



PIKES PEAK

SENIOR NEWS

QUARTERLY LIFESTYLE MAGAZINE

WINTER 2019-2020

Must See
Local Holiday
Lighting Displays

Favorite
All-Time
Christmas
Movies

Project
Angel Heart
Changes Lives

Best New Year's
Getaways

SERVING EL PASO, TELLER & PUEBLO COUNTIES



UCHealth is always on hand.

With the UCHealth app and My Health Connection online, everything you need to manage your health care is available, no matter where you are.



Download the UCHealth app today.

- Find care near you.
- Make appointments and receive appointment reminders.
- Renew and refill your prescriptions.
- Receive lab and test results online.
- Message your doctor.
- View your medications, immunizations, allergies and medical history.

Search "UCHealth" in your app store.



Pikes Peak Regional Hospital
16420 W. U.S. Highway 24
Woodland Park, CO 80863

uchealth

18-HOSP-2622

Winter 2019-2020

Contents

- 5. *Staying Active in Cold Weather*
- 6 *Local Musicians Have A Passion For Recreating Music From The Beloved 1960s Era*
- 8 • *Best Places To Check Out Holiday Lighting Displays*
- 12. *Is My Money Ready for 2020?*
- 14. *Top Ten Destinations In Colorado For A New Year's Getaway*
- 16. *Project Angel Heart*
- 18. *Winter Safety Tips*
- 20. *Glen Volmeck - Feature Author*
- 22. *Annual Holiday Dinner Dance Brings Joy To Local Seniors*
- 25. *Best Classic Christmas Movies*
- 27. *Colorado's Myths And Legends*
- 29. *Local Artist Finds A New Path After Going Through A Frightening Experience*
- 31. *Faith and Values*
- 36. *Veteran Suicide*
- 39. *Crossword*
- 40. *Recipes*
- 44. *Calendar of Events*

PIKES PEAK

SENIOR NEWS

Quarterly Lifestyle Magazine

STAFF

Publisher

Anne Jensen

Managing Editor

Trevor Phipps

Graphic Design

Mike Biles

Graphics

Cyndia Lee

Contributing Writers

Rick Sheridan,
Nancy Parker Brumnett,
Frank Sinclair,
Kent Jarnig,
Glenn Vollmeck,
Ken Hall,
Sara Schuenenman,
Lyndsey Albright,
and Audrey Jensen

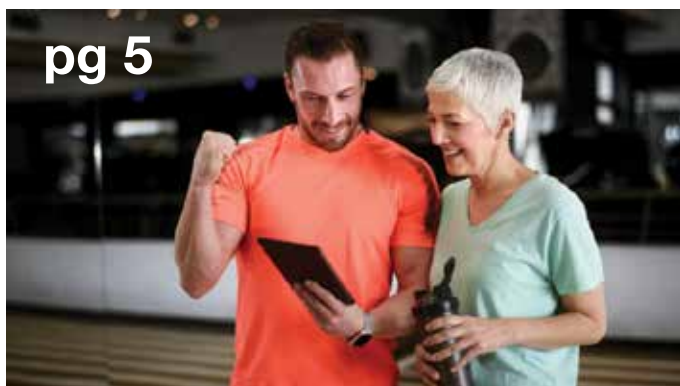
Advertising

Anne Jensen
anne@pikespeakseniornews.com
(719) 321-1971

Letters to the Editor

Trevor Phipps
trevor@pikespeakseniornews.com
(719) 761-9489

pg 5



pg 14



School District 11 Offers Sensational Choices for Successful Futures

The Choice enrollment window for the 2020-2021 school year is November 1 - February 14.

District 11 provides classes and programs to meet the unique needs of all students.

Visit our website at d11.org to find the school or program that is right for your student.



Inspire Every Mind.

Staying Active in Cold Weather

By Sara Schueneman Senior Vice President, CO the American Heart Association

When winter blows in, you can pull the blankets over your head and go back to sleep—or you can suit up and head out for an outdoor winter adventure! The American Heart Association offers these tips for working out and staying healthy in the cold of winter.

There's no reason you need to take a break from physical activity when the temperature drops. In fact, exercising in cooler weather has some distinct advantages over working out in warmer weather.

Tips to Keep in Mind

1. No heat and humidity to deal with. Winter's chill might even make you feel awake and invigorated.
2. You may be able to work out longer in cold weather—which means you can burn even more calories.
3. It's a great way to take in the sunlight (in small doses). Not only can light improve many people's moods, it also helps you get some vitamin D.
4. Exercise boosts your immunity during cold and flu season. Just a few minutes a day can help prevent simple bacterial and viral infections, according to the Centers for Disease Control and Prevention.

Stay Warm, Stay Safe

Staying warm and dry when heading out to exercise in cold weather is all about layers. A little preparation can keep you safe from cold weather hazards like hypothermia and frostbite.

Cold temperatures, strong winds and damp conditions (like rain and snow) steal your body heat. For example, according to the National Weather Service, a 30-degree

day with 30-mile-an-hour wind feels like about 15 degrees. And if you get wet (from rain, snow or perspiration) that effect is only magnified. That's why layers of clothing are so important. They help trap the heat and form a kind of insulation against the elements.

Resist your instinct to start layering with cotton. Once cotton becomes wet with sweat or snow, the moisture is trapped and will make you feel colder (and heavier). For your first layer, you want something that pulls moisture away from your skin, like the moisture wicking fabrics used in high-performance sportswear. Next, add a layer of fleece; finally, top with a thin waterproof layer.

Know the Signs

Hypothermia means the body temperature has fallen below 35 degrees Celsius or about 95 degrees Fahrenheit. It occurs when your body can't produce enough energy to keep the internal body temperature warm enough. It can kill you.

Symptoms can include:

- lack of coordination
- mental confusion
- slowed reactions
- slurred speech
- cold feet and hands
- shivering
- sleepiness

Children and the elderly may be at more risk because they may have limited ability to communicate or impaired mobility. Elderly people may also have lower subcutaneous fat and a diminished ability to sense temperature, so they can suffer hypothermia without knowing they're in danger.

Stay Hydrated

Don't forget to drink water when exercising in cooler weather. Thirst isn't the best indicator that you need to drink.

Bye-Bye, Couch Potato!

If the winter weather prevents you from getting outside, don't just reach for the remote. Make your time inside count. There are many ways to get physical activity indoors—no gym required. Hand weights or resistance bands are a great addition, but not necessary. You can also wear a heavy backpack to add intensity to your workout.

Fit in Fitness

Follow the American Heart Association physical activity recommendations of at least 150 minutes of aerobic exercise per week to improve your quality of life. Move more, with more intensity, and sit less.

Try these indoor activities:

- Home workout circuit
- Dancing
- Active housework like vacuuming and sweeping
- Mall walking
- Yoga or other fun group classes at your local gym or community center
- Stair climbing

What if I'm recovering from a cardiac event or stroke?

Some people are afraid to exercise after a heart attack. But regular physical activity can help reduce your chances of having another heart attack.

The American Heart Association published a statement in 2014 that doctors should prescribe exercise

continued on page 18

Local Musicians Have A Passion For Recreating Music From The Beloved 1960s Era

By Trevor Phipps



One day a local musician had an idea to recreate a band that basically inspired him to become a guitar player. About three years ago Divide resident Fred Pearce decided to launch a tribute band to a group of individuals that debuted in 1958 and produced several hit songs afterwards.

The Ventures officially started in Tacoma, Washington and started rocking the world with their instrumental “surfer rock” music. They had hit songs out before famous bands like the Beatles and the Beach Boys.

Their song entitled “Walk, Don’t Run” was their first widely released single and has been talked about as the best song ever recorded for the guitar. During their tenure, the band had 14 songs that hit the Billboard’s Hot 100.

Pearce’s brainchild, a local band entitled “KonTiki,” is the country’s number one rated The Ventures tribute band. The team of local musicians decided that the band from the late

1950’s and early 1960’s was cool enough to bring back and perform for local residents.

When Pearce came up with the idea of this unique tribute band, he named it “KonTiki” after an Inca god and a unique story related to him. When creating his unique The Ventures tribute band, he had thoughts of bringing back his past. “I started playing this music when I was a kid,” Pearce said. “I loved it so much and I grew up with it. I was a big fan of The Ventures and all of the other bands. I grew up with it and I had a bunch of buddies and I still got a few that were into it and whenever we get together we play it and it’s a challenge to see who can play it better.”

Pearce is the lead guitarist for the band while local classic rock and blues musician Ron Fincham plays the bass guitar for the band and currently they are auditioning for a new drummer. The band likes to specialize in performing at events and festivals during the summertime including local festivities like Cruise Above The Clouds in Cripple Creek and Territorial Days in Old Colorado City.

Pearce says that he knows the majority of the hundreds of songs that The Ventures performed during their tenure in the 1960’s that started to wane in the 1970’s. Fincham, on the other hand, says that he had to learn a whole set in a short amount of time and now knows around 30 songs. He did, however, say that he has enjoyed every minute of learning how to jam with his new band.

When Fincham, the experienced classic rock and blues bassist, first decided to join the band he was a little worried about what he was getting himself into. "When I started learning these songs, I read something that said if you learn instrumental songs, that meant that you're very smart. Well, that didn't really work for me," Fincham said with a chuckle. "So I took it as a challenge, and the more I started playing it, the more I liked it since you didn't have to play any vocals."

Anytime someone sees this band play, they can tell that the members are passionate about what they do. Fincham and Pearce are both retired and wish to expand their band KonTiki to greater horizons since they have reached that point in life to where they no longer have to hold an eight to five job.

Pearce, at one point, invented an enhancement to a guitar that has been used on several different models. He also is retired from working a good portion of his life for Colorado Springs Utilities.

On the other hand, Fincham worked for the postal service for 36 years and is now retired. He likes to spend his time, when he is not playing bass for KonTiki and other bands, enjoying his hobby as a hot air balloon pilot.

The two musicians together make up a band that will impress both those old and young. The band can be seen mainly during the summertime, but you can call them any time and ask them any question you want or e-mail them at kontikisurfband@gmail.com.



Homes starting as low as **\$279,950** Single Floor Living!



Why Choose Domega?

Move just 45 minutes south of Colorado Springs to get away from the traffic and noise of the big city living. Our community has a more affordable cost of living with all the Colorado comforts. A beautiful place to retire!



What Domega has to Offer :

- Covenant Protected Neighborhood
- Master Planned Community
- Handicap Accessible
- All homes include fenced backyard, sprinkler system and landscaped front yard.
- Minutes to Lake and Golfing
- Gorgeous Mountain Views
- New Construction
- Lifetime Warranty Tile Roofs

952 Peachcrest Drive, 81005, Pueblo CO | 719-566-8245
www.domegahomes.com



We're here for
YOU
in your neighborhood.



PEAK VISTA COMMUNITY HEALTH CENTERS
MEDICAL, DENTAL AND BEHAVIORAL HEALTH CARE

Find a location near you!



(719) 632-5700



peakvista.org



Best Places To Check Out Holiday Lighting Displays

By Trevor Phipps

During the holiday season one favorite thing to do for many is to check out the various light displays around town. Starting in early December, several homes, businesses, and local city governments work on creating holiday lighting displays for others to enjoy.

Many like to spend an evening in mid to early December cruising around the area and looking at all of the beautiful displays in order to get them into the Christmas spirit. The only problem with this holiday past time is that there isn't enough time to enjoy them all since there are so many places in the Pike Peak region that celebrate the coming of winter with gorgeous light displays.

The following is a good guide to find some of the best places in town to view holiday lights. Unfortunately, this list does not cover every place that has light displays worth viewing but it has been limited to feature some of the best and most popular lighting displays in the area.

1. Broadmoor Seven Falls Winter Lights

One of the best places to go in the holiday season is to Seven Falls and enjoy a hike up the beautiful waterfalls. For those not up for a hike the exquisite lights can be seen from the bottom. During the winter, the entire falls get lit up in a variety of colors and the area gets decorated in a Christmas theme.

The waterfalls themselves are pretty enough in the daytime, but at night in the winter time, the way they light up the falls is definitely something everyone should witness. As hikers walk up the falls they can witness up close all of the various colors of lights that make the water look as if it is glowing. On certain days Santa and Mrs. Clause make a special visit along with special treats and hot chocolate.

2. Electric Safari At The Cheyenne Mountain Zoo

During the holiday winter months, one place that tends to "go all out" with Christmas decorations is the Cheyenne Mountain Zoo. The zoo itself is a special



gem in the area that is loved by just about everyone who goes there. The zoo sits on the side of Cheyenne Mountain and there are several vantage points that get high enough up so visitors can enjoy views of Colorado Springs.

During the winter time, the zoo staff shows their holiday spirit by decorating their 50 acres of land. During their special "Electric Safari" nights in December, the zoo puts together over 80 light sculptures across their property. Visitors can enjoy hot chocolate and snacks at the zoo's café, visit Santa, and ride the sky ride to enjoy an aerial view of the zoo.

3. Mountain Illumination Festival at Cave Of The Winds Mountain Park

The Cave of the Winds is one of those attractions in the area that some locals have never seen. Others see the Cave of the Winds as only a tourist location and may only visit the park when they have friends or relatives in town visiting. But, in the last few years the park has done many upgrades and has added some exciting amusement park rides to what it has to offer.

During the winter time, the park works hard at drawing in tourists and locals alike as they put up quite a lighting exhibition. Every year, the park's staff puts up a quarter million lights to glow the top of Williams Canyon. Visitors can walk through the holiday display and enjoy a giant animated Christmas tree while sipping hot chocolate and eating s'mores to help get them in the holiday spirit.

