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SENIOR NEWS

QUARTERLY LIFESTYLE MAGAZINE

OCT-NOV 2019



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PIKES PEAK

SENIOR NEWS

Quarterly Lifestyle Magazine

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Courtesy Jack Richmond Photography / Dutton Hot Springs



Rosalee Dahl's Matilda the Musical. 2018 Photo by Jeff Kearney





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Can Intergenerational Housing Aid the Senior Housing Crisis?

By Laura Engleman

Intergenerational housing communities could help alleviate the affordable housing crisis for older adults in Colorado Springs. Such is the conclusion of a white paper by UCCS clinical geropsychology graduate students titled “Aging in Place in an Intergenerational Housing Community.”

The paper offers best-practice evidence for the design of an intergenerational housing and neighborhood community with a specific focus on the factors that influence older adult well-being. Recommendations regarding internal and external architectural design; neighborhood design; the linkage of housing and social services; activities and programming; and staffing, governance, and structures are presented. Project researchers were JoAnna Dieker, Katie Johanson, Jennifer Roberts, Lauren Schneider, Katie Stypulkowski, Allison Walden, and Robert Wickersham.

As the paper notes, 25% of Coloradans are baby boomers. Both the state of Colorado and Colorado Springs have been designated as age friendly by AARP, which indicates an awareness of changes needed to accommodate older adult residents who wish to age in place in their own communities. According to AARP, 74% of adults over 50 report a desire or need to age in place. Benefits include maintaining a sense of attachment and identity and lower cost compared to a long-term-care facility, if the older adult is physically and cognitively able to continue living independently.

Many life events can negatively affect older adults' housing stability, including sudden illness or the loss of a spouse. Other factors that influence one's ability to age in place include architectural structure; type of housing; neighborhood accessibility, inclusiveness, and reciprocity; social and physical sustainability; spaces for social connection and

opportunities for active involvement in neighborhood events; access to social services; and meaningful community programs. Affordable housing options in Colorado Springs and elsewhere are limited, and those available have long wait lists. Intergenerational housing communities that support residents of all ages, encourage aging in place, and accept tenants with varying incomes are a potential solution.

Although caregivers often are focused primarily on older adults' physiological needs, seniors also need security, a sense of love and belonging, and engaging hobbies to ensure a high quality of life. The paper's authors cite six elements (based on the Integrated Developmental Model of Aging) that can help older adults age in place: 1) continuity (living in familiar spaces that feel like home), 2) compensation (adapting to limitations to meet one's goals), 3) control (changing the external environment), 4) connection (maintaining meaningful relationships), 5) contribution (giving back to one's community), and 6) challenge versus comfort (appropriately balancing levels of environmental support, such as through minor home modifications).

To read the full report, visit the UCCS Gerontology Center website at <https://www.uccs.edu/geron/reports>.

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 the clinical geropsychology student team for their excellent research.

Unique and Practical Housing Options for Seniors

By Rick Sheridan



This article will review two different housing options. The first is for a senior who is generally independent and in good health. The second option is a review of an innovative alternative to assistive living. Family members can care for an elderly or ailing relative by constructing a specialized “granny pod” on their property.

This first option is short-term rental. Some of the typical names for this approach include kitchenette, residence inn, corporate suite, etc.

This option worked great for me, and it lasted for over seven years! My situation happened mostly by accident. I was working as an assistant professor at a small liberal arts college in Ohio. Every August the students and faculty would make their way back to campus.

The two previous years I had taken a year’s lease on a typical one-bedroom apartment unit. The third year was different. The first day of our faculty orientation meeting was filled with tales of despair from the university’s president and the top administrators. We all were aware of the financial challenges facing the school, but this time the rhetoric was different. The president made it sound like we were about to lose our accreditation. This would have resulted in a massive student exit and financial insolvency.

I continued my apartment hunting but started looking at month-to-month options rather than to commit to a long-term lease. Our town in Ohio had at

least one hotel that had several kitchenettes that were typically rented to business people or construction contractors who only needed a limited-term accommodation.

Originally the idea was for me to stay at this kitchenette for a month and see how the financial situation played out at our university. Fortunately, the desperate rhetoric at the faculty orientation proved to be wrong. Our accreditation was safe.

Meanwhile, I had come to love the convenience and affordability of the “mansionette,” as we lovingly called it. The place came with a weekly maid service, about 80 cable channels, and other benefits. I discovered that there



were several seniors living there who appreciated the same things about the place that I did.

Here in Colorado Springs there are several options that you might want to investigate, such as:

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The second option is a relatively new invention, the “Granny Pod MEDCottage.” It can be an ideal option for older adults who have a mobility or medical issue and want to live with family while still maintaining a level of independence.

These MEDCottage Granny Pods are prefabricated, 12-by-24-foot residence units. They are often equipped with touch-illuminated flooring, sensors that monitor vital signs and alert caregivers and doctors to problems, and audible reminders to take medication. They developed by the Rev. Kenneth J. Dupin of N2Care in Blacksburg, Virginia.

A MEDCottage can be a viable and often more affordable alternative to assisted living. The units can be rented for less than \$1,000 a month or purchased for about \$85,000. The MEDCottage has room for a bed, living area, kitchenette and ADA-accessible bathroom. Soft flooring helps cushion the impact of falls. A ceiling track rail is available for a mobility lift if one is needed.

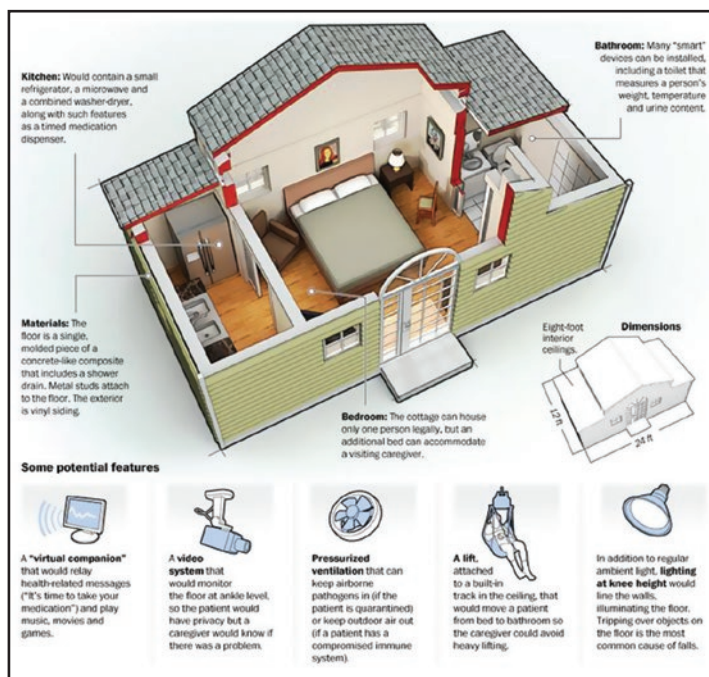
They can be purchased from a distributor and then installed by a local contractor. The French doors and entrance ramp easily accommodate a wheelchair and medical equipment. The MEDCottage is connected to the main home’s plumbing and electrical lines. Smart features include temperature controls and a Feet Sweep



camera, which transmits floor level video, alerting caregivers to falls.

Readers should be aware that in some areas around the Colorado Springs and Woodland Park area, adding a freestanding backyard dwelling (such as the MEDCottage) may violate zoning rules. These zoning laws are often arbitrary and may depend on the quality of the “granny unit” and whether it meets the local standards for electricity, plumbing, etc. Local zoning laws can change on a yearly basis, especially around new subdivisions.

You now have two more options for housing that you did not know about before. Flexibility and persistence are key in the competitive Colorado Springs area housing market.



The Top Ten Best Hot Springs In Colorado To Visit This Fall

By Trevor Phipps

Fall has officially struck the region but it is still a pleasant time to spend in the outdoors. In the autumn time, the Aspen trees that clutter the high mountain tops of the central Rocky Mountains start to change to colors ranging from orange to yellow to pink to purple. Taking a cruise out west to the high mountain country to view the spectacular colors is always worth a day trip, but it is also nice to have a destination in mind.

During the fall as the temperatures drop, many in the state find themselves getting drawn towards one of the many natural hot springs located in the Rockies. After a long day of taking pictures of the rainbow-colored changing leaves, it is always an excellent way to finish off the day relaxingly soaking in a hot springs pool. This year, the experts are saying that due to the excessive moisture received last winter the leaves should look more amazing than ever.

The following is a list of the ten best hot springs located in the state that are well worth the drive when they all combine a mixture of Fall sight-seeing and hot water soaking.

1. Mount Princeton Hot Springs

These hot springs originate from the grounds in a section of Chalk Creek located in between Mount Antero and Mount Princeton

southwest of Buena Vista, CO. The trip two hours west of Colorado Springs is a gorgeous one as travelers pass through a few windy mountain passes. The resort at the hot springs is located at the bottom of the canyon just west of the town of Nathrop.

The Mount Princeton resort started as a rather small, modest resort, but it has recently been revamped to include several amenities. The new and improved resort now boasts an excellent restaurant with a menu focused on fresh ingredients, including local produce; bars, a beer garden, yoga and fitness classes. At the spa, visitors can choose from a menu of various types of massage, body treatments, facials, acupuncture, private soaks like the mud or lavender salt soak, and much more.

2. Hot Sulphur Springs Resort And Spa

This hot springs resort is located northwest of Denver in Grand County near Winter Park just east of Kremmling. The drive into the mountains is spectacular in the fall and this resort is a good place to end the day after a long drive of enjoying the scenery. The resort is famous for its healing mineral waters and it has been up and running for 140 years.

The several pools range in temperatures from 95 degrees

to 112 degrees Fahrenheit. The resort contains amenities like standard rooms, cabins, and apartments available to rent so visitors can take advantage of the 21 outdoor and private pools during their stay. The resort also offers spa services like massage, facials, and waxing.

3. Iron Mountain Hot Springs

This hot springs can also be enjoyed after a long scenic trip west on Interstate 70 west of the Denver metro area. This retreat spot is rather new as it only opened in July of 2015. It is Colorado's newest hot springs and it can be a good alternative to the often crowded Glenwood Springs pools.

Visitors can spend the day soaking in one of the sixteen hot springs pools along the banks of the Colorado River while taking in incredible views of towering Mt. Sopris. The hot springs features a quiet zone surrounding the soaking pools that ensures a peaceful, rejuvenating atmosphere. The 16 soaking pools filled with 100% pure thermal mineral waters range in temperature from 98 to 108°F to allow hot water soaking enthusiasts the chance to customize their wellness experience.

4. Ouray Hot Springs

These hot springs are located far west from the foothills and

deep in the Rocky Mountains in the beautiful town of Ouray. This high mountain village is always a nice place to take a trip to especially in the Fall season. The sulphur-free hot springs are a nice way to relax and soak after a day of adventures in the high country.

These springs are nestled in a tight valley overshadowed by the 13,000-foot San Juan peaks and surrounded by the lush Uncompahgre National Forest, the view alone makes Ouray Hot Springs one of the nicest soaks around. A series of natural hot-springs pools including a lap pool, activity pools, a shallow pool, a hot pool, and an infinity pool Ouray Hot Springs certainly makes for an inspiring place to go for visitors to find themselves.

5. Strawberry Park Hot Springs

These hot springs are fully natural and are located in the northern part of the state in Steamboat Springs. The journey takes you over mountain passes that are filled with color-changing aspen trees. The pools are located a few miles outside of the ski resort town in the heart of the Rockies.

