

A photograph of a smiling senior couple riding bicycles on a forest trail. The man is wearing an orange zip-up jacket and blue jeans, and the woman is wearing a light purple long-sleeved shirt and blue jeans. They are both looking towards the camera and smiling. The background is a lush green forest with sunlight filtering through the trees.

PIKES PEAK

SENIOR NEWS

QUARTERLY LIFESTYLE MAGAZINE

AUGUST 2019

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Publisher's Letter



What an amazing summer we have had, I hope that many of you are able to get out and experience some of the festivals, markets and events in our local community. Labor Day is quickly approaching and one of the most exciting things to do is to go and watch the Balloon Lift-off at Memorial Park. I have been going to this event since my children were toddlers and we have so many great memories.

As the summer winds down, my daughters are making preparations to transfer to out of state universities. Audrey, my oldest daughter, has written a few great articles for our magazine and also in other local publications, she was selected to be part of the next group of students starting at the Walter Cronkite school of Journalism. I know that she will bring hard work, dedication, and integrity to her future work in news media. This is so important in today's culture and political climate. I could not be more proud of her for this huge accomplishment, I will also miss having her close by after she moves to Arizona.

If you live in the Woodland Park area, or just enjoy spending time there, please plan to go to the 4th annual Golden Bridge Network Senior Expo on August 10th. Pikes Peak Senior News is pleased to be the media sponsor this year and I know that there are some exciting events planned for the day. This is a great opportunity to meet some of the people who can offer assistance by providing services and resources to senior citizens in the Woodland Park area. There is more detailed information about the event inside this issue!

We welcome reader submissions and comments, we will be reviewing poems and photos for upcoming fall issues.

If you would like copies of Pikes Peak Senior News magazine delivered to your business or non-profit location, please call or send me an email, we can add your location to our distribution list.

Enjoy what remains of summer, and take some time to enjoy the outdoors, we live in a beautiful state!

Anne Jensen

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The U.S. Celebrates The 150th Birthday Of The Transcontinental Railroad

By Trevor Phipps

During May of this year the country celebrated the 150th year anniversary of the first railroad that traveled completely across the lower 48 states of the U.S. In present times, trains are seen in only certain areas and they are restricted to specific tracks that seem to exist exclusively in small towns or the rough part of larger cities. In the past, this was not the case.

When the country was first founded, there were only 13 states and little was even known about what existed in the large chunk of land to the west. However, it did not take long for explorers to take the trek to the unknown land in hopes to figure out what exactly did lie on those seemingly greener pastures.

Once people laid their foot upon sections of North America other than the eastern coast, they found land that was valuable in many ways. The largest attraction the western part of the recently booming continent back in the 1800's offered was the discovery of precious metals such as gold and silver.

It didn't take long for people to realize that running supplies and valuable hard metals back and forth from rural areas into the city where the money was, ended up not to be an easy task when traveling by foot and stage coach. Back then, trains were the most sophisticated means of travelling technology could figure out.



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Once America saw the benefits of being connected to the west, railroad lines were put down all over previously unchartered territory. However, the first rails were put in sections and ran only to places where gold, silver, and other precious commodities were found.

In the 1860's and before, getting from coast to coast in the U.S.A. would take either a six month land journey or a six week trek across the seas by either sailing around Cape Horn or through what was then called "the Isthmus of Panama." Whichever route someone chose would cost them over \$1,000 in 1800's money!

The first rails were put in sections and ran only to places where gold, silver, and other precious commodities were found.

But, on May 10 1869, a special ceremony was held in what was then the Utah Territory. On that day just over 150 years ago, a golden spike was driven at Promontory Point that combined the railroad tracks of the Central Pacific and the Union Pacific. This ceremonious move created America's first transcontinental railroad.

Once the trains were able to run coast to coast in North America, the costs of doing such greatly decreased. Travelling from east to west in the U.S. after the train tracks got connected, cost less than \$150 which was a drastic decrease from the four figures number one would have to spend to take the great American haul previously. And, even better was the fact that people could get from the Atlantic Ocean coast to California in around a week.

The transcontinental railroad system was a major contributor to the population and commerce boom that struck the west in the late nineteenth century. Colorado was one state that benefitted greatly from the railroad tracks that ran in and out and through the surrounding territories.

The first railroad to go into the Colorado Territory was the Denver Pacific. On September 15, 1869 the rails leading from the transcontinental line in Cheyenne Wyoming to Denver, CO. Once the first rail came into the area other railroads

The first railroad to go into the Colorado Territory was the Denver Pacific.

started popping up that reached the rest of the state.

In 1871, the Rio Grande railroad company completed the first track south of Denver to Colorado Springs. After that, many railroad companies started battling to place tracks to other parts of the state. The company first expanded south and had rails running to Pueblo by 1872.

By the late 1870's Leadville was at its prime producing large amounts of Silver. The demand was then on to build railroad tracks west into the steep Rocky Mountains. The state's railroad companies all raced to get the land and put down rails.

Railroad lines first made their way west from Canon City through the Royal Gorge and then to Salida along the Arkansas River and then north to Leadville. Another railroad line cut from Colorado Springs

By 1880 the railroad system in the state started to boom.

directly west to the booming silver mine city.

By 1880 the railroad system in the state started to boom. Between 1880 and 1883, more rails were laid in Colorado than the decade before.

Then in the 1890's railroads started making their way from other railroads to Cripple Creek, CO due to the discovery of gold. Three railroads eventually made their way up to the mining district the first two coming south from divide and north from Canon City and the other that went straight from Colorado Springs.

In the 1890's most of Colorado was accessible by railroad. It was now much easier and

quicker to transfer supplies back and forth. Many of the towns in Colorado started settling along the railroad tracks.

The railroad system in the state not only helped transport supplies but it was a good way for people to travel as well. Passenger rails could take people anywhere in the country. Back in the late 1800's and early 1900's it seemed as if people traveled around the country more than they do today due to the simplicity of riding a train across the continent.

Presently, some of the old railroads still exist in the state whereas others do not. When the mining industry slowed down in the state many railroads running in the state were forced to shut down. The closure of railroads also led to people fleeing mountain towns turning them into ghost towns such as St. Elmo.

However, where the railroads once ran, frequently traveled highways through the mountains now exist. Many of

the highways in the state still use the areas of the mountains that were cut out for railroads over one hundred years ago. In some areas the routes of the old rails can be seen while driving on the highway.

Although not as many railroads exist now, many still run all across the country today. Many industries still rely on trains to haul their freight. Passengers can still take a train coast to coast via Amtrack which is now owned and operated by the federal government.

Although not as many railroads exist now, many still run all across the country today.

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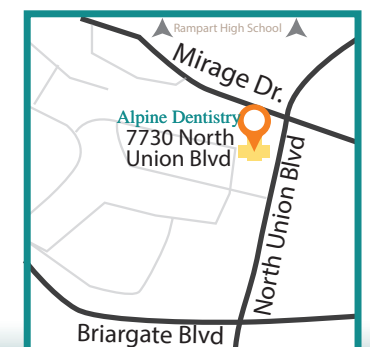
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Creating a Beautiful Butterfly Garden

By Kyle Katsos

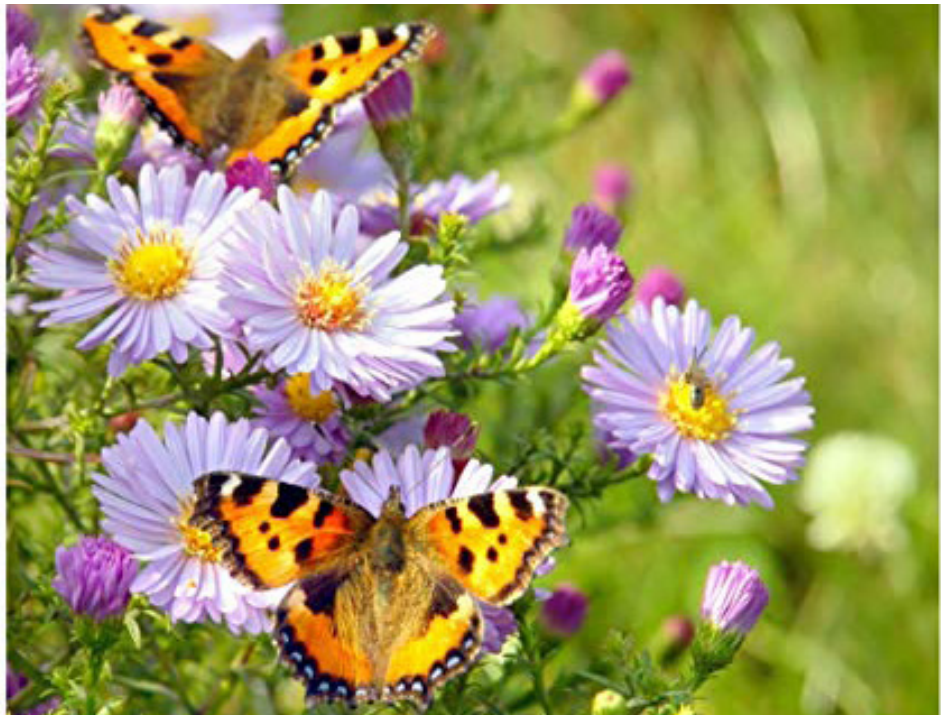
Butterflies are fascinating insects whose beautiful form captivates many. Some of us are so intrigued we plan entire gardens around the idea of attracting them to our space. If you’ve ever thought to attract these winged wonders to your yard, you’re reading in the right direction. In this article we’ll touch on gardening philosophy and jump into virtues of gardening for butterflies, butterfly habitat, and how to fold your butterfly garden aspirations into good landscape design. It’s interesting to talk about gardening for butterflies because for so long folks

have been consumed with the idea of eliminating “bad” insects from their garden. Now we’re having different discussions about how to create habitats that attract insects. This new conversation requires us to begin thinking differently about our relationship to insects. You’ve got to remember that there cannot be butterflies without caterpillars and vice-versa. Before becoming butterflies who some say resemble flying flowers, caterpillars provide some basic ecological service in the garden. The mere presence of caterpillars in

your garden is an indicator of ecosystem health. Being near the bottom of the food chain, these crawling critters are food to dragonflies, wasps, frogs, snakes, lizards, and birds. Without healthy prey, you can’t have healthy predators, and without healthy predators is hard to achieve an ecological balance. A happy home for your future butterfly friends needs three primary elements: Food, Shelter, and Nursery plants. FoodAs adults, butterflies feed only on liquids. The butterfly’s liquid diet is fulfilled by consuming nectar and water. Nectar comes from flowers and water comes from your watering and the sky. If you can keep a small tray of standing water regularly supplied you’ll become a regular stop for foraging bees, butterflies, and birds. ShelterShelter is key for protection from predators and adverse weather. Trees, shrubs, and large perennials are great additions to a garden and fill the shelter need. Fences, sheds, woodpiles, bird baths, and other hardscape elements can also be integral to the shelter equation. Nursery PlantsLastly, and most importantly are nursery

plants. These are plants that will be host to eggs and wee baby caterpillars. Different butterflies prefer different host plants. For example, Monarch caterpillars prefer to feed on varieties of swamp milkweed, while Black Swallowtail caterpillars prefer to feed on parsley, dill, and fennel. It also helps to make your butterfly garden beautiful year round by incorporating winter interest in the form of evergreens, grasses, accent boulders, art, and complementary hardscape. Remember to mulch with natural tree mulch for a multitude of reasons.