4. City Displays

One favorite holiday pastime is going out and shopping for presents with friends and family. Most places to shop put up some sort of Christmas decorations and

Relax for the holidays... we can help!



Ambary Gardens
quality alternative remedies

**Pikes Peak Senior News Readers
SAVE 20% on all purchases
with promo code
PikesPeakSenior
through 12/31/19!!!***

Shop online or visit our Kittredge
Garden Center, 26479 Hwy 74
Open 9am to 5pm daily

**Shop online at
AmbaryGardens.com**

*Valid for online purchases only. Expires 12/31/19.
Not valid with other offers.



Stay Healthy!

Pinnacle Dentistry offers a variety of services to keep your teeth healthy for years to come!

- Crowns
- Full or Partial Dentures
- Bridges
- Dental Implants

Improve the look and function of your smile by visiting Dr. Thomas Jennings and Dr. Brad Perrett.

719.590.7100

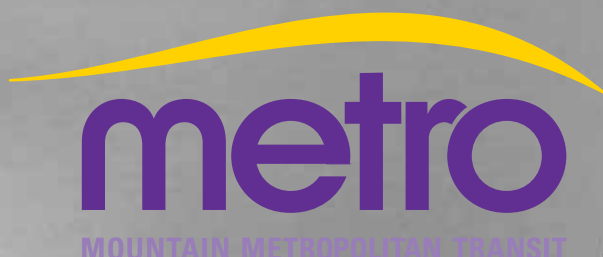
PinnacleDentistryCO.com

Briargate Business Center
2430 Research Pkwy • Suite 200
Colorado Springs, CO 80920
Info@PinnacleDentistryCO.com

Acclaimed Perspective,
Elevated Personal Care

Discounted Fares for Ages 60+

Visit mmtransit.com for details!



the holiday mood can be felt just about anywhere including malls and stores like Walmart or Target. But for those looking for something more, Old Colorado City and Manitou Springs both decorate their streets and trees around the stores.

Visiting the small stores in either of these areas, can be fun and help everyone get in the mood for Christmas. While walking down the two strips, several lighting displays can be seen while visitors walk in and out of the area's unique small businesses.

5. Holiday Home Tours

Another pastime enjoyed by several locals every holiday season are all of the region's holiday home tours. During these tours, residents from across the area decorate their homes inside and out. During select days, the members of the tour invite strangers into their homes to enjoy their indoor and outdoor Christmas displays.

During these tours, visitors can not only check out beautiful lighting displays, but they can also get ideas for their own home holiday decorations. On the outsides of houses, visitors on the tour can enjoy how people have decorated their houses with lights

and other Christmas displays. While indoors, visitors can enjoy other decorations including sometimes large indoor Christmas trees. One of the most popular holiday home tours offered in the region is the Tweeds Holiday Home tour in Woodland Park and there are several other tours in different parts of Colorado Springs.

6. Colorado Springs Christmas Light Extravaganza

During the holidays, there are so many light displays across the city that they cannot all get included on any list or be a part of a holiday home tour. Those looking to see residences decorated across town can go online and get a list of residences to check out. The list is designed in an order so that houses close to one another can get seen one after another.

The list also included other homes that are off the path of the tour. Every Timberline Landscapes also puts out a map online that shows people where many holiday lighting displays are located across southern Colorado.

Dentures and Partial for Active Seniors

**Free
Adjustment**

*Denture Cleaning and Adjustments-
Come in and receive a complementary cleaning
and an adjustment on your Denture or Partial.*



Implant-Supported Dentures



Flexible-Partial



Cast-Partial



Full Dentures

- Medicaid Pays for Dentures and Partial
- Same Day Repair and Relines
- On-Site Denture Lab
- Full Service Dentistry

**FREE X-RAY &
CONSULTATION**

** Most Insurances accepted
Financing Options Available.*

CASH DISCOUNT
AVAILABLE

719-536-0599

7730 N. Union Blvd #101

Colorado Springs, CO 80920

MyColoradoDentist.com



Alpine Dentistry

Brian Buccellato DDS

Paul Robbins DPD



Is My Money Ready for 2020?

By Money Coach Bill

Here's your Money Plan for 2020:

First, turn off the TV; silence the phone; and spend nine minutes of quality time in a quiet corner of your house. Take along a pencil and pad of paper. Think of all the things that are not right in your financial world. If you have a spouse or partner, do this together. Bring out all those shortcomings and things you should do better, things you must do but haven't gotten around to.

Second, pick one bad thing in your finances to fix. Jot that one thing down.

Third, write down one sentence to outline how you are going to address the issue. This is New Year's Resolution #1.

If you can't think of anything, consider these:

Pay my bills on time. Figure out what the problem

is and take steps to solve it. Know well that the biggest component of a credit score is paying bills on time.

Better organize my financial records. End the habit of letting financial statements pile up unopened in a corner of the desk.

Increase my financial knowledge. Read one financial book. Go buy the book.

Track every dollar we spend for three months. Consider if this is the best use of our money given our income and our goals. Use this spending pattern to develop a budget for 2020. Understand that everyone needs only two things for financial success: Education and the Right Attitude. Work on both in 2020. New Year's Resolutions are Goal. Goals are difficult for many people – just be SMART:

- Specific
- Measurable
- Achievable
- Relevant
- Time-bound

Goals must be realistic, and they must be written down. Achieve the first Resolution, then write down another. Achieve that Resolution, then write down another. You can do this! And Happy Holidays!

Money Coach Bill Stanley is a Registered Investment Adviser, which is a fiduciary who does not sell financial products. He educates and he coaches. Bill's passion is financial literacy for all. His first book, "Money Sense for Young Professionals" by William Stanley, is a perfect gift for that child or grandchild who is interested in having a better money life





**No Stress!
No Fuss!
Leave Your Taxes
To Us!**

*Confused with the **NEW** tax laws
ask the experts so you pay less in taxes!*

*What if you just miss that one new law?
You could pay hundreds more in taxes can you afford this?*



Your TaxLady
Taxes. Payroll. Bookkeeping.
"We Can fit the pieces together"

Kathy Bylkas, EA
Small Business Specialist
401 Windchime Pl
Colorado Springs, CO 80919
Phone 719-548-4924
Fax 719-325-8322
Email: Officemgr@taxladyllc.com
WWW.TAXLADYLLC.COM

Facebook.com/YourTaxLady
Twitter.com/URTaxLady
Hours: Mon-Fri 8-5pm
Closed Saturdays and Sunday



\$25 off
for first time clients
expires 3-31-2020

Is your **Medicare Coverage** still right for you?

KAISER PERMANENTE SENIOR ADVANTAGE (HMO)

I can answer your questions about Medicare and determine if you're eligible to enroll in a Kaiser Permanente Medicare health plan.

For more information, you can meet with me or attend one of my Kaiser Permanente Senior Advantage seminars. Please call:

Karen Radcliffe

Sales Executive, Senior Advantage

719-246-4770 (TTY 711)

mykpagent.org/karend



Kaiser Permanente is an HMO plan with a Medicare contract. Enrollment in Kaiser Permanente depends on contract renewal. You must reside in the Kaiser Permanente Medicare health plan service area in which you enroll. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-855-639-6727 or TTY 711. Calling this number will direct you to a licensed sales specialist. Kaiser Foundation Health Plan of Colorado, 10350 E. Dakota Avenue, Denver, CO 80247.

H0630_19020_M

Top Ten Destinations In Colorado For A New Year's Getaway

By Trevor Phipps

The year 2020 is almost on its way, and the end of a year is always a good chance to take some time to celebrate new beginnings. Old legends always said that you were supposed to celebrate the new coming year on New Year's Eve with friends and family doing fun things. The belief was that the state of mind you were in at midnight when the New Year started would be what would set the tone for your luck during the rest of the year.

Many like to take trips to Las Vegas for the New Year and several love to pack the streets of New York to watch the famous ball drop. However, Colorado also has its own fair share of exciting New Year's festivities. For only a short trip into the mountains there are many places that offer events for New Year's making them worth a short holiday vacation.



1. Steamboat Springs

The town nestled northwest of Denver is always a fun place to go for a weekend getaway. Even during the off-season the town still offers several festivities and

things to do. The town has two hot springs and several good restaurants to try.

On New Year's the most well-known celebration in town is the Korbel New Year's Party at the Thunderhead Lodge. People can start boarding the gondola at 9 p.m. and ride up to the lodge for the party. While at the lodge partiers can enjoy the lights of the Yampa Valley while dancing away to a live dj.



2. Winter Park

This town is located a little closer to Denver but still a drive north. The ski resort is a popular one and the mountain village is a good place to spend a night or two. On New Year's Eve the city also puts on its own celebration.

From 8:30-10:00 p.m. at the Rendezvous Event Center families can celebrate the New Year with sledding, hot chocolate, and fireworks. For those wanting to stay up late, the Devil's Thumb Ranch has a party going from 5 p.m. to 1 a.m. At five their gourmet New

Year's Eve dinner buffet starts and then entertainment including live music by Austin Jeckes. At midnight partygoers can enjoy a New Year's Champagne Toast.



3. Breckenridge

Breckenridge is a quite lovely mountain town and is a popular destination especially in the winter time. Many skiers will tell you that skiing at the resort is some of the best in the state. The town is also riddled with several fine dining restaurants and it has a lively night life scene.

One of the most famous New Year's events in town is the torchlight parade where hundreds of night time skiers ride down the mountain with red lights. Then at 9 p.m. on New Year's Eve, the skies will light up with their fireworks celebration. Romantic dinners are offered at places like the Hearthstone Restaurant and the Blue River Bistro. Later on in the night venues like Cecelia's and the Gold Plan Saloon offer New Year's Eve parties with appetizers and champagne toasts at midnight.

4. Grand Lake

Grand Lake is another lovely town that is nestled in the mountains north of Denver. The area is a beautiful destination during both the summer and winter seasons. The small town offers many events throughout the year including a fireworks celebration over the big frozen lake to bring in the New Year.

One popular destination in the town is the Mountain Repertoire Theater. The venue hosts live plays and this New Year's Eve alumna Sarah Bockel returns to the stage for a special performance for only one night. There will be a champagne toast during the performance that people can enjoy before going to the lake to watch the fireworks.

5. Estes Park

This famous high mountain village is located near Rocky Mountain National Park just west of Loveland, CO. The town is known for the Stanley Hotel and the fact that many claim it is haunted. During the summertime, thousands travel to the area and enjoy the sights and venues.

However, the town is also a good place to go for a New Year's getaway. The YMCA of the Rockies hosts a New Year's Eve family dance where everyone including the kids can go to enjoy a dj, dancing, and refreshments with a ball drop that is scheduled for 10 p.m. The Stanley Hotel itself offers its own New Year's Eve party with live music and a champagne toast at midnight in a commemorative glass.

6. Beaver Creek

The ski resort town located in the Vail Valley has always been a place for a fun wintertime vacation. On New Year's skiers are in luck because they can join in on the night time glow-stick parade and then enjoy other festivities. The city always puts on a New Year's Eve bash that offers dancing, live music, giveaways, two balloon drops and games.

The festivities cap off with a fireworks show at midnight. But before that you can enjoy a special dinner at a restaurant like the Black Diamond Bistro or enjoy drinks at the C Bar.

7. Denver

The biggest city in Colorado can be a fun place for a night trip and many say that is one of the nicest big cities in the country. For those looking for an experience similar to watching the ball drop in New York, downtown Denver could be a good choice. It is always fun to stay a night or two downtown just to check out all of the things it has to offer.

On New Year's Eve, the streets around the sixteenth street mall are packed with New Year's celebrators. Visitors can bar hop and dine in the dozens of restaurants around the mall and then go out on the streets to watch the fireworks at midnight. If downtown seems to be a little too exciting, many

other venues in various parts of the metro host New Year's Eve celebrations.

8. Fort Collins

Some people may be looking for a little more excitement than a small mountain town but don't want to deal with the crowds of the big city. Fort Collins is somewhere in between a hustling and bustling city and a small town. Lodging in the city is relatively inexpensive and there are many restaurants, breweries and saloons to check out.

Early on in the night the city puts on a family friendly party so that everyone can celebrate the New Year. For the adults, the town is bustling on New Year's Eve with several entertainment options. There are around 30 total performances across seven venues all located in the downtown area. Special dinners with live music playing in the background are offered at places right downtown like Jax Fish House and Oyster Bar or the Blue Agave Grill. At midnight, fireworks can be enjoyed right there in old town.

9. Aspen

Aspen is one Colorado mountain town that has become world famous throughout the years. Celebrities and movie stars often vacation and buy homes in the area helping the town get a worldwide spotlight on them. During the winter, the place is another one of Colorado's ski town's that people visit from all over the world.

The city hosts a New Year's Eve Bash at Wagner Park with a bonfire and a dj. The town hosts two fireworks shows on Aspen Mountain one at 8 p.m. and one at midnight. Those looking for a party can go to St. Regis Aspen Resort's Shadow Mountain Lounge to enjoy a dj and champagne toast or Bootsy Bellows offers a party with bottomless Perrier Joeet Champagne all night.

10. Cripple Creek

The gambling town located about an hour west of Colorado Springs is always a good place to go for a weekend or holiday getaway. The hotel rooms in town are very affordable and many enjoy the large variety of slot machines and table games. On New Year's Eve many of the casinos offer special dinner deals and buffets along with holiday giveaways.

Live music can be enjoyed at casino venues around town and most of the casinos offer a complimentary champagne toast at midnight. The town offers several dine and go restaurants for those who want to get back to their machines to be eligible for prizes. Fine dining for the holiday is also available at places like Winfield's inside the Double Eagle Hotel and Casino or the Steak House at Bronco Billys'.

