



PIKES PEAK SENIOR NEWS

pikespeakseniornews.com

QUARTERLY LIFESTYLE MAGAZINE SPRING/SUMMER 2020

Meet the Donkeys of Cripple Creek!

**Coronavirus (COVID-19)
Prevention Tips**

**Gardening Season
is Here!**

**May is Stroke
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Spring/Summer 2020

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PIKES PEAK

SENIOR NEWS

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It's A Wonderful Life



By Frank Sinclair

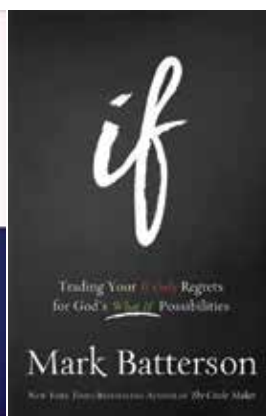
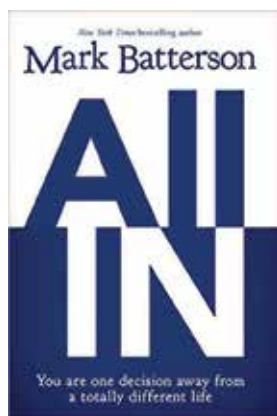
Dream Again Business Consulting

During these very confusing and unpredictable times, our segment of society seems to be the most vulnerable and affected in these days. The media and everyone else continue to frame the conversation as if our demise is inevitable. It can really put one in a bad frame of mind and cause us to think we aren't valued or celebrated. I believe we will be okay and maybe by the time you read this the COVID-19 hysteria will only be a talking point. Remember, whatever the case, no moments in time define our value, let's use the "It's A Wonderful Life" model and consider the lives that would be untouched if you had never been born.

Let me share a story that was printed in Mark Batterson's book, "All In" © 2013, Zondervan. *"A century ago, a band of brave souls became known as one-way missionaries. They purchased single tickets to the mission field without the return half. And instead of suitcases they packed their few early belongings in coffins. As they sailed out of port, they waved goodbye to everyone they loved, everything they knew. They know they'd never return home."*

A.W. Milne was one of those missionaries. He set sail for the New Hebrides in the South Pacific, knowing full well that the headhunters who lived there had martyred every missionary before him. Milne did not fear for his life, because he had already died to himself. His coffin was packed. For years, he lived among that tribe and loved them. When he died, tribe members buried him in the middle of their village and inscribed this epitaph on his tombstone: 'When he came there was no light. When he left there was no darkness.'"

None of us can relate to the dramatic and sacrificial life of Milne but the point is you have made tremendous sacrifices for others. Your life has been incredibly significant to so many people, and life would have been unrecognizably altered if you had never been here. And on top of that the multiplied lives that would have been negatively changed without you. In essence, with right perspective, we can all say it's been a "Wonderful Life" and that could help prevent our woe over the what ifs of life. Consider this: *"It's been said that 'what if?' is the historian's favorite question."*



"What if one of the four musket balls that passed through George Washington's coat during Battle of Monongahela in 1755 had pierced his heart?"

"What if the D-Day invasion by allied forces on June 6, 1944 had failed to halt the Nazi regime?"

"What if the confederates had won the Battle of Little Round Top at Gettysburg on July 2, 1863?"

"History is full of what ifs." Mark Batterson, "What If" 2015, Baker Books. During times like these we are all prone to think negatively about the "what ifs" of life, I am challenging you to flip the script and think about all the positives you have done in this world. I am thankful for you. You will probably never know the impact of your life, but let me take a moment to applaud your life, your influence, and the myriad of people you have touched for the better. We wouldn't be us without you.

At the risk of sounding like I am writing an obituary, (trust me, there is nothing farther from my mind). These times hopefully have brought some very positive unexpected outcomes. More families, concerned about the senior population, are reaching out to their elderly family members. I hear reports of many families being drawn closer through the crisis and reuniting in significant ways. It

appears people are taking each other for granted much less than before, bravo!

A coin has two sides and unfortunately human nature defaults to the negative. I have tried to show the other side of the coin in this short piece to hopefully help us all with perspective as we navigate these troubling times. I can't emphasize enough how incredibly valuable you are. Please take care of yourself in these times, let's set an example by following the rules and doing what's necessary for the greater good. We will get through this. The senior community has always been the model of strength and resilience, it's needed now more than ever. Praying that we all have many years of contribution left for our society but whatever the outcome, remember, you've had a wonderful life.

Kelly Stewart Remembers Dad Jimmy Stewart

By Nick Thomas

If you don't think Jimmy Stewart put the classic in 'classic movies,' consider these titles in which he starred: "It's a Wonderful Life," "The Philadelphia Story," "Mr. Smith Goes to Washington," "Rear Window," "Vertigo," "Harvey," and the list goes on. No wonder Stewart appears near the top of just about every list of all-time most popular classic film actors.

With such a resume, it's hard to imagine the man didn't develop an ego the size of the famous Hollywood Sign on Mount Lee in the Santa Monica Mountains. But according to his daughter, Kelly, the respectable, unpretentious, all-American guy he often portrayed on film was also the real Jimmy Stewart.

Married to his beloved Gloria for 45 years, the Stewarts had two sons (one killed in Vietnam) and twin daughters. Like her siblings, Kelly never took up acting (she became an anthropologist).

"The life of an actor didn't really look like that much fun to me," she said. "We went to dad's set a couple of times (and) it looked very tedious to me - short takes, just a few minutes long, after which people come rushing up to you, touching up make-up and hair, hovering and fussing and looking. I remember thinking, I could never do this."

Growing up, Kelly recalls her father preparing for roles at home.

"Dad sat in a big comfy armchair that had a matching footrest and no one else ever sat in that chair when (he) was home! When he was working on a movie, he would sit with the script in his hands and his lips moving saying his lines to himself. He never said anything out loud. I have that image of him burned into my mind. We never read any of the lines with him. Except for that, he rarely brought his work home with him."

His trademark slow drawl, says Kelly, was no act. "He loved to tell stories about his own experiences and he had great timing. He just took a long time to come out with the punch line!"

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The Vast History Of The Donkeys Of Cripple Creek

By Trevor Phipps

Back in the late 1800's and early 1900's the area that is now known as the town of Cripple Creek was flooded with people coming from all over the world to look for the precious metal gold. The miners often brought donkeys with them to help them pack their supplies and pull valuable minerals out of the mines.

As technology advanced, the miners found more efficient ways to move supplies back and forth. Many of the donkeys were then either kept as pets or left to roam the town. Once the miners stopped needing them, the donkeys walked loose around the town and they have continued to do so ever since.

Anyone who visits Cripple Creek during the summertime can see the herd of multi-colored donkeys walking the streets of the historic gambling city. In the wintertime, the animals are contained to a large pasture where they have a barn for shelter and can still be viewed by visitors.

These days the Donkeys are cared for by a non-profit organization called the Two Mile High Club. According to the group's director Clinton Cline, the organization receives money from several local businesses and fundraisers to feed and provide veterinary services to the donkeys and they have been doing so for quite some time.

"The Two Mile High Club is actually the oldest non-profit organization in the state of Colorado," Cline said. "It has been around since 1931. What the story behind the donkeys is, is that the donkeys literally built Cripple Creek. When gold was discovered all of the miners came in with all of their belongings on the backs of the donkeys. The donkeys then ended up being used in the mines for years. They were used to pull oar carts in and out of the mines. They were the beasts of burden that actually started the mines here. Then, when the town grew and technology advanced they came up with new and better equipment and they didn't need the donkeys anymore. When they released them from the mines the people in town started feeding them and taking care of them and they never left."

Cline also said that in the 1920's when much of the mining industry left the area a group of veterinarians started an organization to take care of them called the "Miles High Club." The club eventually changed its name to what it is now and has been working towards preserving a part of Cripple Creek's history by keeping



the town's donkeys well-fed and healthy.

Every year, the donkeys get put in their pasture during the cold and snowy winter months the mountain town experiences. Then, every May once the majority of the snow stops falling, the donkeys get a check-up by a local vet and then get released into the town to feast on all of the new greenery in the area.

The care of the donkeys is mostly paid for by the Two Mile High Club's annual fundraiser, Donkey Derby Days that has taken place in the town for over 80 years. The weekend long event features donkey races, a street dance, vendors and other festivities.

The Two Mile High Club also offers tours during the fall as a way to help pay for the donkey's upkeep. Each year volunteers of the organization take visitors on tours of old and new mining areas.

However, this year the Donkey Derby Days event was canceled due to the COVID-19 pandemic. The club said that they want to try to reschedule the event and still have it in September if at all possible. There has also been talk that the release of the donkeys into the town would be delayed in order to deter tourists from visiting the area.

But, according to Cline, the organization has not yet officially changed their plans to release the donkeys in mid-May. "We are not planning on changing anything," Cline said. "Once the snow kind of melts up here and we stop getting snow storms and then the grass turns green, they will have plenty to eat in town. Right now there is nothing that shows that donkeys can get COVID-19."

As of now, the only thing that has changed for the donkeys is that they have been seeing more visitors come to their pin located in town. "All they know is that they have been getting a lot of visitors with apples and carrots," Cline said. "A couple of years ago we built a viewing platform and a feeding area for people that want to come out and take pictures and feed them. There is a little platform you can walk up on and when somebody pulls up their car and parks near the platform the donkeys know what they are there for. They will come out of their barn and come from being down on the

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Gardening: The Great American Past Time is Back!

By Larry Stebbins:
AKA: "The Garden Father"

Many senior citizens might remember the Victory Gardens or War Gardens as they were sometimes called. During WWII over 18 million families planted vegetables. Now it did not supply all the needs for that family but it sure helped. Today folks are jumping back into gardening in a big way. Some do it because they want a reliable supply of fresh vegetables, and others for the sheer enjoyment. Whatever the reason, growing your own food can be rewarding.