Kyle Katsos, a Colorado native and Certified Permaculture Designer, is passionate about healing the human spirit by rekindling connection to nature. Kyle’s perspective is grounded in 10+ years of local installation and maintenance experience as well as deep exploration of systems thinking and pattern language. Kyle melds passion and perspective to create beautifully resilient landscape designs where people thrive in their natural world.



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Bird Watching

By Blue Planet Becky the Gardener

Bird watching is a most favored hobby and pastime of Americans today, just behind gardening in popularity. Colorado has been documented with 113 bird species during the bird counts. And no birds sing sweeter than our Front Range songbirds!

Some birds live in family groups, like chickadees, bushtits, magpies, jays and crows. They work their territories as one for all, all for one. Songsters call to their kin in sweet, melodious tones or tunes. For example, woodpecker family members rap, rap, rap on wood to communicate to their group. Water birds will quack and honk. And raptors are known to “screeeee” overhead, while black birds rasp out a raucous caw.

Some species of birds tend to be more aloof than others. These are the hunters and I see them less frequently. Summer will bring in the golden eagles. Round and round they rise on the warm air thermals, higher and higher. When seen, their dark unflapping silhouettes swoop over, chased by flying shadows.

Red tailed hawks are fairly common in the foothills. Recently, there sat a sharp shinned hawk atop my wooden fence, draped within apple tree branches, motionlessly awaiting some unfortunate smaller bird. Previously, I’ve watched them fly away with a peeping victim tightly grasped in deadly talons. Which is a horrible, yet

fascinating, sight. The vultures will hang around to clean up the messes. Birds fill every available niche they can.

In our backyards, wilder animals seek food, water, shelter and safety. If we extend a safe habitat enhancing garden, we are rewarded with birds. Birds will add to our enjoyment of our gardens with their inspired singing, flashing wings of camouflage and color, free insect patrols and the daily antics of breeding, nesting, arguing, and raising their babies. Birds freely give to our outdoor experience and deepen our bond to the natural world around us. They seek peace, so we should give them some.

Skirt the lawn with a flower bed or a shrub border. Encourage a wild area for all the local creatures who visit. Allow turf grass to set seed. Grass brings in open ground birds like robins, juncos, towhees, blackbirds and, of course, finches. Vines can drape a fence and provide safe nesting. I have planted large trees, understory shrubs and ground spreaders to accommodate as much life as possible. Towhee and the sharp tailed song sparrow love to investigate around ponds, shrub borders, and perennial beds. Evergreen conifers are year round performers, offering shelter from weather and predators for birds and others.



Birds are attracted to the sound of falling, running water, waterways and water ponds. Fresh water is necessary for all animals in winter. Bird baths can bring birds year round. Ground level water is used by all birds and grateful ground dwellers. The placement of these is crucial. Wet birds can’t fly well and need safe places close by to preen and dry. Dirty feathers won’t insulate the bird from cold weather, so they will bathe daily even in winter. In summer, birds keep themselves cool with water. (They don’t sweat, but pant like dogs.)

Dead trees are not dead, but truly alive and can provide essential habitat needs of insectivores like woodpeckers, nuthatches and chickadees. Some of the most beautiful images of trees are the dead snags, struck by lightning and bleaching in the weather. Hollowed trees can shelter owls, bats, squirrels, and lots of smaller birds too. Leaving a dead tree to stand can complete an ecosystem picture that urban gardens tend to ignore. The wood calls in tree borers to start decomposing even the most massive leavings. Dead trees can be cut to fit safety needs, branches removed or stubbed, hung with wind chimes, bird houses, feeders or “reborn” with vines creeping up and around, all the while leaving the trunk standing to naturally process itself back into the system.

Protection from predatory pets, especially cats, is essential. Our friendly pet, the house cat, kills millions of song birds every year. Many of these unfortunate birds are budding teenagers with little experience and with no chance against so many cats. As a wild bird rehabilitator for

several years, I can attest to that. Most of the birds arriving at my door were “cat-damaged” birds. Do birds a big favor and keep predator cats out of your habitat. If it is your own cat, keep him indoors. It is wise to keep an eye on “Fido” too.

Birds are totally dependent on plants to survive. Gardeners can help them easily by simply planting diversity, rather than oceans of cut, primped and sprayed lawns. Providing organic gardens with unclipped, chemical-free lawns and gardens, and varying the heights of trees and shrubs provide a safe canopy.

Much of the bird habitat plants should be native species. What better choice than the local, hardy, evolved choice? Colorado is no place for wimpy plants with our tough weather conditions. Trees and shrubs species should vary, which attracts different birds, critters and insects. Gardens take several years to truly mature so every tiny detail need not be worked out in

advance.

Any landscape can be enhanced for wildlife with feeders, baths and sheltering areas. Every small denizen here on this little blue planet, whether flora or fauna, adds to our human experience. All life depends on BIO-diversity, including our human lives. Creating a safe habitat will help bring these marvelous winged creatures into the future with us. Therefore, this planet is their home too.

Becky Elder, of Manitou Springs, is an Environmental Consultant, a Permaculture Designer, El Paso County Master Gardener (1995 - 2010) and is well known for Blue Planet Earthscapes, the organic gardens company. Becky has been gardening, organically, on the Colorado Front Range since 1975. As Co-Founder and Director of Pikes Peak Permaculture, Becky is a passionate advocate for building community resilience and protecting the natural world. She currently has a book available in Pikes Peak District Libraries called *Raven In The Garden; A Front Range Gardener's Journal*.



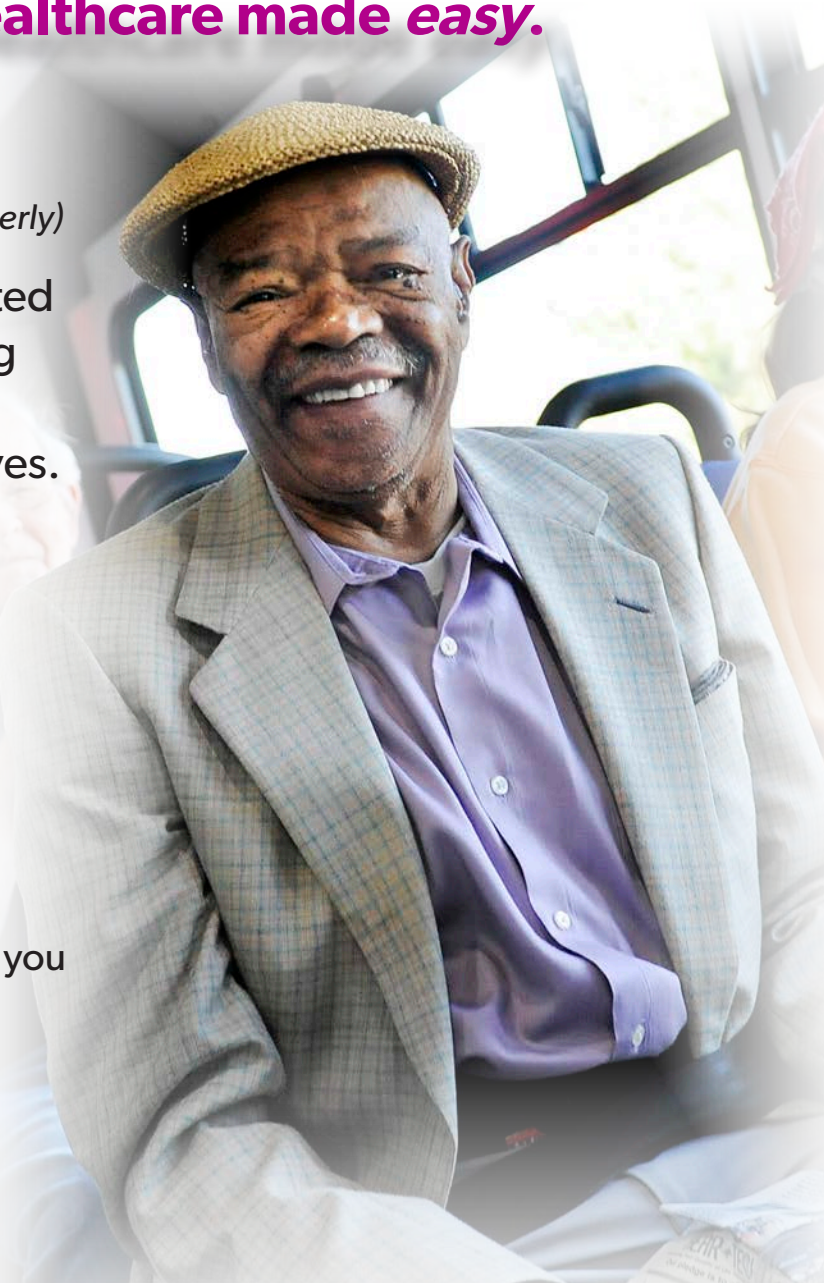


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9th Annual Chef Showcase Benefits Seniors and Foodies Alike

By Rick Sheridan

On May 16th, the Hotel Elegante Conference & Event Center bustled with over 550 community partners and guests of Rocky Mountain Health Care Services (RMHCS). These food lovers came to support RMHCS's annual benefit and fill their plates with delicious samples prepared by fifteen local chefs.

Throughout the night, the guests vote on their favorite dishes, network and catch up with old friends, and learn about RMHCS's important work in the community. The chefs support RMHCS by donating their time, food, and talent to compete to be one of the top three chefs in the competition. This year, Matthew Richardson of Cheyenne Mountain Country Club took home the gold medal.

But the real winner of the evening was RMHCS, who raised an estimated \$134,000. One hundred percent of the donations from the event goes directly to providing treatment and comprehensive care for their senior participants.