Project Angel Heart

By Amy Daly

Jean, a former rancher, rider, and paramedic, is tough as nails and used to getting things done--on her own. But her independent spirit wasn't enough when Jean's health started to fail, prompting her doctors to put her on hospice care. "It was scary," said Jean, "but they explained it was a precaution." A combination of factors-including debilitating arthritis, asthma, and a heart condition-had limited her mobility. She wasn't eating well. Her health was getting worse.

A health care provider persuaded her to try Project Angel Heart's home-delivered meal program. Within weeks, Jean's weight improved. Her bloodwork improved. Before long, her doctors decided she no longer needed hospice care.

Jean's story is common among Project Angel Heart clients. Someone is diagnosed with a chronic, but generally manageable condition. But decreased energy or mobility soon leads to poor nutrition, and poor nutrition makes their health condition worse, resulting in additional, often preventable health care costs.

That's why Project Angel Heart, a nonprofit organization serving Colorado since 1991, prepares and delivers delicious, medically tailored meals-free of charge for people with life-threatening illnesses. The meals are prepared by professional chefs, dietitians, and volunteers according to evidence-based nutrition guidelines. They're customized to meet the specific dietary needs of each client and made using fresh, high-quality ingredients, then delivered to clients' homes.

Medically tailored meals serve a number of purposes for recipients, from improving overall health, to reducing financial and emotional stress, or helping them stick to their prescribed medical treatment plans. A recent

study of Project Angel Heart clients found that the meals led to a 13 percent reduction in clients' rate of hospital re-admissions. Many clients, especially those living with congestive heart failure, chronic obstructive pulmonary disease, and diabetes, experienced significant reductions in total health care costs while receiving meal deliveries.

Today, Jean is living a full life. She's busy caring for her neighbor, who is recovering from surgery. She takes occasional walks to the dollar store across the street. And she loves to entertain guests, like the volunteer meal delivery drivers who bring a week's worth of meals to her door each week.

"I'm eating more regularly and getting better quality, well-balanced meals," said Jean. "It's been very beneficial to my health."



Interested in helping get medically tailored meals to community members who need them? To learn more about volunteer opportunities or make a gift to help Project Angel Heart continue delivering these meals free of charge, please visit www.projectangelheart.org or call (719) 323-0084.

To find out if you or a loved one qualifies for Project Angel Heart meals, talk to your health care provider, call Project Angel Heart's client services team at 303.830.0202, or visit www.projectangelheart.org.

Some people come into our lives... and quietly go.



Others stay for awhile... and leave footprints on our hearts, and we are never the same.

Offering traditional burial and cremation sites.

Evergreen Cemetery	Fairview Cemetery
1005 Hancock Expressway	1000 S. 26th Street
(719) 385-6251	(719) 661-6361

Listed on the National Register of Historic Places - Serving Colorado Springs since 1875

HOSPICE CARE • PALLIATIVE CARE • GRIEF SUPPORT



HOSPICE CARE IS

a decision about **how to live** when facing a life-limiting illness. Hospice is a choice **for pain relief, comfort for daily living, and control** over how to live precious days.

HOSPICE CARE IS NOT

about giving up hope. Hospice care doesn't hasten or postpone dying. **Hospice provides expertise and support** to the whole family during the last phase of life.



2550 Tenderfoot Hill Street
Colorado Springs, CO 80906
(719) 633-3400
PikesPeakHospice.org



**Discover Goodwill
Helps You Live Life
to the Fullest!**



In-Home Medical & Non-Medical Care

- Skilled nursing
- In Home Support Services (IHSS)
- Physical and Occupational Therapy
- Medical Social Work and CNA services
- Meal preparation, personal hygiene, housekeeping, medication reminders, errands, and transportation

Adult Day Center

State-of-the-art adult day center offering a journey of discovery and activities.

- Weekly outings
- Reliable transportation
- Affordable and personalized care
- Peace of mind for caregivers
- Engaging exercise programs

**Licensed, insured and bonded
VA Certified, Medicare/Medicaid,
Health and Auto Insurance, and private pay**

Call today for an updated list of In-Network providers.

(719) 785-9294 | info@YourLifeYourWay.org

1460 Garden of the Gods Rd., Colorado Springs, CO 80907

Winter Safety Tips

By Ken Hall

As our weather turns colder here in Colorado Springs, it's important to remember safety around home heating and appliances.

Ensure your gas appliances are in proper, safe working order. Have your furnace inspected by an HVAC professional before you begin using it regularly for the year. If it's been awhile since you replaced the filter, please do so. Consider purchasing a filter that can remove smaller particles, especially if you suffer from allergies or any breathing-related disorder. Always make sure venting to the outside stays clear, and gently remove snow buildup or other blockages to exterior vents.

If you smell gas or believe there is carbon monoxide in your home, get clear of the area and immediately call 911. Carbon monoxide (CO) cannot be smelled, tasted, or otherwise sensed. Symptoms of CO poisoning are similar to the flu, and can include headache, dizziness, nausea/vomiting, or general fatigue. Also check your smoke and CO detectors to make sure they are functioning properly.

There are other safety hazards associated with heating sources like fireplaces and space heaters. Ensure both wood and gas fireplaces have proper ventilation to the outside. If you think your

fireplace may have a leak, do not use it. With wood fireplaces, it's a good idea to crack a window open so the fireplace doesn't use up all the oxygen.

That can lead to carbon monoxide buildup in your home. Just like your furnace, your fireplace should be inspected by a professional every year. Space heaters should have automatic shut-off switches and should be kept away from flammable materials (blankets, curtains, clothing, furniture).

Remember, you should never use your oven or stove to heat your home. Doing so can increase your exposure to deadly carbon monoxide and increase the risk of fire. The U.S. Centers for Disease Control has more tips for winter safety at: <https://www.cdc.gov/disasters/winter/duringstorm/indoorsafety.html>.

Energy Resource Center is a nonprofit construction company devoted to saving people money on their utility bills. Income-qualified households may be able to receive energy efficiency upgrades for FREE and could save an average of 25% on their utility bills at no cost. See erc-co.org or call them at 719.591.0772 to see if you qualify for their FREE upgrades.

Staying Active in Cold Weather (continued from page 5)

to stroke patients since there is strong evidence that physical activity and exercise after stroke can improve cardiovascular fitness, walking ability and upper arm strength.

If you've had a heart attack or stroke, talk with your doctor before starting any exercise to be sure you're following a safe, effective physical activity program.

Check. Change. Control

Another way you can take charge of your heart health is to live with managed blood pressure. Known also as the silent killer or hypertension, high blood pressure typically has no symptoms but can lead to deadly health consequences such as heart attack, stroke and kidney failure.

In August 2012, the American Heart Association launched "Check. Change. Control." The purpose of the program is to eliminate high blood pressure

as a health disparity among Americans. "Check. Change. Control." is an evidence-based hypertension management program that utilizes blood pressure self-monitoring to empower participants to take ownership of their cardiovascular health.

The "Check. Change. Control. Tracker" is an online tool to help you track your blood pressure readings and connect with a volunteer health mentor to share your results and progress. Signing up is easy! You just need a campaign code which you can receive by contacting the Colorado Springs American Heart Association affiliate who can also provide more information on the program.

The Colorado Springs American Heart Association affiliate can be reached by calling 1.866.698.5414. To learn more about "Check. Change. Control" and to sign up for the program, visit www.ccctracker.com/aha, or call 1.800.AHA.USA.

CHANGING THE CURRENT STARTS WITH CHANGING LIVES.

When you need help with your utilities bill, we offer financial and home efficiency programs as well as payment extensions for eligible customers. We are happy to work with you to determine the best solution for you.

HEAP, our partnership with Energy Resource Center, provides in-home energy and water efficiency improvements to qualifying residential customers. LEAP is a federally funded program that assists eligible low-income households with winter heating costs. And Project COPE is a local organization that provides utilities payment assistance to those struggling financially due to a personal crisis or emergency.

Visit csu.org or call
448-4800 to learn more.



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



Glen Volmeck - Feature Author

an excerpt from *Intermission a Place in Time*

MERSEY BEAT and THE OUTLAWS

A hub of activity, New Brighton's infamous Tower hosted a multitude of bands. The British Invasion, also known as the 'Mersey Beat' began in Wallasey and Liverpool. (Years later, prior to buying a cottage in Wales, my family rented a house on Sandbrooke Lane in the village of Moreton.) The realtor requested a showing, to a musician who was performing in Liverpool; his deliberately hazy account did not reveal the celebrity who arrived at our door. So, casually, with my hair in curlers hidden by a vibrantly colored scarf, I answered the door to Gerry. His girlfriend wore a fuzzy rabbit coat, which she seductively lowered over her shoulders, while sitting on the couch. "Would you like tea?" I asked politely. They smiled and nodded. While his girlfriend sat in the parlor, Gerry came into the kitchen. "When did you leave England? Don't you remember me and the band?" He was astounded that I did not recall his gigs at the Tower. 'Gerry Marsden and the Pacemakers' were a popular group in those days. I stalled, in order to run upstairs, and while tossing my pink curlers across the room, I applied some lipstick.

During our tea, I hinted at indistinct memories, which did nothing for his ego. Even so, the couple rented our house, for the six-week concert at a famous Liverpool theater. (Their nostalgic song 'Ferry 'Cross the Mersey' remains my favorite.) 'Freddie and the Dreamers' also played the Tower in the sixties. Like a string-puppet replica of Buddy Holly, Freddie would vigorously bounce around the stage for hours, leaving us all exhausted. Herman's Hermits sang 'Mrs. Brown, You Have a Lovely Daughter'. Other bands emulated an American drawl, but with the Beatles' arrival, these musicians wisely retained their Liverpool accents.

As the 'Mersey Beat' talents expanded, many bands followed.. While waiting for the bus one bright morning, a student friend yelled excitedly about her upcoming date with Paul McCartney. Out of town, groups such as 'The Dave Clark Five' were decidedly foreigners, as this group originated from Tottenham in London. Some songs included 'Glad All Over' and 'Bits and Pieces.' We loved the 'House of the Rising Sun.' Another popular band from London, called the 'Outlaws' became headliners on Merseyside and in time, became involved in a movie. As fifteen-year-old groupies, Diane and I benefited from an adolescent camaraderie with the 'Outlaws' who enjoyed our naïveté and treated us like kid sisters.

Prepared for a scheduled rendezvous in Liverpool, we finished classes early that day. Over on Liverpool's Mathew Street, a long dismal alleyway consisting of red brick warehouses disguised the infamous Cavern location, at number ten. A broad shouldered bouncer shielded the crude wooden entrance, as dozens of teens waited impatiently in the bitter cold. When open, they would shuffle down the tiny narrow staircase to the basement. Placed in rows, cheap folding chairs faced the small timbered stage. Usually Diane and I rushed for the front seats, but the Beatles gusto became excruciating, and, holding our ears, we would regret our proximity to the stage.

On this evening, while waiting among the fans, our group's pianist appeared. "Hi girls, we're on stage soon, but come inside and wait in the back room." Crowds of teens stopped talking, and then indignantly they allowed us to pass. Diane and I, with clattering high heels on cobblestones and like young movie stars, proudly followed him inside the Cavern. Vibrating the small stage, sounds

of 'She Loves You' echoed through the basement. The Beatles were performing. Self-importantly we passed the noisy teens in folding chairs and entered the tiny back dressing room. Having played their gig, the Beatles squeezed past us, mumbling their apologies, as they prepared for a performance in the Iron Door nightclub, just a few yards away. Recognizing me from the Tower, Ringo touched my shoulder and said, "Hiya." I smiled shyly and so did he. Then he followed the others next door. That night was a cherished moment in history.

Located in dark, dismal Mathew Street, the Cavern Club and Iron Door were gathering places for the legendary bands of the sixties. A fact unknown to some is the demolition of our original Cavern club years ago (A more modern building complete with staircase and memorabilia now greets international fans, while a bronze statue of John Lennon stands outside. Today, in the city center, four huge effigies of our lads balance gleefully on top of a huge department building in Liverpool.) Our paltry wages from the Tower supported our jaunts across the Mersey, and fortunately, additional jobs occasionally were available.

By now, after a long absence, B.H. had resurfaced from London. His awkward and repetitive attempts for a reunion were almost comical, and as usual, chocolates and large bunches of flowers lay on our step, but Mum refused to answer the door. However, this time his cunning reached new heights and it lodged in Mum's Achilles' heel. Apparently, he accepted a traffic warden job in Jersey. Once settled, he would provide a plane ticket for Mum and they would live happily ever after. She was preoccupied and I did nothing to dissuade her.

Rob was living temporarily with his father, a lovely baby sister named Gail, and Bob's new wife Maureen. At fifteen, I was almost an adult. Sadly, once finishing my second year at school, any further grants, or continuation of studies, would be unattainable. However, for now, the forthcoming grant would provide food and essentials. Several weeks later, after much reflection, Mum sat next to me. "You realize I've been very lonely, Glen. We've endured difficulties in the past, but B.H. promised to change, and I have this prospect of returning home to Jersey." Nodding, I selfishly grasped the implications of her decision. "I was alone and seventeen when I found employment in London. I know you will be fine. You could also work in London, as did I," Mum added persuasively.

Instantly, I planned to complete a visual merchandising degree, which incorporated window dressing and design, in preparation for my move to London's West End. Now I urgently needed lodging and extra jobs. My best friend Diane, an only child, sometimes took me home for supper. I occasionally visited my brother Bill and family. Being an excellent cook, Elsie would often prepare a super meal and afterwards, she and my friend Paddy played cards.