For those folks that live in the Pikes Peak region, it is challenge. Our weather is fickle, especially in the spring. One day it is warm and sunny and the next day it snows. Let's not even mention the summer hail storms! With all this mind, how does anyone get this done. There are tips and tricks that can help. I have gardened all my life. I am now retired and have been gardening in this area for over 25 years. I have learned a lot. Sometimes by trial and error but mostly from other gardeners. For a successful garden, the big seven are still the most important:

1. Full sun, all day,
2. Good rich garden soil.
3. Consistent garden care (watering and tending)
4. Proper spacing of vegetables (do not overcrowd)
5. Warmth (don't plant too early).
6. Protect from the elements (hail netting over garden beds help).
7. Harvest vegetables at their peak.

To assist gardeners in and around Colorado Springs, I have a garden blog. It is free (and no advertising!). Just go to: thegardenfather.com and click on "Garden Blog". For the past two seasons I have recorded my adventures in the garden. You can see what I do each day of the year! There are lots of photos. I even have short instructional videos.

The gardener can learn about container gardening, how to improve garden soil, tips on getting the best broccoli with no bitter aftertaste, to name a few. If you love tomatoes as much as Anna and I do, then there is an instructional video on that too!

Here is a sample of a few of my garden blog posts:

May 25, 2019:

(see accompanying photo, "Broccoli and Lettuce"):

In the Pikes Peak region our spring has been colder and wetter than anytime in my recent memory. That being said it will be getting hotter and drier. To get the best tasting broccoli, kale and especially leafy lettuces, you must have good rich soil but also consistent moisture.

Have you ever harvested broccoli only to find it bitter and sulfurous tasting? This is most likely due to stress, and dry soils probably is the culprit. It is necessary to never let your plants dry out during its growth cycle. The soil needs to be well drained, moist but not soggy and wet.

Lettuce that matures quickly is the best tasting. If just once it is left to dry out it will develop that bitter taste. Pull it out. Compost it and replant! Also lettuce that is left in the garden too long will be bitter. Old lettuce is not the tastiest. Pick when young and replant often throughout the season.

August 29, 2019:

(see accompanying photo, "Big Beef Tomatoes"):

Again, 20 years in a row, I declare this is the "World's Best Tomato". OK, the jury is in (jury of one...me!). The world's best tomato for flavor and texture...BIG BEEF. I will pick this today (pic on top) and have it for dinner tonight! Best texture and balance of acids and sweetness.



Great tomato taste! The pic on the bottom is a slice of Big Beef. Dinner on the barbie?...veggie burger, lightly grilled.

So if your garden space is big or small, jump in. You may find out that it is more fun than waiting in line at the grocery store.



Virtual Gardening Classes

By Rick Sheridan



The growing season is here! Unfortunately, COVID-19 has limited our access to the traditional in-person gardening and horticulture classes in the Colorado Springs area. The good news is that several local greenhouses and government programs are offering online courses. Check out some of these virtual gardening classes to learn more about growing your own food this spring and summer.

Free Landscape Webinars

Offered by Colorado Springs Utilities,
<https://www.csu.org/pages/classes-events.aspx>

Learn how to approach landscape design, plan yard projects, choose drought-tolerant plants or manage your sprinkler system efficiently. You can also take a virtual tour of the demonstration garden, learn how to plant trees for future generations, or begin vegetable gardening. Each webinar will cover general home water efficiency tips and the new water-wise rules.

Saturday, May 2	9 - 10 am	The Best Water-wise Plants & Grass Types
Saturday, May 9	9 - 10 am	Water-wise Landscape Design
Thursday, May 14	6 - 7 pm	Water-wise Vegetable Gardening
Thursday, May 21	6 - 7 pm	Low-maintenance Landscape Projects
Saturday, June 27	9 - 10 am	Virtual Tour of Demonstration Garden
Thursday, July 16	6 - 7 pm	Smart Watering Practices
Saturday, Aug. 15	9 - 10 am	Virtual Tour of Demonstration Garden

The Independence Center Virtual Healthy Food & Gardening Group

Join the Independence Center to learn about and share ideas for healthy recipes, how to make the most of staples in your home, food resources, and how to grow vegetables and fruits in your home. For more information visit their website at <https://www.theindependencecenter.org/>

Go National

Just in case there are not enough local online classes, you may want to check out the free offerings from SkillShare.com Some of the virtual classes include: Gardening For Beginners; Happy Houseplants: Caring For Your Plants; How to Grow Sprouts & Microgreens; Beginner's Guide to Gardening with a Raised Bed Garden; How To Grow a Succulent Garden From Leaves; Create a Small-Space Edible Garden; How to

Grow Herbs in Containers; Pruning Trees and; Indoor Edible Plants. To enroll in any of these classes, go to: <https://www.skillshare.com/browse/gardening>

Take a virtual walk through Phelan's houseplant section:

<https://www.magisto.com/video/b1ofMIQXBCJrQxZiCzE?l=vsm&o=w&c=c>

Classes that are currently scheduled as "in person," but may switch to online:

There are several Colorado Springs area gardening classes that are scheduled to be in-person. This may change as the stay-at-home recommendations remain in place. To keep up to date, check here:

<https://www.eventbrite.com/d/co--colorado-springs/gardening-classes/>

Here are a few of these in-person classes that may switch over:

The Science of Soil Class, Tue, May 19, 4:00 p.m. Colorado State University Extension - Colorado Springs • Colorado Springs, Colorado

Mushroom Cultivation Workshop.

Sat, May 9, 12:00 p.m. 302 El Paso Blvd, Manitou Springs, CO 80829

Design your landscape like a pro.

Fri, Aug 14, 11:30 a.m. Arapahoe County Extension Office, Centennial, CO

Garden Myth Busting: what does the science say?

Thu, Jun 25, 11:30 a.m. Arapahoe County Administration Building West Hearing Room • Littleton, CO

Collecting Seeds from Native Plants.

Sat, Jul 18, 10:00 a.m. CSU Extension, Pueblo, CO

Trend setting with the best new annual varieties.

Thu, May 14, 11:30 a.m.

Arapahoe County Extension Office, Centennial, CO

Growing Spaces Events, Spring 2020

An update on 3-23-2020: All events below are postponed until further notice. We are also not hosting any personal tours in Pagosa or Golden at this time.



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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.

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Farmers Markets

In The Pikes Peak Region

MONDAYS

Western Museum of Mining and Industry

When: June - October, 2020 (Mondays and Wednesdays)

Where: 225 North Gate Blvd

Time: 9 a.m. - 5 p.m.

TUESDAYS

Cañon City Farmers Market

When: July 7 - Sept 22, 2020

Due to the COVID-19 virus and its impact (both current and projected) on our community, county, and state, the 2020 Cañon City Farmers Market season is now re-scheduled to begin July 7th (instead of June 9th).

Where: Veterans Park

Time: 8 a.m. - 1 p.m.



WEDNESDAYS

Briargate Farmers Market

When: May 20 - Oct. 14, 2020

Time: 9 a.m. - 3 p.m.

Where: 7610 N. Union Blvd.

Western Museum of Mining and Industry

When: July - October (Mondays and Wednesdays)

Where: 225 North Gate Blvd; 9 a.m. - 5 p.m.

Colorado Farm & Art Market

When: June 10 - October 14, 2020

Time: 3 - 7 p.m.

Fountain Community Market

When: May 27 - August 19, 2020

Where: Fountain City Hall:

THURSDAYS

Memorial Park

Where: 1605 E. Pikes Peak Ave.

Time: 7 a.m. - 1:30 p.m.

When: June-Oct. 2020

Banning Lewis Ranch

Where: 6885 Vista Del Pico Blvd.

Time: 3 - 7 p.m.

When: June 4 - August 27, 2020

Manitou Community Market

When: Canceled for 2020



FRIDAYS

Woodland Park

When: June - September 2020

Time: 8 a.m. - 1 p.m.

Where: Memorial Park on Henrietta Ave and Center St.
(117 Center Ave)

Buffalo Bicycle Lodge

When: Dates TBD

Time: 4 p.m. - 8 p.m. 2020

Where: 2 El Paso Blvd

SATURDAYS

Old Colorado City Farmers Market

When: June 8- October , 2020

Time: 7 a.m. - 1:00 p.m.

Where: Bancroft Park, 24TH Street between Colorado Ave.
and Pikes Peak Ave (W. Colorado Ave & 24th St.)

Monument Hill Farmers Market

When: May 23 - October 10, 2020

Time: 8 a.m. - 2 p.m.

Where: 66 S. Jefferson St.

Colorado Farm & Art Market at Margarita at Pine Creek

When: June 13 - October 17, 2020

Time: 9 a.m. - 1 p.m.

Where: 7350 Pine Creek Rd.

Miller Farms Market Chapel Hills Mall

When: 2020 dates TBD

Where: 1710 Briargate Blvd.



SUNDAYS

Cordera

11894 Grandlawn Cir.

10 a.m. - 3 p.m.

May 24 - September 13, 2020

Colorado Springs Flea Market

5225 E. Platte Ave

Thru October

8 a.m. - 4 p.m.

Sunday Market Downtown

Acacia Park -115 E Platte Ave

9 -- 1 pm

100 Word Fiction Story

Jungle Expedition

By Russell Conover

Jim pawed at the greenery with his hands, trying to regain his sense of direction, and attempting to remain calm. He'd been lost for what felt like hours, but he had to find his way home.

"Retrace my steps," he thought. However, every

bush and every tree around him looked identical. He couldn't tell one from another!

He bit his lip, trying not to panic. However, he started breaking down as he realized he had no idea where to go.

"Jimmy! Lunch time!"

He walked toward the voice, and saw Mom holding a sandwich. Age four--what a backyard adventure!