RMHCS is best known for its Program of All-Inclusive Care for the Elderly, more commonly known as PACE. Rocky Mountain PACE provides exceptional, coordinated care to change the lives of seniors. They focus on the whole person by providing medical and support services, with the goal of keeping seniors in the community independent and active for as long as possible.

Nathan Olson, President and Chief Executive Officer of RMHCS is excited to host the event year after year. "The Chef Showcase allows us to share the work we do to promote independence for seniors, while our guests enjoy a relaxed and fun atmosphere with excellent food and networking opportunities. There isn't another event in the Springs like it," said Olson.

Rocky Mountain Health Care Services has been enriching the lives of participants for over 43 years in the Pikes Peak region. In 2018, RMHCS served 741 seniors in the Rocky Mountain PACE program, providing over 64,000 meals and 74,000 rides for these individuals. The best and most effective way to support the mission of RMHCS is through a financial donation. To donate or find out more about this organization and the valuable service they provide to our community go to <http://www.rmhcare.org>



“The Chef Showcase allows us to share the work we do to promote independence for seniors [...]. There isn't another event in the Springs like it”

Woodland Park's Senior Expo Returns To A More Educational Style Indoor Venue For 2019

By Trevor Phipps

This year Woodland Park's 4th annual senior expo is celebrating a change of venue. Last year, the event was held outdoors in the town's Memorial Park. The event came right after the city's weekly farmer's market and held a number of vendors outdoors in the park.

The event went well until the afternoon thunderstorms breezed into town sending most spectators away to seek shelter. This year, Mother Nature will not be an issue as the expo has moved back indoors.

This year's senior expo will go back to being held inside at the Mountain View Methodist Church located at 1101 Rampart Range Road in Woodland Park on August 10 from 9 a.m. to 3 p.m. The free event is again being held by the Golden Bridge Network which is a collaboration of local nonprofit organizations that all provide services to senior citizens.

This year's event is called "Home Run For Health" and it will have a baseball theme. According to event organizer and executive director of DayBreak an adult day program Paula Levy, the organization chose to switch back to the indoor location due to feedback they had received from past expos.

"Some of the feedback we got said that the seniors liked the educational piece and they liked being able to hear speakers," Levy said. "So, we responded to the surveys we got from that and we went back to the format that we started with."

This year the expo will have vendors set up but it will also include guest speakers and a plethora of information available. A panel of experts from the various Golden Bridge Network organization will be available to answer questions about the various services that are available in the area.

To help further explain the various services

available to senior citizens in the Teller County area, performers will put on a special skit. The skit on the schedule is designed to portray an older American that is in the need of services. An actor will act out how a senior is to go about signing up for the multiple services that are locally available.

The baseball theme of the event will also bring about some extra fun associated with the educational learning experience. The Golden Bridge Network made special baseball t-shirts as souvenirs. The Woodland Park High School Forensics team will also be there to provide entertainment in the form of baseball-themed skits.

The entire day is free and senior citizens and their loved ones are both invited to learn, shop, and be entertained. For lunch, UC Health will be providing free meals for the visitors. During the day, spectators will be able to visit over two dozen senior vendors.

The vendors on the list range from nonprofit organizations to businesses specializing in products and services designed for senior citizens. The Ute Pass Cultural Center and the Woodland Aquatic Center will both be present to talk about the various things they offer. Other companies like Lifeline of Colorado Springs and Envita will be there to talk to visitors about the services and products they offer.

One vendor that is new to this year will be offering senior citizens that attend a unique service. The folks at DriveSmart will be set up outside of the church in the parking lot offering vehicle fitting services. Older Americans are invited to bring in their personal vehicles to have an expert help them fit the car or truck specifically for them. The DriveSmart team will help people adjust their seats, mirrors and other vehicle settings so that the car fits them the best for safe operations.


The Golden Bridge Network
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Wines in Colorado

By Rick Sheridan

Colorado is starting to build a solid reputation for producing quality wines. Although most of Colorado's vineyards are located on the western slope of the Rocky Mountains, there are several in the Colorado Springs and Denver areas.

Most wineries are in temperate, high elevation river valleys. Colorado's grape growing regions range in elevation from 4,000 to 7,000 feet, making them some of the highest vineyards in the world. This creates a consistent climate of hot days combined with cool nights.

The long warm daylight hours of high-altitude sunlight helps to mature the fruit and build natural sugars. The cool evenings cause the grapes to retain the acids which is vital to premium wine making. The downside of this high altitude is that there are not as many frost-free days as in some of the other wine

producing areas, such as California or Italy.

According to the Colorado Wine Travel Guide, our state is home to two designated American Viticultural Areas of the Grand Valley AVA and the West Elks AVA, where most of the vineyards in the state are located. The Grand Valley has a unique combination of elevation, soil, climate and water that helps to create amazing wines, according to the article, "Better With Age," in a recent issue of 5280 Magazine.

The article went on to describe the process of "vine to glass." Wine is the result of several steps: growing the grapes, harvesting, pressing the grapes, allowing fermentation, aging, and bottling. The quality of the wine depends on the decisions surrounding the quality of ingredients, length of fermentation and other factors.

Several Colorado wineries have been awarded

scores of 90 points or above by Wine Enthusiast Magazine. In 2017, Colorado Mountain Winefest was voted the best wine festival in the U.S. by USA Today. In 2018, Wine Enthusiast Magazine named Colorado's Grand Valley AVA one of the Top Ten wine travel destinations in the world.

Grapevines were first brought to Colorado in the 19th century by miners in southern Colorado. The first agricultural record of vineyards was when Governor George A. Crawford, founder of Grand Junction planted 60 acres of grapes and other fruit near Palisade.

Homegrown wine was once a part of life in Colorado and throughout most of the United States. Prohibition in the United States virtually wiped out the Colorado wine industry in the early twentieth century, only to have it begin to bounce back again in the 1960s.

In 1990, with only five operating wineries, the Colorado General Assembly created the Colorado Wine Industry Development Board. By 2010, there were approximately 115 commercial wineries in Colorado. As of 2019, there are approximately 145 wineries, and about 1,000 acres of grapevines.

The most popular grapes grown in Colorado are varieties of the European grape, *Vitis vinifera*. The most popular

red varieties are Merlot, Cabernet Sauvignon, Syrah, and Cabernet Franc. The most popular white varieties are Chardonnay, Riesling, and Viognier.

The wine regions within a short drive of Colorado Springs include: The Pikes Peak/ Arkansas River Valley near Salida, Canon City, and Manitou Springs; and the Front Range between Fort Collins and Castle Rock, with many wineries located in the Denver metropolitan area. Here in the Colorado Springs area, there are several bars and restaurants that specialize in fine wines.

The Sweet Elephant

They have a full selection of wines, and a Wine Club that provides information about the wines, along with discounts. They are at 25th and Colorado Ave., Colorado Springs. Phone (719) 635-1555.

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Here is a lovely Italian restaurant with outdoor seating. About 10 Miles West of Colorado Springs. 4455 Fountain Ave., Cascade, CO 80809. (719) 684-8000.

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You can enjoy a restaurant, wine tasting room, retail wine sales and gift shop. Find them at 8045 W. Hwy 24, Cascade, CO 80809. Phone: (719) 684-0900.

Holy Cross Abbey in Canon City

Another close connection is the historic Holy Cross Abbey in Canon City. Since July 2002, The Winery has produced some of the best Colorado wine. You can sip wine along the creek or inside in the restaurant. Located at: 3011 East Highway 50, Cañon City, CO 81212. Phone (719) 276-5191.

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The next time you are planning to visit the Denver area, go online and check out one or more of these wine-related establishments.

The Infinite Monkey Theorem Urban Winery

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Crossword Puzzle

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Monday, December 1, 2014
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Edited by Timothy Parker

ACROSS

- 1) Prices paid

6) Matures, as wine

10) Fjord explorer?

14) Sneak ____ (glimpse)

15) Romanian coins

16) "That's clear to me," hippie-style

17) Dog found in the pound

18) New York canal

19) Grandma, affectionately

20) Easy ____

21) A lift, in Aspen

22) Alumnus, for short

23) "Say ____" (dentist's request)

25) Pungent-smelling

27) Forrest Gump's forte

31) Abstains from

35) By way of

36) Winter fall

38) Aid one's alma mater

39) Eat an ice cream cone, e.g.

41) You can't tell if she's coming or going?
- 43) Strip in the Middle East

44) City of Light

46) Mischievous type

48) Coop resident

49) Affording a view

51) Monotonous in cadence

53) Comprehension

55) Geological time

56) River border

59) Weaver's tool

61) Mended temporarily

65) San Juan, Puerto ____

66) Emit amplified light

67) Subtle sarcasm

68) "Back ____ hour" (shop sign)

69) Quarter-miler's path

70) Launch a tennis ball

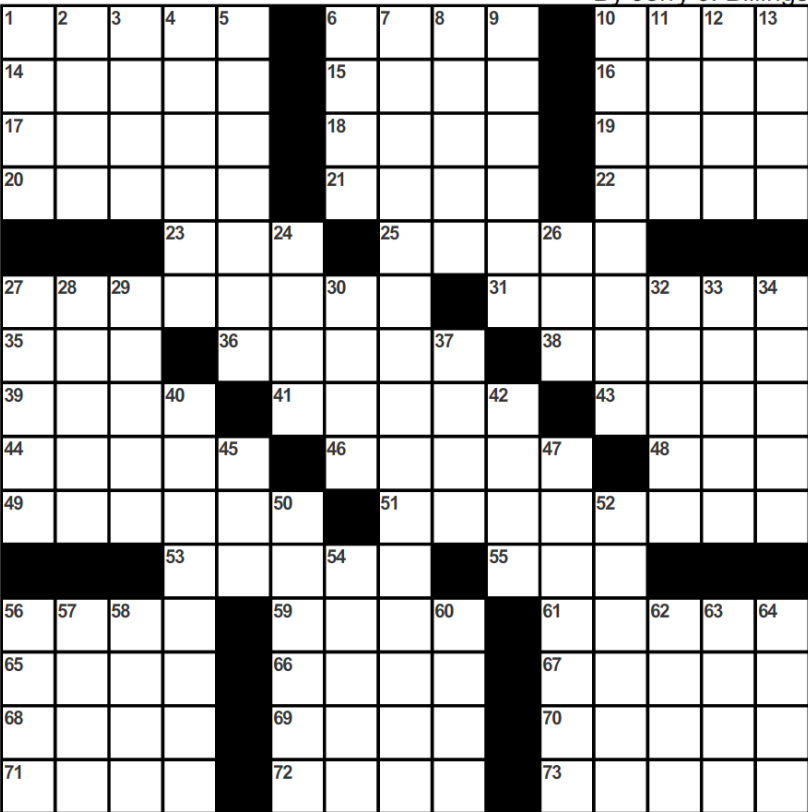
71) Bachelor's party

72) Flogging memento

73) Some playing cards

IN ON THINGS

By Jerry J. Billings



DOWN

- 1) Dwelling in Durango

2) ____ out (withdraws)

3) Word in a Doris Day tune

4) Little sack of leaves

5) Airport porters

6) Aid in crime

7) Pig, in the Flintstones' kitchen

8) Early 30-ton computer

9) Lead-in for "Madre" or "Leone"

10) Door opener?