Luckily, I found work at Woolworth's, close to my brother's residence. I worked on the candy counter, that Sunday afternoon, when my brother Bill stopped in. Smiling impishly, he requested a pound of caramels, but my scales were off and he got a pound and a half. My job lasted until five 'o clock that same day. By now, Bill and Elsie had established residence with his in-laws. Their small row house, situated in Lea Road in Hoylake was just across the narrow street from an identical house where Cynthia and her husband, John Lennon, stayed

with her parents. Rumors surfaced continuously, concerning John's marriage. As the Beatles' popularity climbed, and on the advice of Brian Epstein, John was to refrain from mentioning his marriage. The fans would not like it.

Brian's foreboding was eventually accepted and John moved on. John adamantly continued to deny his marriage, and we felt badly for Cynthia, who, at home with a small son, was seldom included on their path to fame. Coincidentally, both of their in-laws shared the Welsh name of Powell, which confused the postal carriers. Bill and Elsie, in due course, had two sons - Mark and Nick. Their first-born son was Mark. Cynthia's new baby, Julian Lennon, was just a few yards away across the street, and often my family returned fan mail and gifts, originally addressed to Julian Lennon to John's house.

Vacating our rented home, Mum enthusiastically left for Jersey, and afterwards, Diane's parents graciously offered me accommodation. I would contribute financially from my weekend job's income from the Tower. Fairground employment was notoriously transitory, but it stabilized during summertime. I enjoyed working the cash register in the Tower ballroom café, as often several groups, including the Beatles, purchased cups of hot tea, and cellophane wrapped snacks. Sometimes they would stop to chat. While in line, Ringo searched his pockets for cash, but instead, the change awkwardly scattered to the floor. Fumbling with his tray, he blushed shyly, then he would say, "I'm sorry, luv." I grinned back to avoid awkwardness, and assured him it was not important.

Most Saturdays Diane and I danced until two 'o clock in the morning, usually missing the last bus home. Although assistant manager of the

Iron Door, my boyfriend Clem also worked weekends as the Tower disc jockey, and during the ten-minute intermission, I sometimes assisted him on stage. One Saturday, Clem seemed preoccupied, 'Faron and the Flamingoes' had concluded their performance, and now the Beatles were due on stage for their gig.

Emerging from across the dance floor, the lads walked toward us. Clem jumped up. He was not happy. "There are the little b*****," he whispered. Carrying their guitars, the Beatles approached tentatively, and Clem strode purposely toward them. In a small circle on the dance floor stood John, Paul, George and Ringo. Deeply involved in conversation with Clem, they silently motioned with their hands. Gesturing impatiently, they stood next to my boyfriend. Feeling alone and conspicuous I jumped off stage, and standing between Paul and Clem, I listened to their conversation. "It's been over four bloody months this time," said Clem intently. "You have a job, so why not pay up?" He was angry and the discussion continued. Dejectedly, Paul stared at his shoes. "I'm sorry Clem, but I just don't have any cash," said Paul as he adamantly defended his position, while the other three vigorously nodded their heads in agreement. At which time Paul pulled out the lining of his empty pockets, and he shrugged. "I haven't got any money at all, mate. I'm broke." "Yer, he's skint," said George convincingly, Ringo stared, his blue eyes wide and innocent. "That's right, he's broke, mate. He's got no money at all." Noiselessly, in support of his mate, John nodded too. Then after ten minutes of debate, they proceeded to set up their equipment.

Annual Holiday Dinner Dance Brings Joy To Local Seniors

By Audrey Jensen

Once a year, more than 500 seniors dress up for a night of dancing and dining with their friends, loved ones and new acquaintances in Colorado Springs.

On Nov. 16, seniors attended the 17th Annual Holiday Dinner Dance at the historic Colorado Springs City Auditorium, where they danced to live music, drank, ate dinner and visited with friends.

When the event started at 5 p.m., everyone was at

the door ready and waiting for a night of fun, said Kelsie Heermans, executive director of the Senior Resource Council.

Many seniors attend the event with their boyfriend, girlfriend, spouse, family member, or they go alone to meet new friends. Reservations for the dinner dance are usually filled within a week after opening.

The popular holiday event was started by the SRC



More than 500 seniors attended the 17th Annual Holiday Dinner Dance at the Colorado Springs City Auditorium, Nov. 16, 2019. Many seniors attend with their friends, family, spouses or loved ones for a night of dancing, dinner, drinks and fun. (Courtesy photo)

as a way to give back to seniors in the community, Heermans said.

“They realized that a lot of times around the holidays, seniors are alone,” she said. “They might have lost their spouse or their family can’t travel to see them. It’s their time to have fun, get out, have a nice meal and get all dressed up like they used to.”

This year’s dinner dance was presented by Rocky Mountain PACE and hosted by the SRC. It was also put together and ran by a group of about 100 volunteers, Heermans said.

“I think it’s necessary — The seniors look forward to this event every year,” she said.



Regency Tower *apartment living for the Young at Heart*

***Beautifully Designed
apartment homes
and luxurious
accommodations.***



Friendly Management,
Outstanding Features, and
Prompt, Efficient Service.

Regency Towers offers a
Relaxing, Comfortable
Lifestyle for the 55+ Crowd.

921 Green Star Dr., Colorado Springs, CO 80906 • 719 - 633 - 2121 • regency-apartments.com



Exceptional health care made easy.

Rocky Mountain PACE (Program of All-Inclusive Care for the Elderly) provides innovative, coordinated health care for seniors, assisting participants so they can live enjoyable, independent lives.

Our goal is to keep people living in the community as independently as possible, for as long as possible.

Here's how PACE can make your health care stress-free:



Transportation from your home to your medical appointments and our adult day health center.



Coordinated health care that makes it easy to access highly qualified doctors, nurses, and specialists.



Our staff and other seniors just like you create a caring community that will help you thrive.



A wide variety of exciting activities and events to keep you active and engaged.



**Rocky Mountain
PACE**

A Program of Rocky Mountain Health Care Services

Call now to join us for lunch and a tour!



(719) 314-2327



RMHCare.org

Best Classic Christmas Movies

By Rick Sheridan

Here is a brief review of several of the classic Christmas movies that many of us have watched at least once. Some of them have been revised, or a new animated version has been introduced. We have picked a few of the old classics that seem to have the most appeal.



IT'S A WONDERFUL LIFE (1946)

This is a combination comedy and drama about George Bailey (James Stewart), the kindhearted banker who often ends up in debt. The film begins on Christmas Eve, 1946, and George faces financial ruin and arrest and he is seriously considering suicide. He is eventually made to understand how many lives he has touched and helped. George realizes that despite the ups and downs, he has truly had a wonderful life.

Starring: James Stewart, Donna Reed, Lionel Barrymore, Thomas Mitchell.

Directed By: Frank Capra

A CHRISTMAS CAROL (1951)

This movie is widely considered to be the best of the many film versions of Charles Dickens' classic novel is this. Alastair Sim plays Ebenezer Scrooge, a London miser who, despite his wealth, refuses to make charitable contributions and treats his employee, Bob Cratchit, as an indentured servant. On Christmas Eve, Scrooge is visited by the ghost of Christmas Past, Present, and Future. As Scrooge is taken on a tour of his life, he realizes what a wretch he is. Scrooge realizes

his mistakes and takes steps towards his redemption through more generosity to those around him.

Starring: Alastair Sim, Kathleen Harrison, Mervyn Johns, Hermione Baddeley

Directed By: Brian Desmond Hurst

REMEMBER THE NIGHT (1940)

This comedy centers on the romance between a caring district attorney and the shoplifter he must prosecute. The whole situation happens near Christmas when the young woman (Barbara Stanwyck) is caught lifting a diamond bracelet from a posh New York store. The judge decides to postpone the case until after the New Year, leaving her to spend the holiday season alone in jail. The assistant D.A. (Fred MacMurray) assigned to prosecute her, learns that the woman is from his home state and he offers to take her to her mother's house for the holidays.

Starring: Barbara Stanwyck, Fred MacMurray, Beulah Bondi, Sterling Holloway

Directed By: Mitchell Leisen

FROSTY THE SNOWMAN (1969)

Frosty the Snowman is a happy sing-along that will delight children of all ages with its crisp animation and friendly title character, who makes a great impression with his corncob pipe, button nose, and eyes made out of coal.

Starring: Jimmy Durante, Jackie Vernon, Billy De Wolfe, June Foray.

Directed By: Arthur Rankin Jr.

RUDOLPH THE RED-NOSED REINDEER (1964)

Rudolph the Red-Nosed Reindeer is another Christmas classic that includes a lively soundtrack, and a celebration of Rudolph's difference from the other reindeer.

Starring: Burl Ives, Larry D. Mann, Billy Richards, Paul Soles

Directed By: Maury Laws, Larry Roemer

A CHARLIE BROWN CHRISTMAS (1965)

This Peanuts animated classic brings happiness and cheer, along with the minor conflicts between Lucy and Charlie Brown.

Starring: Peter Robbins, Tracy Stratford, Christopher Shea, Sally Dryer

Directed By: Bill Melendez, Phil Roman

HOW THE GRINCH STOLE CHRISTMAS (1967)

This animated adaptation of a classic holiday movie is based on the Dr. Seuss book with the same title. It was originally aired on television and features legendary Dracula actor Boris Karloff.

Starring: June Foray, Thurl Ravenscroft, Eugene Poddany and Boris Karloff

Directed By: Chuck Jones, Ben Washam

BABES IN TOYLAND (1934)

Two bumbling apprentices to the master toymaker of Toyland try to raise money to help Little Bo-Peep and her sweetheart overcome their financial difficulties.

Starring: Stan Laurel, Oliver Hardy,

Charlotte Henry, Felix Knight

Directed By: Gus Meins, Charles 'Buddy' Rogers.

YOU MAY QUALIFY FOR
FREE GRAB BARS
CALL AND ASK US HOW!



STAIR LIFTS

GRAB BARS

RAMPS

EXTEND YOUR ABILITY TO LIVE AT HOME

Next Day Access  **719-249-8235**

To find out more visit us online at:
www.NextDayCOS.com

 **STAIR LIFTS • GRAB BARS • TUB STEPS • RAMPS • PATIENT LIFTS**



Now Accepting Humana Medicare Advantage!

Optum® is a trademark of Optum, Inc.
© 2019 Optum, Inc. All rights reserved. 30582 11/19



We're in your neighborhood.
Providing quality, primary
health care services at many
convenient locations.

At Mountain View Medical Group, you'll have a team of professionals dedicated to helping you live your healthiest life.

Visit **MVMG.com** for a list of locations or to schedule an appointment.

Colorado's Myths And Legends

By Rick Sheridan

Colorado is home to many legends and mysteries. Some are true, and some are not. Here are a few of them that supposedly happened in the Colorado Springs area.



The Tunnels of Old Colorado City

This legend is real. If you ever get a chance to go on the Old Colorado City Historical Society "Tunnel Tales" tour, go for it! I went during the summer of 2018 and enjoyed the period costumes and the description of how Old Colorado City has tunnels beneath the streets that used to connect normal storefronts to brothels, gambling halls, and bars. These tunnels allowed its "respectable" residents and visitors to partake in their favorite vice unnoticed. During the tour, we visited two of the tunnels, located in some of the current Colorado Avenue businesses.



Emma Crawford's Coffin Races

Emma came to Manitou Springs in the late 1800s, seeking the healing properties of the mineral water in the area during a time when tuberculosis was relatively common. She was engaged to be married after she had mostly recovered from her illness, but died a few days prior to her wedding due to another bout of the sickness. After her death, her fiancé and 11 other men took her casket to the summit of Red Mountain, despite lacking the proper permits. A flood soon occurred, resulting in a landslide that brought her casket back into town. Throughout the years, various parts of her body have been found, including her skull. Emma's remains are now at the nearby Crystal Valley Cemetery. There is a local event called the Emma Crawford Coffin Races that brings hundreds of people to Manitou Springs in the early autumn.

Butch Cassidy's Buried Treasure

The outlaw Butch Cassidy is said to have buried \$100,000 worth of cash here in El Paso County. This money was from several of his bank robberies around the state. The exact location of the treasure is still unknown, although it's said to be near the town of Monument. The Front Range isn't typically where you'd expect to find an outlaw's hidden gold, but Butch Cassidy was supposedly forced to stash his cash near to Colorado Springs while being pursued by the law.

Tesla's Experiments Caused The Lights To Go Out In Colorado Springs

An early pioneer and inventor in the field of electricity, Nikola Tesla is best known for the Tesla Coil, an electrical resonant transformer circuit. Tesla lived in Colorado Springs for about two years and built a laboratory near the current School for the Deaf and Blind. The dry air and frequent electric storms in this area helped with Tesla's experiments. The city also gave him free land and power. His local reputation suffered a setback in 1899, when he set out to create a lightning bolt of his own. He was successful, blasting a bolt out that was over 100 feet long, with its thunder heard over 20 miles away in Cripple Creek. His experiment caused a local power

failure and sent the entire town of Colorado Springs into darkness. The experiment also set some of the electric company's equipment on fire in the process. After that, his power was cut off and his lab was broken down to pay for the generator he had destroyed. Some history books give Tesla's Colorado Springs laboratory credit for his most innovative discoveries.