Properly Caring For Indoor Plants

By Becky Elder

Houseplants can be big contributors towards a comfortable household. We are all a part of nature. Our houseplants bring the aspects of nature inside, from beauty to processing and cleaning the air. Houseplants bring their plant essences indoors and can help us feel better and feel connected to the rest of the world. Indoor plants can help stage the interior decor of a home in dramatic ways.

Indoor plants help soothe fatigue from a busy life. They can cheer us up, and yes, we can have a relationship with a plant. A relationship with a plant can help relieve anxiety and add purpose to a life. Just like a pet! Plants can help us heal ourselves. Taking care of a plant can be very rewarding and satisfying. Plants grow when their needs are met. Understanding those needs is the first step to take.

There are many varieties of soil out there. Soil mix is not where we should try to save money. Invest in good soil! Soil is the life support system for a plant. Different plants want different soil types as the plants can come from different ecosystems. The orchid or a cactus want different soil than a bromeliad or an African violet, and any flowering plant can have different needs than a simple greenery plant. So, get some advice when choosing and purchasing a plant and select the proper soil mix for it. Basic soil qualities desired are the ability to drain, not stay soggy, to hold nutrients for the roots, and to have good aerated qualities to hold oxygen.

Watering plants is a learned skill. Many of us water as a way of loving our plants. Very easy to over water! Get a schedule going. Water plants well once a week. A good practice takes the plant to the sink. Water well and leave the plant be for about five minutes to allow the soil to fully absorb. This is a good time to clean leaves and inspect the plant. Can wash off the leaves on most plant varieties (however, fuzzy leaves may not like this.) Then drain the excess water and return to pot to its place. Most plants will thrive with this schedule. Another second-guess method is to pick up the pot. Water has weight. You will become familiar with the weight of the water. Or your finger can tell you if the soil is moist or dry, by gently pushing it into the soil. Most indoor plants would rather be a bit dry than



soaking wet.

Pot size is another aspect to this. Small pots will dry out faster than a large one and may need water more often. Pots should be sized to the plant as well. For example, you can't put a really small plant into a huge pot. But you can grow plants with similar needs together in a big pot. Big pots and big plants can make a nice point of interest in your home! Small pots can live on the window sill, growing herbs and can be in the kitchen or bathroom where more frequent watering is easy.



Where your plant is placed will depend on the light needs of the plant. Light equals food for plants, as important as soil, oxygen and water. Indoor plants are often tropical plants that don't require a lot of direct light and will thrive on indoor lighting. Some plants can thrive in very low light. Look around your home before buying a plant and decide where you might want to place them. Take note of the light available there. Once placed, you should turn the pot a quarter turn every two weeks or so. This keeps the plant from bending towards the light too much and distorting its form. The plant will continue to "turn" towards the light source. Additional lighting is always available in grow lights, which your plant will love, but usually isn't necessary.

Fertilizing a plant can be tricky. Read the directions first and foremost. Normally, I will halve the amounts as I don't want to over fertilize my plants. Too much fertilizer will overload the soil and it can start to cake up with salty residues. Organic is the way I like to go with all my plants. Organic fertilizers are what your plant expects. Making your own fertilizer can be easy, such as compost tea or manure tea, and again, I use diluted solutions.

Plants should be kept away from



drafts, furnace vents or busy doorways. But, plants do like to have airflow and air movement. Opening the windows on a warm day will please your plants and bring in fresh air. In the cold season, keep your plant where it will stay warm enough to continue to thrive. Tropical plants don't expect cold. Keep your awareness up with your plants and you will begin to "read" their responses.

Sounds like a lot here for the beginner, but I encourage you to try your hand with one plant, or maybe two. It sounds harder than it really is. Start with simple care plants like an airplane/spider plant, a snake plant (aka a Mother-in-law's tongue), or the standard philodendron. Don't worry over plant care, but do put it on your calendar until it becomes second nature to you. And it will. You will find plants that are totally suited to how you care for them. Trust me, there are certain plants that I won't even try to grow anymore. I simply have learned that those particular plants don't like my "way of caring" for them. There are many, many more that I do quite well with. You can do well too.

Once in your plant relationship, you may see some abnormalities on the leaves, the stems or perhaps little gnats flying around... These little pests and problems have solutions, but the solution is first and foremost in quality care. Review your plant care before trying a store bought cure. Perhaps the soil is too wet. Perhaps the plant is struggling being too dry. Should your plant become "ill" you can certainly take it to the local garden shop and they will be able to help you determine what is happening and what is the



best solution. You can also turn to the Master Gardeners at the El Paso County Extension Office for help. They offer many educational fact sheets to help you succeed with your plants.

Indoor plants can become old friends. Plants respond to our attention and care. They give us opportunity to nurture another life form, opportunity to grow some herbs for cooking, they bring beauty indoors. Indoor plants can become old friends. With proper care, indoor plants can live a very long time, and possibly outlive their care-taking friends. Houseplants are worthy projects that hold big reward for the efforts!

Becky Elder is the Executive Director of Pikes Peak Permaculture, an educational nonprofit providing classes and certification courses on sustainability skills and tools for the future. A lifelong organic gardener in Colorado, Becky was a fifteen-year Master Gardener volunteer for El Paso County. Her award winning landscaping business is now over 25 years young. www.blueplanetearthscapes.com

Becky Elder works in the Pikes Peak region and across the state through OrganaGardens Cooperative.

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Paul Petersen remembers TV Mom, Donna Reed

By Nick Thomas

While most of us will be remembering mothers on May 10 this year, entertainers who worked as child actors in television sitcoms may also have special memories of their 'TV mom.' For Paul Petersen, that was Oscar winner Donna Reed, matriarch from "The Donna Reed Show."

In 2018 for the anniversary of the show's first broadcast, Petersen (and co-author Deborah Herman) released "The Donna Reed Show: A Pictorial Memoir" (see www.micropublishingmedia.com).

"It's kind of an archival look back at an iconic television show," said Petersen who, like Reed, appeared in all 275 episodes during the series that ran from 1958 to 1966. "I wanted the book to not only examine the people who made the show, but to put television in the historical context of the period. During the 8 years, we went through a lot including illnesses, accidents, and national incidents from that era."

One of the most memorable was the 1963 Kennedy assassination.

"We were rehearsing and a guy from the radio station across the street called with a real quiver in his voice asking for Donna," said Petersen who remembers answering the phone. "Donna then told us the president had been shot and it shut down the studio. We just packed up and went home for a very painful weekend."

Most of Petersen's memories of the show are far more pleasant,

however, like the first day filming on the set.

"Donna was from a little town in Iowa called Denison, in the county right next to where my mother was born around the same year," he explained. "When I got the job, the most excited person in my family was my grandfather who insisted on taking me to work to film the pilot. He marched right up to Donna and said, 'Donna Belle Mullenger (her birth name) I knew your dad!'"

Reed was gracious, and remained personable and well-liked throughout the series, according to Petersen. "We all got together for lunch and were very close - uniquely close compared to other television families."

A potentially tragic incident occurred when Paul crashed his Pontiac Grand Prix during the series. But Donna came to his rescue.

"The accident was my fault and for punishment I had to ride a bicycle 8 miles to work every day. But Donna and Tony (her husband) felt sorry for me and gave me a brand-new Volkswagen Bug. I loved that car!"

During the show's run, Petersen obviously called Reed 'mom' while filming, but it was always 'Miss Reed' away from the set.

"It wasn't until four years after the show ended when I was in my mid-20s and we were at Chasen's restaurant that I remember her leaning across the table and saying, 'Paul, I think it's time you



started calling me Donna!"

Having a close 'second mom,' especially a famous one, could have created friction between Petersen's real mother and the actress.

"I remember in an interview my mother said, 'how could I ever compete with Donna Reed?' But she understood I had an ongoing professional relationship with Donna that sometimes required spending more time with her than my actual mother."

"Donna was my de facto mother and guardian on the set, a pretty safe person to leave your kids with," added Petersen. "She was an Iowa bred farm girl, the oldest of five children, who had lived through the depression and came out to California to be a Hollywood star and succeeded. She was a wonderful role model."

Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for over 800 newspapers and magazines. See getnickt.org.

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Continued from page 6

lower area of their pasture and they know they are going to get apples, carrots, or the donkey treats that all of the stores in town have."

However, Cline did say that he was concerned about the financial stability of the group since the pandemic has hit and Donkey Derby Days may not take place at all this year. Cline also said that the group gets support from

casinos and private donors that might not be able to pitch in as much now that the town has basically been shut down during the state's stay at home order.

Cline said that the group needs support from the community now more than ever to keep the donkeys of Cripple Creek fed and healthy. Anyone who wishes to support the Two Mile High Club and adopt a donkey is asked to go to the organization's website at cripplecreekdonkeys.com or visit their Facebook page.



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Local War Veteran Stars In An Award-Winning Film Produced In Colorado

By Trevor Phipps

Teller County resident Keith McKim is a decorated Vietnam War veteran who has seen things in combat that most could only imagine. Currently, McKim spends his days in Florissant, CO as a dog boarder, public speaker, and most recently a movie star.

It all started for young McKim when he was sent overseas to fight in the Vietnam Conflict as a Green Beret in the U.S. Army's Special Forces. As a part of his duties McKim was a member of the Special Operations Group or (SOG) that completed many covert missions behind enemy lines. The team specialized in conducting guerilla tactics in North Vietnam, Laos, and Cambodia.

"We had 100 percent casualties and 100 percent killed," McKim recalled. "We also had the most medals of honor of a group our size in the history of the military."

Since then McKim has produced two audiobooks about the Medals of Honor recipients on his team and their heroic stories. McKim has also spent much time touring the country and speaking to crowds about his experiences. McKim has spoken during graduation and invocation ceremonies and he has also spoken about the history of "The Star Spangled Banner."