11) Jewish month before Nisan

12) One of Columbus' three ships

13) "Goodness gracious!"

24) Celeste or Ian

26) "Direct" ending

27) Insect feelers

28) "Sacro" addition

29) Mother-of-pearl

30) A tide

32) "Famous potatoes" state

33) Thirteen, to some bakers

34) What the hillbilly batter did?

37) Vehicle at a stand

40) Empire State Building climber

42) Outfielder's call

45) Title of respect

47) Stuck-up sort

50) Immature

52) Hunter, at times

54) Dry white Italian wine

56) Jewish rite of circumcision

57) The "non-existent" contraction

58) "Sweet 16" org.

60) Soften, as chocolate

62) Skin orifice

63) Green feeling?

64) Pre-Easter purchases

Key on page 42.

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Medications Affect Aging Brains and Bodies Differently

By Laura Engleman

As older adults live longer, inevitably they will take more medications for a variety of acute and chronic health conditions. Two out of three older adults in the U.S. today are taking medications for multiple chronic diseases. Although both prescription and over-the-counter drugs can be essential to maintaining quality of life, they also have side effects that may significantly impact aging brains and bodies.

In a recent lecture, Judy Scott, Ph.D., R.N., described how normal aging processes affect the way medications are absorbed, distributed, metabolized, and excreted. Assistant professor of nursing in the Helen and Arthur E. Johnson Beth-El College of Nursing and Health Sciences at UCCS, Dr. Scott is a nursing educator with a special interest in helping older adults age in place as independently as possible, including medication management.

For example, the liver plays an important role in metabolizing drugs and detoxifying chemicals; decreased liver function among older adults means that medications can build to toxic levels, particularly antibiotics, cardiac medications, and analgesics such as acetaminophen. Medications often prescribed for anxiety or insomnia have been associated with an increased risk for dementia and falls. Common pain relievers such as ibuprofen and naproxen can cause gastrointestinal problems such as bleeding in the stomach, ulcers, or intestinal blockages and can impair kidney function.

Dr. Louise Aronson, geriatrician and author of "Elderhood," noted in a recent NPR interview that even a medication one has taken for years may have unwanted side effects. "We think of medicines as sort of fixed entities, but in fact what really matters is the interaction between

the medication and the person," she said. "So even if the medication stays the same, the person may be changing."

Dr. Scott described what she called "the prescribing cascade" that often occurs in older adults. Side effects of a medication can cause new symptoms interpreted as a new medical condition, for which yet another drug is prescribed. A pain reliever prescribed for osteoarthritis pain, for example, can cause high blood pressure, which might be treated with a drug whose side effects can lead to gout, heart disease, diabetes, and kidney disease. Before taking a new prescription, it is important to review all medications with your healthcare provider to determine if a drug you are currently taking might be causing the problem the new drug is meant to treat.

Further, many medications don't interact well with each other or with certain foods and beverages. Statins should not be taken with grapefruit juice, calcium does not combine well with some antibiotics (such as ciprofloxacin), and no medication should be washed down with alcohol. Medications should be taken with a full glass of water, rather than juice, tea, coffee, or soft drinks. When in doubt, a pharmacist is an excellent source of information about all drug interactions.

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. Thank you to Dr. Judy Scott for providing much of the excellent information in this article. She can be reached at jmarti28@uccs.edu.

Casa Verde Commons, Colorado Springs’ Cohousing Community

By Rick Sheridan

Casa Verde Commons is a cohousing group located in an older neighborhood in the Patty Jewett area just north of downtown. They are within walking distance of a public golf course, public schools, parks, a major hospital, and shopping. Casa Verde Commons is an intentional community that practices consensus governance and ecological responsibility (recycling, composting, etc.). They have a shared work responsibility. This can range from cooking to gardening. Casa Verde Commons is Colorado Springs’ first cohousing group.

I spent several hours at Casa Verde Commons during a Sunday brunch. People began congregating in the Shared Common House area about an hour before the meal. Friendly cohousing members were eager to offer me a tour of the facility. Their Common House includes a large dining room and kitchen, sitting room, playroom for the kids, laundry facilities, library, mail room, conference room, large patio and hot tub. The Common House also includes two guest rooms in which family and friends may stay while visiting. Outside there is a shared garden along with plenty of space for picnics and other outdoor activities.

There are thirty-four homes laid out on four acres along with a common house, workshop building, playground, large grassy area, and community vegetable garden. The layout is designed to encourage spontaneous social interaction. Cars are kept on the periphery, and pedestrian walkways connect the buildings. The site also offers a view of Pikes Peak.

During my visit to Casa Verde Commons, I noticed several senior residents. This living situation struck me as an ideal scenario for the elderly, especially those who still had their health and vitality. Residents at Casa Verde Commons include singles, couples, parents with children, multi-generation families, and “empty-nesters”

whose children have grown up and left home. They have people who commute to work, stay-at-home moms, and retirees. According to their website, interests among residents include running, hiking, bicycling, music, yoga, gardening, knitting, dancing, pottery, board games, photography, sewing, landscaping, piloting small planes, cooking, writing, and social issues. Some of the recent activities include game nights, cookouts, dance parties, talent shows drumming circles, a knitting group and more.

Casa Verde residents (both owners and renters) have the option of participating in the meal-plan. They have community meals twice a week. One meal is always on Sunday, alternating between brunch and dinner. The other meal is a dinner on Tuesday, Wednesday or Thursday night. These dinners rotate each week: one week it’s on Tuesday, the next week on Wednesday, the next week Thursday, and then the cycle begins again.

Residents sign up for a meal-rotation that lasts about three or four months, depending on the number of participants. During that time, each participating household is responsible for one shift as head cook(s), one shift as assistant cook(s), and two cleaning crew shifts. The head cook(s) plan the menu, purchase the ingredients and cook the meal, with help from the assistant cook(s). Attendance at the meals is typically thirty to fifty diners. Participants in the community meal plan are asked to cross their names off the list ahead of time if they will not be attending. They keep the community pantry stocked with spices, cooking oil and other staples.

The cooks address dietary requirements, so that residents who are vegetarians or who avoid wheat, for example, can still participate. Mealtime at Casa Verde is a great chance to catch up with friends and relax without having to prepare a meal at home. For those who do not wish to participate

[...] Ideal scenario for the elderly, especially those who still had their health and vitality.



in the meal plan, there are still potluck dinners or lunches on holidays such as Memorial Day, the Fourth of July, Labor Day, Thanksgiving and Christmas.

For anyone interested in moving to Casa Verde Commons, here is what I learned during my visit. Each available rental is negotiated between the building owner and potential tenant. My experience viewing one of the available apartments was that it was priced somewhat higher than the others that I had viewed that month. Purchasing a house in the cohousing is similar. It would be negotiated between current owner and potential owner, at whatever rate is acceptable to both. There are some requirements that the potential tenant understands the cohousing principles and is willing to participate in the shared work arrangement.

According to the Foundation for Intentional Community, cohousing is often an affordable model. A survey of 200 cohousing residents showed minimum cost savings per month of \$200 per household, with some even saving over \$2,000. In senior cohousing, proximity to friends and shared resources means that residents can live independently for a longer time instead of having to spend money on costly retirement homes and have less need for professional caregivers. Cohousers also get more amenities for their dollar: instead of investing in an individual facility that may rarely get used, such as a workshop or guest room, for a comparable amount of money they have access to workshop, gardening, laundry, guest room, celebration and other shared space.

There is a downside to group living. My personal experience while living in a similar cohousing group (and visiting several others), is that there is often a charismatic individual who makes many of the decisions. Despite the rhetoric of “shared governance,” and “consensus,” one of the members seemed to have much more influence than anyone else. If there was something that he did not like or approve of, he could rally enough support to get his way.

Readers who are interested in living in a cohousing community should do their own research and decide if the benefits outweigh the disadvantages. Many of the cohousing groups that I visited welcome visitors and are willing to answer a variety of questions.

For more information on Casa Verde Commons, you can e-mail them at info@casaverde.us

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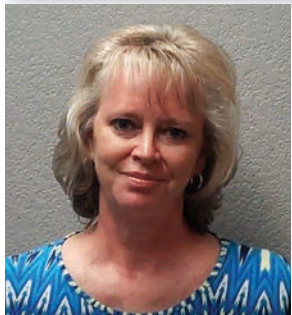
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A Safe Place For Pets Provide Pet Adoption And Other Unique Services

By Trevor Phipps

Pet adoption facilities give at least two lives a new beginning. First off, the pet gets a new home and a family receives a new member. Then, in some situations the previous owner can have the satisfaction of knowing that their best friend is being taken care of and is in a good housing situation.

These days, anywhere you go there are an abundance of nonprofit organizations that strive towards finding domesticated animals a new home when their previous owners become unable to provide such. However, amongst the many out there,

Colorado Springs happens to be privileged with a unique pet adoption organization called Safe Place For Pets that only takes in pets from people who have been diagnosed as being terminally ill.

The organization is founded on taking care of pets of those whose days are numbered. All it takes is a call to Safe Place For Pets and their team volunteers will work with the person in need and inform them of the options that are best for their family and their pet.

The unique organization was founded in 1995 and has been

helping families in both finding a new pet and finding loved animals a new home ever since. They have always been 100% donation based financially and operated successfully due to their volunteer base.

According to Kennedy Watson, the Executive Director of Safe Place For Pets, the volunteer-ran nonprofit offers a lot to terminally-ill pet owners. “We re-home animals of individuals who are diagnosed with or have passed away from a terminal illness,” the organization’s executive director said. “We will work with families of the owners or the owners themselves. We

then adopt those animals out according to the former owner’s wishes. For example, we have two cats that came in now and they are bonded. One of the owner’s wishes when they adopted them to us was that we would only adopt them out together. So, we abide by those things.”

As soon as someone gets diagnosed as being terminally ill, they have the ability to call in the Safe Place For Pets team. Their volunteers will come to the person’s residence and figure out what their pet needs. They use the information received by the initial interview and visit to figure out the best way to help the animal according to the owner’s and pet’s specific needs.