Those seeking seclusion can melt their stress away while soaking in these hot springs pools

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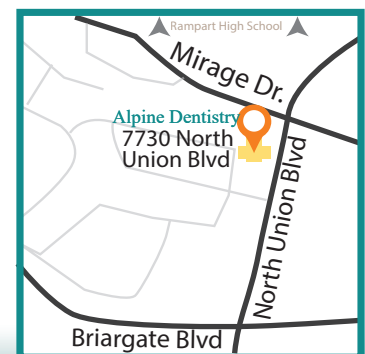
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Outdoors and Recreation

that are nestled in an evergreen and aspen tree forest. The pools here have an earthy feeling with the bottom of the pools lined with gravel and sand. These pools are said by many to be the best hot springs in the state.

6. The Springs Resort And Spa

For those coming from the Front Range, the spectacular drive over Wolf Creek Pass to get to Pagosa Springs is worth the trip alone. This Colorado town is located in the far southwest part of the state near Durango but the views make the long drive worthwhile. The Spring Resort and Spa can be described as a wonderland of pools, in varying temperatures, sizes and mineral compositions, it's truly one of Colorado's top hot springs destinations.

This resort is located in the heart of town along the San Juan River, visitors like to take a dip in the cool waters of the river and then get into the 114-degree Lobster Pot, or one of the slightly cooler options. The many pools are spread out across a picturesque property, and there are waterfall-like features and other tranquil spots to add to the relaxing atmosphere. The spa offers massage and skin care treatments along with specialty services

like neuromuscular therapy and AquaZen therapy.

7. Cottonwood Hot Springs Inn And Spa

Cottonwood Hot Springs is a smaller place located just west of Buena Vista in Central Colorado. The entire collegiate peaks area that sits in the center of the state hosts amazing views of the famous fourteeners that are cluttered with colorful aspen trees. Cottonwood is a smaller resort that does offer small cabins and rooms for rent while visitors enjoy the handful of naturally made pools that offer various temperatures.

The pools sit along Cottonwood Creek that rolls off of the high mountains to the west.

The springs, which were used for centuries by the Ute Indians as a spiritual gathering place, range in temperature from 94 to 110 degrees Fahrenheit. The inn also offers spa services with a variety of massage therapies, salt scrubs, body wraps, reiki, iridology and more, designed to offer a peaceful way to balance your body, mind and spirit.

8. Dunton Hot Springs

Dunton Hot Springs is a unique destination with a hot springs adventure that includes staying in a meticulously-restored 19th-century ghost town. This five-star property is nestled against a backdrop of aspens and the rocky San Juan Range, dotted with historic log cabins and a mineral hot spring that's set across 1,400 wildflower-filled acres. The 19th-century cabins were restored by local craftsmen two decades ago and transformed into this luxurious, secluded retreat that sits about 30 miles southwest of Telluride, offering the chance to truly disconnect from the chaos of day-to-day life.

This hot springs ghost town is located in the heart of the Rocky Mountains just across the mountain from Telluride. The trip to this destination is filled scenic views of 14,000 foot mountains whose foothills are covered with color-changing aspen trees and pines.

9. Sand Dunes Swimming Pool

This hot spot is pretty much only well known by the locals who live in Colorado's gorgeous San Luis Valley and is located about 30 miles north of Alamosa and 20 miles west of the Sand Dunes National Park. What once was just a swimming pool and spa that tapped into the area's natural hot water table 2,000 feet into the ground has recently



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The advertisement features a dark blue background with white and light blue text. At the top left is a circular logo with a mountain peak and the text 'PEAK VISTA COMMUNITY HEALTH CENTERS'. Below the logo is the text 'We're here for YOU in your neighborhood.' in a mix of serif and sans-serif fonts. Further down is a location pin icon followed by 'PEAK VISTA COMMUNITY HEALTH CENTERS MEDICAL, DENTAL AND BEHAVIORAL HEALTH CARE'. Below that is the phrase 'Find a location near you!' in a script font. At the bottom left is a phone icon and the number '(719) 632-5700', and at the bottom right is a globe icon and the website 'peakvista.org'. The bottom of the ad shows a photograph of an elderly man and a female healthcare professional looking at a tablet together.

turned into much more. The swimming pool and RV park has sites with hookups for RVs, tents and the option to rent a large guest house or small cabin.

The recreation area offers an outdoor pool with an indoor spa and a restaurant as well as a special adult only section. The recreation area's newest addition called The Greenhouse is an area reserved for those ages 21 and up and it features a handful of soaking pools that range from 100 to 110 degrees Fahrenheit. The Greenhouse also features the Steel Box Bar where soakers can find beer, wine and a food menu that is different from the main restaurant.

10. Joyful Journey Hot Springs

These hot springs are located in the northern part of the San Luis Valley about an hour north of Alamosa. No matter which way visitors travel from the front range, they are bound to come across spectacular views of mountains and jaw-dropping aspen trees. These hot springs utilize the valley's natural waters hidden deep beneath the earth to provide soaking pools.

Joyful Journey offers a variety of accommodations, ranging from our comfortable Hotel Rooms with private bathrooms and aspen-wood furniture, to our native Tipis, all-season Yurts, or RV and camp sites. The three pools present range in temperatures from 98 degrees to 108 degrees Fahrenheit. While staying at the spa resort, visitors can enjoy a Therapeutic Combination Special, an Herbal Detoxification Wrap or a massage.

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Pueblo Ghost Story With A Unique Twist

By Rick Sheridan

It is not hard to find a Halloween ghost story from practically anywhere in the USA. Where I grew up, there was a former governor's mansion that is now a fraternity. Residents would consistently report that doors would slam, and the lights would turn on-and-off unexpectedly. There was another local ghost story about an "albino lady" and her white German Sheppard dog who would be seen in a local cemetery on a regular basis.

Many seniors in this area still remember a bestselling book published in 1956 called "The Search for Bridey Murphy." A Pueblo businessman and amateur hypnotist, Morey Bernstein, worked with housewife Virginia Tighe. While under hypnosis, Tighe would supposedly remember her past life in 17th century Ireland as Ms. Bridey Murphy. She even spoke in an Irish brogue while describing her previous life in detail.

The book was a big success and had a long run on the New York Times bestseller list. It was reissued in 1965 and was eventually published in over 30 countries. The phenomena even brought a team of journalists from Time Magazine here to try to uncover the true identity of "Bridey." The book also brought a renewed interest in hypnotism and the paranormal.

According to Tighe's obituary in the New York Times, the interest began when her hypnotism story was first written by William J. Barker in The Denver Post in 1954. It got a far wider audience when "The Search for Bridey Murphy" was published in 1956 and made into a movie the same year. A record album taken from Bernstein's interviews also encouraged public debate over reincarnation and the afterlife.

Skeptics disputed the book's findings. Efforts to debunk the Bridey Murphy narrative mainly focused on the idea that Tighe's detailed recollections of an Irish life a century earlier were simply a recollection of forgotten childhood stories and memories. The public was generally split on whether to believe Bernstein's findings.

One of the arguments that would support a skeptic's point of view is that Morey Bernstein spent much of his later years leading a solitary existence. Although he owned a large home on Elizabeth Street in Pueblo, he spent his last 25 years in an apartment at the Abriendo Arms. A local book dealer, who lived here during that period, said that Bernstein even had groceries brought in so that he did not have to interact with the public. This could be interpreted as a sense of guilt or embarrassment about the facts behind the Bridey Murphy story.

Many locals never believed that the book was a complete hoax. Bernstein was a wealthy and respected Pueblo businessman who had been experimenting with hypnosis for years. His hypnosis sessions with Tighe were done in front of local witnesses who vouched for the apparent authenticity of her regression.

Tighe did not seem to be in it for the publicity or the money. She insisted that her real name not be used in the book, using "Ruth Simmons" instead. She also declined almost every opportunity to cash in on the Bridey Murphy phenomenon.

Whether Tighe really had a past life as Bridey Murphy, or even if there was a Bridey Murphy has been the subject of intense debate for more than sixty years. Either way, it is one of those unusual events that seem to get discussed around Halloween.



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Don't Miss Theater Season at The Fine Arts Center

By Rick Sheridan

The Fine Arts Center at Colorado College offers some excellent theater productions. The Fall 2019-2020 lineup offers everything from The Sound of Music, one of the world's most beloved musicals, to the inspirational and courageous Tiny Beautiful Things. Several of these plays are regional premieres, and they will continue their long run at venues throughout the United States. All the plays and musicals offer seasoned and professional actors and actresses ready to share their vast talents with the audience.

There is a seat for every budget (even free). One of the best kept secrets is that there is usually a dress rehearsal the night before the play opens. The dress rehearsal, as many of you know, is the same production as the regular audience sees, except for a few minor practice adjustments. You may witness a scene from the play done twice if the casting director does not believe that it was done well enough the first time. Many patrons choose to attend the regular performance so that they see the performers at the top of their game. I have included the official Fine Arts Center review so that you get a precise picture of what to expect.

Busytown: The Musical

September 14 – October 13

Based on the book by Richard Scarry Adapted for the stage by Kevin Kling

This regional premiere of Busytown is always buzzing with activity, but what do people do all day? That's where Huckle Cat comes in – he'll take us on a tour of his great neighborhood, and there is so much to see and do, and so many wonderful friends to visit. Huckle shows us how Farmer Pig and Grocer Cat work together to bring food to the town. Construction Worker and his crew build new houses, and Firechief and the gang keep them safe. Isn't it wonderful how everyone works together to keep Busytown busy?

The Curious Incident of the Dog in the Night-Time

September 26 – October 20

Based on the novel by Mark Haddon Adapted for the stage by Simon Stephens

Winner of the 2015 Tony Award for Best Play! Fifteen-year-old Christopher has an extraordinary brain. He is exceptional at mathematics but ill-equipped to interpret everyday life. He has never ventured alone beyond the end of his road, he detests being touched, and he distrusts

strangers. It's seven minutes after midnight and Christopher stands beside his neighbor's dead dog, Wellington, who has been speared with a garden fork. Finding himself under suspicion, Christopher is determined to solve the mystery of who murdered Wellington, and he carefully records each fact of the crime. His detective work, forbidden by his father, takes him on a thrilling journey that upturns his world.

Carrie the Musical: A Staged Concert

October 25 – October 27

Based on the novel by Stephen King Book by Lawrence D. Cohen

Carrie White is a misfit. At school, she's an outcast who's bullied by the popular crowd, and virtually invisible to everyone else. At home, she's at the mercy of her loving but cruelly over-protective mother. But Carrie's just discovered she's got a special power, and if pushed too far, she's not afraid to use it...Based on Stephen King's bestselling novel, the musical of Carrie hasn't been seen since its legendary 1988 Broadway production. Now, the show's original authors have joined with director Stafford Arima (Altar Boyz) and MCC Theater for a newly reworked and fully



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re-imagined vision of this gripping tale. Set today, in the small town of Chamberlain, Maine, Carrie features a book by Lawrence D. Cohen (screenwriter of the classic film), music by Academy Award-winner Michael Gore (Fame, Terms of Endearment), and lyrics by Academy Award-winner Dean Pitchford (Fame, Footloose).