In Fact, McKim has always enjoyed performing and being at the center of attention. During his years in Vietnam, McKim would go to USO Shows to perform and recently he acts and presents at local church functions.

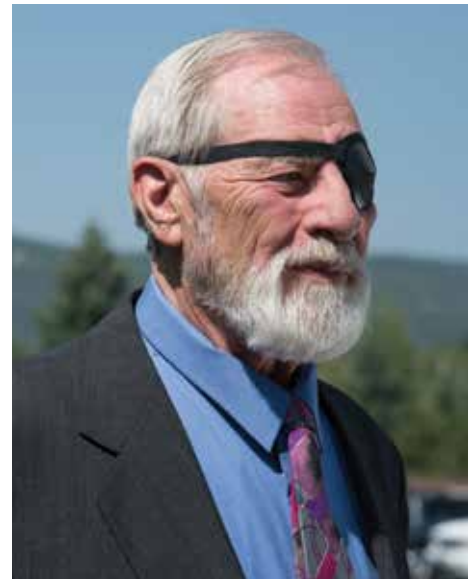
When asked why he likes speaking in public and being in front of an audience McKim replied: "I was

asked that by a guy once and I said, 'you know when I am on stage I know where all my enemies are, they are out in front of me and I can see them all.' I always enjoyed performing and being on the stage."

McKim's most recent performance was a role in the movie *Soul Custody* that was filmed almost entirely in Teller County and had several local actors. "Filmed in Woodland Park, Colorado, *Soul Custody* is a unique psychological thriller, fantasy-drama film, breaking traditional storytelling methods, as well as certain Hollywood barriers," said a press release about the production. "It is a film that audiences and industry professionals are in a frenzy over, receiving recognition from industry professionals and viewers."

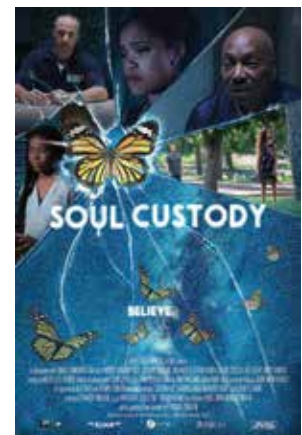
The film has not yet been purchased by a distribution company that will make it available to the public but it has been entered into two film festivals. *Soul Custody* won several awards at the 2020 San Diego Black Film Festival in February including Best Feature Film, Best Cutting-Edge Film with its leading female Asha Bee winning Best Actress and Clifton Powell winning Best Supporting Actor. The film also made its international debut when it was shown at the Toronto Black Film Festival.

"*Soul Custody* opens the doors of diversity and inclusion, that Hollywood has claimed it wants but rarely achieves. This film is breaking molds on racial social norms," said Wendy Bengé, one of the film's executive producers whose works include; Lee Daniel's *The Butler* and *Life of Crime*, starring Jennifer Aniston and YasiinBey (MosDef).



The film directed and written by V. Vansay Zanubon, founder of Vzion Entertainment stated, "I wanted to make a film about unconditional human connection without perpetuating race and cultural stereotyping. A film that touches on our everyday human and family issues sending a positive message further depicting unconditional fatherhood that is rarely showcased by Hollywood films."

During the filming process, McKim and Zanubon made a special connection. "When I first met him (Zanubon, the film's director) I commented and said, 'you have an accent, where are you from?'" McKim said. "He said, 'I'm from Laos,' then I said, 'I left my eye in Laos!' He took my c.d. and listened to it. He liked it and he is going to make it into a movie at the end of next year."



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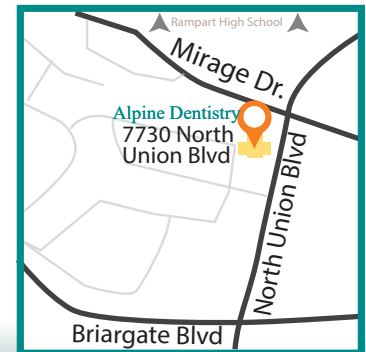
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Advanced Care Directives

– Why They Are More Important Now Than Ever Before

By Robert Bocker

President, Colorado Senior Lobby

The following is from the Governor's Crisis Standards of Care (paraphrasing for brevity):

All efforts must be made to determine a patient's goals of care prior to being in a critical situation (in other words, NOW).

Health care providers need to know whether a given patient wants to receive aggressive critical care interventions such as ICU admission or mechanical ventilation. For a patient with decision-making capacity, the individual's preferences to refuse hospitalization, life support like mechanical ventilation, and resuscitative efforts should always be respected.

In current circumstances, ALL hospitalized patients will be asked about Advance Directives (ADs), goals of care, and strongly encouraged to appoint a proxy decision-maker (e.g. medical durable power of attorney (MDPOA)). Patients in nursing homes, skilled nursing facilities, and other long-term care settings should also be asked about Advanced Directives and encouraged to appoint a proxy who is aware of their wishes regarding hospitalization and critical care.

These actions can help prevent the healthcare system from being overwhelmed with patients who may not want critical care interventions.

Have those family and friend conversations; collaborate and make informed decisions. While all of us need to have these conversations, it is especially important for those who are over 60 years old and are living with a chronic health condition such as heart, lung or kidney disease or cancer.

Once you are laying in an ICU bed, it's too late; and if you are critically ill, you will likely die alone. We've all seen those stories; you can choose a different path, but you must act now.

The Conversation Project has the most updated COVID and Advanced Directive resources in an easy to find format; it is an excellent resource and we highly recommend it. We also list other resources below.

<http://theconversationprojectinboulder.org/covid-19-resources/>

Please also consider taking these three steps now:

- 1 - appoint someone as your medical decision maker (MDPOA),
- 2 - talk about your wishes with the MDPOA, and
- 3 - talk about specifics for COVID.

More Resources, including information for caregivers:

<https://extension.colostate.edu/disaster-web-sites/covid-19-resources/resources-for-older-adults/>

Colorado Care Planning

www.ColoradoCarePlanning.org

<https://www.civhc.org/programs-and-services/advance-care-planning/>

We cannot predict every choice we may have to make, but we can give those we love the guidance to confidently make decisions for us. This is the time to help the people closest to us—our friends, our spouses, our parents or grandparents—get the care that is right for them if they become seriously ill with COVID-19.

Feel free to share this information with others as all of us need to have these important conversations.

Sources of this information include: Colorado Healthcare Ethics Resource Group; CIVHC, Governor's Crisis Standards of Care

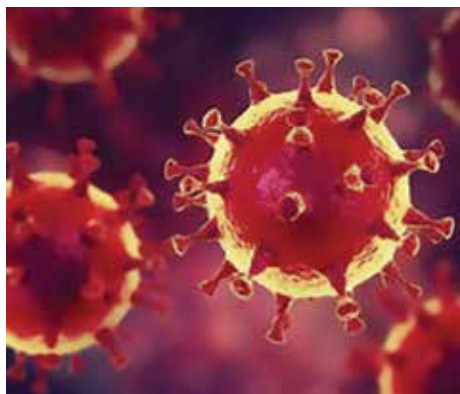


VA and the Coronavirus

By Kent Jarnig

The VA has been caught a little off guard by this pandemic... pretty much like everyone else. The last time I was actually in the Colorado Springs Clinic, they had two people asking everyone if we had been to China recently (taking our temperature probably would have made more sense), and they were backed up by an armed guard. A little overkill, but that's what they did.

I was there for my Fat Class. I had complained that I had gained 15 pounds in 3 weeks after being put on a new medication, and that was the solution. Actually, a really good program. Combination of dietary changes and exercise. Something that I believe is sustainable. This is a 16 week



course, complete with a workbook.

The Fat Class is now by phone. Not the same experience, but much safer. It's like a conference call. I would have preferred something like Zoom.com, where we could see everyone, but no one asked me.

I had a Primary Doctor appointment on April 24th. She had written a lab order to coincide with this. Well, first I was told to wait until April. Then, it turned out that only emergency labs were being done in April, so try May. My Primary Doctor appointment went from in person to phone. Basically, the clinic is shut down.

I had another appointment set up for April 4th. This was with a private Doctor scheduled through VA Disability. On April 3rd, I received a call canceling the appointment due to a new VA order that in-person appointments were no longer authorized. This is a company that just schedules Doctor appointments for the VA. This

undoubtedly put them out of business – at least temporarily.

So yes, the VA is affected. This doesn't mean that Veterans are without health care. We have the ER up in Denver at the VA hospital. We also can go to the clinic in an emergency. And, due to a relatively new law, we can go to any hospital emergency room and the VA will pay for it. We're covered – even in a pandemic.

Stay healthy. Stay safe. Stay in contact with friends and family. Help the elderly and the disabled. As I write this, we are being told that the shelter in place law will last at least until August...but it is working. Social distancing is working. Face masks are working. It is your responsibility to do everything you possibly can to keep everyone that you are in contact with Covid-19 free.