The organization provides an extensive screening process before they send the loved pet to its new owners. Whoever adopts the new pet that recently lost its companion, must fit all of the stipulations attached to the adoption agreement.

The organization mainly works with cat and dog owners just because they have not had much demand from people who own other types of pets. According to Watson, all of the cats they receive get housed at their office and headquarters located at 1520 N. Hancock Ave. near the Colorado Springs Senior Citizen Center. Whereas, the canines they receive get put into foster homes before a permanent spot for them is found.



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“We provide all of the veterinary care in the meantime until they find their home,” Watson said. “Another component of what we do is our wellness program. If someone has been diagnosed with a terminal illness but they are not necessarily ready to surrender their pet, then we will provide day to day needs that they need assistance with to keep caring for their pets. So, for example, if somebody was not able to bend over and clean the litter box, then we would send someone over to clean their litter box like once every two days. Or if they are not able to walk their dogs we will provide people to walk their dog twice a day. We also in that program provide financial assistance. We will also help with veterinary costs or grooming and things of that sort.”



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The Ten Best Mountain Biking Trails In The Colorado Springs Area

By Trevor Phipps

The summer time is in full swing and many will say that there is no better way to enjoy the outdoors than to experience it on two wheels. The Colorado Springs area is the home to several mountain bike trails that offer various experience levels and exquisite views of mountain country.

Soon, the weather will be cooling down and the aspen trees will start to show off their beautiful colors. There are several places right in Colorado Springs residents’ backyards that offer thrilling mountain biking excursions.

Ute Trail

The entire Garden Of The Gods Park is a gem of Colorado Springs. Whereas, the park is known for its scenic road, hiking trails, and technical rock climbing, it is also known for a mountain bike ride that offers exquisite views of the eastern side of the park.

The Ute Trail is a loop that takes riders through a journey in the park that is just over a mile long. The trail is good for beginner bike riders as it is relatively level and short in distance. The ride can be accessed by a parking lot on the eastern entrance of the park off of 30th Street.

Grandview Trail

This trail is the most popular of the routes through the beautiful Palmer Park. This trail is rated for intermediate riders due to the presence of several slick rock areas. For those wanting to play around and test their rock riding skills, there is one section where going over rocks is an option. However, on this particular part of the trail there is also an easier route around the rock formations.

The Grandview Trail is an in and out trail that is nearly two miles in total length. Once riders make the nearly 300 foot ascent great views of Pikes Peak, Garden Of The Gods, and Downtown Colorado Springs can be seen. The trail is accessed from the Paseo Road trailhead and entrance to Palmer Park.

Buckhorn Loop Trail

This trail is located in North Cheyenne Canyon and has a skill level of intermediate to expert. The entire loop takes riders on a nice route through the beautiful canyon. The entire trail is nearly seven miles in length and there is about a mile and a half of it that is a steep, uphill climb.

Once riders make it to the top of the rough uphill section, they are rewarded with one-of-

a-kind views of the entire canyon. To start on this trail, riders park at the Gold Camp Road trailhead parking lot just past Helen Hunt Falls. The loop then is located on the right before getting to the Seven Bridges trailhead. The loop then brings riders up the canyon and then back down onto the old Gold Camp Road.

Ute Valley Loop Trail

Ute Valley Park is located on the northwest side of Colorado Springs near the intersection of Centennial Blvd. and Vindicator Dr. This park is the home to several trails but many of them are for hikers only. However, the Ute Valley Loop is open to bike riders and it brings riders around the perimeter of the park.

Most of the ride is rated for beginners but there is one rocky section that the less-skilled riders may need to walk up. The trail climbs and falls 300 feet throughout the four mile journey. According to experts, this trail is a little hard to find and follow and it is best to research the area ahead of time or plan for more time to spend trail finding.

Bear Creek Park Trail

This ride can be accessed from the Bear Creek parking lot located on S. 21st St. near the W. Rio Grande intersection. The trail is designed for more beginner riders for them to develop their skills. Most of the 1.4 mile loop is relatively flat and there is not any significant altitude gain.

The trail takes riders on a loop that travels the perimeter of the beautiful Bear Creek Park. Along the ride, visitors are rewarded with picturesque views of Downtown Colorado Springs. This ride might be too easy for some of the more advanced riders,

but the park does sometimes hold races on the loop.

Stratton Open Space Trails

One of Colorado Springs’ most famous trails is the route that starts in the city and takes riders up Gold Camp Road, on the Chutes Trail, and then to Captain Jack’s Trail. This giant loop starts at the Ridgeway parking lot in the Stratton Open Space area. The entire ride is 13.5 miles long and is rated for intermediate/difficult.

The route starts in the city at an elevation of 6,200 feet and then climbs up the side of the canyon. At the trail’s highest point, riders will get to an elevation of over 8,200 feet. After the climb up riders then get to relax a bit during the long descent. The trail is known for being a nice tour of N. Cheyenne Canyon as it takes riders on four different scenic routes with unique views.

Red Rock Canyon Open Space Trails

This open space area is located near Highway 24 and 31st St. on the west side of Colorado Springs. Many locals have coined the phrase “the secret Garden Of The Gods” to describe its beautiful rock formations. The area has fifteen miles of trails for all different skill levels and is a great place for intermediate riders to test and hone in their technical skills.

The trails that work their way through the beautiful open space offers riding challenges as well as breath-taking views of the red rock formations and the entire city of Colorado Springs. One thing that makes this local open space area stand out from the rest is that it offers the region’s only mountain bike skills

Outdoors and Recreation

park. On the skills park riders can go over dirt jumps and tune up their technical skills.

Hogback Ridge Trail

Hogback Ridge is one of the most popular trails inside the Red Rock Canyon Open Space Park and it is known as one of the best. The 1.1 mile loop only ascends a total of 300 feet and it is rated easy to intermediate. According to MTBProject.com, “The initial climb out of the parking lot is loose and will test your legs and choice of gearing.”

Once riders make their way out of the loose, rough part the trail follows along a ridge on the edge of the park. While riding on the park’s eastern edge, many spectacular views of Colorado Springs can be seen as well as the mountains and rock formations in the area. The trail is relatively flat and only has an average grade 5% or 3 degrees and a max grade of 7% or 4 degrees.

Rampart Range Reservoir Trail

The trailhead for this ride is located just east of Woodland Park off of Rampart Range Road. The parking lot to the trail is located just off the road right before the general and boat ramp entrance for the reservoir. This trail is a 14.2 mile loop that takes riders on a journey across the entire perimeter of the giant reservoir.

The single track trail is good for intermediate riders while most of it is smooth and easy riding. The trail features some obstacles as well as sections where riders traverse through rock formations. Along the ride, visitors get the chance to see views of meadows filled with wildflowers, an occasional glimpse of Pikes Peak, and Rampart Reservoir from every angle.

Barr Trail

The famous Barr Trail is the route that takes both hikers and mountain bikers from the town of Manitou Springs all the way to the top of Pikes Peak. This trail climbs almost 8,000 feet to the top of one of Colorado’s most famous fourteeners. The route is 26 miles roundtrip and should only be tried by the most experienced mountain bikers.

The 13 mile haul up the mountain is a rough journey that takes riders through both meadows and up steep hills. The last part of ascending America’s Mountain is the toughest as the max grade on this trail gets as steep as 46% or 25 degrees. The descent is a favorite ride for many but bikers must use caution coming down the mountain as there are several hikers on the rather narrow trail.



Ute Inn Chicken

Chicken breasts dipped in an apricot/mustard sauce, then rolled in chopped cashew nuts for a wonderfully tangy, crunchy and easy baked chicken dish.

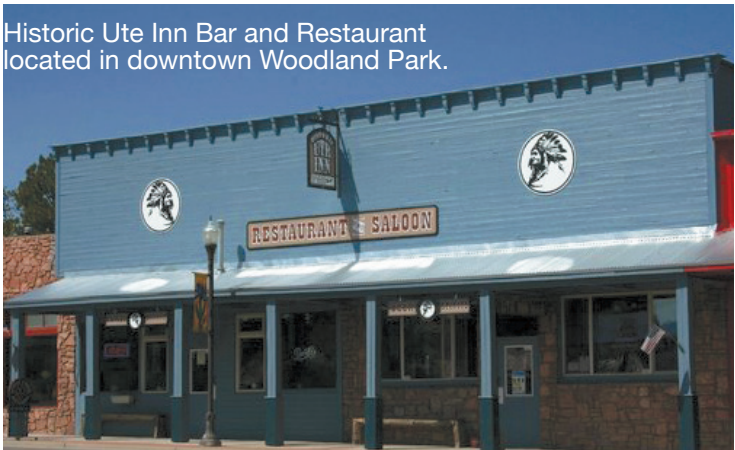
By Chef Elijah Murphy

Ingredients

- 1 (12 ounce) jar apricot preserves
- 1/4 cup prepared Dijon-style mustard
- 1 teaspoon curry powder
- 4 skinless, boneless chicken breast halves
- 1 cup coarsely chopped cashews

Directions

1. Preheat oven to 375 degrees F
2. Combine the preserves, mustard and curry powder in a large skillet and heat over low heat, stirring constantly, until preserves are completely melted and smooth.
3. Place cashews in a shallow dish or bowl. Dip chicken breasts in skillet sauce, then roll in nuts to coat and place in a lightly greased 9x13 inch baking dish.
4. Bake at 375 degrees F (190 degrees C) for 20 to 30 minutes. Boil any remaining sauce and serve on the side with the baked chicken.





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Intermission in Time Excerpt August 2019

SERGIO

On a smaller scale, to locals and visitors, the seaside town of Blackpool equaled the renowned Las Vegas. The luminous extravaganza at summer's end was Blackpool's parade of lights. Easily reached by bus, this place was infamous for its nightclubs, crowded beaches, and fairground attractions. Standing in its midst was a replica of the French Eiffel Tower. Tourists packed the esplanade, but summer was ending, and the staff toiled day and night to set in motion Blackpool's incredible extravaganza. Cleaning and repairing the movable Disney characters in preparation for the festivities was grueling. Workers toiled long hours replacing bulbs and scrutinizing faulty electrical apparatus. After enjoying endless attractions, families sat on stone benches, in anticipation of evening festivities, when the lights ignited in all their glory. A myriad of animated characters, including Disney's elves and Snow White, came to life on the busy boulevard.