Tiny Beautiful Things

November 8 – December 1
Based on the book the book
by Cheryl Strayed
Adapted for the stage
by Nia Vardalos

Based on the best-selling book by Cheryl Strayed and adapted for the stage by Nia Vardalos, Tiny Beautiful Things personifies the questions and answers that “Sugar” was publishing online from 2010-2012. When the struggling writer was asked to take over the unpaid, anonymous

position of advice columnist, Strayed used empathy and her personal experiences to help those seeking guidance for obstacles both large and small. Tiny Beautiful Things is a play about reaching when you're stuck, healing when you're broken, and finding the courage to take on the questions which have no answers.

The Sound of Music

December 12, 2019 –
January 12, 2020
Book by Howard Lindsay
and Russel Crouse
Music by Richard Rodgers;
Lyrics by Oscar Hammerstein II

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The final collaboration between Rodgers & Hammerstein was destined to become the world's most beloved musical. When a postulant proves too high-spirited for the religious life,

she's dispatched to serve as governess for the seven children of a widowed naval captain. Her growing rapport with the youngsters, coupled with her generosity of spirit, gradually captures the heart of the stern captain, and they marry. Upon returning from their honeymoon, they discover that the Nazis have invaded Austria, and they demand the Captain's immediate service in their navy. The family's narrow escape over the mountains to Switzerland on the eve of World War II provides one of the most thrilling and inspirational finales ever presented in the theatre. The motion picture version remains the most popular movie musical of all time.

The Fine Arts Center is located at 30 West Dale Street in Colorado Springs. You can reach the box office at (719) 634-5581.



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Local Wildlife Tests Positive For The Rabies Virus:

Tips On How To Spot Them And How To Protect Pets

By Trevor Phipps

This year, several wild animals in the Pikes Peak Region have tested positive for the rabies virus. So far there have been very few known exposures of the virus to humans or pets but it is always better to be safe than sorry.

The Oxford Dictionary describes rabies as “a contagious and fatal viral disease of dogs and other mammals that causes madness and convulsions, transmissible through the saliva to humans.” Rabies can be a threat to humans and their pets if the correct precautions are not taken.

However, the Center for Disease Control or CDC says that, “Rabies is a fatal but preventable viral disease. It can spread to people and pets if they are bitten or scratched by a rabid animal.” So far nearly all of the cases where the rabies virus was found have been in wild animals and there has yet to be any exposure of the virus to people, and only one domesticated animal has been affected.

Last July, El Paso County Public Health announced that a bat became the 10th animal in the county to test positive for rabies in 2019. This year one bat, seven skunks, one fox, and one dog have tested positive for rabies in El Paso County.

Teller County has also seen the rabies virus in existence within its county lines. Last August, a local resident called the authorities when they found a bat that looked sick lying on their porch.

When wildlife officers came and picked the bat up and took it to a lab for testing on August 20th, they determined that the bat was indeed infected with the rabies virus. During this incident, there was no known exposure to humans or any pets.

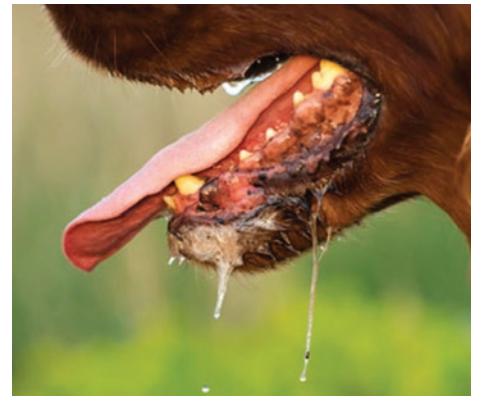
“Rabies is endemic on the front range of Colorado in bats and skunks. That is why we

always encourage pet owners to vaccinate all domestic animals, including dogs, cats, horses and livestock that may come in contact with wild animals,” said Jacqueline Revello, director of Teller County Public Health & Environment.

Even though it is rare, the rabies virus is a threat to humans and it can be deadly if the appropriate steps do not get taken. Preventive vaccinations are available for people known or suspected to have been bitten by a rabid animal. People bitten or scratched by an unfamiliar animal should contact their doctor immediately.

“Feeding wild animals makes them less afraid of people and brings large numbers of animals into small areas,” a release from the Teller County Sheriff’s Office states. “This increases the risk of transmission of disease to humans and pets. Unvaccinated pets or livestock are at risk of infection, which also puts owners or family members at risk.”

“Awareness and prevention are the most important tools Public Health and the community have to protect our pets, families and selves from rabies and other infectious diseases,” said Dr. Robin Johnson, medical director at El Paso County Public Health. “We want to continue to share these best practices with everyone in the community so they can make informed decisions and remain safe.”



The experts recommend to take these precautions to prevent rabies:

- Vaccinate pets against rabies by using a licensed veterinarian. Rabies shots need to be boosted, so check your pet's records or talk to your veterinarian.
- When walking or hiking with your dog, protect them and wildlife by keeping your dog on a leash.
- Keep cats and other pets inside at night to reduce the risk of exposure to other domestic animals and wildlife. Keep dogs within your sight (in a fenced yard, or on leash) during the day while outside.
- Contact your veterinarian immediately if you believe your pet has been exposed to a wild animal.
- Do not touch or feed wild animals. Wild animals like skunks and foxes adapt to residential environments if food is available. Don't leave pet food outdoors.
- If you or a family member is bitten or scratched by a wild or unknown animal, seek medical care.
- If you encounter a lost or stray dog or cat, contact the Teller County Animal Control at 719-687-9652
- Contact an animal or pest control company for assistance with "bat-proofing" your home.

Wildlife officials describe how to recognize sick wildlife:

- Healthy wild animals are normally afraid of humans.
- Sick animals often do not run away when spotted by people.
- Wildlife suffering from rabies will often act aggressively and violently when approached by people or pets.
- However, sometimes rabid animals are overly quiet and passive and want to hide. If they are hiding, leave them alone. Rabid wildlife might also stumble or have trouble walking.

Report sick or diseased animals to the Colorado Parks and Wildlife at 719-227-5218.

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Meet Local Seniors: William And Carolyn Courduff

By Trevor Phipps

It is quite an accomplishment for any human to be able to say that they are 90 years old during their lifetime. It is a better accomplishment for them to say, "I'm ninety years old and still perky!"

Colorado Springs residents William (Bill) and his wife of 25 years Carolyn Courduff have many, many stories to tell. Their life has been filled with so many stories in fact, that the couple started writing them down so that they could share them in print with the world.

William Courduff, who is also known as "Bill the chicken guy" grew up in Long Island and fought in the Second World War at the ripe, young age of 17. Other than that he spent his life loving raising chickens and spending time out on the seas in a sailboat.

Courduff said that he went sailing one time and then he fell in love with the activity. His love of sailing connected him with sailors of all types including one that would show him an adventure of a lifetime.

In 1983, Courduff went on a tuna fishing trip with some friends not knowing that the excursion would change his life. While on the boat fishing, Courduff met a man that wanted to go get a sailboat from Taiwan. The man then asked Courduff for his assistance in obtaining the sailboat that was awaiting thousands of miles away.

Courduff eventually agreed to help the friend he had just met without knowing that he had just verbally agreed to go on a grand adventure. When the team arrived in Taiwan to retrieve the sailboat, it was not quite finished being built. Courduff and his friends had to help finish building the boat before they could set sail to bring the boat back to the U.S.

The entire endeavor ended up taking Courduff and his friends over a year to complete. After

the adventure proved to be successful, Courduff got an idea that he should share his story with others. All of the things he experienced during the time spent getting the sailboat inspired Courduff to write a book called "Butterfly on the Water" (named due to the fact the sailboat they went to get was called "The Butterfly"), that would detail all of his adventures over the year-long endeavor.

After he finished his first 300+ page book, Courduff did not stop there. The first one went so well with he coming up with the stories and his wife Carolyn doing the typing, that they decided to keep writing books. So far, the couple has written a total of six books (with a seventh coming soon) that are all available to buy on amazon.com. According to the Courduffs, all of the books produced are non-fiction and are written about real events that took place in their lives.

Despite the success the Courduffs experienced in their lives, they also had to suffer through some hardships. According to the writer couple, they had



many investments in real estate and lost them all when the market hit rock bottom in 2008. Hurricane Katrina also negatively affected the two as one of their family members lost their home.

“After hurricane Katrina, we gave a mobile home we owned to a family member whose home was destroyed so we moved to Gulfport, Mississippi,” Carolyn Courduff said. “And that is when Bill got his first flock of chickens. He had always loved chickens since he was twelve years old.”

At their house in Mississippi, they raised chickens which inspired Bill to start writing about them. “We had chickens again in Mississippi and by that time I was older and didn’t have anything else to do besides write the stories about these chickens,” William Courduff said. “So they are all true stories about things that happened there.”

Not too long after their move, the Courduffs suffered more hardship. “We spent so much money trying to help people recover from Katrina, that we went broke,” Carolyn Courduff explained. “We lost our home and then we

moved to Alabama close to family down by Mobile. We lived by Fish River and that’s where he got his second batch of chickens.”

The first batch of chickens inspired the couple to write “Chicken Talk 24/7.” The couple then wrote their second book entitled “Chicken Talk Too” about their second batch they had of the birds.

The Courduffs consider their books to be in the “family” genre. The books are available in large print and contain illustrations drawn by artist Suzanne Shaw Wright and drawings that can be colored by the reader.

So far the couple has already received a good response from their made for the entire family books about chickens. They said that they have received a number of thank you letters from people who have purchased the book on amazon.com. The couple also said that they brought their books to an assisted living home for senior citizens, and they received several compliments from those who had read the chicken books.



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Colorado Springs Utilities
It's how we're all connected

Energy Resource Center offers qualifying homes free audits and upgrades year-round

By Audrey Jensen

Colorado Springs resident Laura Teachout lives in a home that was built in 1899.

When her friend visited her last year, she noticed how cold Teachout's house felt.

Teachout's friend recommended she call the Energy Resource Center, a nonprofit organization dedicated to fixing homes and reducing energy costs for individuals and families in 27 counties in Colorado.

Teachout applied for one of ERC's programs and automatically pre-qualified due to her low-income status, which made it difficult to afford her utility bills and turn up the heat in her home.

ERC audited Teachout's home after she applied at no cost and provided new insulation, weather stripping and weatherized her doors for free.

"ERC is an amazing organization because it provides services free of charge to people in the community who most need it," Teachout said. "The main thing is they allow their clients to have dignity and they treat them with respect — That doesn't happen to a lot of people with a disability."

ERC serves hundreds of households similar to Teachout in Colorado Springs every year, said ERC development manager Mike Mazzola, and 60% of its clients are seniors.

"People are living in older homes, they have really high utility bills and it's very difficult for them to pay for these," Mazzola said. "... People

often have to sacrifice choosing between medication, food or heating their home. A lot of people can't afford their furnace breaks or if a water heater goes out, they can't afford to replace it."

Whether it's for new insulation, a furnace, refrigerator or hot water heater, these home improvements are provided for free to qualifying households by ERC, which has offices located in the Pikes Peak region, San Luis Valley, Denver and Loveland, Colo.

"These [repairs] really keep people from being homeless," Mazzola said. "If the furnace goes out, they're literally living in a cold home that's not heated. Often people will heat homes with an oven or a space heater — that's not safe."

Families or individuals who need assistance will automatically be accepted for the ERC's Weatherization Assistance Program if they currently receive social security, disability or food stamps. Other households can find the qualifying income amounts on the ERC application online.

For a household size of one person, for example, the qualifying monthly annual income cannot exceed \$24,980.