For more information on our Veterans organization, go to www.EPCCPV.org, email Kent at info@EPCCPV.org or call/text 303-618-6131



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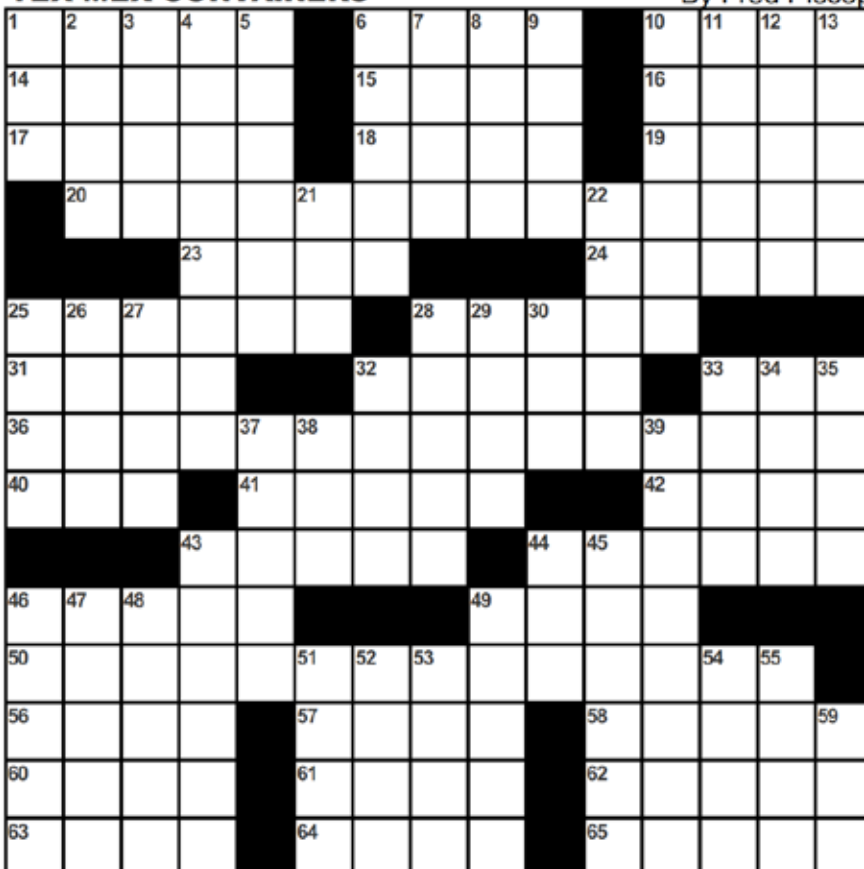
- | | |
|---|----------------------------------|
| 1) Hindu wise man | 40) Futbol fan's cheer |
| 6) Jerseys, e.g. | 41) Partners of hills |
| 10) Lad's partner | 42) Like unassisted triple plays |
| 14) Dress designer Donna | 43) Malta money |
| 15) Cookie since 1912 | 44) Chris Kyle, notably |
| 16) Camp Swampy pooch | 46) Place to cyber-shop |
| 17) Hard to combine | 49) In vogue |
| 18) Don't raise | 50) South American capital |
| 19) Curling implement | 56) TV serial, perhaps |
| 20) Researcher's task | 57) Basalt source |
| 23) Its product names may contain umlauts | 58) Cookie trayful |
| 24) Intoxicating, as a brew | 60) Russian-born Deco designer |
| 25) Orville Redenbacher's unit | 61) Word of agreement |
| 28) Less hampered | 62) Wed, say |
| 31) Skin lotion additive | 63) Basic requirement |
| 32) Holey utensil | 64) Karaoke delivery |
| 33) Easily fooled sort | 65) Smart-alecky |
| 36) Allied summit of February 1945 | |

DOWN

- 1) Snowmobile part
- 2) Harry Potter accessory
- 3) Part of BART
- 4) Taskmaster
- 5) What's consumed
- 6) Apres-ski treat
- 7) Paperless, in a way
- 8) Drawing place
- 9) __ amandine
- 10) Hang around
- 11) Skylit areas
- 12) Awaited the anthem
- 13) The hotheaded Corleone
- 21) Animated film unit
- 22) Pep rally sound
- 25) Fight ender, informally
- 26) Carrier whose name means "skyward"
- 27) Thespian's resume item
- 28) Kangaroo court penalties
- 29) Sports officials, briefly
- 30) Poetic time
- 32) Like some home runs
- 33) Start of a grid play
- 34) Ranch unit
- 35) Use a spyglass
- 37) Imago, in the insect world
- 38) Caboose, for one
- 39) "Hulk" star
- 43) Split to 62-Across
- 44) HBO alternative
- 45) Rain cloud
- 46) Clampett player
- 47) "Sicko" director
- 48) Shooting marble
- 49) Trolley sound
- 51) "A pity!"
- 52) 44-Across garb, for short
- 53) Place to use a mitt
- 54) Answer to "That so?"
- 55) Performs a 27-Down
- 59) "You there!"

TEX-MEX CONTAINERS

By Fred Piscop



Key on page 50.

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Personal Finance Lessons from the COVID-19 Pandemic

By Money Coach Bill



The COVID-19 pandemic has been devastating for one and all. Let's look for lessons we can learn from this experience:

Emergency Fund. Everyone absolutely needs an Emergency Fund to pay the bills for unexpected expenses and loss of income. At a minimum, we need available cash for six months of expenses. Even if you have guaranteed retirement income, there will be surprise bills to pay.

Investment Risk. Because the stock market goes up and down, we need to limit our exposure to stocks, which represent ownership in companies foreign and domestic. I recommend stocks be no more than 50% of investments, no less than 20%. If you own stocks, you have lost money since market highs in February. Determine now if your level of worry and concern has affected your personal life. It may be time to reduce exposure to the volatile stock market.

Remember, never have money in stocks you will need within the next five years. Stocks are long-term investments.

Dollar Cost Averaging. This technique, automatically investing the same amount on a periodic basis, has proven wise. You buy more stocks when the market is down, fewer when it is up. Over the long run, this is the way to invest.

Convert to Roth. This is the time to consider converting regular retirement money to a Roth retirement account. Converted funds are taxed, but your tax bill will be lower because stock values are down. Roth money is never taxed when withdrawn, a real plus down the line. Also, see if your employer has a Roth 401(k) choice or start your own Roth IRA (Individual Retirement Account).

Refinance Mortgage. When the pandemic started, mortgage rates were at their lowest

level ever. Consider refinance but be smart, do not refinance a mortgage with seven years to go and start a 15- or 30-year mortgage. Check the fees. Goal is both to reduce monthly mortgage payments and to pay off the house before retirement.

Estate Plan. At some point, you will die. The pandemic should drive that home. Be prepared: survivor file, will, legacy plan, up-to-date beneficiary holdings (which can include house and car). Understand that assets which have a designated beneficiary pass directly, a will is not involved.

Pay it Forward. If you do not need your stimulus money, pass it on to one of the many who now need a little help. We must work together!

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	TRADITIONAL IRA	ROTH IRA	
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HOW MUCH YOU CAN CONTRIBUTE EVERY YEAR (2015/2016/7)	\$5,500 to both accounts combined. Does not apply to rollover contributions.	\$6,500 if age 50 or older.	\$5,500 to both accounts combined. Does not apply to rollover contributions.
CAN YOU EARN TOO MUCH TO USE IT?	No.	Yes. You must earn less than \$117,000 filing single, \$184,000 married filing jointly in 2016.	

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



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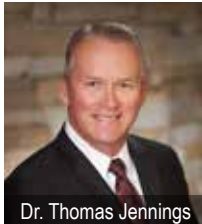
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Stroke Awareness Efforts Hit The Main Stage During The Month Of May

By Trevor Phipps

According to the Center For Disease Control And Prevention or CDC, the occurrence of a stroke kills around 140,000 people in the United States each year which accounts for about one out of every 20 deaths. The CDC's statistics also show that someone has a stroke in the U.S. every 40 seconds and every four minutes an American dies from it.

As result of the excessive problem with strokes, the CDC as well as other organizations including the National Health Institute (NIH), the American Medical Association (AMA), and the American Stroke Association all celebrate National Stroke Awareness Month during the month of May. The annual event is focused on preventing strokes within the country by promoting education and awareness of the medical condition that is also known as a brain attack.

What Is A Stroke?

A stroke occurs when something blocks the blood supply to a part of the brain or when a blood vessel inside the brain bursts. During either incident, brain cells can become damaged and even die which can result in death, long lasting brain damage, or a long term physical disability.

The human brain controls the body and it requires oxygen to function properly. The arteries inside a human body deliver oxygen rich blood to the brain to keep it functioning.

When this blood supply gets constricted, blood cells that stop getting oxygen can die or become damaged within minutes. According to the CDC, there are two different types of strokes, ischemic and hemorrhagic. "An ischemic stroke occurs when blood clots or other particles block the blood vessels to the brain. Fatty deposits called plaque can also cause blockages by building up in the blood vessels," the CDC website says. "A hemorrhagic stroke occurs when a blood vessel bursts in the brain. Blood builds up and damages surrounding brain tissue."

The Importance Of Stroke Awareness

National Stroke Awareness Month started in May of 1989 when President George H. W. Bush signed the Presidential Proclamation 5975. The purpose of the month long holiday is to help prevent strokes from occurring in the future.



Through education programs the CDC, AMA, and NIH all work towards promoting stroke awareness. Medical professionals believe that if people are better educated about knowing when someone is having a stroke, then problems associated with them can be prevented if medical assistance is sought quickly.

According to the CDC, "more than 3 out of 5 people are aware of all major stroke symptoms and know to call 9-1-1 when someone is having a stroke." However, many medical professionals feel that it is plausible to raise these numbers to five out of five through educational efforts.

"Time lost is brain lost. Every minute counts when you or someone you know is having a stroke," the CDC website says. "Acting F.A.S.T. can help stroke patients get the treatments they need to survive and reduce damage to the brain."

F.A.S.T. = Face, Arms, Speech, and Time

One method the CDC and other health organizations have been using to educate the public and promote stroke awareness is to instill the synonym "F.A.S.T." The four letters stand for important things to pay attention to when dealing with someone that might be suffering from a stroke.

Face: Often times when suffering from a stroke, one side of the victim's face will droop when they smile.

Acting F.A.S.T. is key to stroke survival.

- Face:** Does one side of the face droop when smiling?
- Arms:** Does one arm drift downward when both arms are raised?
- Speech:** Is speech slurred or strange when repeating a simple phrase?
- Time:** If you see any of these signs, call 9-1-1 right away.



Arms: In some cases, when a person has a stroke one of their arms will drift downward when both of their arms are raised.