The Secret Cave at the Garden of the Gods

Many recent visitors to the Garden of the Gods have not heard of Spaulding's Cavern. This massive but narrow cavern was once quite popular amongst visitors. It was discovered by Jacob Spaulding in 1848 on the North Gateway

Rock near the Kissing Camels. It was rediscovered in the 1930s but was quickly sealed when it was declared as too dangerous for visitors to explore due to fragile rock formations. The cave didn't stay closed for long, naturally reopening in 1963 due to erosion. It was again sealed by local authorities to prevent injury to curious visitors. It's said to still be sealed today and there aren't any signs of it opening any time soon. Supposedly the inside is filled with signatures of those who were once brave enough to enter.

The Military Base Hidden Inside Of A Mountain

Cheyenne Mountain stands tall over Colorado Springs.

It is notorious for hiding the Cheyenne Mountain Complex, military installation, beneath its surface. This base is part of the Cheyenne Mountain Air Force Station. Originally, this structure and nuclear bunker was the center for the United States Space Command and NORAD, responsible for monitoring the airspace above the United States and Canada. As of 2008, the complex has been re-designated as an air force station, and as far as the public knows, it is mainly used for flight crew training. Not only is the base under 2,000 feet of granite, it's also got 25-ton blast doors capable of withstanding a 30-megaton nuclear explosion from a mile away.

COMING FALL 2020 TO COLORADO SPRINGS | Reserve Now!



30 YEARS AGO, ASSISTED LIVING WAS JUST AN IDEA. OURS.

For more than three decades, family-owned and mission-driven Legend Senior Living® has been providing the comfort and freedom of home with expert care. We are committed to serving seniors and their families while maintaining dignity and independence.

**CALL OUR SENIOR LIVING
EXPERTS TO LEARN MORE.
(719) 917-0400**

Welcome Center

**2435 Research Pkwy, Ste 205
Colorado Springs, CO 80920**

LEGEND®
ASSISTED LIVING & MEMORY CARE
of Colorado Springs

A Residence of Legend Senior Living®



Broomfield | Greeley | Colorado Springs

LegendSeniorLiving.com



Local Artist Finds A New Path After Going Through A Frightening Experience

By Trevor Phipps

Many artists start out with one type of artistic passion but then switch to another. Pikes Peak Senior News Graphic Artist Cyndia Lee as proved herself to be one of these people.

She has worked as a graphic design professional on her own with various types of clients for several years before deciding that she needed to express her creative side in a different way. One day, about a year ago Lee chose a new and exciting path by trying to create wood burning art. She has been completely self-taught and has created various pieces of artwork that she sells at the local farmer's markets and other craft fairs across the region.

After being a professional freelance graphic designer for years, one day someone talked Lee into using her skills to create digitally designed artwork. After tapping into the creative side of her brain and appreciating the results, Lee decided to try out a wood burner and was not pleased with the results at first.

But then, she stuck with it and got better and better at the art style. Eventually, she upgraded to a new and improved style of wood burner and her hobby/business took off from there.

She now produces and sells wood burning art that, for one doesn't appear as if it was created by wood burning,


and for two, the pieces she produces look way better than anyone could create with just a handheld wood burner.

Taking the transition to becoming a self-taught, independent artist was a decision that, according to her, came to Lee for a reason. "My artwork illustrates my personal journey of searching for self-discovery," the artist said.

"There was a time when I was stuck into negative thinking. I would always feel a need to defend myself, and then I got cancer. It was only a stage zero, but it was enough to stop and look at myself. My art illustrates adding affirmations or just orchestrating them. I look for photos that will express the message that I am trying to portray. I know that there are people out there that are working on themselves and I know that my artwork will resonate with them and that



Page 42 Brain Teaser Answer:
After they switch horses, whoever wins the race will get the inheritance because they still technically own the losing (i.e., slower) horse.



DayBreak
An Adult Day Program


Love Patience Acceptance
Respect Humor Community

give! **A+** **BBB** **ACCREDITED BUSINESS** **Find us on Facebook**

404 N. Highway 67
PO Box 4777 | Woodland Park, CO 80866
719.687.3000 | www.daybreakadp.com

All that Glitters
FINE JEWELRY GALLERY

Rings don't fit
Because of arthritis?
WE CAN HELP!!!
Come in and see the "Cliq"
ring solution.



2616 West Colorado Ave #23
Under Jake and Telly's Deck
719-475-7160

it will be a constant reminder for them on their walls that they are working on themselves."

She has taken that positive mindset and has excelled with it. Her art, which can be seen inside local businesses and at several arts and crafts events in the area, does not look like it was created with a wood burner. Lee found something special when she figured out a way that she could help herself, express her emotions, and possibly profit from it all at the same time.

Recently, at a local craft fair, Lee's booth was one of the busier ones during the event. Out of all of the unique products at the event, Lee's art seemed to catch a lot of people's eyes.

For those who wish to check out Lee's exquisite artwork, her unique pieces can be seen at the Woodland Park indoor farmer's market during the winter and many of the arts and crafts events that take place in the Pikes Peak region. Lee and pictures of her one-of-a-kind creations can be found on social media at facebook.com/lady-with-altitude or on the web at ladywithaltitude.com.



Ten Vital Relational Needs

By Frank Sinclair



Visiting a local widows' grief group several months back, I used the following outline to walk through how these precious ladies processed their relational pain points. It was met with great approval and celebration.

1. COMFORT: Giving Strength and hope; easing the grief or pain, hurting, with consoling.

- a. The human need for comfort is one of the most critical and perhaps most misunderstood needs today. Since we live in a culture riddled with pain, it is vital that we learn and practice loving and troubled people.
- b. The act of comforting is not about trying to "fix" people, correct them or motivate with a pep talk. Such efforts may help at times, but it does not bring comfort. The act of comfort brings hope and strength and eases pain in a hurting person when we compassionately mourn that hurt with them.

2. ATTENTION (CARE): Taking thought of another and conveying appropriate interest and concern; entering another's world.

- a. Everyone needs attention to some degree. Love is expressed when we meet this valid need for attention in others. When we receive personal and loving attention, we are able to freely give our attention to others.

3. ACCEPTANCE: Deliberate and ready reception with a favorable response; receiving willingly; regarding as and prosper.

- a. We all have a deep relational need for others to accept us for who we are, "warts and all". We share love by freely accepting others.

4. APPRECIATION: Recognizing with gratitude, communicating with words and gestures personal gratefulness for another person – praising.

- a. Everyone needs to hear and sense the praise and gratitude of others.
- b. In a similar way we can love others as we share affirmation and praise of them.

5. SUPPORT: Coming alongside and gently helping to carry a problem or struggle; assisting; providing for.

- a. People often feel more needy and alone in times of high stress than any other time in their lives. A hectic schedule that most of us endure, along with surprise layoffs or major moves, conflict, illness, death, etc., makes life even stressful.
- b. People in these conditions feel alone, friendless and lost.
- c. We are given the responsibility to provide support for those in need when times are tough. We can provide daily support by comforting, guiding and standing in for others.

6. ENCOURAGEMENT: Urging forward and positively persuading toward a goal, inspiring with courage, spirit, or hope; stimulating.

- a. Discouragement is a common human affliction. It can be set in when we lose sight of a goal or when we lose hope through disappointment, frustration, rejection, or failure.
- b. Discouragement can set in when life just seems to be more than we can bear.

7. AFFECTION: Communicating care and closeness through physical touch and affirming words.

- a. During the 9 months before birth, a child is enveloped by human touch in his mother's womb. From the moment of birth, we reach we reach out



CRIPPLE CREEK CARE CENTER

Your Colorado Mountain Home

Love of the Colorado mountains does not fade with age!



A 5-STAR COMMUNITY

- **Zero Deficiencies in 2018-19 State Inspection**
- **Rated in Top 10% Nationally**

Through the National Nursing Home Quality Care Collaborative
www.telligenqinqio.com

- **CHCA Nurse of the Year**

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

Offering Quality 24/7 Skilled Nursing Care...



...With Love

"The greatest thing about the Care Center is the feeling of 'home' for both the residents and staff. We truly are a 'family' and the team work shows every day! ...the residents well-being is at the center of all we do." Lawrence Cowan, Administrator

719.689.2931 ~ www.cc-care.org
700 North 'A' Street ~ Cripple Creek, CO 80813

for the warm embrace of a mother's arms. From infancy through childhood and into adulthood the God-created need for affection does not disappear. Touching somehow reconnects us with one another, makes us feel close, and removes our aloneness.

8. RESPECT: Valuing and Regarding Highly; Conveying Great Worth; Esteeming; Honoring.

a. We communicate respect as we value one another's ideas and opinions and as we affirm another's strengths and gifts. We also show respect for others by respecting their privacy, property, and time.

9. SECURITY: Freedom from Harm, Danger and Fear; Putting beyond Hazard of Losing, Want or Deprivation; Confidence of "Harmony" in Relationships.

- a. We experience security when we feel safe and sense that we will be provided for and cared for. A love relationship provides ultimate security. We are protected in our relationships by providing security and safety in those relationships.
- b. A friend may be satisfied when you help her pray through an important decision, but she is secure when she senses your commitment to deep and lasting relationship and friendship.
- c. We build security in relationships when we say through our lives, "I am committed to be here for you and to meet your needs both now and in the future."

10. APPROVAL: Affirming as Satisfactory; Giving Formal Sanction to; Expressing a Favorable Opinion; Approving Of.

- a. We have a need of others to express with words and actions, "I am pleased with you."
- b. Approval should focus more on people's worth to their Creator than on what they accomplish; not so much on what they achieve as why they achieved it. Expressing love through approval requires that we really know a person. It is not enough just to know about him or her. When we fail to share approval with others, they may become "weary in well doing."

Florence Care Home **(719) 784-4830**



- Reasonable Rates
- Very nice private rooms
- Flower gardens
- Stable, caring staff
- Outside smoking area
- Great food
- No hidden costs
- Cable included
- Small town living

We invite you to come visit our small, caring home and walk through our flower garden!



Florence Care Home Inc.

1230 W 3rd St
Florence, CO 81226

www.florencecarehome.com

Faith Through Older Eyes: *A Christmas Homecoming*

By Nancy Parker Brummett

A common refrain from those living in care facilities is, “I just want to go home.” This sentiment is most often expressed by those in memory care who may not be able to remember why it was that they needed a safe, different environment in which to live. One facility I visited installed a bus stop in the hallway. Just sitting on the bench waiting for the bus seemed to calm the residents wanting to go home until the desire to do so passed them by.

This makes us sad, but we can understand that all hearts yearn to go home—especially at Christmas time. If we can’t take our seniors home for Christmas in the real sense, what can we do to bring home to them?

A good place to start is with the story of the first Christmas recorded in Luke, Chapter 2. Although our elders may have heard this passage of Scripture read in church services every Christmas of their lives, they may not have thought about the fact that none of the main characters in the story were home on the first Christmas.

Joseph had once lived in that region which is why he was required to transport his pregnant wife on a donkey, taking her with him to register for the census in Bethlehem. But it wasn’t home to him. Mary likely had never been there before. She was young, about to give birth, and far away from her family and familiar surroundings. Surely she yearned to go home.

And then there’s the Baby Jesus himself. The star of the story. He certainly wasn’t home. He left the glories of heaven, where He reigned next to Almighty God, and humbled himself to come to earth as a tiny baby born in a stable surrounded by animals. Jesus later said, “For I have come down from heaven not to do my will but to do the will of him who sent me...For my Father’s will is that everyone who looks to the Son and

believes in him shall have eternal life...” (John 6:38,40). He left His celestial home for a significant purpose.

Sharing this perspective on the Christmas story may lead to some heartfelt discussions about home. It’s common for elders to let messages of discouragement bring them down, especially over the holidays. They may remember all the years they decorated their homes, baked for days, wrapped presents, set beautiful tables, served scrumptious meals, and then they wonder, “Did any of it matter? Does anyone even remember those Christmases?”

The best gift you can give an elder parent is to tell them, “I remember.” If possible, go through old photos and create a small album of photos from Christmases past. Include recipe cards for favorite annual treats or other mementos of your family Christmases.

As you look at the album with your loved one tell her, “I’ve tried to make your crescent cookies but they never turn out as good as yours.” Or tell him, “I really believed those footprints you made in the snow were from Santa!” It doesn’t matter what you share, just that you say, “I remember.” With or without an album of photos, sharing fond Christmas memories with the elders you love may be the best gift you can give them. Merry Christmas 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.

VOLUNTEER

BE A DRIVING FORCE IN YOUR COMMUNITY

Interested in giving back to your community and having fun? **Volunteer with AARP Driver Safety** — a program that helps older drivers stay safe on the road.*

Sign up today to be an **Instructor** for our AARP Smart Driver Class room course:

- Training is easy and resources are 100% provided
- No special skills or AARP memberships required
- Teach at least 3 courses a year, on your own schedule

BECOME A VOLUNTEER TODAY!

For more information on becoming an AARP Smart Driver Course Instructor, visit www.aarp.org/driversafetyvolunteer



TOYOTA This program is supported by a generous grant from Toyota to AARP Foundation.
*All AARP Driver Safety volunteer positions are unpaid. However, volunteers are reimbursed for approved, program-related, out-of-pocket expenses, such as mileage and postage.

grateful



"When I decided to volunteer at Silver Key's Food Pantry, I knew it would be rewarding. I was surprised to find out how thankful it makes me feel to help others who may not be as fortunate as I am. The seniors served through the pantry really appreciate the food and necessities they receive and I like knowing it helps them stretch their limited budgets further. I have a lot of fun making a difference in a senior's life."

Be part of something important.

Apply to volunteer at silverkey.org/volunteer or call 719-884-2300.