For the past several years, ERC has also partnered with Colorado Springs Utilities to offer the Home Efficiency Assistance Program (HEAP) to qualifying CSU customers.

Through HEAP, CSU customers will receive a free audit for an upgraded furnace, hot water heater, insulation, smart

thermostat, air sealing and more, according to an ERC press release.

ERC is funded through partners like CSU so people can afford food and medication, energy is conserved, and families can live hazard free, Mazzola said. "A lot of people live in old homes with old furnaces. They get leaky gas lines and carbon monoxide is a huge issue," Mazzola said. "People are getting sick in their homes and they don't realize why until we make the repairs."

Repairs ERC has made to homes help during winter and summer seasons, but residents can apply year-round, Mazzola said.

"The more families that apply and qualify, the more we can help," Mazzola said. "There are thousands of homes in the Pikes Peak region that qualify for this service. Every home we work on is decades of comfort and safety for families."

Teachout said she can turn up her thermostat now without worrying about electric bill costs.

"I think the biggest thing for me is I've become an advocate for the ERC. ... it's kind of pulled me into the world of wanting people to know about the service and helping them get the benefits that ERC made available to me — that's been a gift to me," Teachout said.

The application to apply for ERC's services can be found online at erc-co.org. Applications can be turned in to any of their four offices, Monday through Friday from 7:30 a.m. to 4 p.m.



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READER POETRY

EXTENDING THE SUMMER GLOW © Joyce Gregor

The teakettle simmers forming strings of steam beads down the window of my kitchen. Outside the flowerbeds glisten with frosty dew. Flowers of variegated colors bow their heads. Opening the door—divides my body into two zones. Hot air currents rush against my back, while my front catches the awakening chill of change. An appealing sight lures me into the chill harshness. My eye catches the last rosebud of the season, standing tall and proud above its

bowed contemporaries. As I step closer, I notice creamy white, lightly touched with blush petals. To leave it on the vine would mean premature death. I break the stem; take the flower into my world and place it in a vase on my table.

The rose reminds me of the elderly citizens of our communities. I wonder how many left alone, end in premature death? By taking them in, our love nurtures their last full moments of glory. In the warmth of my kitchen the rose fades slowly, dropping its petals one by one, but never alone in the chill currents of change.

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Pentathlon - an unusual and exciting Olympic event

By Rick Sheridan

Here in the Colorado Springs area, practically everyone has an interest in the Olympics. The convenient location of the Olympic Training Center makes it easy to find out about the history and current status of Olympic events. The next time you visit the Olympic Training Center, be sure to look for the weather-beaten sign for the pentathlon out on the lawn. It has a lot of good information about the sport. The guide I spoke with during the Olympic Day Open House was a big fan of the pentathlon and provided lots of interesting background information about the sport. Here is a basic summary for Senior News sports fans:

A pentathlon is a contest featuring five different events. It was originally based on the skills required by a soldier, with competitions in shooting, swimming, fencing, equestrianism, and cross country running. Each athlete competes in all these sports within a one-day period.

The first pentathlon was part of the ancient Olympic Games in Greece in 708 B.C. This pentathlon event included a long jump, javelin throwing, and discus throwing, followed by a short foot race and wrestling. Pentathletes were among the most skilled athletes, and their training was often part of military service, since each of the five events in the pentathlon was thought to be useful in battle.

The ancient version of the pentathlon was discontinued for several centuries. A modified version of the pentathlon was introduced at the 1912 Olympics and became the "modern pentathlon." This event featured fencing, pistol shooting, freestyle swimming, show jumping on horseback, and a cross country run. Today's pentathlon competitions have essentially the same lineups of competitions. During much of its history, the modern pentathlon remained mostly

unchanged from the original events featured at the 1912 Olympics. The 2012 Olympics in London celebrated the 100th anniversary of modern pentathlon.

Legendary American football and baseball player Jim Thorpe won the pentathlon and decathlon in the 1912 Olympics (a total of 15 competitive events). King Gustaf V of Sweden placed gold medals around Thorpe's neck and pronounced him the greatest athlete in the world.

One unique feature of the pentathlons is the point system. Each competitor is awarded a certain number of points based on their performance in each specific event. The winner has the highest point total at the end of the five pentathlon events. The pentathlon also has an unusual competition format. Contenders score points in the first three events, which decide their starting position for the final combined event. The final event is the shooting and running elements. The first athlete over the line wins the gold medal.

The sport is governed by the International Modern Pentathlon Union (UIPM). In addition to the Olympics contests, a separate world championship is held in non-Olympic years.

Here is a summary of the five different events:

- **Fencing-** Athletes compete in a round-robin of one-minute matches. These short, quick bouts demand complete concentration and the adaptability to cope with different opponents. Each match lasts up to one minute, and the first fencer to score a hit wins instantly.
- **Swimming-** The 200-meter freestyle event is a test of power and endurance. Competitors are awarded points based on their finishing times.
- **Equestrian-** Athletes must ride an unfamiliar horse over a show jumping course without incurring penalties



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and within the allotted time. In the modern pentathlon, competitors are paired with their horses a few minutes before the start.

• **Laser-Run (shooting and running)**- Competitors are ranked according to their score from the first three elements with the leader going first. One point equals a one-second advantage. In this final combined event, athletes must alternate between shooting five targets from a distance of 10 meters within 50 seconds using a laser pistol and running four 800m laps. The challenge is to run at top speed then catch your breath to shoot calmly and carefully. These transitions between rapid motion and complete stillness make for some of the sport's most compelling moments and can affect the standings right up to the final lap.

Source: The Tokyo Organizing Committee of the Olympic and Paralympic Games; <https://tokyo2020.org>

The next time that you are watching the Olympics, be on the lookout for athletes completing one event and immediately beginning another contest. Chances are that you are watching a pentathlon.

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Mountain Key Pharmacy Brings A New Approach To The Industry

By Trevor Phipps



Last December, the Mountain Key Pharmacy held a grand opening event to announce their new business located in the town of Florissant, CO about 30 miles west of Colorado Springs. Dr. Brent Stein and Katie Steinbeiser hosted the event and introduced their pharmacy as one that has much more to offer than others.

Along with being a full service pharmacy that can offer the same things as others in the area, Mountain Key also offers other nutrients and vitamins including CBD products. The new pharmacy located in the old bank building on Teller Road One just north of Highway 24 in the small rural town also offers one on one consultations with the doctor so that he can help with picking out the right kinds of drugs and nutrients.

Dr. Stein is a Colorado native and has a background in science and business. He has multiple degrees and has studied biology, chemistry, and mathematics. He also has a doctorate degree in pharmacy and has experience working with several different types of pharmacies.

Dr. Stein worked his way through pharmacy school by running a pedal/bicycle cab business in Denver. His knowledge of business led him to Teller County when he saw it as a town that has potential to grow. He said that he hopes the news of his business will spread by word of mouth to all of the people moving to the area from out of state.

According to the doctor, after working with pharmaceutical drugs for many years he got interested in nutrients that can sometimes be taken instead of a prescribed narcotic. "These

nutrients are pharmaceutical grade and are things you can do instead of drugs," Dr. Stein said. "If you need to take a drug, maybe you should do a nutrient instead, something that would help your body so that you don't have to be on the drug. The number one goal is to get people healthier."


Dr. Stein said that his pharmacy also offers compound drugs that are customized to each individual's needs. "If someone needs something specifically that isn't available on the market, I can make it," the pharmacist said. "Most times when you think of heart disease, Parkinson's disease, or just about anything there are specific drugs and specific strengths that are made to treat the general population not the individual. What we do here is actually treat the individual."

Dr. Stein said that often he makes compound drugs designed for a specific person's ailments. "Examples of compounds are pain creams," Dr. Stein explained. "So instead of swallowing ibuprofen you can literally apply it to wherever you are hurting."

Dr. Stein said that they are a business but they also see themselves as a partner with the patient. "Often times, a patient will take a pill to deny that they are sick. That is not how you heal, you heal by acknowledging what to work on. Most people just go to the doctor and do what they say and what they said was take a pill and that doesn't work," the pharmacy doctor said. "The biggest thing with us is that we want to deal with people that are willing to take ownership, be educated and then make the best choice from there."

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Move It or Lose It!

Exercise So Important to Maintaining Good Health as We Age

By Elizabeth Allen



That old expression “if you don’t use it, you lose it” is true! Regular physical activity is an important part of aging well. Activity helps to prevent, delay or improve chronic disease. In fact, a recent report by the World Health Organization found that even brain health is improved and the risk of dementia decreased through regular exercise and other healthy habits.

Despite the benefits, however, 31 million adults age 50 or older are inactive, according to the Centers for Disease Control (CDC), contributing to low energy, not feeling well, and worsening chronic health problems.

Make a commitment to yourself — get moving at a level you can tolerate and realize the benefits of more regular physical activity. A total of 150 minutes of activity is recommended per week, and this can be broken down into small increments, spaced out over the entire week.

Levels of activity should be adjusted for those individuals with disabilities.

Different Types of Exercise — Aerobic, Strength, Balance and Flexibility

Aerobic exercise results in an increase in your breathing and heart rate. Strengthening exercise helps to build muscle, whereas balance exercise decreases fall risk which in turn prevents fractures. Fractures in the older population can result in significant disability and poor quality of life. Exercise that concentrates on flexibility results in improved range of motion of joints and mobility.

Before activity it is important to warm up and after activity, cool down. Start and end with a slower pace or lower intensity. This helps to prevent injury and muscle fatigue. The warm up and cool down time can be counted into your total activity time.

Aerobic activity helps to build energy or endurance. Walking is a great form of aerobic activity. You just need a good pair of tie shoes and a safe place to walk. Walking indoors at a mall or a store are good options. You can even walk around your house or use a stationary bike



or a treadmill. Other examples of aerobic activity are dancing, swimming and aerobic classes in the pool or gym.

A way to gauge your level of activity is talking: if you can talk with no difficulty, you are not working hard enough. If you can’t talk at all you are working too hard. Try to find a happy medium pace.

Strength building activities should be part of your fitness routine at least twice a week. It is important to include all of the major muscle groups: legs, hips, back, chest, abdomen, shoulders and arms. Doing repetitions of the exercises facilitates muscle building. One set of 8 to 12 repetitions is beneficial, but if you are able to do two to three sets, that is even more effective. Examples of muscle strengthening activities include exercises using bands, weight machines and hand-held weights. Callisthenic exercise such as jumping jacks, sit ups,

push-ups are all good options. Gardening and carrying groceries even count as aerobic exercise as well as some forms of yoga and tai chi.

Working on balance is very important for the older adult especially those at higher risk for falling. A concentration on exercises that maintain or improve balance will be beneficial. Balance training is recommended at least three days a week. Some examples include: walking backward and sideways, heel/toe walking as well as getting up out of a stationary chair. Regular participation in these activities have been proven to reduce fall risk.

Flexibility is an integral part of physical fitness and is needed to participate in other forms of activity. Stretching exercises should include the neck, shoulders/arms, chest, back, thighs, hamstrings and calves. Restorative Yoga classes can help to increase flexibility, as well as heal from injuries. If you have access to a computer a good resource for stretching exercises can be found on the Silver Sneakers website <https://www.silversneakers.com/blog/stretching-for-seniors-7-simple-moves-for-the-not-so-flexible/>

The good news for Seniors is that many Medicare supplements offer free membership in the Silver Sneakers program or cover a gym membership, so check out your eligibility with your insurance carrier.