Speech: Sometimes people that have strokes will slur their speech or it will sound strange when they are asked to repeat a simple phrase.

Time: Since time is essential when dealing with potential stroke victims, anyone who notices any of these symptoms on themselves, a friend, or a family member should call emergency services by dialing 911 right away. The quicker the victim can get medical treatment the better chances they have at surviving and not suffering from permanent brain damage or physical disabilities.

Recent Studies Show That COVID-19 Can Cause Strokes Even With People Under 50

Stroke awareness proves to be extra important this year with

the recent ongoing coronavirus pandemic. There are recent studies showing that the novel COVID-19 disease can cause strokes with some patients due to it restricting blood flow to the brain.

Last Month, national news agencies such as CNN and Business Insider both reported that there are studies proving that COVID-19 can bring about blood clots and strokes in patients that have contracted the virus. Many of these patients were under 50 years in age and they had little or no symptoms after contracting and testing positive for COVID-19.

"Doctors have reported blood clots in patients with severe cases," the Business Insider article said. "A group of experts in New York City have also recorded a handful of cases in which young coronavirus patients experienced large vessel strokes, which involve a blood clot that travels from the body into an

artery in the brain. One New York doctor told CNN that he's seen a "seven-fold increase" in the number of sudden strokes in young patients in the last two weeks."

For the most part, the novel coronavirus has shown to be a disease that causes, in some cases, severe respiratory problems. Recently several doctors have also noted that the disease can cause problems with the heart, kidneys, and other parts of the body in some of its victims.

In any case, with cases of strokes increasing during the recent pandemic, it is important now more than ever that people know the signs of a stroke when it occurs. During this outbreak, many are worried about going to the hospital due to fears of contracting the disease, but not seeking medical attention when someone suffers from stroke symptoms, can cost them their lives.

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Coronavirus (COVID-19) Prevention Tips

By Rick Sheridan

Here are some of the best practices steps that you can take as recommended by the Center for Disease Control and other reputable sources. We have also included a special section for the Colorado Springs area. By the time you read this, the coronavirus situation will have changed, but many of these guidelines will still be recommended.

The best way to prevent illness is to avoid being exposed to this virus. The virus is thought to spread mainly from person-to-person. This could range from handshakes to sneezes, often between people who are in close contact with one another.

Taking steps to protect yourself

Clean your hands often. Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.

Hand sanitizer is helpful if soap and water are not readily available. Be sure to use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry. Hand washing is still the first choice.

Avoid close contact with people who are sick

Put distance between yourself and other people while out in public. This is especially important for people who are at higher risk of getting very sick, such as the elderly. By now, almost everyone has heard of the social distancing recommendations (stay at least 6 feet away from strangers in public).

Stay home if you are sick, except to get medical care. Learn what to do if you are sick.

Cover coughs and sneezes. Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

Wear a facemask if you are sick. You should wear a facemask when you are around others and before you enter a healthcare provider's office. If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask).

Clean and disinfect frequently touched surfaces

daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.

If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

To disinfect: Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

Options include:


Make a bleach solution, mix:

5 tablespoons (1/3rd cup) bleach per gallon of water, OR

4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser.


Unexpired household bleach will be effective against coronaviruses when properly diluted.



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



Alcohol solutions.

Ensure solution has at least 70% alcohol.

Other common EPA-registered household disinfectants.

Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).

What to do in the Colorado Springs area

To find out what El Paso County Public Health is leading local efforts and proactively partnering with the Pikes Peak Regional Office of Emergency Management and other partners to plan, prepare and respond together as a community. To find out what their most recent recommendations are:

<https://www.elpasocountyhealth.org/services/coronavirus-disease-2019-covid-19>

The Colorado Department of Health and Environment is also working to limit and slow potential spread of this disease. They advise you to stay informed with reliable sources of information, take everyday actions to protect yourself and those you love, and share accurate information with neighbors, friends and co-workers, especially people who may have difficulty receiving or understanding the information.

For answers in many languages including English, Spanish, Mandarin and more:

Call 303-389-1687 or 1-877-462-2911; or visit the Colorado Department of Public Health and Environment's webpage

If you have symptoms and think you have been exposed, call a health care provider. The symptoms of COVID-19 include fever, cough, and shortness of breath. Illness can be severe and require hospitalization, but most individuals recover by resting, drinking plenty of liquids, and taking pain and fever-reducing medications.

If you are sick, it is important to call ahead before going to see a doctor or emergency room to prevent the spread of illness. Tell them your symptoms and that you suspect you were exposed to someone with COVID-19 or had recent travel to a place that is experiencing community spread.

We will all get through this together. Now is the time to follow the recommended guidelines from the state and federal agencies.

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Herbs & Spices for Immunity

By Rick Sheridan

With the coronavirus (COVID-19) outbreak, many Pikes Peak Senior News readers are interested in taking all the precautions that they can. Research is beginning to confirm the efficacy of folk medicines people have been using for hundreds of years. Remedies made from herbs and plants are a powerful ally for your health and immunity, and science is starting to agree, according a recent article that was medically reviewed by Alana Biggers, M.D.

Although it is still recommended that you get your yearly flu shot and follow the advice of your physician, there are herbs, spices and natural food concentrates that have been used for hundreds of years to boost immunity that you may want to consider. Here are several of them.

1. Elderberry

Chances are, you've already tried elderberry in some form or another, as this deep-purple berry has gone mainstream in the past few years. Also called sambucus, elderberry is antifungal, antibacterial, and antimicrobial, so it's good at boosting your immune system and it has other benefits. It is most commonly found as a syrup, a tincture, in lozenges, or even in gummies.

Elderberry is considered safe, but don't drink a whole bottle in one setting. A teaspoon to a tablespoon of syrup at a time will work. Keep syrups in the fridge, as they are not shelf stable. If you have any autoimmune disorders, it's probably best to stay away from it (because it stimulates the immune system).

2. Echinacea

Another well-known immune booster is echinacea, aka coneflower. It

works by stimulating the immune system to produce natural killer cells and other sickness-fighters. A 2015 meta-analysis concluded that echinacea may benefit people with low immune function the most, even reducing the risk for a cold up to 35 percent. Echinacea is most effective when used right when you start to feel ill, rather than when a full-blown sickness has already taken hold.

Look for *Echinacea angustifolia* or a whole plant extract, because it's the most chemically bioavailable (easily absorbed and used by the body). Echinacea is often taken in a capsule or brewed in a tea.

3. Ginger

This versatile plant has been shown to be antimicrobial, antibiotic, and anti-inflammatory. It's pretty safe when used in cooking and remedies, but pregnant people shouldn't ingest more than 2 grams of dried ginger per day.

4. Garlic

Garlic is also thought to stimulate the immune system and boost the efficacy of white blood cells, though studies are inconclusive. Garlic is really easy to use. Up your garlic intake when you're actually sick, too. Dietary doses of garlic are usually in a capsule or tablet. It is considered to be pretty safe, but if you're on anti-clotting medications, be cautious.

5. Turmeric

This bright-yellow spice common in Indian cuisine has been used for medicinal purposes for centuries. Curcumin, one of its main compounds, gives it its color and much of its immune-boosting potential. Research suggests curcumin helps activate white blood cells and downregulate

proinflammatory cytokines. It also may help enhance an antibody response and shows microbiome balancing activity. Eating turmeric-spiced foods is a great way to incorporate the plant into your diet, but supplements will deliver the biggest bang for your buck, according to Bill Rawls, M.D.

Many people think that herbal remedies don't work, but that is often because they aren't using enough. If you want to get the benefits from a tea, you have to steep it longer and/or use more herbal material (read: 2 or 3 tea bags per cup, or load everything up in a French press and let it really brew for 30 or more minutes).

The same goes for tinctures — when suffering an acute condition, you need to be ingesting a full dropper (or whatever the guideline on the tincture bottle says) every few hours or so.

When in doubt about dosage (or even whether or not a certain herb will work with your body), consult a trained clinical herbalist, holistic physician, naturopath, or other trusted source regarding natural medicine.

And always see your healthcare provider or a pharmacist if you're planning to mix plant medicine with prescription medication.



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H0630_19020_M

Tips To Make Homes For The Elderly Safer During Stay At Home Isolation Orders

By Trevor Phipps and Karli Johnson

During the recent pandemic, COVID-19 is keeping everyone home more often. People across the world have limited places they can go. One of the best things that can be done right now is to take steps to make the homes of the elderly or mobility impaired safer and more comfortable when they are quarantined at their houses. This can include making several different types of modifications to the home to allow the person to access every part of their house more safely.

Different Types Of Stair Lifts

If an elderly or disabled person has trouble getting up and down stairs, they may stop going to certain parts of their house because going to the upstairs or downstairs section is too difficult for them. A logical solution to this problem could be getting an automatic stair lift installed inside the person's home.

A straight stair lift can prove to be a less expensive option. Many homeowners opt to have two straight stairlifts installed on their staircase instead of a single curve unit because it is a more cost-effective option for covering two flights of stairs. However, if the person is unable to transfer safely between these two lifts, then a custom curve stairlift would be a better choice.

When a customer needs a curved stairlift, a professional company can send their team to their home and use software to measure the staircase. Several different companies produce curved stairlifts that are precisely made to fit the stairs inside a specific house.

Many of the stairlifts available come with width adjustable armrests and obstruction sensors on the chair that can detect pets, and other obstructions for added safety. These types of lifts come with a covered gear track for an improved appearance. There are continuous charge strips along the rail that give the unit power wherever it stops. These features come standard with many lifts and there are additional features which can help make the stair lift easier to use including a power swivel seat and

folding footrest. These features make the chair easier to use for those who have difficulty turning their body or who are unsteady.

Hand Rails And Safety Bars

In some cases, the senior citizen in question may be able to walk up stairs, but it takes them a lot of energy to do so. Over time, handrails can get worn and become loose and some steps inside houses do not even have railings next to them.