Although sometimes preoccupied with his illness, these adventures with his young daughter revitalized my dad fleetingly. Earnestly, I begged for and received candy floss (cotton candy), fish and chips, and salty winkles in their shells. Cadbury's chocolate completed the feast, which my stomach could barely digest. No request was too trivial. Mum would have been horrified knowing the junk I consumed. (Undigested, it would later be unidentified on the bus floor.) Nevertheless, our seaside trips to Blackpool were brilliant. Waving from the front step, Mum smiled. "Tatty bye and I'll see you tonight. Enjoy yourselves, but don't give her too many sweets."

Once, disembarking the bus, we noticed crowds of territorial day-trippers, who dragged deck chairs, sandwiches, thermoses of hot tea and other provisions in attempts to find that perfect place, where they would settle until dusk. Typically, English holidaymakers shielded their lily-white skin from ultra violet rays, and amusing visions of men wearing knotted white hankies over their balding heads, dotted the sandy beach. Smells of vinegar doused concoctions, such as snails and battered fried fish, wafted

through the clammy sea air. I would always treasure this day in Blackpool with my dad.

Having only expectations of fun, Dad grasped my hand tightly as we strolled happily together along the thoroughfare. Mickey Mouse and company looked plastic and inert in the fading sunlight, but the transformation would be spectacular.

"Are you anxious for dark, Glen?" Squinting, I looked upwards into his twinkling blue eyes and smiled happily, and Dad automatically knew the answer. Removing my sandals, as the blissfully warm sand caressed my toes, we sauntered toward a dozen worn-out donkeys, huddled collectively in a shady corner of the pier. Unhurried, with a cigarette dangling from his mouth, the owner tolerantly waited for customers. As we approached, my dad spoke first. "How goes it, Charlie?" His old friend was pleased to see him. "How are you doing, Bob?" He was another of Dad's cousins, no doubt. Seeing an opportunity, I eagerly moved in front of my dad, who took his cue from me. "This is my little girl, Glen, we're here for the illuminations, Charlie." Dad waited expectantly. Then the obvious happened. "Would you like a ride on the horse, young lady?" I could not figure out how I would ride on a horse, but I agreed, and soon he lifted me onto the most obese donkey accessible. My dad loved to mingle with his friends and Charlie was no exception. Leaning casually against the wall, they were happy in their conversation. "How's the missus doing, Charlie?"

Insensitive to me, they were soon exchanging banter, jokes, and local gossip. In the meantime, I sat on Sergio's humungous wide saddle waiting for the action to commence, and begin it did - sooner rather than later. After listening to one of Charlie's bad jokes, my Dad inattentively smacked my ass on the arse (rear end.) Eyes wider than usual, this trusty little steed Sergio trembled a little, and then, the donkey with a purpose, charged at a distinctive, agitated gallop along the sodden sandy beach. Afraid of the consequences, my dad and his friend yelled immediate commands to the donkey called Sergio. Nevertheless, once out of earshot, abruptly the dialogue faded away.

Straining to look over my shoulder, both men seemed animated and powerless, but I heard nothing except the heavy pounding of hoofed feet. Directly in our path, young kids with buckets and spades retreated to the safety of their umbrellas, and then bawled over ruined sandcastles left behind. Angry irritated parents leapt to their feet, shaking their fists in the air, as obscenities flew like many seashells, in the wake of our flying mud bath. A whipping sea breeze briskly matted my long blonde hair, as fearfully, I clutched the thick leather reins. Once again, daring to glance behind me, I saw blurred images of my dad and Charlie as they ineffectively waved madly in my direction. Soon their outlines became just a mere smudge in the distance, and I was alone with a crazed donkey called Sergio. He hammered the sand wildly as we shot past the red and white striped Punch and Judy tent. I could hear the puppet Punch shrieking, as we approached. "That's the way to do it." Screaming in his usual condescending tone, that damn marionette was mocking me.

Sitting cross-legged outside the narrow striped cubicle, a dozen small children waited for the show to start. Even so, they became targets of the airborne sludge, but Sergio was committed, and continued his jerky gait at full speed, with me barely clinging to his greasy leather saddle. What could Dad be thinking? Missing my front baby teeth was perilous, as salty air whipped through past my tonsils, but just in time, my mouth slammed shut, thus avoiding some gritty, wet mud. While the ass Sergio gathered momentum, the sea breeze chapped my already ruddy cheeks. Then, just as we careened toward the motionless brick sea wall, which jutted into the sea, I froze in the hard leather saddle. Surely, the beast would recognize the consequences of a head on collision. Then, inexplicably without warning, I heard a shrill whistle from a far off place. Again, I struggled to twist my neck, only to see Charlie in the distance, running toward us clutching Priscilla's reins. This sweet little ass was the temptress needed right now. Before colliding with the wall, Sergio skidded to a snappish halt, and his precipitous U-turn nearly dismantled my throbbing little body

from his hairy broad back, which was now sweating profusely. Bravely, I renewed my grip on his leather reins. Thinking quickly, I issued a couple of irrelevant commands, which he utterly disregarded, so I now resigned myself to another choppy flight along the Blackpool beach. Hesitant to tolerate a repeat performance, a few tourists wisely snatched their deck chairs from Sergio's path as instinctively, they realized that nothing came before Priscilla. Courageously re-settled in their collapsible chairs, some could only watch and wait for daring Sergio to trample their open toe sandals.

Jostling my small body like a rag doll, the beast grunted and snorted, sending clouds of soggy sand flying in every direction. Soon thermos bottles of steaming hot tea catapulted into the air, and sandwiches followed soon after. "I told you to move, this ass is crazy!" I yelled desperately into the wind. Yet their hands spread in exasperation did nothing to repair the destruction, while in the path of obliteration, sand sculptures buckled and tiny seashells scattered. Our Sergio was on course for home. A small yellow bucket, nicely painted with a sun motif, whizzed past my right ear, but I clung on tightly, praying this jaunt would soon end.

However, in the not too distant path, horror hit home. Staring intrepidly, a young man, submerged up to his neck, watched while his young son patted on mounds of wet sand. Petrified,

the man's head jerked rapidly back and forth as his eyeballs protruded like golf balls, and my eyes slammed shut. Unable to escape, the poor chap seemed doomed and his lips moved silently, as he prayed that Sergio's pulsating hooves would veer from their course. Thankfully, as I blindly tugged the reins to the right, the ass Sergio avoided an imminent calamity. Feeling like a novice steering a disabled jet liner to safety, I could only call upon my immature, innermost willpower and courage. "Move out of the way!" I shrieked raucously over the incensed snorts of a pissed off donkey. God smacked (in shock) day-trippers remained in the path of ruin. Regardless, this beast, like the proverbial homing pigeon, twitchy and fretful to join his Priscilla, rebelliously staggered and zigzagged along the wet sandy coastline for home. Meanwhile, the object of his amore was good-naturedly waiting by the surf.

Silently, Charlie knew my ass would co-operate, as he was slowing down, and, having reached his goal, Sergio's extra short stubby legs chugged to a steady halt. Edging toward Priscilla and to her delight, his extended mammoth member hung lethargically, forging deep channels in the sand. Pressing her large feminine head against his rump, she batted her sumptuous long eyelashes. Together, they both released an unrestricted little rumble, which then emitted a violent shudder, sending me crashing to the ground.

Ashen faced and visibly shaken, Dad's gentle hands pulled me to my feet. "I'm so sorry love, but I smacked Sergio by mistake." "You don't say!" I gasped. Charlie's face was a picture of pure blamelessness. It was all on Dad, but I forgave them. Dad confided quietly, "You'd better not mention this to your Mum. Let's keep a secret." Shattered from my ride, I gripped his hand as we proceeded to the promenade. Daylight faded into darkness, and familiar animated figures festooned the busy promenade.

After a full day, we left for home. Almost empty, the double decker bus was warm and appealing, so we headed to our favorite spot upstairs. "Your face looks a little green." Dad was concerned. Thinking quickly, he grabbed the newspaper lying on the seat. Sore muscles and violent puking resulted in an agonizing journey. Yet, when reaching the front door, Mum was waiting and her face said it all. His feeble indulgence enraged her. "Her small stomach can't take all that junk." Mum was maddened and displeased. Ignoring her, my dad smiled. "Get to bed, Glen. I'll be up in a minute to read you a story." In 1879, Blackpool illuminations once burned out due to high tides, but they have evolved even more dramatically, and since their innovative conception they are entirely hi-tech. Tourists and day-trippers continue to visit Blackpool, with its looming replica of the Eiffel Tower. "There's something here for every age," said Dad proudly.

Home Safety Tips for Seniors

By Rick Sheridan

Many seniors in the Colorado Springs area prefer to live at home instead of moving to an independent or assisted living. Often those seniors, along with other family members, must decide if the safety risks can be adequately dealt with. Loss of balance is one of the key issues that can lead to a variety of problems. Some of the other tips are common sense, but it is worth going over these here. Below are some tips to help make it safer for the elderly home owner.

Balance and fall prevention tips

1. Take your time when you get up, and make sure you have your balance.
2. Avoid standing on ladders or chairs. Save up those kinds of jobs for younger relatives.
3. Have sturdy rails for all stairs inside and outside the house.
4. Make sure that staircase steps should have a non-slip surface. Tighten any loose carpet.
5. Remove or nail down all scatter rugs.
6. If you need to use a cane or walking stick, make sure it is measured properly.
7. Your shoes should fit, and not have a large heel.
8. Clean up spills right away.
9. Remove electrical or telephone cords from high traffic areas.

Additional tips

1. Consider a medical alert. There are also a variety of emergency cell phones you can carry around.
2. Keep a fire extinguisher and smoke detector on every floor.
3. Make sure that all stair cases have good lighting with switches at top and bottom.
4. Never smoke when alone or in bed.

Bathroom safety tips

1. Depending on your condition, you may need to bathe only when help is available.
2. Use a night light in your bathroom at night.
3. Use a bath mat that has a non-slip bottom.
4. Avoid bathroom door locks that can accidentally leave you locked out the next time you try to enter.
5. Use recommended bath handles, securely installed on the walls of the bath/shower stall and on the sides of the toilet.

Kitchen safety tips

1. Avoid wearing long, loose clothing when cooking over the stove.
2. Light up your work areas.
3. Keep floors clean and uncluttered.
4. Make sure food is rotated regularly and check expiration dates.
5. Store hazardous items separate from food.
6. Keep sharp knives in a rack.
7. Use a kettle with an automatic shut-off instead of one that needs a burner.

Drug and medication safety

1. Check with your doctor or pharmacist before mixing non-prescription drugs and prescription drugs.
2. Dispose of any old or used medicines.
3. Have medication dispensed in a bubble pack or timed dispenser.
4. Make sure medicines are clearly labeled.
5. Never borrow prescription drugs from others.
6. Read medicine labels in good light to ensure you have the right medicine and dose.
7. Review your medicines frequently with your doctor or pharmacist to make sure you really need to be taking it.