Some other internet resources are:

Go4Life <http://go4life.nia.nih.gov>

Try These Exercises

<https://go4life.nia.nih.gov/exercises/>

Walking Tips from the Heart Association <https://www.heart.org/en/healthy-living/fitness/walking/why-is-walking-the-most-popular-form-of-exercise>

Fit in 10 Exercises

<https://www.uaex.edu/health-living/health/fitness/fit-in-10.aspx>

There are multiple benefits to be gained from regular physical activity, including a lower rate of overall mortality, heart disease, high blood pressure, stroke, type 2 diabetes and cancer (colon and breast). There is an added benefit of higher level of heart and lung function, muscle strength and decreased body fat. People who are active show a higher level of overall functional health. This includes lower fall risk, improved cognitive function as well as reduced risk of moderate to severe

functional limitations and a positive impact on quality of life. Increased activity can improve your mood, decreasing feelings of depression, stress and anxiety.

It may take some effort to get moving, but you'll be glad you did. Any increase in your level of activity will be beneficial for you physically and mentally. Remember to check with your healthcare provider before embarking on a new level of activity. They can help to guide you on your journey to better health.



Elizabeth Allen
*Nurse Practitioner,
AgeWell
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Faith Through Older Eyes: *Gratitude and Remembrance*

By Nancy Parker Brummett

With older adults, gratitude and remembrance often go hand-in-hand. Even those with some degree of dementia may have a special memory come alive due to an object or song that stimulates gratitude for something, or someone, once loved. A resident of an assisted living community clearly demonstrated this to me one day.

I saw her coming down the hall as I was setting up for *The Hope of Glory* class. Her feet were well padded with several pairs of socks, making it possible for her to propel her wheelchair slowly along using one foot at a time.

“Nellie!” I called out. “Are you coming to Bible study? Would you like me to push you?” She answered yes to both questions and then lifted her feet straight in front of her to expedite our journey into the activities room where I wheeled her to the end of the table.

On the table was a multi-colored fall tablecloth. It was one I’d taken home to wash after an event at church, only I’d forgotten to take it in on Sunday, so it was still in the backseat of my car. I saw it when I reached for my book and plate of cookies for class. At the last second, I grabbed the tablecloth also, thinking it might brighten someone’s day. Little did I know how much.

During class, I noticed how fascinated Nellie was with the tablecloth. “Oh look,” she said, pointing with her gnarled finger to specific places in the design. “There are apples and grapes on here. I used to make apple butter with apples like that—and I could make grape juice with those grapes, too!”

Our lesson was titled “Attitude of Gratitude”: How it’s important for us, as we age, to replace any grumbling with gratitude for the gift of living a long and productive life. We looked at key Scriptures on thankfulness, including how we are to *give thanks in all circumstances*

as we read in 1 Thessalonians 5:18—not necessarily for all circumstances but in all circumstances. And we talked about how remembering what the Lord has done for us in the past can help us be more grateful in the present. But I’m not sure Nellie was listening.

I noticed her place both hands on the tablecloth, palms down, and begin smoothing out the wrinkles, just as women have done for generations when setting a Thanksgiving table. “What is she thinking about?”, I wondered. Is she remembering Thanksgivings when she set a beautiful table in her home for her husband and children, or when she helped her grandmother smooth out her best linen tablecloth for a family Thanksgiving on the farm?

Nellie picked up one edge of the cloth and slowly ran her fingers along the hem to the corner. I wondered how many tablecloths she had laundered and folded in her lifetime.

At the end of class, when I asked Nellie if she had any prayer requests to add to our list, she looked up at me and smiled. After a moment’s pause, she said, “Just for everyone to be happy.” Me, too, Nellie. Me too. Happy Thanksgiving to all.



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.*

Hope Quotient

By Frank Sinclair



No one has ever come up to me and said, "I am so encouraged by my marriage I am getting a divorce", or "school or job is going so well, I am dropping out or quitting". Discouragement is very real and here are some notable reasons: I call it "The Disease of Discouragement".

1. Discouragement is a universal disease.
We all get it.
2. Discouragement is a repeating disease.
You will catch it more than once.
3. Discouragement is a contagious disease.
You catch it from discouraging people.
4. Discouragement is always circumstantial.
It always has a cause.
5. Discouragement is deadly, it kills dreams,
hopes relationships and worse.

By learning to increase your Hope Quotient you can change everything. Real hope is a deep and powerful force and I will give you "Four Things Hope Does That Nothing Else Can Do."

1. Hope liberates. Hope releases us from our past.
2. Hope motivates. Hope helps you bounce back.
3. Hope initiates. Hope sets us free to dream.
4. Hope activates. Hope is the fuel that makes the world a better place.

There are six factors that help sustain hope:

1. Recharge your batteries. Nobody does well running on empty.
2. Raise your expectations. You don't get what you deserve, you get what you expect.
3. Refocus on the future. It's time to throw away your rearview mirror. No One goes forward well when they are looking back.
4. Play to your strengths. Be yourself, everyone else is taken.
5. Refuse to go it alone. Never underestimate the power of support. Even the Lone Ranger had Tonto.
6. Replace burnout with balance. Burning the candle on both ends isn't as bright as you think.

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Glen Volmeck - Feature Author

an excerpt from *Intermission a Place in Time*

THE CARRY BAG

Without adult supervision and even though pedophiles were probably rampant, we roamed the water's edge of New Brighton. Beryl, Angie, Margie, and my nephew Dave and I spent hours searching for shells across from Liverpool's Liver building, on the shores of the Mersey. Anchored in the Liverpool docks, fleets of massive merchant marine ships had recently arrived, and as with most ports of call, crowds of sweet smelling and scantily dressed young women united with friends at the pier. All were anxious to embark on the ferry, to connect with new boyfriends and old acquaintances on the other side, as, breathlessly, they gathered to discuss seafaring liaisons. The morning warmth was stimulating and in stark contrast to English winters..

Preoccupied with her lodger's breakfast, Mum prepared two plates of indigestible slimy porridge for us. "I smell bacon," I said resentfully. "What's with the porridge?" "It's for George; he's a paying guest, so just eat your porridge and leave." Mum was cross. Our breakfast was bland, so we lingered sulkily. Angie's precipitous gagging set me off, too. "Crap, I'd rather have George's breakfast," she whined. Meanwhile upstairs, our lodger also inhaled the wafting airborne delicacies. Awkwardly, we could hear the sounds of petite bottles of cologne moving around on his dresser. We both shook our heads. George was sprinkling the 'repellant' as we spoke. Rushing from the kitchen, Mum flapped a smart linen cloth onto the table, a perfect setting for crispy buttered toast. The best china held rashers of pink gammon (ham) and two strips of bacon, and two fried eggs lay symmetrically on the plate, while two black puddings rested next to fried golden new potatoes. (Black puddings are testicle shaped balls consisting of dried blood and bits of fat). The

breakfast was a delicacy in post war Britain, and having just consumed a bowl of slimy porridge, we salivated.

Meanwhile, coming down from his room, like a ravenous hyena, George descended a little too quickly. Thumping down the stairs and unhinged by his shorter leg, he skidded over three steps at once. Mum rushed to his aid and found George knotted like a question mark. His abnormally warped body now suffered further indignities, as his other leg hung over the stairway banister, while George's rear end protruded immodestly into the air. During the commotion, I seized my opportunity by snatching a rasher of bacon from his plate. Angie's jaw dropped, her eyes were huge, and convinced that she'd snitch, I stuffed a whole black pudding into her mouth. Now an accessory to the fact, she could not tell. Quickly gathering our sweet sugar butties (sandwiches) and bottles of cold water, we left Mum to untangle poor George, and we exited the house unnoticed.

Reveling in the sunlight and clutching her spoiled cat Peaches, my Auntie Eck stood with Beryl and waved. "Be careful and don't get sunburned, it's very hot at the beach." We nodded indulgently, blew kisses, and departed for the park. Just a few yards away, outside the bowling green, Trevor was parading aimlessly in the road. Waving madly, he beckoned us over. "Do you want this?" Trevor was agitated as he offered the empty basket. Thanking him, we refused graciously. "We'll bring you some sea-shells." Satisfied, he grinned affably and then resumed his death defying position in the road. Suspended from my neck was our floating device, a large used lorry (truck) inner tube. Barely identifiable, it had endured unrelenting patches and numerous repairs, but feeling lucky to have one, we boldly hoped that once inflated it would stay afloat all afternoon. Having checked our

list and laden with a variety of bags, we joyfully trotted off to nearby Vale Park. Ahead, a welcome reprieve from a harsh winter, the renewed landscape of rolling hills, marigolds, buttercups, and scented geraniums greeted us.

The park's summer venue 'Joy Time' included a live band and a myriad of free ingenuous activities for the kids. Everything was in full swing. We kept walking until Davy darted toward a huge tree. "Look over there, gang!" Elatedly we ran toward our beloved Loganberry tree, which being in full bloom oozed red sticky fruit from its sturdy branches. Discarding our bags on the grass, we surged like monkeys up the knotted rough tree trunk. Our faces stained purple, with sticky fingers and scraped bloody knees; we hung out in the tree for over an hour. As our legs wrapped around branches, we grabbed handfuls of the illustrious berries, then having consumed our fill, we relaxed on the grass making elaborate daisy chains. Passing through the park, day-trippers (tourists) assembled complex deck chairs, as the customary knotted handkerchiefs shielded bald heads from the searing heat. Buxom wives wearing flowered dresses and white open toed shoes clutched bags of edibles and sun tan lotion and they relished directing operations. Each was proficient with deck chair assembly. In due course, laden with bags of non-perishables and our precious inner tube, we inhaled the salty sea air while insatiable white seagulls swooped to the sand, noisily devouring remnants of washed up fish. White boulders shielded the sandy beach from the incoming crashing waves, as the shore ebbed quietly in melodious ripples, which embraced the barnacle-crusted rocks.

Soon we inflated our floatation device. "I'm first!" Angie shouted huffily. Nevertheless, I was the one who hauled it to the beach, so I was first. Taking turns on the

inner tube, we bobbed on the turbulent water, which was the Mersey. Our small pink torsos jolted and twisted by tumultuous waves, as valiantly clinging to black slippery rubber we failed to grasp the prospects of drowning. Mum was not aware of those death-defying exploits, but many children had perished on this strip of water. Stinking raw sewage customarily flowed into the Mersey, so circumventing the odd turd was gross and tricky. Soon our fragile English skin turned a vivid pink, and puffy white blisters sporadically covered our torsos. Eventually we deflated the rubber tube and diligently renewed our treasure search.

Meticulously we amassed limpets, cuttlefish, and unusual shaped rocks for our cherished collection. Following hours of clamminess, our stash weighed heavily on our small, blistered arms, but unexpectedly, under a mound of seaweed, I was delighted to discover a large beige balloon. Victoriously, I dropped my smaller shells and stones inside, and now, smugly, I had created a holder for my finds. Another sweltering hour passed and our delicate skin was neon pink. Close to tears, we slung wet towels over our hot aching little shoulders and eagerly headed home. Meanwhile, the sweaty balloon style bag holding all my riches was snugly wedged under my armpit, but the open toed sandals harbored particles of gritty sand and broken shells, making our walk a nightmare. Together we traipsed up the steep hill, our squelching footwear rubbing painfully on small toes, but stubbornly we clung to our bounty.