Reinforcing or installing new hand rails inside a house can help add to its overall safety. If there are rails installed in places like outdoor steps from the house into the yard, it could allow the person living there to access the outside when they were not able to do so safely before. Rails can also be added to the bathrooms around the

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shower, bathtub, and toilet to add extra safety when people are using the rooms.

Rent Or Purchase Mobility Aids Or Other Medical Equipment

When everyone has to stay inside their homes during the recent pandemic, it is important that people are comfortable there and that they can conduct all of life's necessary activities easily. When people age or develop physical disabilities, basic actions like walking to various rooms in the house or taking a walk around the yard can become something that they avoid due to pain or other mobility issues.

Many communities have organizations that offer to loan or rent out mobility aids like wheelchairs, walkers,

crutches, or canes. Any of these items could possibly give a person more mobility than they had before which could allow them to explore parts of their house or yard that they maybe haven't seen in years. Other things such as elevated toilet seats can also improve the function ability of a home for a disabled or elderly person.

Those who decide to purchase mobility aids such as wheelchairs or walkers need to make sure that their house is built to allow the items to pass through their halls and doorways before they spend the money. If having one of these mobility aids proves to be a necessity, further modifications of the house might be necessary including widening or re-building halls and doorways.

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Faith Through Older Eyes:

Replacing Sadness with Seasonal Joys

By Nancy Parker Brummett

All of us have experienced what it feels like to be isolated from others during the coronavirus pandemic. One good aspect of this experience, one I hope lasts for a long time, is that we should all now be more sensitive and empathetic toward older adults who often feel isolated in care facilities or skilled nursing centers. For them, the isolation was even worse during the pandemic as these places had to necessarily limit all contact with the outside world.

“I live in a retirement home. My world is shrinking,” wrote Elaine Jaffe in an online website titled Coronavirus Diaries. “They locked the doors and sealed them with yellow tape, giving this residence for 100 old people the appearance of a crime scene. Then they posted the signs announcing that no one from the outside—not family, not friends, not vendors, not anyone—could enter.”

Elaine went on to enumerate all the interactions and activities she missed. Yes, we want our elders to be safe, but how hard it is when even adult children can’t see and hug the mom or dad they love.

So when all this over, and as I write this I am trusting that it will be, it’s our job to replace the sadness that has seeped into our seniors’ existence with all the newness and joy that spring and summer can bring. Those who survive the virus may have been ill with it, or may be grieving because they lost close friends to it, so they need an infusion of the newness of life more than ever. What can we offer?

First of all, look for Scripture verses that proclaim the glories of God’s creation! Write them in bright-colored ink on index cards and tape them at various places in an elder’s residence. Verses like: *Flowers appear on the earth, the season of singing has come* (Song of Songs 2:12), or *The earth is the Lord’s, and everything in it, the world, and all who live in it* (Psalm 24:1). Restore hope with: *Because of the Lord’s great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness*

(Lamentations 3:22-23). Or this from Isaiah 43:19—*See, I am doing a new thing! Now it springs up; do you not perceive it?*

If it’s feasible, get your senior outside on a patio to smell and see the signs of new life all around—or take a drive past budding trees and lush gardens. If the one you love is bound to her residence, think of ways to stimulate seasonal senses inside. Begin by pulling back curtains, washing windows, and even opening a window if possible. Let the sound of birds singing serenade your senior. Bring in bulbs that are in bloom. While the aroma of paper whites or lilies is too strong for some adults, seniors with a diminished sense of smell may find their aromas pleasing and life-giving.

Get grandkids and great-grandkids involved. Create a small window garden from a section of an egg carton and help the kids put soil in each cup along with fast-growing flower seeds like marigolds, zinnias or cosmos. The children will love watering and tending their “gardens” on visits, and plants may be transplanted to your garden later.

In short, we need to do everything we can to replace the sadness of a season of illness and isolation with the joys of spring and summer for our seniors. And guess what? Doing so will lift our spirits as well.



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.



Although not a traditional father in some ways, she still gives him high praise. "He wasn't a hands-on dad - he didn't help us with our homework and I doubt he ever changed a diaper. But he taught by example and just had a very quiet way about him."

helping him, of course, but he signed all the letters. I never saw him say 'no' to an autograph seeker, even when there were crowds of people. It was actually a kick to get that glimpse of dad's fame."

Not surprisingly, Kelly remembers her dad as being gracious with fans.

"I've had people come up to me and tell me they wrote him a letter when they were in high school and got a personal response back. He had a secretary

When Stewart's wife died in 1994, Kelly remembers him retreating into great despair.

"I think he had just had enough of the world. Dad was the most stubborn person I've ever met and was going to do what he wanted - to hunker down inside his beloved home, with his two dogs. At the end, I believe he appreciated his wonderful life and knew he was loved."

This interview was condensed and edited from the author's book "Raised by the Stars."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 800 magazines and newspapers.



Brain Teasers

1. Johnny's mother had three children.

The first child was named April.

The second child was named May.

What was the third child's name?

2. A clerk at a butcher shop stands five feet ten inches tall and wears size 13 sneakers.

What does he weigh?

3. Before Mt. Everest was discovered, what was the highest mountain in the world?

Answers on page 49

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Colorado Springs Area 4th Of July Events

Triple Crown Colorado Sparkler

When: July 4th

What: Over 10,000 athletes will travel to the state of Colorado to bring athletes, locals, and families together for an unforgettable event. The Colorado Sparkler is a baseball tournament taking place in 28 baseball diamonds across Colorado Springs. And the best part? It's open to the public!

Web: Check the website a few days before the event for any new changes. <https://www.cosparkfire.com/>

Old Colorado City Community Picnic

When: July 4th

Time: 11am-3pm

Where: Bancroft Park

What: Come enjoy a traditional summer picnic fare, live music and the opportunity to chat with neighbors

Rock Ledge Ranch, Family Fourth

When: July 4th

Time: 10:00 a.m. – 5:00 p.m.

Where: Rock Ledge Ranch

What: Witness a re-enactment of a Revolutionary War Encampment and hear the Declaration of Independence. Historical reenactment will include: Honest Abe will read the Gettysburg address. Visitors can also meet George Washington, General William Jackson Palmer, Teddy Roosevelt, and Katherine Lee Bates while patriotic brass band music resonates throughout the site. Carnival games, food vendors and pony rides will be on site.

Web: <https://rockledgeranch.com/events/>

The Tri-Lakes 4th of July celebration

When: July 4th

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

Web: <http://www.townofmonument.org/338/Tri-Lakes-4th-of-July>

Independence Day Fireworks Spectacular

When: July 4th

Where: Vibes Stadium (formerly Sky Sox Stadium)

What: The Sky Sox moved the franchise to San Antonio, Texas, in 2019. Now we have the Rocky Mountain Vibes. While we are hopeful that our home opener set for June 26 will not be delayed, and with the health and well-being of the players, umpires, team employees and our fans in mind, we will continue to monitor the developments and follow guidelines set forth by public health agencies.

Web: <http://www.vibesbaseball.com>

Manitou Springs Volunteer Fire Department Fireworks

When: July 4th
What: Canceled for 2020. Canceled for the foreseeable future.

Fort Carson Freedom Fest (TBD)

When: July 4th
What: The 3-day event on the Army post south of Colorado Springs features concerts, sports competitions, plenty of food, and of course fireworks at Iron Horse Park.
Web: <http://www.carsonfreedomfest.com>

Summer Symphony

When: July 4th
Time: Activities and concessions start at 5:30p.m., concert at 7:30p.m., fireworks at dusk (9p.m.)
Where: Memorial Park
What: Be part of the 4th of July tradition as the Colorado Springs Philharmonic performs patriotic favorites along with fireworks at Colorado Springs' largest celebration!

Woodland Park

Woodland Park's 'Old Fashioned 4th of July'

When: July 4th
Time: 9a.m.-3p.m.
Where: Memorial Park 200 North Park Street, Woodland Park
What: The Old-Fashioned 4th of July Celebration in Woodland Park's Memorial Park is a small town tradition! A fun-filled day of entertainment, vendors, food and games. Fireworks can be viewed from anywhere within the City starting approximately 9:15 p.m.

'Symphony Above the Clouds'

When: July 5th
Time: 5-9p.m.
Where: Athletic Field at Woodland Park Middle School, 600 East Kelley's Road, 80863.
What: In beautiful Woodland Park Colorado, the Symphony Above the Clouds combines live symphony music, fireworks, and the cannons of Fort Carson. Free concert to celebrate the independence of the United States of America. Sponsored by the Ute Pass Symphony Guild and featuring the Colorado Springs Philharmonic Orchestra, concluding with Tchaikovsky's 1812 Overture with City of Woodland Park fireworks.

Cripple Creek

4th of July Celebration

When: July 4th
Time: Starting at noon, live bands will be providing your favorite hits till 4 p.m. From 6-10 p.m., another great live band will play you into the evening with fireworks at 9:30 p.m.
Where: Cripple Creek, CO
When: Since 1900, Cripple Creek's 4th of July Celebration has been recognized as one of the best 4th of July events in Colorado. This patriotic community knows how to celebrate, and the celebration is a much-anticipated event. This year's 4th of July Celebration will feature live entertainment in the Brass Ass parking lot at the corner of Bennett Avenue and 3rd Street.

Other Colorado Springs Area Events

Colorado Springs Western Street Breakfast

What: One of Colorado Springs' most iconic celebrations of its deep-rooted western heritage. The Street Breakfast has also become an annual fundraising event that supports our local military and their families.

Date: June 17, 2020 – 5:30 to 9 a.m. (Wednesday)

Location: Downtown Colorado Springs at the intersection of Pikes Peak Avenue & Tejon Street.