HOWARD MILLER ONCE a YEAR SALES EVENT

YOUR CHOICE

OVERSIZED GALLERY WALL CLOCK



32" DIA

\$179
Sugg. Retail \$354 EDON

MUSICAL CLOCKS PLAYS 12 CHRISTMAS CAROLS



CAROLS OF CHRISTMAS II
or
SOUNDS OF THE SEASON
H 7.5" x W 5.5

\$19⁹⁹ each
Sugg. Retail \$91.50

FANTASTIC
VALUE!

\$2,149
Sugg. Retail \$4,211
ROL. ERICK, 82.75" Westminster Chime



AVAILABLE
4
FINISHES



USA
Designed and Assembled

\$1,699
Sugg. Retail \$3,343
HOURGLASS, 77.5" tall Westminster, Ave Maria & Bim Bam Chime



\$1,399
Sugg. Retail \$2,750
OTTO, 82.5" tall



TTS TICK TOCK SHOP
EST. 1974
COMPLETE CLOCK AND WATCH
SALES AND SERVICE
7 N. Circle Dr.
Colorado Springs, CO 80909
719.475.8585

Veteran Suicide

By Kent Jarnig



'Tis the season for holiday cheer: Christmas, Hanukkah, Kwanza, probably a few birthday's and possibly even a wedding anniversary. This month couldn't be any better...but it's also an extremely difficult time for many people.

I was a Combat Medic in Vietnam. That doesn't mean I'm an expert on depression and suicide. It simply means that I have been there and have some degree of understanding concerning Vets.

Most of us have seen the typical stats that 22 Veterans commit suicide every day. But there are stats most people are unaware of. The Army represents 52% of **ALL** Veteran suicides. Veteran suicides are 50% higher than the rest of the population. The average age of a Veteran who commits suicide is 59. And, something that many might find surprising, Veteran Women commit suicide twice as often as women who haven't served.

Let's drill down a little on these stats. Why is Army service the most likely to create a circumstance where a person

commits suicide? My belief is that when you pick up a M-16, put the bead on a person and pull the trigger and watch the back of their head blow off, well, that's different than bombing a village from 30,000 feet or shelling a city from a Navy vessel. I'm not saying either isn't important or life changing, I'm just saying. Think about it. Virtually all of us since childhood were taught NOT TO KILL. You can accept that it's the right thing to do in war, but it's something you never forget.

So, what does the VA do? Lots. If you or someone you know is in needs help, Colorado Springs has a Federal VA walk-in clinic. Fill out a one-page form, and in minutes you see a counselor. Individual, couple and group counseling are offered...forever, as long as you believe that you need support. **Always FREE.** Being in VA Health Care or having a VA Disability rating is NOT required. Where? 602 South Nevada Avenue in Colorado Springs. Phone: 719-471-9992. The VA Clinic at 3141 Centennial Boulevard in Colorado Springs also has trained

counselors on duty whenever the clinic is open.

If you or a loved one is considering taking their own life and needs immediate intervention, call **1-800-273-8255 and press 1** (open 24/7/365 days a year). Whomever answers the phone will find immediate help... and I mean within minutes. This is El Paso County (we are in the top 5 counties with the highest concentration of Veterans and active duty military in the US) and the police are trained how to talk with the Veteran and where to take them for help. If you just need to talk with someone, they are there for you. These conversations are always confidential.

There is help available...you just need to ask.

**VA CRISES LINE:
800-273-8255 AND PRESS 1**



Kent Jarnig,
Chair
El Paso County
Colorado
Progressive
Veterans

Your # 1 Choice For Hand and Upper Extremity Surgery and Injuries

Patrick Devanny, M.D.
David Labosky, M.D.
Board Certified Orthopedic Surgeons
Voted Colorado Springs Top Doc
2013, 2014, 2015, 2016 & 2018



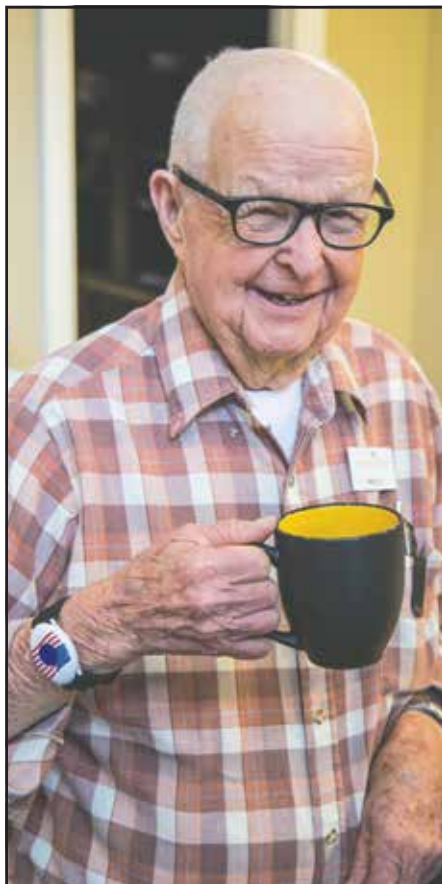
Stem Cell Injections for Intra-articular and Extra-articular Disorders
Distal Radius Fractures | Shoulder & Elbow Arthroscopy
Thumb Arthritis | Carpel Tunnel | Cubital Tunnel



Welcoming New Patients!
Schedule your appointment today.

Call 719-471-4994

Accepting most Insurance
2960 N. Circle Drive, Suite 125
Colorado Springs, CO 80909




JACKSON CREEK
SENIOR LIVING

Independent Living | Assisted Living | Memory Care

**EXPERIENCE
THE DIFFERENCE**

Are you looking for Assisted
Living or Memory Care?

Discover a warm and welcoming
community with chef-designed
meals and exceptional care.

SCHEDULE YOUR VISIT
719-725-6060

16601 Jackson Creek Parkway, Monument, CO | JacksonCreekSeniorLiving.com | Managed by WellAge





Call **719.387.7118**
today to schedule your
complimentary
hearing assessment!*

Helping More People Hear Better!

At **HearingLife**, we are committed to delivering **unsurpassed hearing healthcare** by placing your individual needs first. We pledge to provide **affordable, custom-tailored hearing solutions** supported by our professional, dedicated staff.

When should I have my hearing tested?

- Missing conversations or having people repeat themselves
- Currently working or have worked in noisy environments
 - Experiencing tinnitus (ringing or hissing in ears)
 - **If you have never had your hearing tested**



1396 South 21st Street, Colorado Springs, CO 80904

719.387.7118 ● **hearinglife.com**

WHEN CALLING, MENTION CODE AAP6-1

Travis Milliken, Hearing Instrument Specialist

*See office for details. ¹audiology.org



(719) 272-4227

Medical & Surgical Eye Issues

- Cataract Specialist
- Allergies
- Dry Eyes
- Diabetic Retinopathy
- Macular Degeneration
- Glaucoma
- Infections



Michael Haas, M.D.
Board Certified Ophthalmologist



David Davis, M.D., FACS
Board Certified Ophthalmologist

***You won't leave until all of your questions
have been answered!***

6385 Corporate Drive, Suite 307, Colorado Springs, CO 80919
www.haasvisioncenter.com



**Professional
Pharmacy, LLC**

"Pharmacy is our calling. Service is our passion."



Caring is our Hallmark

We take our role in your health very seriously.

Vaccinations, Automatic RX Refills,
Mobile App, Assisted Living, Pets,
Custom Compounding, Text Message Reminders



WE DELIVER!

595 Chapel Hills Drive
Most insurance plans accepted
633-8278 • Fax 228-6911
www.pro-pharmacy.com



Crossword Puzzle

ACROSS

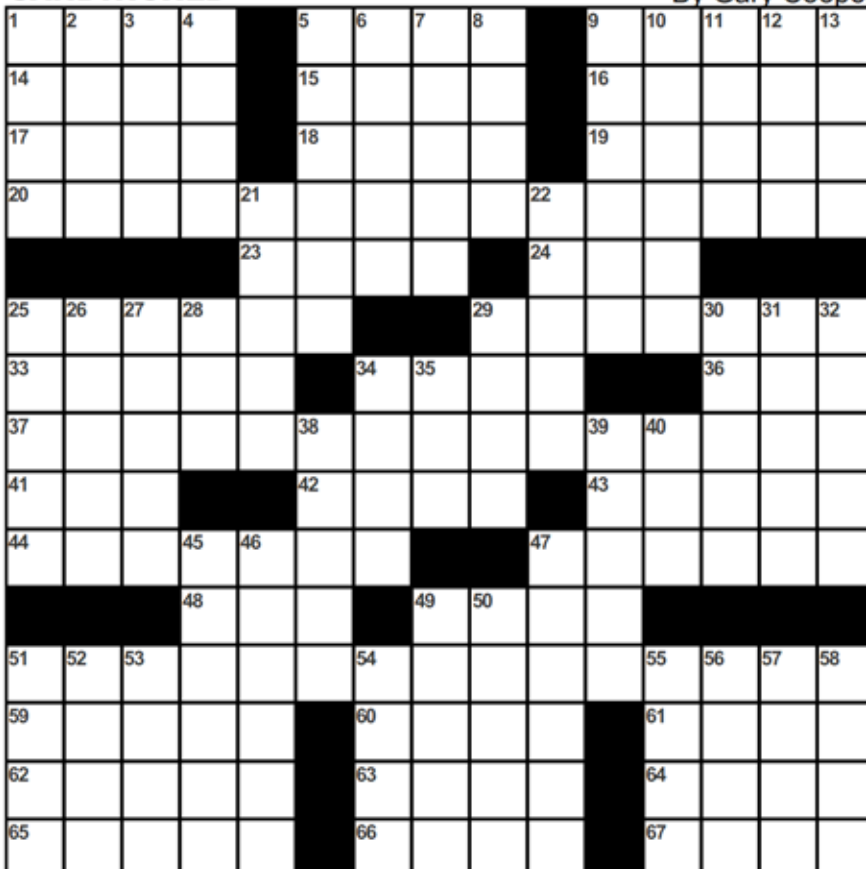
- | | |
|----------------------------------------|--------------------------------------------|
| 1) Kill with kindness | 41) Aussie avian |
| 5) Two threes, for one | 42) Leave off the list |
| 9) Having land | 43) Family symbol |
| 14) Ethiopian princess of opera | 44) Regret deeply |
| 15) Storybook monster | 47) Equestrian beasts |
| 16) Comedy alternative | 48) Geller of mind games |
| 17) Advertising medium | 49) Boyfriend |
| 18) Similar to | 51) Feature of heavy traffic, on the rails |
| 19) "Curb Your Enthusiasm" star | 59) Apt rhyme for "anticipate" |
| 20) Post-Thanksgiving fare | 60) Touch borders with |
| 23) Mocked | 61) Teeny biter |
| 24) Uracil stuff | 62) "20,000 Leagues Under the Sea" writer |
| 25) Balance sheet heading | 63) Mathematical sets of points |
| 29) Contemptible coward | 64) "Beetle Bailey" dog |
| 33) Way down for mail or laundry | 65) Inquired |
| 34) Etching liquid | 66) "Touching" Olympic event |
| 36) "Once upon a midnight dreary" poet | 67) Sticky semiliquid |
| 37) Deli order, sometimes | |

DOWN

- 1) Pessimist's word
- 2) "In ___ of flowers ..."
- 3) Unpleasant smell
- 4) Tug
- 5) Coral creatures
- 6) Nimble
- 7) Rankled
- 8) Popular snorkeling destination
- 9) Accessories
- 10) Ascot relative
- 11) Carry on wildly
- 12) Islamic leader
- 13) Father figures
- 21) Consumed
- 22) Plumbing or carpentry, e.g.
- 25) Suffered with dull pains
- 26) Cause of a red face
- 27) Describe concisely
- 28) Fraternity vowel
- 29) Topic of many a New Year's resolution
- 30) Architectural recesses
- 31) Stir to action
- 32) Insolvency causes
- 34) Summit
- 35) Greek X
- 38) Corinthian's cousin
- 39) Clean with elbow grease
- 40) Commit a faux pas
- 45) Like a wolf
- 46) Spoke from the soapbox
- 47) McDaniel of "Gone With the Wind"
- 49) Kind of jazz
- 50) Draw forth
- 51) Coffee, slangily
- 52) Inspires wonder in
- 53) Blemish
- 54) Leafy vegetable
- 55) Very excited
- 56) "... and ___ the fire"
- 57) Cold War-era alliance
- 58) Word in an octagon

SANDWICHED

By Gary Cooper



Key on page 43.

Lemony Herb Roast Chicken

Ingredients

- Roast Chicken
- 2 tsp. finely grated lemon zest
- 2 cloves garlic, crushed with press
- 1 tsp. fresh thyme, chopped
- 4 tbsp. butter, softened
- 1 whole chicken (4 to 5 lbs.), patted dry
- Roasted Onion and Radishes
- 1 medium onion, thinly sliced
- 1 bunch radishes, trimmed, quartered



Preheat oven to 350°F.

Directions

In bowl, mash zest, garlic, thyme, 2 tablespoons butter and 1/2 teaspoon each salt and pepper until combined. With fingers, gently separate skin from breast and thighs of chicken. Place butter mixture under skin; spread evenly. Tie drumsticks together and tuck wings behind breast.

Place chicken on rack fitted into medium roasting pan. Arrange onion and radishes around chicken. Melt remaining 2 tablespoons butter; brush all over chicken, then sprinkle with 1/2 teaspoon each salt and pepper. Pour 1/4 cup water into bottom of roasting pan.

Roast chicken 50 minutes. Reset oven temperature to 425°F; roast, checking to make sure water has not completely evaporated (add another 1/4 cup if necessary), 15 to 20 minutes or until thermometer inserted into thickest part of thigh registers 165°F.