Upon reaching Vale Park, and too fatigued to climb, we collapsed on the cool grass under the Loganberry tree. Intently we completed newly designed buttercup chains, which bedecked our red little necks. The black pudding treat wore off. "I'm hungry," Angie started to complain.. We had forgotten to eat. Rummaging deeply in my bag, I located the sugar sandwiches and cold water, which we gratefully shared. Gobstoppers

packed earlier would energize us. Golf ball sized sweets one inch in diameter were made of pure sugar and held no redeeming value, however this cheap sugar fix intended to rot teeth and disfigure our cheeks, cost very little. After adequate nutrition, we resumed our journey but decided on a brief detour to the New Brighton taffy shop; this was always a source of intrigue. With our greasy noses pressed keenly to the window, we watched hypnotically, as colossal metal machinery rhythmically distorted sheets of milky white taffy. Once pulled from the machines the boxed sweets remained out of reach, as dismally on our meager allowance it was an unattainable luxury.

Observing from a distance, several minutes of allure passed too swiftly, so, unaware of saliva seeping from our mouths, we noisily sucked on gobstoppers and proceeded home. After an exhausting walk up hill, we entered the coolness of the house and gratefully we kicked off our slimy sandals. Gloriously, our feet rubbed the cold red tile. Ready to ease our sunburn, my mum was waiting conscientiously with a bottle of calamine lotion, ready to rub our raw shoulders and legs. "Come on, let's get started then.." Mum was impatient. Like wounded warriors, we waited in line, as she gently smeared the pinkish liquid over our searing watery blisters. "What a mess. You will regret it tonight, but for now I'll bring some lemonade," she offered compassionately.

Totally dehydrated, we gulped the fluid without hesitation and when our pink blotchy bodies were cooler, we dumped our treasures onto the floor. Carefully sitting down, some minutes transpired before we could cross our sore tender legs, but once expelling

half my loot I was delighted, as my newly inflated rubber bag had withstood the journey intact. While preoccupied with my treasures, smothered and claustrophobic in the silky bag, live limpet shells bustled for freedom, but they could wait.

Meanwhile, no one predicted Mum's physically emotional reaction to my half-empty carrier, which sadly lay disheveled in a mass on the floor. In sluggish motion, a distinctive muffled gurgle gushed from behind us, so we collectively leaned to one side. Throbbing in agony, our blistered little necks pulsated, as horrified, her bloated face turned crimson, as she unwaveringly rushed forward. Gob smacked (awe struck) upsetting thoughts of a stroke or dementia flashed through my overheated head. Feebly petrified of human contamination and unable to stand, we excruciatingly swayed in the other direction, thus avoiding the preliminary lunge. Hands thrashed wildly in the air and with teeth bared like a rabid dog, Mum's eyes were reminiscent of a blowfish. Piercing screams now erupted from her open mouth, as obviously the purpose of her mindset was my shriveled carry bag, on which she recklessly pounced. Almost as if in a dream, and in slow motion, scattering like twinkling wind chimes, the valuable tiny shells and live limpets exploded into the air. All the precious pieces fitfully clattered against the ceiling, windows and doors. "Take that damn filthy condom out of here!" Mum shrieked deafeningly.



VA Disability – A Benefit That You Earned

By Kent Jarnig

Who has earned VA Disability? What exactly is VA Disability? These are really good questions and they are not that easy to answer. If you served 2, 3 or 4 years and got out (especially if this was years ago), it may be tough to prove that your military service is connected to your disease or injury, and service connection **IS** a requirement. Let's start with the presumptives that I know of (diseases that are automatically awarded): Parkinson's Disease and Type 2 Diabetes, but only if you served in the Vietnam War or the First Gulf War. If you served more recently, Fibromyalgia is a presumptive. Cancer often is, too. We all were exposed to some really bad stuff.

Applying for Disability is difficult to navigate. You can go to the VA website and apply on your own. The site doesn't give you a clue as to requirements or what qualifies. Worse, presumptives aren't mentioned. Regardless of how you apply, you will have a VA Disability exam and can expect a wait of several months to get a decision (if approved, the VA will back date your first check to your date of application). What are the requirements? Obviously, if you hit an IED and lost an arm or leg, or had a traumatic brain injury during your service, you are going to be awarded Disability Benefits. If you are retired military, there is a pretty good chance that something happened during your service that would qualify

you for some disability benefits (and you probably were given support on discharge for applying for these benefits). Just because you served and have an illness now, doesn't mean you qualify. However, if you served in a combat zone you will qualify for VA Health Services, which is a very good deal (more information on our website).

Here's an example: Agent Orange. If you qualify here (Vietnam and the first Gulf war), the minimum award is 30% disability and you get FREE healthcare for that specific diagnosis. Additionally, you get a monthly stipend for life, and if you are married, your spouse will receive some financial benefits now and after you are gone. More recently, chemicals that were burned where you were stationed typically qualify you, too. There is a link on our website (www.EPCCPV.org) that covers this issue.

Where can you go for help? First, don't waste your money on a lawyer. They will take a big chunk of your award and won't do anything that the groups I'm going to mention will do for free. My favorite is the El Paso County Veterans Services office at 5850 Championship View, Suite 130, Colorado Springs, Colorado (across from the East Costco). Phone: 719-520-7750. This is paid for by the Colorado State Government. It is totally FREE and

staffed by veterans trained to help YOU. Next, virtually all American Legions and VFWs have trained support people that will help you navigate this process. They really know what they are doing and they are located in many cities and neighborhoods. Membership is not required.

Once you are awarded a disability rating, what are the benefits? Probable free healthcare and financial compensation (maximum currently is \$3227.58 per month). Your rating is in 10% increments, starting at 10% and going to 100%. Each approved injury or disease is separately rated and then totaled for your final benefit rating (this is VA addition, so 20 + 40 might end up being 50%). However, once you hit 100%, that's the cap. You can't get any more. Important plateaus are 30%, 50%, 70% and 100%. Our website explains in detail what the differences are.

YOU earned this benefit.
Your family earned this benefit.
Learn more and apply today.



Kent Jarnig,
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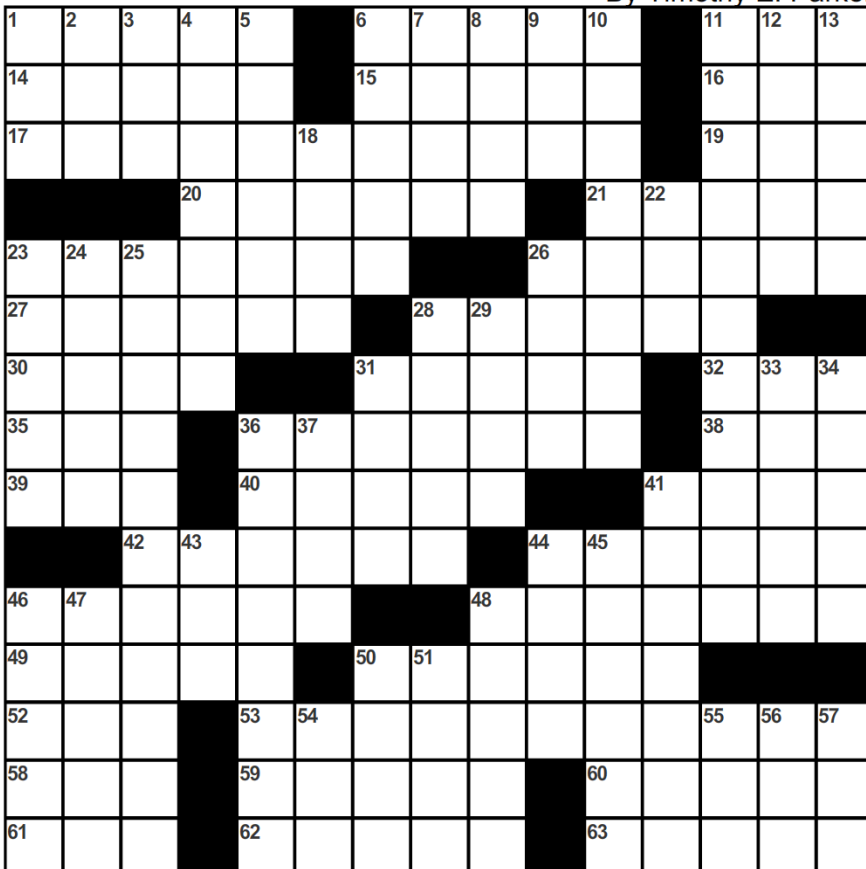
- | | |
|--------------------------------|------------------------------|
| 1) Alabama city | 38) Costa del ____ |
| 6) Lost in Paris? | 39) Tire letters |
| 11) Infomercials, e.g. | 40) "Shhh!" |
| 14) Elite military unit | 41) Vanity case for madam |
| 15) At full speed on the water | 42) Fix, in the animal world |
| 16) Dandy | 44) Extremely learned person |
| 17) Manila's country | 46) Some tropical fruits |
| 19) Transcript fig. | 48) Hall-of-famers and such |
| 20) Rabbitlike rodent | 49) Deprived of nourishment |
| 21) Not this, that or those | 50) Mystical medicine man |
| 23) Clandestinely | 52) Health resort |
| 26) "The magic word" | 53) Gulf of Guinea country |
| 27) Tom of Hollywood | 58) "____ the season ..." |
| 28) Cowardly | 59) Cognizant |
| 30) Yamuna River city | 60) Continental currency |
| 31) Prepare for impact | 61) Yoko of "Double Fantasy" |
| 32) Org. in 27-Across movies | 62) Aired again |
| 35) 100 qintars | 63) Prepare, as tea |
| 36) Like zebras | |

DOWN

- 1) It runs slowly in the forest
- 2) Biblical verb ending
- 3) Hawaiian freebie
- 4) Mosquito-transmitted disease
- 5) Compadres
- 6) Coral Sea inlet
- 7) Give off, as light
- 8) Indian princess
- 9) Conk out, as an engine
- 10) Remaining a mystery
- 11) Kabul's country
- 12) Dunderheads
- 13) Extra
- 18) Ask, as a question
- 22) Ball prop
- 23) Massage target
- 24) Impulses
- 25) Upper Volta, once
- 26) Walk back and forth
- 28) Town news bearer of yore
- 29) Deeply engrossed
- 31) Camembert kin
- 33) Pitcher's place
- 34) Moves like a butterfly
- 36) Cop's wheels
- 37) Sounds of reproof
- 41) Become more uniform
- 43) Adam's beloved
- 44) 18-wheeler
- 45) Tequila plants
- 46) Enthusiasm
- 47) Detach, as a medal
- 48) Carrying a burden
- 50) 27-Across, for one
- 51) Zeus' wife
- 54) "I ____ you one"
- 55) Anger
- 56) Fish eggs
- 57) Psychic power

NOT SO FAMILIAR PLACES

By Timothy E. Parker



Key on page 42.



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Key on page 42.

