day.

Location: Colorado Springs.

Cost: Please go to <https://ppihc.org/>

24th Annual Once Upon A Time In The West Art Show

June 29 @ 9:00 am - July 8 @ 5:00 pm

Featuring Western Art (including Native American, Cowboy and Wildlife pieces), the "Once Upon a Time in the West" art show showcases beautiful works of art from talented artists at the Cripple Creek Heritage Center. Show dates are from June 29th - July 8th, 2019. Show times will be from 9 a.m. - 5 p.m.

Pikes Peak or Bust Rodeo & Parade

This year will be the 79th annual rodeo and parade and will happen from July 10-13, 2019. 7:00 p.m., Wednesday-Saturday nights, and a 12:30 p.m. Saturday matinee. This year's rodeo will include events such as: bareback riding, steer wrestling, team roping, saddle bronc riding, tie-down roping, barrel racing, and bull riding. The Norris-Penrose Event Center will host the rodeo. The family-friendly fun starts before the show with gold panning, pony rides, mechanical bull rides and more. Besides the indoor rodeo, there is the downtown parade in Colorado Springs. The parade includes bands, floats, riders and more. All money raised by the parade program and

entries go to local military charities. The parade is July 9, at 6:30 p.m. in downtown Colorado Springs (on Tejon, from St. Vrain to Vermijo). For more information, please go to: <http://www.pikespeakorbust.org/>

Cripple Creek Summer Music

Series - Tejon Street Corner Thieves
July 13 @ 5:00 pm - 8:00 pm

Join us in Cripple Creek for our exciting and new Summer Music Series! It's going to be an amazing and busy summer here in Cripple Creek, and we're filling up our weekends with exciting entertainment that helps keep your already fun weekends here full and lively.

This summer, we're bringing bands from around the state of Colorado that you have come to know and love. And we're giving you these concerts for free!

The Rocky Mountain State Games

This is an annual multi-sport festival attracts athletes of all ages and athletic abilities. The 2019 Rocky Mountain State Games will be held July 19-21 & 26-28, mostly here in Colorado Springs. Events include sports from over 40 categories, and are as diverse as Air Hockey, Flag Football, Archery, Arm-wrestling, Softball, Badminton, Swimming, Billiards, Pickleball, Ultimate Frisbee, Volleyball, Table Tennis and much more. Some of the venues include Olympic Training Center, National Strength & Conditioning Association, University of Colorado (Colorado Springs), Colorado College, Memorial Park and other venues in the Pikes Peak Region. Area seniors can watch many of the contests for free. For more information about the specific schedules, please go to: <https://coloradospringssports.org/>

...Continued on page 49



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4th of July

Events in and around Colorado Springs



Triple Crown Colorado Sparkler

Over 10,000 athletes will travel to the state of Colorado to bring athletes, locals, and families together for an unforgettable event. The Colorado Sparkler is a baseball tournament taking place in 28 baseball diamonds across Colorado Springs. And the best part? It's open to the public! July 1 - July 7, 2019
<https://www.cosparkfire.com/>

Ute Pass Cemetery Crawl

Take a walk around the Woodland Park Cemetery and meet some of the old pioneers who are resting there. tours run every 15 minutes from 1pm-3pm.
When: July 4, 2019
<http://www.utepasshistoricalsociety.org/>

Rock Ledge Ranch, Family Fourth

July 4, 2019 10:00 am – 5:00 pm
Witness a re-enactment of a Revolutionary War Encampment and hear the Declaration of Independence. Historical reenactment will include: Honest Abe will read the Gettysburg address. Visitors can also meet George Washington, General William Jackson Palmer, Teddy Roosevelt, and Katherine Lee Bates while patriotic brass band music resonates throughout the site. Carnival games, food vendors and pony rides will be on site. <https://rockledgeranch.com>

The Tri-Lakes 4th of July celebration

Come enjoy a street fair from 8:00 a.m. to 3:00 p.m. It showcases vendors on both Second and Washington Streets. There are festival foods, arts and crafts merchants, local businesses, non-profit organizations and more. The Chamber also has a family-friendly beer garden with musicians performing in Limbach Park from 10:00 am until 6:00 pm. The day begins with a pancake breakfast at 7:00 am at St. Peter Catholic Church. A 4-mile Fun Run begins at 7:00 am at the Palmer Lake Santa Fe Trailhead and ends in Monument in time for the parades. A children's parade begins at 9:30 am, followed by the main parade at 10:00 am, both run by the Monument Hill Kiwanis Club.

Sky Sox Independence Day Fireworks Spectacular

Catch the action as the Sky Sox take on the New Orleans

Baby Cakes. Plan to stay after for our 4th of July firework spectacular! First 1,000 fans will also receive a free mini American flag! Wednesday, July 4, at 7 p.m.– 10 p.m. at Security Service Field.

Manitou Springs Volunteer Fire Department Fireworks

July 4, 2019, 8:00 p.m. - 9:00 p.m.
Magnificent views of the fireworks can take place in Downtown Manitou Springs. The fireworks will be shot off from Higginbotham Flats at dark (approximately at 9:00pm).
www.msvfd.com

Woodland Park's Old Fashioned Fourth Of July Celebration

July 4, 2019 All day. The celebration starts first thing in the morning at Memorial Park located in the center of Woodland Park. The event features activities including fire truck rides and a fishing contest. There will be vendors set up all day along with live entertainment. Local restaurants will be there offer their cuisine along with a beer garden. Once it's dark the fireworks show will begin at the Woodland Park High School.