Let chicken rest at least 15 minutes before carving. Meanwhile, use Roasted Onion & Radishes and any pan juices to prepare Panzanella.

Best Spiced Salmon With Sweet ‘n’ Tangy Salsa

Ingredients

- 1 tbsp. Old Bay seasoning
- 1 tbsp. brown sugar
- Kosher salt
- 4 skin-on salmon fillets (about 5 oz. each)
- 1/2 small head red cabbage, very thinly sliced
- 1/2 c. packed fresh cilantro leaves
- 3 green onions, thinly sliced
- 1/4 c. white balsamic vinegar



Directions

Combine Old Bay, brown sugar, and 1/2 teaspoon salt; rub all over salmon fillets and place, skin side down, on foil-lined rimmed baking sheet. Broil on high 5 to 6 minutes or until just cooked.

Toss cabbage, cilantro, green onions, balsamic, and 1/4 teaspoon salt. Serve salmon on top of slaw.

PLAY SUDUKO

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

Key on page 42.



Iron Springs Chateau
Colorado's Fun Melodrama

444 Ruxton Ave, Manitou Spgs, CO
(719) 685-5104

CHEER THE HERO! BOO THE VILLAIN!
Join us for Dinner and a Show!

RESERVATIONS: (719) 685-5104

An old fashioned melodrama
where the good guys always win!

Melodrama is followed by a
Vaudeville style Musical Revue!



**FUN FOR THE
WHOLE FAMILY!**

Senior, Military and
Group discounts
available



Check our website for upcoming shows, auditions and
melodrama workshops

<http://ironspringschateau.com>

Champagne Christmas Brunch

December 25th
11am-3pm

Breakfast Favorites

Pastries | Fruit | Eggs | Bacon | Sausage | Pancakes

Waffle & Omelette Station

with Assorted Toppings

Carving Station

Prime Rib with a Roasted Garlic Au Jus and Rosemary Red Wine Sauce

Maple Bourbon Turkey Breast

Brown Sugar and Maple Carver Ham with Bourbon Raisin Glaze

Hot Station

Garlic & Rosemary Pork Loin | Pan Seared Salmon

Herb & Garlic Stuffing | Home-Style Yams | Roasted Garlic Mashed Potatoes

Salads

Baby Kale & Spinach Salad | Quinoa Salad

Broccoli Salad | Wild Rice Salad

Raw Bar

Shrimp Cocktail | Crab Legs

Artisan Bread Display

Dessert

Pumpkin Pie | Pecan Pie | Apple Crisp | Banana Foster

Mini Dessert Shooters | Cupcake Station | Ice Cream

...And So Much More...

Adults - \$43.95

15% Discount for Senior & Military

Children (6-12) - \$18.95

Kids 5 & Under - FREE

Automatic 23% Gratuity & Tax

(Advance Credit Card Payment Required)

HOTEL
Eleganté
★★★★★

CONFERENCE & EVENT CENTER

Reservations Required

2886 S. Circle Dr. Colorado Springs
CO 80906

719-302-9877

www.hotelegante.com



Brain Teaser

Question:

An old man dies, leaving behind two sons. In his will, he orders his sons to race with their horses, and the one with the slower horse will receive his inheritance. The two sons race, but since they're both holding their horses back, they go to a wise man and ask him what they should do. After that, the brothers race again - this time at full speed. What did the wise man tell them?

Answer on page 29

SUDUKO KEY

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

100 Word Fiction Story

Cocktail Time

By Melissa Jane

The smiling woman presented a tray.

My mother, 96, fresh from the beauty shop and wearing pearls, waved it away. "I'll have a bourbon and water, please."

"Excuse me?"

"Bourbon and water. First the ice, then bourbon, then water."

"I know what bourbon and water is, sweetie."

My mother turned to me and raised her right eyebrow. Any of her children will tell you this meant trouble. Only my father called her sweetie.

"Please tell that cocktail waitress what I want and order yourself something."

I dreaded disobeying Mom, but our cocktail waitress was her caregiver and her tray held meds.



Reveals

by Mei-Li, Colorado Springs, Colorado

Maize fields---
 Impetuous
 Harsh-thunder
 Augur wind
 Force deer to run---
 Autumn ambient
 I walk down the lane
 Naked tree-lined street

Blissful as I
 Amber meadows
 Brown weeds
 Swift back and fro

To this afternoon breeze---
 As I, happy can be
 I find a spot
 Muse God's creation
 I gather my thoughts
 As secret---

Retreat with red-yellowish colors
 My unsullied affection

Mei-Li Liu's stories and poetry have appeared in Skipping Stones Magazine, Brave Hearts magazine, Mid-America Poetry Review, Red Hawk Review, and the winner of the Mighty Muse Literature Prize, and Father Hall of Fame Prize. First book "Ten Thousand Miles From Home," published in Dragon Press.

Crossword Puzzle Solution

1	C	2	L	3	O	4	Y	5	P	6	A	7	I	8	R	9	A	10	C	11	R	12	E	13	D
14	A	15	I	16	D	17	A	18	O	19	G	20	R	21	E	22	D	23	R	24	A	25	M	26	A
17	N	18	E	19	O	20	N	21	L	22	I	23	K	24	E	25	D	26	A	27	V	28	I	29	D
20	T	21	U	22	R	23	K	24	E	25	Y	26	L	27	E	28	F	29	T	30	O	31	V	32	E
23	A	24	P	25	E	26	D	27	R	28	N	29	A	30		31		32		33		34		35	
25	A	26	S	27	S	28	E	29	T	30	S	31		32		33	D	34	A	35	S	36	T	37	A
33	C	34	H	35	U	36	T	37	E	38		39	A	40	C	41	I	42	D	43		44	P	45	O
37	H	38	A	39	M	40	A	41	N	42	D	43	C	44	H	45	E	46	E	47	S	48	S	49	S
41	E	42	M	43	U	44		45	O	46	M	47	I	48	T	49		50	C	51	R	52	E	53	S
44	D	45	E	46	P	47	L	48	O	49	R	50	E	51		52	H	53	O	54	R	55	S	56	E
48	U	49	R	50	I	51		52	B	53	E	54	A	55	U	56		57		58		59		60	
51	J	52	A	53	M	54	P	55	A	56	C	57	K	58	E	59	D	60	T	61	R	62	A	63	I
59	A	60	W	61	A	62	I	63	T	64		65	A	66	B	67	U	68	T	69	G	70	N	71	A
62	V	63	E	64	R	65	N	66	E	67		68	L	69	O	70	C	71	I	72	O	73	T	74	T
65	A	66	S	67	K	68	E	69	D	70		71	E	72	P	73	E	74	E	75	G	76	O	77	O
67		68		69		70		71		72		73		74		75		76		77		78		79	

Recovery Starts Here

Inpatient rehabilitation & outpatient therapy tailored to meet your needs for a faster recovery.



719.564.2000
 2118 Chatalet Ln.
 Pueblo, CO 81005
 LifeCareCenterOfPueblo.com

137920

VETERANS' BENEFITS WELCOME!

LAUREL MANOR CARE CENTER

Proudly offers: Short-term Rehabilitation, Skilled Care & Memory Support



24-hour skilled nursing services • Individualized plans of care • Comprehensive rehabilitation services • Memory Support neighborhood with private outdoor courtyard • Restaurant-style dining • Person-centered Life Enrichment program • Great Place to Work™-certified and more

CALL US TODAY
(719) 473-7780



Laurel Manor Care Center

A Volunteers of America Senior Living & Care Community
 920 S. Chelton Road Colorado Springs, CO 80910
 laurelmanor.org | (719) 473-7780



December 2019

Cheyenne Mountain Zoo's Electric Safari

When: Nightly, December 6-8
Nightly, December 13 – 23
Nightly, December 25 – January 1, 2020
(*Electric Safari is NOT open on Christmas Eve, December 24)
Time: 4:30 – 5:30 p.m. – Member Early Entry Hour
(non-members are allowed to enter at 4:30 p.m.
only if accompanied by a Zoo member.)
5:30 – 8:30 p.m. – with last admission at 7:30 p.m.
What: 'Tis the season for lights, animals and holiday spirit at America's only mountain zoo. Take in nearly one million sparkling lights illuminating the crisp winter night, warm up at one of the fires throughout the Zoo, then stop in and see Santa (through Dec. 23).



The 35th Festival of Lights Parade

When: December 7, 2019
Time: 5:50 pm
Where: Downtown Colorado Springs
Cost: FREE
What: Festival of Lights is a series of events to celebrate the December holiday season, highlighted by the Festival of Lights Parade. The events include cultural and artistic programs, performances and other festivities for the enjoyment and education of the general public.



Winter Wonderland Holiday Market

When: Saturday, December 7, 2019 – This European-style outdoor shopping adventure is unlike anything else in town.
Where: Margarita at Pine Creek
When: 11 a.m. - 3 p.m.
Cost: Free
What: Choose goods from local, small business vendors and enjoy a bite on the patio of the Margarita at Pine Creek.

UCCS "Curiosity Unlimited" presents Professor Sarah Hagedorn,

When: December 13th, 11:30 am to 1:30 pm, Briarhurst Manor - Conservatory,
Where: Manitou Springs. Call 719-574-1449 for menu options and reservation details
Cost: \$27 RSVP with payment by December 1st.
What: Ph.D., Department of Political Science, lecturing on "The Changing American Political Landscape" at December luncheon. Friday,
Website: www.uccs.edu/curiosity/lectures.html

Vegan Holiday Market

When: Saturday, December 14, 2019
Where: Colorado Springs Fine Arts Center
When: 11 a.m. – 3 p.m.
Cost: Free
What: The Colorado Springs Vegan Events Pop-up Market will feature 100% vegan food, health and beauty products, clothing, specialty products, and more.

Holiday Chocolate Festival

When: Sat, Dec 14
Where: Colorado Springs Event Center 3960 Palmer Park Blvd, Colorado Springs, CO
What: This one day event will feature over 100,000 chocolate samples as the starring attraction! We also have ongoing entertainment all day and many activities.

December 2019 Cont.

Rock Ledge Ranch Holiday Evening

When: December 14, 2019

Time: 4-8pm

Cost: Regular admission; includes all activities and tours

What: Rock Ledge House will be decorated with the sights and sounds of the holiday season. Enjoy jingle bell wagon rides, old-time music, guided lantern tours and much more throughout the evening.



Holiday Spirits Fest In Manitou

When: December 14, 2019

Time: 1:00pm - 7:00pm (parade at 6:00pm)

Cost: Free

Where: Manitou Springs

What: Spend the day in Manitou Springs and shop in the unique stores and art galleries. The town will be filled with holiday spirit as you listen to Sidewalk carolers, a Brass quartet, see Santa's helpers, and more! There will also be fireworks, a Santa appearance and a community parade!

Visit Santa – At The North Pole

When: Through Dec. 24, 2018; Closed most Tuesdays and Wednesdays

Time: 10 am - 5 pm

Cost: \$25 per person ages 2-adult.

What: Meet Santa and his elves. Ride on more than two dozen unique, friendly rides, swing through the sky on the Enterprise Space Shuttle or enjoy the whimsical antique carousel.



Winter Wonderland With The Wolves

When: December 22, 2019

Time: 9 - 11 am

Cost: Adults \$30, Kids 12 & under \$15

Where: Colorado Wolf and Wildlife Center - 4729 Twin Rocks Rd. Divide, CO 80814

What: Spend some times with the wolves in their wonderland retreat in Divide, CO. Festivities include breakfast burritos with the wolves. Space is limited. Please call for reservations.

Phone: (719) 687-9742

Website: wolfeeducation.org



Christmas Symphony

When: December 22, 2019

Where: Colorado Springs, CO

Cost: \$26-68

What: Gather round for Christmas favorites to set your heart soaring. Arcangelo Corelli's Christmas Concerto and Handel's Messiah converge with other notes, noels, and seasonal standards that will have you rejoicing.

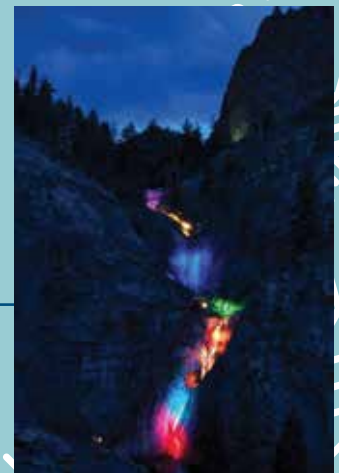
Winter Lights At The Broadmoor Seven Falls

When: December 23, 2019

Where: Broadmoor Seven Falls

Cost: \$15.50 adults/ \$9.50 kids

What: In 1947, a tradition began at Seven Falls to promote the canyon at night when alternating colored and white lights illuminated the waters, much to the delight of locals and visitors worldwide. On Saturday, November 17, the much-loved, multi-colored display continues for another holiday season as Seven Falls celebrates the fourth annual Winter Lights event.



December 2019 Cont. - February 2020

Champagne Brunch

When: 2019 dates tbd

Where: Hotel Elegante, Colorado Springs, CO

Cost: \$43.95 - Seniors and members of the military enjoy a 20% discount.

What: There's no better way to cap off a busy weekend than with Sunday Brunch at Rustlers Café in Hotel Elegante. Choose between omelets and waffles to order, succulent prime rib, homemade pastries and much more.

New Year's Eve Celebration

When: Dec 31, 2019, 7:00 PM – Jan 1, 2020

Time: 12:30 AM MST

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

What: New Years Eve Celebration at the Ute Pass Cultural Center will be an evening of dancing, drinks, and delicious hors d'oeuvres for adults age 21 and older, as the New Year is celebrated.