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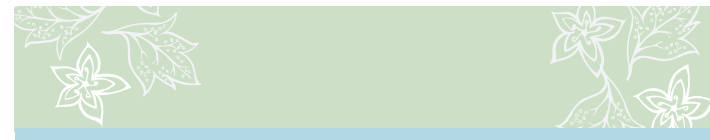
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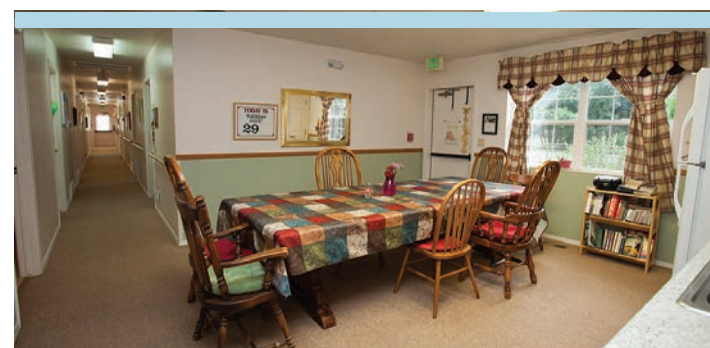


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Faith Through Older Eyes: Forgiveness

By Nancy Parker Brummett

An important part of caregiving for an older adult is to help them think about the legacy they are leaving behind. They may not think of forgiveness as being part of their legacy, but it is. People in their eighties and nineties can still harbor a grudge against the father who left the family when they were eight, the sister who never writes, or the first husband who was such a cad. The inability to forgive can not only depress the unforgiving person, it can make him or her physically ill—especially when the grudge has festered for a lifetime.

One good thing about forgiveness is that, through the power of the Holy Spirit, we can forgive those who refuse to forgive us, those who refuse to say they are sorry, even those who have already passed away. As painful as it may be, explore with your aging parent any areas where forgiveness is needed in order for them to leave this world unshackled by anger and resentment. If a phone call needs to be made, or a note written, gently nudge your loved one to take that step. Help if necessary.

If you have had a contentious relationship with your parent all of your life, this is probably not the time to go into the specifics of every offense. Just as holiday gatherings aren't the place to bring up lifelong grievances with parents or siblings, neither is the winter season of your parents' lives. In general, it may be more productive to say something like, "I know we haven't always been all we could have been to one another, but I want you to know I forgive you for that, and I hope you can forgive me." Blanket forgiveness is better than no forgiveness at all. Seal it with a hug.

The reason forgiveness is a legacy issue is because resentments and anger can affect and infect future generations. If a brother and sister have a falling out over a family inheritance, for example, and decide as adults to speak to one another as little as possible, then their children are denied the gift of having close cousins in their lives. We want to encourage our elders to work out their differences with family

members if possible—not pass them down to the next generation.

Theologian Henri Nouwen wrote: "Forgiveness means that I continually am willing to forgive the other person for not being God — for not fulfilling all my needs. I, too, must ask forgiveness for not being able to fulfill other people's needs...The interesting thing is that when you can forgive people for not being God, then you can celebrate that they are a reflection of God." None of us is God, but we can all reflect Him when we are able to forgive as He forgave us, giving His Son to die for our sins.

Encourage elders you love to forgive and forget past offenses. It's an important part of their legacy.



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.

Growing Through Adversity

By Frank Sinclair of Dream Again Business Consulting

Adversity for people comes in a variety of ways as we age, but I have discovered facing our mortality is a major one. Numerous things remind us that our lives here on earth are numbered and if we let culture take the lead, we can often feel useless, unwanted and isolated. What we need is perspective.

Consider His words in (Ps. 39:4 NLT), **"Lord remind me how brief my time on earth will be. Remind me that my days are numbered, and that my life is fleeing away."** David, the great King, was going through unspeakable adversity and needed a reminder that this life is but a temporary assignment and true life begins after this one. He, like us, need fresh perspective.

He goes on in (v.7) to gain perspective again, **"But now, Lord, what do I look for? My hope is in you."** Yes! When looking in the right place for the right thing we gain right perspective. Whatever period in life, God is always the right thing!! Look to Him!

To make the best use of your life you must never forget two truths: First, compared with eternity; life is extremely brief. Second, earth is only a temporary

residence. You won't be here long, so don't get too attached. Ask God to help you see life on earth as He does.

The Bible compares life on earth to temporarily living in a foreign country. This is not your permanent home or final destination. You're just passing through. The Bible uses terms like alien, pilgrim, foreigner, stranger, visitor and traveler to describe our brief stay on earth. David said, (Ps. 119:19, NLT) **"I am but a foreigner here on earth."** And Peter explained (1 Peter 1:17, GWT) **"If you call God your Father, live your time as temporary residents on earth."**

When life gets tough, when you're overwhelmed with doubt, or when you wonder if living for Christ is worth the effort, remember that you are not home yet. At death you won't leave home, you'll go home. So, while here on earth, gain and keep true perspective, you are incredible, you've given and received much, created a legacy which continues on. Rejoice in all that has occurred because God chose to create you. You have overcome so much, keep pressing onward for the prize!

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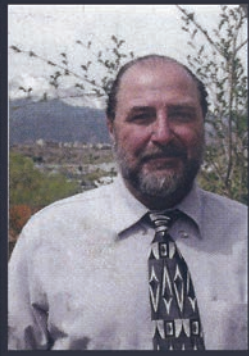


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Multigenerational Travel

By Rick Sheridan

Multigenerational travel was one of the top travel trends for 2018, according to the travel network Virtuoso. This trend does not seem to be slowing down. There are many reasons for wanting to bring the entire family on a special travel experience. Besides providing an opportunity for several generations of family members to get to know each other better, there are practical considerations, such as the lowered cost of sharing cabins or hotel rooms. Here are some options you may want to consider.

Take a Cruise

Many cruises offer all-in-one-place food and entertainment, along with the chance to visit exotic port cities. This makes cruising a great multigenerational travel choice. Cruises offer everyone a chance to set their own pace, making it a great option for balancing interests and energy levels. The larger ships offer options that range from disco dancing, guest lectures, fitness classes and kids play areas. The costs for cruise travel range from low-budget to exquisite. One consideration is whether you will be able to sleep at night with the natural rocking of the ocean currents. Many cruise operators try to park in calm waters, and people generally get used to the gentle rocking after a day or two.



Volunteer Vacations

I spent three weeks on the island of St. John in the Virgin Island last December, helping to repair damage from two Category 5 hurricanes. There were volunteers from all age groups, including a few families who decided to come as a team. Plenty of destinations offer volunteer options. Research is key. Discuss the options with your family ahead of time so that you can choose an activity that everyone is excited about and believes that is important. Be aware that the cost and intensity varies. My volunteer vacation in the Virgin Islands was free. In fact, they paid part of the travel costs. Our basecamp was politely described as “rustic.” We had no running water and limited electricity. “Bucket showers” take a while to get used to. Some of the volunteer vacations offer much more elegant accommodations, but there is often a cost to participate. I got a great deal of satisfaction from helping to re-build parts of the Caribbean, especially with the immense beauty and mild climate.

National Parks

There are many National Parks that offer accommodation that ranges from inexpensive camping to a 5-star experience at one of the grand lodges. Many multigenerational travelers will go to one or more National Parks in a motorhome or large van. Once they get there, plenty of options are available, such as bike rentals, nature hikes, horseback riding and much more. I visited Mammoth Caverns in Kentucky a couple of years ago and took advantage of several cave tours along with the hiking trails and other options. Colorado has four National Parks — Rocky Mountain, Mesa Verde, Great Sand Dunes and Black Canyon of the Gunnison.



Heritage Travel

Multigenerational travelers who are looking for a trip that traces the family’s ancestral roots may want to consider something in this category. Typically, many families in the USA visit the countries in Europe (or elsewhere) that their ancestors came from. There are several travel agents who specialize in heritage travel. They can arrange transportation and connect you with the overseas tour group. Heritage travel can also be done independently, especially if you know where the town was that your ancestors came from. Arranging B&B or other accommodations is not very difficult if you have a basic Internet understanding. You may want to try contacting a local heritage center or museum in the town where you are planning to travel. One of my peak experiences was to travel to England and restore the graves of my great grandparents.

Pilgrimage Travel

There are many religious groups who offer tours to sacred sites around the world, and you do not have to be part of that denomination to participate. These types of tours are often designed to be senior-friendly, while still offering attractions for all age groups. About 10 years ago, I did a pilgrimage tour to Lourdes, France. This is the site of many spontaneous healings and a key destination for Catholics. The area around Lourdes is also very beautiful and is close to the Alps in southern France.

Remember, research is key for any of these multigenerational travel experiences. Any pre-planning that you do will often result in a much more satisfactory experience.

August 2019

3rd & 4th

Saturday

10am-5pm

Sunday

10am - 4pm

Mountain Arts Festival in Woodland Park

Ute Pass Cultural Center: 210 E. Midland Ave. Woodland Park, CO 80863 Find a variety of high quality and unique artwork from artists from all across the nation. Booths will feature jewelry designers, woodcarvers, photographers, painters, potters and much more. There will be plenty of delicious food vendors to satisfy your taste buds while browsing the beautiful art pieces. With the picturesque backdrop of Pikes Peak- America's Mountain, the Mountain Arts Festival in Woodland Park is a beautiful piece of art itself.

10th

Saturday

10am-6pm

11th Annual Colorado Springs Native American Intertribal Powwow (2019)

At the Norris Penrose Event Center: 1045 Lower Gold Camp Road, Colorado Springs, CO. One Nation Walking Together, a Native charity that provides items to the needy for daily living, is hosting a one-day Native American Traditional Powwow to celebrate Native history and culture. Experience Native drums and dancers, Native art and artisans, birds of prey and live wolf exhibits, Aztec Dancers, Native vendors, Native food, such as Navajo tacos and fry bread, kid's activities, and more! Over 3,500 people attended last years' event. Admission is \$5.00. Native Americans in full regalia and children 12 and under admitted free. Please bring donations of non-perishable food to help feed the hungry. The event will be held from 10:00 a.m. to 6:00 p.m. Grand Entry at 11:00 a.m. No drugs, alcohol or pets (except service animals) permitted. Doors open at 9:30 AM. All proceeds support One Nation Walking Together. For Information: Visit www.coloradospringspowwow.org.