Cripple Creek's Fourth Of July Celebration

For the BEST FIREWORKS SHOW IN COLORADO, Visit Cripple Creek, Colorado on July 4th, 2019 from 4:00 pm to 10:00 pm! Since 1900, Cripple Creek's 4th of July Celebration has been recognized as one of the best 4th of July fireworks shows in Colorado. This patriotic community knows how to celebrate, and the Celebration is a much-anticipated event.

Symphony Above The Clouds July 5th

This delightful event has truly become a community project. The admission-free public concert is held each July 5th on the athletic field of the Woodland Park Middle School. The open-air venue encourages families and friends to come early and bring picnics and/or purchase food from the main fundraising event of the Panther Pride Booster Club's booth. Over the years, audiences have grown to thousands, are multi-generational and are representative of not only the area's population but of our summer tourists, many of whom tell us that they schedule their visits here during the 5th to attend our concerts.

Brain Teaser

CANNIBALS

Cannibals in the jungle capture three men. The men are given one chance to escape with their lives. The men are lined up and bound to stakes such that one man can see the backs of the other two, the middle man can see the back of the front man, and the front man cannot see anybody. The men are shown five hats, three of which are black and two of which are white. Then the men are blindfolded, and one of the five hats is placed on each man's head. The remaining two hats are hidden away. The blindfolds are removed. The men are told that if just one of the men can guess what hat he is wearing, they may all go free. Time passes. Finally, the front man, who cannot see anyone, correctly guesses the color of his hat. What color was it, and how did he guess correctly?

Answer: The back man can see the hats worn by the two men in front of him. So, if both of those hats were white, he would know that the hat he wore was black. However, since he does not answer, he must see at least one black hat ahead of him. After it becomes apparent to the middle man that the back man cannot figure out what he is wearing, he knows that there is at least one black hat worn by himself and the front man. Knowing this, if the middle man saw a white hat in front

of him, he would know that his own hat was black, and could answer the question correctly. But, since he does not answer, he must see a black hat on the front man. After it becomes apparent to the front man that neither of the men behind him can answer the question, he realizes the middle man saw a black hat in front of him. So he says, correctly, "My hat is black."

THE END OF A WORLD, BY ARTUR KC CHAN

A giant meteorite will crash onto Earth tomorrow, knocking it off orbit and triggering a chain of eruptions that will blow it to smithereens. Scientists and authorities have scrutinized all methods to avert the catastrophe but finally decided to do nothing.

I'd love to stay home to witness the historic moment, with a bottle of champagne, caviar and Wagner's Requiem. The extraterrestrial TV has been live-broadcasting the development since December 31, 23:59:59 cosmic time.

And I'll try not to be too sentimental while watching the curtain falling on that dark planet our ancestors abandoned some 200 years ago.



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Victor Gold Rush Days

July 19 - July 21

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Springs Beer Fest

The 13th annual beer festival featuring unlimited tastings from over 50 microbreweries, along with live music, local vendors and games.

Date: Sat, July 20 from 1-4 p.m.

Address: America The Beautiful Park, Colorado Springs

<https://www.springsbeerfest.com/>

Colorado Springs' Sustain-A-Fest 2019

Sat, July 27, 12:00 p.m. – 7:00 p.m.

This senior-friendly celebration focuses on learning about sustainable practices through various demonstrations and activities. Come walk through Acacia Park and experience booths, live music, local food trucks, and other activities such as crafts, face painting, a mobile cave (CaveSim), and more! Sponsored by the Office of Innovation and Sustainability. For more information, please go to: <https://coloradosprings.gov>

Pearl de Vere Day

July 27

Join us at the Old Homestead House on Myers Avenue to celebrate the Madam of the Old Homestead House, Pearl Devere. Join us in Cripple Creek as we recognize and celebrate the life of perhaps the most important and influential Madam in US history. In the late 1890s, Pearl Devere owned

and operated the prestigious “Old Homestead House” that played host to some of the country’s wealthiest and most prominent businessmen. Celebrate this great history as we once again throw...

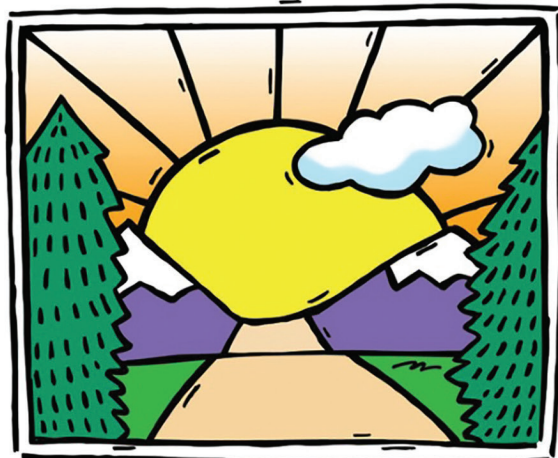
Parade of Homes

The Parade of Homes offers a chance for seniors, and others, to look at the current trends and greatest innovations in new home design. It exhibits the latest design trends in affordable living to luxury dream homes. Typically, between 5,000 and 20,000 visitors along with 100 to 500 exhibitors participate in each year’s event.

Event: Aug 2 – 18 in Colorado Springs.

Locations: for more information:

<https://10times.com/parade-homes-a>



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Answers

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



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