Colorado Springs Home Building & Remodeling Show

When: Jan 3 – 5, 2020

Where: Norris Penrose Event Center 1045 Lower Gold Camp Rd # 3, Colorado Springs, CO

2020 Home & Landscaping Show in Colorado Springs

When: Jan 17, 2020, 1 PM – Jan 19, 2020, 4 PM MST

Where: Colorado Springs Event Center - 3960 Palmer Park Blvd, Colorado Springs, CO

Community MLK Day Celebrations at CC

When: Mon, Jan 20, 8 AM – 9 PM MST

Where: Colorado College - 14 E, W Cache La Poudre St, Colorado Springs, CO

What: Colorado College is excited to invite the community to come together to honor the memory and legacy of Rev. Dr. Martin Luther King, Jr. with this series of events.

Lake Art Group Winter Show 2020

When: January 28 – February 28, 2020

Where: Tri-Lakes Center for the Arts, Palmer Lake CO

Cost: Members: \$20 for first piece and \$10 each for 2 additional pieces.

Non-Members: \$25 for first piece \$15 each for 2 additional pieces.

What: Presented by Palmer Lake Art Group. Please review eligibility criteria and terms of submission online. Wall art, 3-D Pieces, and bin art will be accepted as entries.

Email: bsands56@gmail.com

Introduction to Genealogy

When: Feb 1, 2020

Time: 10:00 am - 02:00 pm (Sat)

Where: PPLD - Penrose Library - 20 N. Cascade Ave., Colorado Springs, CO 80903

Cost: Free

What: The instructor for this class is Nancy Niles Wehner, CG. Recommended Minimum Experience Level: Beginner. Bring snacks and/or a lunch, as we will not be taking a break long enough for you to go out and eat. Registration required: call or register online at register online go to

Phone: (719) 531-6333 ext. 2253

Website: <https://ppld.librarymarket.com/introduction-genealogy-finding-your-family-history>

Email: education@ppgs.org

February 2020

Cripple Creek Ice Festival

When: February 8-17, 2019

Where: Cripple Creek, CO

Cost: Free

What: The Cripple Creek Ice Festival is a spectacular event. Come watch ice sculptors carve ice into beautiful works of art that will amaze you. 2019 marks the 12th year for this premier event. This year's theme is Super Heroes in Ice.



Chocolate Lovers Walk

When: February 9, 2019

Where: Canon City

Cost: \$15 per person/\$25 per couple

When: The best walk you'll ever take! The Canon City Music & Blossom Festival is hosting their 17th Annual "Chocolate Lovers Walk". Check out all the wonderful goodies located in numerous businesses in downtown Canon City. Your ticket gains you entrance to Chocolate Lovers Headquarters where you'll receive your Chocolate Walk supplies. Guided by a map and signs in front of participating merchants, you'll visit the "Sweet Stops," collecting something chocolate-themed at each location.

Bogo Magic Town Admissions

When: February 9-17, 2019

Where: Michael Garman Museum & Gallery

What: Add a little magic to your life when you bring your loved ones to Magic Town, a 3,000 sq-ft magical miniature city.

Cost: Buy one admission, get one of equal or lesser value

Passport To Montalcino

When: February 12, 2019

Where: Pizzeria Rustica

Cost: Varies

What: Impress your Valentine by avoiding the crowd and reserving your seat for this 5-course wine dinner. Your sweetheart will swoon when they remember that this wine dinner also benefits CASA of the Pikes Peak Region.

UCCS "Curiosity Unlimited" presents Professor Todd Bredbenner,

When: Friday, February 14th 9:30 to 11:30 with coffee & goodies.

Where: UCCS Campus, University Center, Room 116, 1420 Bluffs Pkwy, Visitors welcome.

What: Ph.D., Mechanical & Aerospace Engineering, lecturing on "Bone Fractures: Moving Away from One-Size-Fits-All Prevention & Treatment Strategies."

Contact: Call 719-574-1449 for parking instructions.

Website: www.uccs.edu/curiosity/lectures.html

Annual Sweetheart Ball

When: February 16, 2019

Where: Shining Mountain Golf Club

What: Elevate your Valentine's celebration with a semi-formal charity ball in Woodland Park. Take your sweetheart to a lovely dinner at Shining Mountain Golf Club for dinner, cocktails and dancing.

Valentine's Is For The Birds

When: February 16, 2019

Where: Fountain Creek Nature Center

What: Join Fountain Creek Nature Center on a bird hike for beginners of all ages. Then, show your love for their feathered friends by making a bird seed ornament to take home.

Cost: \$3 member, \$4 non-member

Christmas Meals for Everyone

By Rick Sheridan



There are several free Christmas meals here in the Colorado Springs area. One of the purposes of these Christmas meals are to help combat loneliness in the community and raise the Christmas spirit. Although you will see the homeless represented, people of all ages and income brackets are welcome. You may also want to consider volunteering at any of the meals listed below. I have been volunteering at one of the community meals in the Kansas City area when I go back to visit for Christmas. It is amazing who shows up at these events. Two years in a row I ran in to my old grade school principal. He had lost his wife recently, and probably did not want to face the holidays alone.

Christmas dinner was meant to be the finest meal of the year. Roasted meat was often considered to be the centerpiece of a good Christmas dinner. Many people in the United States think that turkey is the primary meat dish. It wasn't until Queen Victoria started eating turkey in the 1800s. Soon, the middle classes followed suit. Over time, the prices of it began to drop, giving the opportunity to the working class to join in the new tradition. These community meals in the Colorado Springs area also have a large selection of salads and desserts.

Colorado Springs

Catholic Charities Marian House will serve a Christmas meal at the Marian House, 14 West Bijou Street (near downtown) 10:30 am - 1 pm. They also do Senior Food Boxes and holiday food boxes.

For more information, please call (719) 475-7314
Salvation Army Colorado Springs Corps provides a Christmas meal on Wednesday December 25, 2019 11:00 a.m. - 1:00 p.m. at 908 Yuma Street Colorado Springs, CO 80909. They will also be delivering a meal to those who are homebound only. Rides are available as well.

For more information, please call (719) 636-3891.
Springs Rescue Mission. Their Christmas For All Meal is on December 24th from 11:00 a.m. to 1:00 p.m., at the Historic City Auditorium, 221 E Kiowa Street.

For more information, please call (719) 632-1822.



Fountain

Salvation Army Colorado Springs Corps. They provide a Christmas meal on Wednesday December 25, 2019 11:00 a.m. - 1:00 p.m. at 5745 Southmoor Drive Fountain CO, 80817. They will also be delivering a meal to those who are homebound. Rides are available as well. For more information, please call (719) 636-3891.

Manitou Springs

Salvation Army Colorado Springs Corps. They provide a Christmas meal on Wednesday December 25, 2019 11:00 a.m. - 1:00 p.m. at 606 Manitou Avenue Manitou, CO 80829. They will also be delivering a meal to those who are homebound. Rides are available as well. For more information, please call (719) 636-3891.



Preserve your favorite family memories for generations to come!

Video tapes, pictures, film, slides, audio tape, cassettes, and more! Restored, modernized, and preserved in easy to share formats for all to enjoy.

Call or come in today for a free media consultation.

2931 N. Prospect St.
Across the street from the
Old North End Post Office
(719) 442-2333



Bring in this ad to receive
10%
off your total bill.

Aztec Media Company is proud to be celebrating 25 years of serving the Pikes Peak region.



*A little TLC goes
a Long Way*

We provide senior home care that matches Mom or Dad with the perfect caregiver.

- Alzheimer's & Dementia Care
- Light Housekeeping & Cooking
- We Accept Long Term Care Insurance
- Live 24/7 Scheduling Support
- Full-Spectrum Home Care
- Errands
- Ongoing Case Management
- Regular Care Updates
- No Long-term Contracts
- Continuity of Care
- Companions

To Keep You Safe in Your Home

Skilled & Unskilled PCP, CNA, LPN, RN | 2 hour to 24-Hour Care
Licensed - Bonded - Insured

(719) 502-5765

tlchomehealthcare4u@gmail.com



Community Dental Health

Dental Service for Seniors, Vets, Adults
Same Day denture relines & repairs

Grant Funding support for low-income, uninsured people of all ages to make dental care affordable.

Medicare & various insurance
also accepted.

719-310-3315

1436 N. Hancock Ave
Colorado Springs, CO



Safe Place FOR PETS

Serving the terminally ill in El Paso and Teller Counties
by finding forever homes for their beloved pets.

"Providing peace of mind to individuals with terminal illness and their pets."

Adopt - Volunteer - Donate - Foster

719-359-0201

1520 N Hancock Ave
Colorado Springs, CO



EVE COURSON, REALTOR®

719.663.1165
evcourson.com

Seniors Real Estate Specialist



The trusted guide for
your real estate journey



Each brokerage is
independently owned
and operated.

RE/MAX PROPERTIES, INC.

CHICKEN TALK 24 -7 AND CHICKEN TALK TWO

True stories from our chicken yard.

Why do chickens eat feathers?

Read our loud to loved ones, color illustrations.
Chicken laughter.

AVAILABLE ON:

Amazon and Kindle \$14.99 + \$3.00 S/H

SIGNED COPIES AVAILABLE

CourDuff Publications

4823 Rusty Nail Point #102

Colorado Springs, Colorado 80916

Email: bandccourduff@gmail.com

HeavenBeckons.com

Preparing hearts for Eternity

Free online curriculum from Lamb's Bride ministries



Senior Real Estate Specialist

Bill Camp

REALTOR®

SRES, GRI, MRP

(719) 287-7522

BillCamp@KW.com

www.CampCreekMountainProperties.com

*"Looking out for
my clients'
best interest!"*

Each office is independently owned and operated

kw

KELLER WILLIAMS
Clients' Choice Realty

Do You Have a Hearing Loss?



Captioned Telephone (CapTel®) service allows you to **LISTEN** and **READ** captions of everything during your phone conversations!

- Built-in answering machine with captions
- Built-in speakerphone
- Bluetooth® capability*
- Large touch-screen display
- No charge to use CapTel service

CapTel 840

For use with **analog** telephone lines.



CapTel 880i

Ideal for low vision.
For use with **high-speed Internet** and telephone line.



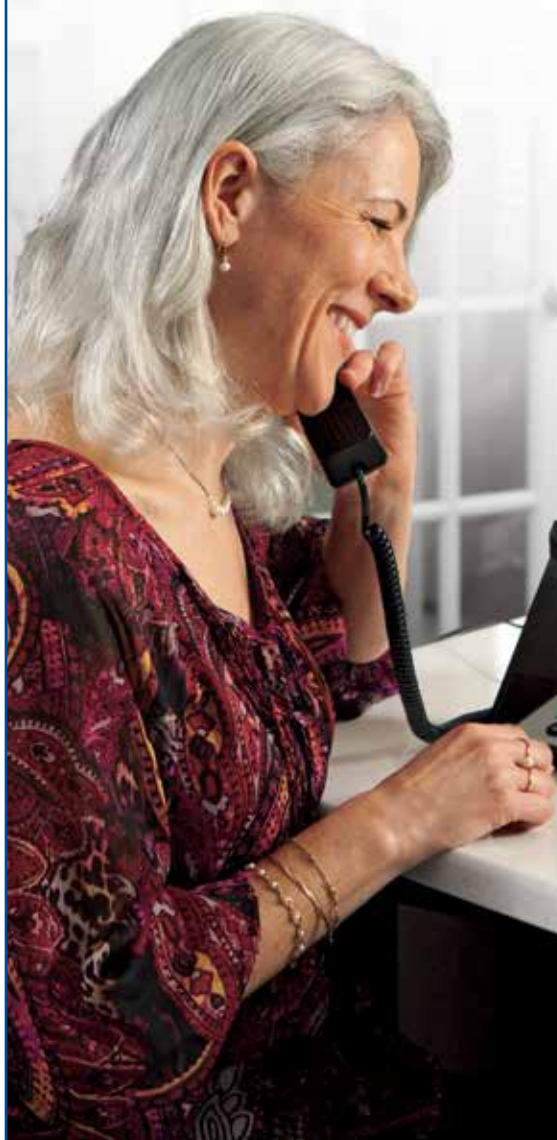
CapTel 2400i

For use with **high-speed Internet** and telephone line.

*Available for Internet-based CapTel only.
CapTel is a registered trademark of Ultratec, Inc.

Order a CapTel phone, contact Colorado Communications Technology Program (CTP):

Phone: 855-767-6128 (toll free) or 303-866-2097
Email: tedp_ccdhh@state.co.us
Website: relaycolorado.com/captel



*If there was something going on with your
Retirement, Investment, or Tax planning that you
were unaware of, when would you want to find out?*

*We are the **Best** resource for your retirement needs...
with **All** of our **PROFESSIONALS** under one roof!*

SPECIALIZING in meeting your RETIREMENT NEEDS!

- Safe Money Planning
- Retirement Income Solutions
- Advanced Tax Planning
- Annuities
- Life Insurance
- Long Term Care Insurance
and Alternatives
- 401 (k) Plan/IRA Rollovers
- Tax Preparation Services
- Estate Preservation
- Income Planning
- Retirement Planning
- Social Security Planning
- Advisory Services

**IDENTIFY ALL OF THE FACTS NECESSARY TO MAKE A SOUND FINANCIAL DECISION.
BEFORE YOU MAKE THAT DECISION ATTEND ONE OF OUR UPCOMING EDUCATIONAL EVENTS.**

719-596-4844

6775 Rangewood Drive, Colorado Springs, CO

www.SpringsTax.com



**SENIOR TAX
ADVISORY GROUP**

Safely Securing Your Financial Future Today