10th

Saturday

11am-1pm

Woodland Music Series - Jazz - Big Band

Ute Pass Cultural Center 210 Midland Ave Woodland Park, CO 80863 Jazz - Big Band in the Midland Pavilion

10th & 11th

Saturday

12am-

Sunday

11:59pm

Colorado Springs Gun Show

Looking for a great way to spend a day or the weekend of August 10th & 11th? If you are a gun collector, or are a hunting enthusiast, the gun show at the Colorado Springs Event Center is a great place to spend some time. RK Shows will have a variety of vendors displaying guns.

10th

Saturday

9am-4pm

Quilts in The Aspens Annual Quilt show

The 13th annual quilt show of Quilter's Above the Clouds Quilt Guild will be held on August 10th from 9 -4 at the Woodland Park Middle School, 600 E. Kelley's Road, in Woodland Park. More than 150 quilts and quilted items will be featured in six categories. Vintage quilts will be shown in an old-fashioned bed turning. Area quilt stores will offer items for sale and guild members will demonstrate various quilting techniques. A boutique will feature quilted and hand-made items for sale. Admission: \$5 , under age 16 free. Area quilters are encouraged to enter their quilts. Entry form and instructions can be downloaded at quiltersabovetheclouds.com. Questions? Contact Joanne at joannemthies@gmail.com or call 719-687-9836.

August 2019 Cntd.

10th

Saturday

The Broadmoor Pikes Peak Cycling Hill Climb

This race features a competitive race sanctioned by USA Cycling and a Gran Fondo non-competitive fun ride that give cyclists of all abilities a truly unique experience on Pikes Peak - America's Mountain. This event will be held on Saturday, August 10, 2019. Created in 2010, this year marks the 10th consecutive year of The Broadmoor Pikes Peak Cycling Hill Climb, an annual event of the Colorado Springs Sports Corporation. This event attracts the top competitive and recreational cyclists from across the nation and around the world.



15th & 18th

Thursday & Saturday

Palisade Peach Festival

Palisade. Celebrate the 51st year, enjoy four days of enjoying Palisade peaches. Last year's festival topped more than 15,000 people from around the world.

18th

Saturday

9am-3pm

Ace Entertainment & Napa Auto Parts presents the 3rd Annual Old Colorado City Car Show

Bancroft Park 2408 West Colorado Avenue Colorado Springs 80904 This show will display all vehicles, foreign and domestic of all years, makes, and models.



23rd & 24th

Friday

5pm-10pm

Saturday

11am-10pm

21st Annual Greek Festival

Greek Dancing: 1:30pm, 3:30pm, 5:30pm, 7:30pm, Sunday August 25th: 11am - 4pm Greek Dancing: 1pm, 3pm. Archangel Michael Greek Orthodox Church 2215 Paseo Rd, Colorado Springs, CO From Kidsoutandabout.com: The Colorado Springs Greek Festival celebrates and promotes Greek culture and heritage, with food, dancing, T-Shirts, jewelry, and more!

24th & 25th

Saturday & Sunday

Pikes Peak Ascent & Marathon

Come enjoy the unique Ascent and Marathon which stands out from many other half-marathons or marathons, including the 14,115' (4,302m) Ascent finish/Marathon turnaround at the top of Pikes Peak and the city hall of Manitou Springs as starting point!

Aug. 23th- Sept. 2nd

The 2019 Colorado State Fair

The fair is taking place on Aug. 23–Sept. 2, 2019. So much of what there is to love about the state converges onto the famous fairgrounds in Pueblo for an end-of-summer week full of live entertainment, thrilling competitions, quirky vendor booths and good ol' Western fun.

25th


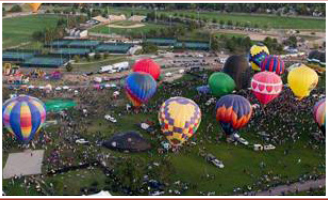
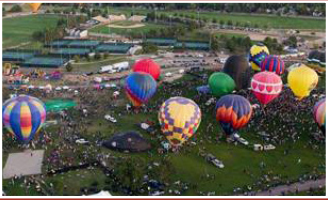
Sunday

7pm-9pm

The Harp Twins

Stargazers Theatre & Event Center 10 S. Parkside Drive Colorado Springs, CO 7:00 PM to 9:00 PM The Harp Twins have headlined countless concert series, festivals, fairs and conventions – with audiences that include former U.S. Presidents and Vice Presidents, tech titans, fashion moguls, dignitaries, and world leaders.

August 2019 Cntd.

29 th Thursday 6pm-9:30pm	Tails, Tunes & Tastes 2019	
	Cheyenne Mountain Zoo 4250 Cheyenne Mountain Zoo Road, Colorado Springs, CO 80906 Dance and dine the night away at Cheyenne Mountain Zoo's after-hours, 21-and-up event - Tails, Tunes & Tastes! Enjoy an evening under the stars, above the city lights, with four stages of live music, all-inclusive drinks, and international cuisine by Taste, the Zoo's onsite caterer. Also enjoy several keeper talks and animal demonstrations, with many animal exhibits open 6 to 8 p.m. Costs range from \$45.75 to \$50.75. Visit cmzoo.org/tailsfor all the details.	
31 st - 2 nd Saturday Sunday Monday	Commonwheel Artists Labor Day Art Festival	
	Memorial Park 505 Manitou Ave. Manitou Springs, CO 80829 Commonwheel's Art Festival offers Art Patrons a relaxed setting to buy fine art & contemporary crafts. We rigorously jury artists to guarantee artwork shown at our festival is created by the artisans displaying in each booth. Discover amazing painters, jewelers, potters, photographers, sculptors and more artistic forms. Children enjoy many art-related activities. Live performances by local musicians grace our stage all weekend. Park along Manitou Ave. or El Paso Blvd. & ride a FREE shuttle to Memorial Park in Historic Manitou Springs	
31 st - 2 nd Saturday 12am Sunday Monday	Colorado Springs Labor Day Lift Off	
	Memorial Park 1605 E Pikes Peak Ave, Colorado Springs, CO Admission to the park is FREE . Start your morning off right with a hot air balloon mass ascension of over 70 balloons accompanied by breakfast and drinks from local vendors. Activities will continue throughout the day with skydiving demonstrations, wake boarding exhibitions, paddle boarding, live entertainment, chain-saw carving and donut eating competitions. Wrap up your visit at Memorial Park over the Labor Day weekend with a hot air balloon glow at dusk.	

September 2019

7 th Saturday	6th Annual Victor Burro Racing Gold Rush Challenge	
	Victor, Colorado, USA Race Particulars: What better venue for a burro race than Victor CO, steeped in gold mining history! This 8 mile course is very challenging with lots of elevation gain and uneven footing. But it also gives fantastic views and old mines in return. Please be certain to study the course map. While the course is well marked, there are many intersecting trails and roads. Also, we are always looking for additional volunteers to help make this a successful event. Options include on-course direction assistance, and finish line timing and announcing. If you are interested in volunteering let Mike know! Entry fee: TBD. Race Director: Mike Vann – 719-205-6100 – mvann@hrenow.com CO-Race Director: Tony White – 719-331-0292 – tonyw@reagan.com	
13 th -15 th Friday 12pm-6pm Saturday 9am-6pm Sunday 10am-4pm	41st Annual Holly Berry House Folk Art Festival	
	Rock Ledge Ranch Historic Site, Garden of the Gods Park, Colorado Springs, Colorado. The Holly Berry House Folk Art Festival is held annually at the Rock Ledge Ranch Historic Site in the spectacular Garden of the Gods Park. It features the fine works of 165 juried artisans from across the United States. You will find exquisite fine art, a unique array of fine crafts, one-of-a-kind collectibles, antiques and much, much more, complimented by food music and historic tours. This event benefits the preservation and restoration of Rock Ledge Ranch. Vendors are encouraged to apply by returning the jury form available by clicking on "Application For Jurying" shown below. Admission Rates: Adult \$6.00, Seniors \$5.00, Children (6-12 years) \$2.00. Tickets may be purchased at the festival or in advance by August 15th, 2019 online at rockledgeranch.com.	

September 2019 Cntd.

15 th Sunday 10am-6pm	Fall Festival at Bancroft Park	
	MDT Bancroft Park in Old Colorado City 2408 West Colorado Ave. Colorado Springs, CO 80904. Kicking off the 2019 Autumn Season with our 2nd annual Fall Festival at Bancroft Park. Located in beautiful Old Colorado City, just on the Westside of Colorado Springs. Mark your calendars for Sunday September 15th from 10am to 6pm. With live music, crafts, games, and kids activities, there is something for everyone at this Family Friendly event. Vendor and sponsorship opportunities available, starting at \$60 for a 10 x 10 booth. This event does tend to fill fast. To register to be a vendor visit madeformoreproject.org/events. We look forward to another amazing year!	
19 th -22 nd Thursday- Sunday	Colorado Mountain Winefest	
	Riverbend Park, Palisade. Dozens of local wineries attend Colorado's premiere wine festival, now in its 28th season. There are interactive seminars, demos, live entertainment, fantastic food, unlimited wine samples, a commemorative tasting glass, wine tote and plenty of vino for sale.	
21 st -22 nd Sunday 11am-6pm	Oktoberfest	
	Ute Pass Cultural Center 210 E. Midland Ave. Woodland Park, CO 80863 Enjoy the Annual Rocky Mountain Oktoberfest in Woodland Park, CO. You'll find fun for the whole family including live music, plenty of authentic German food and drinks, arts & crafts and children activities. Don't miss the ceremonial keg tapping on Saturday at 11 AM right after the national anthem. The two-day Oktoberfest in Woodland Park is a great way to enjoy this beautiful mountain town. 2019 Admission \$8 ADULTS, \$8 per adult \$7 seniors (62 Over) \$7 Active Duty Military, Under 21 free NO PETS ALLOWED. Limited Parking Available. Take the Shuttle Bus. Park Your Car at Woodland Park High School and Ride the Shuttle Bus! Turn at McDonald's and go 3 Blocks to the High School.	
20 th -22 nd Friday- Sunday	Chile and Frijole Festival	
	Annual three day pepper party held the third weekend after Labor Day. Farmers sell more than 50,000 pounds of peppers, including the Mirasol, a native to Pueblo region.	
28 th Saturday 12am-5pm	5th Annual Heritage Brew Festival – 2019	
	Come join us for the 5th Annual Heritage Brew Festival. All proceeds benefit the Manitou Springs Heritage Center. Brewers and attendees provide consistently good feedback and look forward to attending once again. "It's my favorite brew fest in town!" Attendance is limited to 1,000. Buy tickets online at www.manitouspringsheritagecenter.org.	

SUDUKO KEY

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

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