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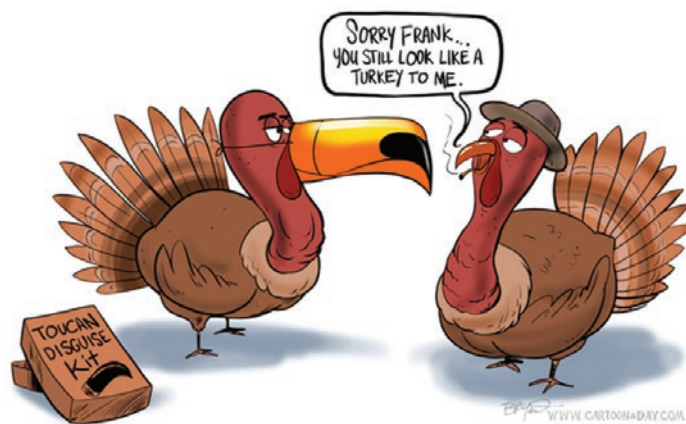
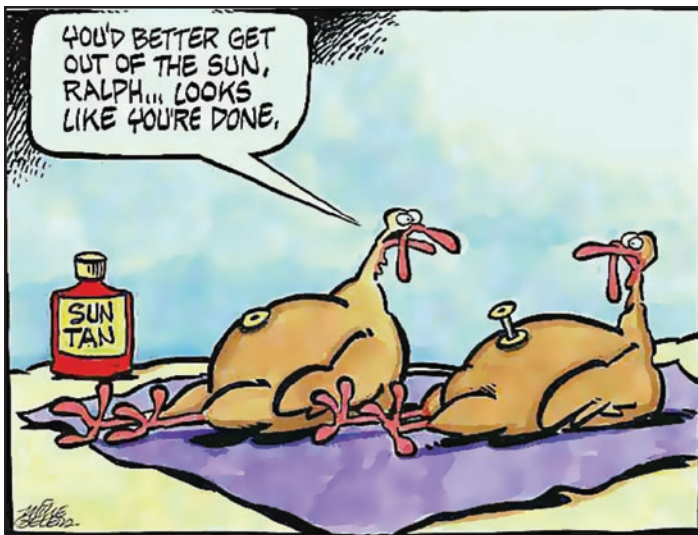


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SUDUKO KEY

5	8	9	4	6	1	3	7	2
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Crossword Puzzle Solution

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30	A	G	R	A				31	B	R	A	C	E		32	I	M	F			
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49	U	N	F	E	D			50	51	S	H	A	M	A	N						
52	S	P	A			53	54	C	O	T	E	D	I	V	O	I	R	E			
58	T	I	S			59		A	W	A	R	E				60	E	U	R	O	S
61	O	N	O			62		R	E	R	A	N				63	S	T	E	E	P

Holiday Appetizer - Cranberry Brie Bites

Ingredients

- 1 (8-oz.) tube crescent dough
- Cooking spray, for pan
- Flour, for surface
- 1 (8-oz.) wheel of brie
- 1/2 c. whole berry cranberry sauce
- 6 sprigs of rosemary, cut into 1" pieces.



Directions

Preheat oven to 375° and grease a mini muffin tin with cooking spray. On a lightly floured surface, roll out crescent dough, and pinch together seams. Cut into 24 squares. Place squares into muffin tin slots.

Cut brie into small pieces and place inside the crescent dough. Top with a spoonful of cranberry sauce, some chopped pecans, and one little sprig of rosemary.

Bake until the crescent pastry is golden, about 15 minutes.

Green Beans With Orange And Almond Gremolata

Ingredients

- 2 lbs. green beans
- 2 tbsp. olive oil
- 1 clove garlic, finely chopped
- 1 tsp. chopped fresh rosemary
- 1/2 c. roasted almonds, roughly chopped
- 1 tsp. orange zest
- 1/2 c. flat leaf parsley, chopped



Directions

Add 1 tablespoon salt to boiling water, then in batches, cook green beans until just tender, 3 to 4 minutes. Transfer green beans to the ice water to cool; drain and set aside.

In a small skillet, heat oil, garlic, and rosemary on medium heat until garlic sizzles around the edges and begins to turn golden, about 2 minutes. Remove from heat and toss with almonds and orange zest, then parsley.

Serve over warm or room temperature green beans.

October 2019

First Friday Downtown

When: October 4, 2019

Time: 5-8 p.m.

Where: Downtown Colorado Springs, 1 Tejon St., Colorado Springs, CO 80903

Cost: Free and open to the public

What: Explore galleries, stores and other shops to celebrate Arts month in Colorado Springs. You can take the shuttle bus for free to explore the art scene in Downtown Colorado Springs, Old Colorado City and Manitou Springs.

Website: <https://downtowncs.com/event/firstfriday>

Harvest Festival

When: October 5, 2019

Time: 10 a.m. - 5 p.m.

Where: Rock Ledge Ranch, 4105 Gateway Road, Colorado Springs, CO 80904

Cost: Seniors - \$5, Adults - \$8, Students (Ages 6-17): \$4, Kids 5 years and younger: Free
(See website for military and group discounts)

What: Spend a day with your family at the Harvest Festival with hay rides, music, food, tours of historic homes and more at Rock Ledge Ranch.

Website: <https://rockledgeranch.com>

Stories at the Strong

When: October 5, 2019

Time: 11 a.m.

Where: Victor Lowell Thomas Museum, 3rd & Victor Ave., Victor, CO 80860

Cost: \$10, Children 5 years old and younger are free

What: Visit the surface plant and hoist house of the Strong Mine in Victor, Colorado, while Jim Watson, Tow Mile High Mining Company owner, gives a historical presentation.

Website: <https://victormuseum.com>

Colorado Floyd: A Pink Floyd Jam – FREE Concert

When: October 5, 2019

Time: 6 p.m.

Where: Stargazers Theatre & Event Center, 10 S. Parkside Drive, Colorado Springs, CO 80910

Cost: Free

What: Enjoy this free concert with Pink Floyd music performed by Colorado Floyd. Seating is first come, first served.

Website: www.stargazerstheatre.com

Benefit Concert for Woodland Park/Ute Pass Cultural Center

When: October 6, 2019

Time: 6 – 9:30 p.m.

Where: Ute Pass Cultural Center, 210 E. Midland Ave., Woodland Park, CO 80863

Cost: \$10, Students: \$5

What: Listen to the American sounds of The Woodland Park Wind Symphony and German music from the Melchoirshausen Wind Band at the benefit concert in support of the Ute Pass Cultural Center.

Website: www.woodlandparkwindsymphony.com

Matinee Music at Tap Traders

When: October 6, November 3 and December 1, 2019

Time: 3 – 5:30 p.m.

Where: Tap Traders, 1304 N. Nevada Ave., Colorado Springs, CO 80907

Cost: Admission: \$10, Admission with perishable food item: \$8

What: Get ready to dance and enjoy live music by local musicians and bands at the Music Matinee. Bring non-perishable food items to help raise food donations for West Side Cares' food pantry. A full food and drink menu will be available for purchase at Tap Traders.

Website: www.woodlandparkwindsymphony.com

October 2019 Cont.

AAHGSCS Black History Museum 10th Anniversary Event

When: October 19, 2019

Time: 10 a.m. – 1 p.m.

Where: Westside Community Center, 1628 W. Bijou St., Colorado Springs, CO 80904

Cost: Free

What: Celebrate the African-American Historical and Genealogical Society of Colorado Springs Black History Museum's 10th anniversary with an open house at the museum.

Website: <https://aahgscs.com>

Viking Fair Bazaar and Brunch

When: October 19, 2019

Time: 9 a.m. – 2 p.m.

Where: Viking Hall, 1045 Ford St., Colorado Springs, CO 80915

Cost: Free entry, \$8 brunch

What: Get ready for a bazaar with a day full of Vikings, music, raffles, activities, art, baked goods, food and more at the Viking Hall in Colorado Springs.

Website: www.sonsofnorwaycs.com/events

Old Colorado City Harvest Festival 2019

When: October 19, 2019

Time: 11 a.m. – 3 p.m.

Where: Old Colorado City, West Colorado Avenue., Colorado Springs, CO 80904

Cost: Free

What: The whole family is invited to attend the Old Colorado City Harvest Festival with fun for all ages including a pumpkin patch, sidewalk sales, vendors, beer garden, live music and more.

Website: www.facebook.com/events/487548051797296

Emma Crawford Coffin Races

When: October 26, 2019

Time: 10 a.m. – 3:30 p.m.

Where: Downtown Manitou Springs, Manitou Avenue, Manitou Springs, CO 80829

Cost: Free

What: Stop by the Emma Crawford Coffin Races in Manitou Springs, Colorado for a parade, coffin viewing and races with live music and an awards ceremony after.

Website: <https://manitousprings.org/emma-crawford/coffin-races/>

First Friday Downtown

When: November 1, 2019

Time: 5-8 p.m.

Where: Downtown Colorado Springs, 1 Tejon St., Colorado Springs, CO 80903

Cost: Free and open to the public

What: Explore galleries, stores and other shops to celebrate Arts month in Colorado Springs. You can take the shuttle bus for free to explore the art scene in Downtown Colorado Springs, Old Colorado City and Manitou Springs.

Website: <https://downtowncs.com/event/firstfriday>

Matinee Music at Tap Traders

When: November 3, 2019

Time: 3 – 5:30 p.m.

Where: Tap Traders, 1304 N. Nevada Ave., Colorado Springs, CO 80907

Cost: Admission: \$10, Admission with perishable food item: \$8

What: Get ready to dance and enjoy live music by local musicians and bands at the Music Matinee. Bring non-perishable food items to help raise food donations for West Side Cares' food pantry. A full food and drink menu will be available for purchase at Tap Traders.

Website: www.woodlandparkwindsymphony.com

November 2019

Rocky Mountain Christmas Boutique

When: November 1 – November 2, 2019
Time: 9 a.m. – 6 p.m. (Nov. 1) 9 a.m. – 2 p.m. (Nov. 2)
Where: Shining Mountain Golf Course, 100 Shining Mountain Lane, Woodland Park, CO 80863
What: Shop at the Rocky Mountain Christmas Boutique for handcrafted gifts, decorations and baked goods.
Website: <https://www.chamberorganizer.com/Calendar/moreinfo.php?eventid=347197>

Colorado Country Christmas Gift Show

When: November 8 – November 10, 2019
Time: 10 a.m. – 7 p.m. (Nov. 8-9), 10 a.m. – 5 p.m. (Nov. 10)
Where: Colorado Springs Event Center, 3960 Palmer Park Blvd., Colorado Springs, CO 80909
Cost: Adults/Seniors/Youth: \$10, Children 13 & under: Free (Parking is free)
What: Walk through 250 displays of holiday shopping, entertainment and a visit with Santa Claus. Find the perfect holiday gift for your family here.
Website: www.coloradochristmasgiftshow.com/colorado-springs/

Holiday Craft Fair

When: November 9, 2019
Time: 9 a.m. – 2 p.m.
Where: Fountain Creek Nature Center, 320 Peppergrass Lane, Fountain, CO 80817
Cost: Free
What: Stop by the 2nd Annual Craft Fair and stop by a local vendor or artist's table to find holiday gifts and art.
Website: <https://communityservices.elpasoco.com/nature-centers/fountain-creek-nature-center/>

Christmas Craft Sale and Fireman's Breakfast.

When: Sunday, November 10
Time: 7:00 to 10:00 a.m.
Where: 17550 S. Peyton Hwy. (Peyton Hwy @ Hanover Rd. south-east of Colorado Springs).
What: Many delicious breakfast choices at reasonable prices. Crafts, candy, baked and canned goods for sale. Contact Bonnie at 719-683-2995.

'A Christmas Carol'

When: November 14-16, 2019
Time: 6 p.m. (Nov. 14 & 15), 2 p.m. & 6 p.m. (Nov. 16)
Where: Ent Center for the Arts, 5225 N. Nevada Ave., Colorado Springs, CO 80918
Cost: Seniors (65+): \$17, Military: \$17, 13 years old+: \$18.50, 12 and under: \$15.00
What: Watch this family-friendly version of Charles Dickens' "A Christmas Carol," performed by the Academy of Community Theatre (ACT II).
Website: <https://tickets.uccspresents.org/events/1697?endDate=2020-05-10>

All I Want for Christmas is: More Olio!

When: November 22 – December 29, 2019
Time: 7 p.m. (Nov. 22), 1 & 7 p.m. (Nov. 23), 1 p.m. (Nov. 24 & 27), 7 p.m. (Nov. 29) 1 & 7 p.m. (Nov. 30)
Where: 139 E. Bennett Avenue, Cripple Creek, CO 80813
Cost: Seniors, Military & Youth: \$18, General Admission: \$21
What: Join us for a fun, family-friendly evening at Olio, the 71-year running show featuring comedy, musical acts and more in Cripple Creek, Colorado!
Website: <http://buttetheater.com/>

2019 Colorado Springs Holiday Arts, Craft and Gift Show

When: November 30 – December 1, 2019
Time: 9 a.m. – 4 p.m. (Nov. 30) 10 a.m. – 4 p.m. (Dec. 1)
Where: Norris Penrose Event Center 1045 Lower Gold Camp Road, #3, Colorado Springs, CO, 80905
Cost: Free admission
What: Find the perfect gift for your loved ones at this holiday arts, craft and gift show featuring a variety of vendors.
Website: <https://www.fairsandfestivals.net/events/details/2019-colorado-springs-holiday-arts-craft-and-gift-show>

November 2019 Cont. - December 2019

Santa's Workshop and Bazaar

When: November 30 – December 1, 2019

Time: 11 a.m. – 7 p.m. (Nov. 30) 9 a.m. – 5 p.m. (Dec. 1)

Where: Colorado Springs City Auditorium, 221 East Kiowa, Colorado Springs, CO 80903

Cost: Free admission

What: Come to the 2nd Annual Santa's Workshop and Bazaar featuring more than 50 vendors, artists and makers. Kids can meet and greet with Santa, make crafts and more.

Website: <https://www.facebook.com/events/434413234049468/permalink/473885363435588/>

Matinee Music at Tap Traders

When: October 6, November 3 and December 1, 2019

Time: 3 – 5:30 p.m.

Where: Tap Traders, 1304 N. Nevada Ave., Colorado Springs, CO 80907

Cost: Admission: \$10, Admission with perishable food item: \$8

What: Get ready to dance and enjoy live music by local musicians and bands at the Music Matinee. Bring non-perishable food items to help raise food donations for West Side Cares' food pantry. A full food and drink menu will be available for purchase at Tap Traders.

Website: www.woodlandparkwindsymphony.com

First Friday Downtown

When: December 6, 2019

Time: 5-8 p.m.

Where: Downtown Colorado Springs, 1 Tejon St., Colorado Springs, CO 80903

Cost: Free and open to the public

What: Explore galleries, stores and other shops to celebrate Arts month in Colorado Springs. You can take the shuttle bus for free to explore the art scene in Downtown Colorado Springs, Old Colorado City and Manitou Springs.

Website: <https://downtowncs.com/event/firstfriday>

Christmas Craft Sale and Fireman's Breakfast.

When: Sunday, December 8, 2019

Time: 7:00 to 10:00 a.m.

Where: 17550 S. Peyton Hwy. (Peyton Hwy @ Hanover Rd. south-east of Colorado Springs).

What: Many delicious breakfast choices at reasonable prices. Crafts, candy, baked and canned goods for sale. Contact Bonnie at 719-683-2995.

Pueblo - October - November 2019

Harvest Fest

When: Saturday October 5 2019

Time: 10:00 am to 2:00 pm

Where: The Pueblo Riverwalk, 101 S Union Ave, Pueblo, Colorado 81003, Pueblo.

Cost: Free event for all

What: Celebrate our diverse abilities with a Scavenger Hunt Challenge with Prize \$, vendors, entertainment, \$2 boat rides and more.

Pueblo Fall Home Show at Pueblo Convention Center

When: Saturday October 12th & Sunday October 13th

Time: Saturday, 10:00 am to 5:00 pm - Sunday, 11:00 am to 4:00 pm

What: See the latest in home improvement, remodeling, design, outdoor living and more

Cost: Free Admission & Parking

Website: <https://www.pueblohomeshow.com>

Christmas in October

When: Saturday, October 12

Time: 10 AM to 5pm

Where: 2420 Santa Fe Drive, Pueblo CO 81006.

What: It's our 7th Annual American Legion Post 203 Auxiliary Christmas in October

Calendar of Events

National Prescription Drug take Back Day

When: October 26, 2019

Time: 10:00 AM - 2:00 PM

Where: The Pueblo Police Department 200 S. Main Pueblo, CO 81003

The ABBA Show

When: November 3, 2019

Where: Pueblo Memorial Hall - 1 City Hall Place, Pueblo, CO 81003

Time: 7:00 PM - 9:00 PM

Cost: Tickets are \$27-\$57 and may be purchased by phone at 1-866-722-8844, at the Box Office or online

Website: www.pueblomemorialhall.com.

ElectriCrittters Opening Night Tree Lighting and Gingerbread Viewing

When: November 27, 2019

Time: 5:30 PM - 8:30 PM

Where: Pueblo Zoo, 3455 Nuckolls Ave, Pueblo, CO 81005

What: Black Hills Energy presents ElectriCrittters at the Pueblo Zoo! Bring your family and friends to the kickoff of a Pueblo holiday favorite! 250,000 lights and over 150 sculptures throughout the zoo make for a magical night. The evening will start with the announcement of the Gingerbread contest winners. There will also be a special appearance from a couple friends from the North Pole, holiday kid's crafts, hot chocolate, candy canes, cookie decorating, and more! Tree lighting at 6:00pm. Last admission at 8pm.

SRDA
@ The Joseph H. Edwards
Active Adult Center



Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Recreation Department Daily Activities ?'s Call (719) 553-3445 Monday—Friday 8:00 to 3:00 <ul style="list-style-type: none"> • Big Screen T.V. • Group Puzzle • Card Games • Small Library • Bike Rentals • Treadmills • Exercise Bikes • Pool Tables • Snack Bar Knit & Chat Group Meets 2nd & 4th Tuesday		1 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 11 -12 Line Dancing 1:30-3:30 Co-op Drawing	2 9:00 Mahjongg 12:00 Party Bridge 1-2 Zumba 3-4 Tai Chi 3—5 SINGERS RETURN	3 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dance Too	4 10-11 Jian Qi Gong 1-3 Matter of Balance at the Presbyterian Towers 1-3 Genealogy (RETURNS)	8-3 MONDAY—FRIDAY Recreation Floor open for you to come in and enjoy the company of others
	7 10-12 Watercolor 1-3 Matter of Balance at the Presbyterian Towers CALL Jane 719-553-3422 2-3 Self Defense 3-4 Tai Chi	8 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dancing 1— 3 Knit & Chat 1:30—3:30 Co-Op Drawing	9 9:00 Mahjongg 9-1 AARP Driver Safety 12:00 Party Bridge 1-2 Zumba 3-4 Tai Chi 3-5 Singers	10 8:45-9:45 Morning Tai Chi 9:00 Pinochle 9:00 Sewing Club 1 0-11 Chair Yoga 1 1-12 Line Dance To	11 10-11 Jian Qi Gong 1-3 Matter of Balance 1-3 Genealogy	
	14 CLOSED FOR COLUMBUS DAY DINING ROOM OPEN	15 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dancing 1:30—3:30 Co-op Drawing 3-4 Tai Chi (MAKE UP	16 9:00 Mahjongg 12:00 Party Bridge 1-2 Zumba 3-4 Tai Chi 3-5 Singers	17 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 1 1-12 Line Dance Too	18 10-11 Jian Qi Gong 1-3 Matter of Balance 1—3 GENEALOGY 1:30-3:30 Social, Music and Refreshments provided Socials	Socials Sponsored by AARP
	21 10-12 Watercolor 1-3 Matter of Balance 2-3 Self Defense 3-4 Tai Chi	22 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dancing 1-3 Knit & Chat 1:30-3:30 CO-OP Drawing	23 9:00 Mahjongg 10—1 STAMP 101 12:00 Party Bridge 1-2 Zumba 3-4 Tai Chi 3-5 Singers	24 8:45-9:45 Morning Tai Chi 9:00 Pinochle 9:00 Sewing Club 10-11 Chair Yoga 11-12 Line Dance Too	25 10-11 Jian Qi Gong 1-3 Matter of Balance 1-3 GENEALOGY	
	28 10-12 Watercolor 1-3 Matter of Balance 2-3 Self Defense 3-4 Tai Chi	29 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 11 -12 Line Dancing 1:30-3:30 Co-op Drawing	30 9:00 Mahjongg 12:00 Party Bridge 1-2 Zumba 3-4 Tai Chi 3-5 Singers	31 8:45-9:45 Morning Tai Chi 9:00 Pinochle 10-11 Chair Yoga 11-12 Line Dance Too		<i>*Classes subject to cancellation due to minimum participation</i>

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SEP 3 RD	Sam Whiskey – Burt Reynolds 1969 – 1 hour 36 min
SEP 17 TH	African Queen – Katherine Hepburn 1951 – 1 hour 45 min
OCT 1 ST	More Than a Secretary – Jean Arthur 1936 – 1 hour 10 min
OCT 15 TH	Night of the Grizzly – Clint Walker 1966 – 1 hour 42 min
NOV 5 TH	Do Not Disturb – Doris Day 1965 – 1 hour 42 min
NOV 19 TH	Red River – John Wayne 1948 – 2 hour 7 min
DEC 3 RD	Father of the Bride – Spencer Tracy 1950 – 1 hour 33 min
DEC 17 TH	The Grapes of Wrath – Henry Fonda 1940 – 2 hour 9 min
JAN 7 TH	The Pink Panther – Peter Sellers 1964 - 1 hour 55 min
JAN 21 ST	The Lion in Winter – Peter O'toole 1968 – 2 hour 14 min
FEB 4 TH	My Favorite Wife – Cary Grant 1940 – 1 hour 28 min
FEB 18 TH	Rebecca – Laurence Olivier 1940 – 2 hour 10 min
MAR 3 RD	Mr. Blandings Builds His Dream House – Cary Grant 1948 – 1 hour 34 min
MAR 17 TH	The Virginian – Joel McCrea 1946 – 1 hour 27 min
APRIL 7 TH	Mister Roberts – Jack Lemmons 1955 – 2 hour 2 min
APRIL 21 ST	Splendor in the Grass – Warren Beatty 1961 – 2 hour 4 min
MAY 5 TH	The Fortune Cookie – Walter Matthau 1966 – 2 hour 5 min
MAY 19 TH	Gone With the Wind – Clark Gable 1939 - 3 hour 53 min

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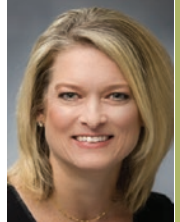


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October Tankas

by Vaughn Neeld, Cañon City, Colorado

October's chromic
palette blushes red on green
until bitter winds
strip aspens and cottonwoods
to reveal bare skeletons
**

Branches rake gray skies,
walnuts chill on icy sod,
boney fingers clack

golden leaves like castanets;
Autumn dances through the streets .



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