2020 Manitou Springs Colorado Wine Festival

When: Sat, July 25, 2020

Time: 11:00 AM – 5:00 PM MDT

Where: Memorial Park, 502 Manitou Avenue, Manitou Springs, CO 80829

What: Enjoy tastings from 35+ Colorado Wineries with live music, food & gift vendors while you stroll through Memorial Park. Free 6 bottle wine tote with your purchase, while supplies last! Ticket price includes admission to wine tastings and a free Colorado Wine Festival glass. All participants must be 21 years of age or older. Admission is free to designated drivers who do not partake in wine sampling.

Woodland Music Series presents Movie House Music 2020.

Live music at the movie theater.

When: June 14, July 12, August 9

Time: 2:30 PM - 4:00 PM

Where: Gold Hill Theaters - 615 West Midland Ave., Woodland Park, CO

Phone: 719-687-3555

Cost: Music, a beverage & movie: \$20
Music & beverage: \$12

The Rocky Mountain State Games

When: July 17-19 & 24-26

Where: Primarily held in Colorado Springs, Colorado at premier venues including: U.S. Olympic & Paralympic Training Center, National Strength & Conditioning Association, Colorado College, Memorial Park and other venues in the Pikes Peak region.

What: Colorado's largest multi-sport festival for athletes of all ages and athletic abilities, including those with physical disabilities or visual impairment.

Cost: Price may vary depending on individual & team sports

Web: please visit www.rockymountainstategames.org/ for more details on pricing.

Phone: (719) 634-7333

Email: info@thesportscorp.org

Parade of Homes Colorado Springs

When: August 7 - 23 Aug 2020

What: Parade of Homes offers a first-hand look at the current trends and greatest innovations in new home design. It exhibits the latest design trends in affordable living to luxury dream homes complete with every amenity imaginable.

Phone: Contact Rhonda Scurek at 719-592-1800, ext 11920

Colorado Springs Area Events (Canceled And Rescheduled Summer Events)

- Gold Camp Historical Trolley Tours: Postponed indefinitely.
 - Cripple Creek Music in the Park: Postponed indefinitely.
 - Record Store Day: Rescheduled for June 20.
 - Colorado Wine Festival: Rescheduled for Oct. 29-31.
 - 36th Space Symposium: Rescheduled for Oct. 31-Nov. 2
 - Rocky Mountain Women's Film: Thursday's "Film in the Community" canceled.
 - Pikes Peak Birding & Nature Festival: Canceled for 2020 Rescheduled for May 21-23, 2021.
 - May 11: National Alliance on Mental Illness Fundraiser Luncheon - Stand in the Light - Canceled.
 - May 16: Run to the Shrine: Rescheduled for Aug. 30.
 - May 16: 10th Running of the Cheyenne Mountain Trail Race: Postponed to Oct. 24.
 - May 20: Unstoppable Women's Luncheon - Postponed until fall.
 - May 22-24: MeadowGrass Music Festival: Rescheduled for May 28-31, 2021.
 - May 23-25: Territory Days: Canceled.
 - June: Colorado Springs Chamber and EDC Athena Award Luncheon: Postponed to Aug. 12.
 - June: Garden of the Gods 10 Miles and 10K Run: Canceled.
 - June 4: Citizens Project Creating Community breakfast: Canceled.
 - June 7-27: Colorado College Summer Music Festival: Canceled.
 - June 13-14: Top of the World Rodeo: Canceled.
 - June 19-July 5: Once Upon a Time in the West Art Show: Canceled.
 - June 27-28: 89th Annual Donkey Derby Days: Rescheduled for Sept. 5-7.
 - June 28: Pikes Peak International Hill Climb - Postponed until Aug. 30.
 - Fan Fest is scheduled for Aug. 28.
 - July 13-18: Junior Women's Open Championships: Canceled.
-

Castle Rock 4th Of July

July 4th 5K

What: This family-friendly race benefiting the Council of Arts Science and Culture begins in downtown Parker and follows the Parker trails system. Be sure to stay for the post-race celebration with pancakes, music, vendors, and family activities.

When: July 4th

Time: 8:30 AM

Where: Downtown Parker

Cost: \$15-\$40

HRCA Independence Day 5K (Highlands Ranch, 80129)

What: Bring your whole family, including your strollers and your dogs. This fun family run/walk is a great way to kick off your 4th of July holiday. After the race festivities are over, head over to watch the Parade!

When: July 4th

Time: 8:30 AM

Where: Town Center

Cost: \$25-\$55 (Presented by Cottage Care)

HRCA July 4th Parade

What: The HRCA July 4th Parade celebrates the men and women who serve or have served our country. Prior to the event, the Bike and Pet Parade allows families to dress up and show their patriotic spirit! Families may then find a place to watch the Community Parade.

When: July 4th

Time: 8:45-10:30 AM

Where: Town Center North

Cost: FREE!

The Meadows 4th Of July Celebration

What: Decorate your bicycles, strollers, and wagons for The Meadows Patriot Parade. After the parade, the fun continues with live music, concessions, inflatable rides, and activities for all the family to enjoy.

When: July 4th

Time: 11:00 AM-1:00 PM

Where: Bison Park

Cost: FREE!

City Of Lone Tree Independence Day Celebration

When: July 4th

Time: 4:00-10:00 PM

Where: Sweetwater Park

Cost: FREE! (wristbands required)

What: Residents of Lone Tree and Acres Green can celebrate with a bike parade, music, and a huge variety of entertainment and activities.

Highlands Ranch July 4th Celebration

When: July 4th

Time: 4:00-10:00 PM

Where: Highland Heritage Regional Park

Cost: FREE!

What: This annual celebration includes live music, carnival and pony rides, games, face painting, hot dog eating contest, and community spirit. The fun continues through to the finale, a spectacular fireworks show.

Parker Stars And Stripes Celebration

When: July 4th

Time: 6:00-10:00 PM

Where: Salisbury Park

Cost: FREE!

What: Kids and parents alike will enjoy live music, great food available for purchase, complimentary bounce houses, slides, games, and more.

Fireworks In Castle Rock

- When:** July 4th
Where: Castle Rock
Time: 9:00 PM
Cost: FREE!
What: Fireworks will blast off from the Santa Fe Quarry butte above Red Hawk Ridge Golf Course. Because of the elevation of the butte – about 6,700 feet – and because this is a high-flying show, the fireworks can be seen from most places in Town. However, visibility may be limited in some areas of town.

Other Castle Rock Events

Castle Rock Wine Fest - Brought to you by the Castle Rock Chamber of Commerce

- When:** Saturday, July 18, 2020
Where: Butterfield Crossing Park, 3952 Butterfield Crossing Dr, Castle Rock, CO 80109
Time: 2 PM to 8 PM - VIP Entrance Opens at 1 PM
What: An outdoor wine tasting event that offers more than two dozen wineries and over 180 varieties of Colorado wine. This annual event arrives on the third weekend in July and draws wine aficionados for the enormous variety of Colorado wines, fabulous food trucks, and an amazing local band to dance into the night. There's even a Beer Garden where patrons can purchase a cold craft beer local to the area. Get Your Tickets Today! This event is intended for adults only—No Children & No Pets will be allowed.

Classic Rock Cruise-In Car Show

- When:** Saturday, June 20, 2020
Time: 10:00 AM-3:00 PM
Where: On Wilcox Street Downtown, Castle Rock, CO 80104
What: Come Downtown for the 12th Annual Classic Rock Cruise-In Car Show. This event is brought to you in partnership between the Vintage Car Club of Castle Rock and Downtown Merchants Association. A variety of family friendly activities will be offered such as live music, food vendors, lawn games and more!
Cost: FREE

Douglas County Fair Parade presented by the Castle Rock Chamber in partnership with the Town of Castle Rock

- When:** Saturday, July 25, 2020
Time: 9:30 AM-11:30 AM
Where: Downtown Castle Rock, Perry Street. Castle Rock, CO 80104
What: The Fair Parade, which originated in 1954 and has long since become a staple of the summer's liveliest weekend of the Douglas County Fair & Rodeo's public events. Celebrate the fair in Downtown Castle Rock with well over 75 entries, including bands, entertainment, local businesses, and civic organizations, the Fair Parade is a must-see.

31st Annual Castle Rock Artfest

- When:** Sat/Sun Sept. 12 & 13, 2020
Time: (Sat) 9AM-6PM, (Sun) 10AM-5PM
Where: Festival Park - 300 2nd Street | Castle Rock, CO 80104
What: The weekend after Labor Day, the Castle Rock Chamber of Commerce hosts a juried fine arts show with artists from across the country. Castle Rock provides the perfect canvas for the Annual Colorado Artfest, which has become a summertime tradition for residents and art enthusiasts alike. Enjoy continual live main stage entertainment featuring popular musicians, interactive exhibits for the kids, savor fabulous food/beverages and so much more!

★ Pueblo Area Events

Rollin on the Riverwalk

When: July 4th

Time: Gates open at 5:00 p.m.

Where: Confluence Plaza at the Pueblo Riverwalk.

What: Celebrate the 4th of July with the HARP Foundation here at the Pueblo Riverwalk. Enjoy live entertainment performances, visit a variety of vendors, and finish off the night with a spectacular firework show.

★ **Cost:** Admission: \$3 for pre-admission sold at JR's Country Store or HARP Authority Office (125 Riverwalk Ph. 719-595-0242 or \$5 at the gate Military (military ID), Seniors and children under 12 \$3 at the gate.

★ Pueblo West 4th of July Celebration

When: July 4th

What: For 2020, our parade is on hold until we hear what is happening with the current safety and health issues.

Web: Check back for updates at pueblowestmetro.com

Colorado State Fair

When: Aug. 28–Sept. 7, 2020. Tickets are scheduled to go on sale July 10th.

If Colorado is still operating under a State of Emergency in June, we will reassess the situation at that time.

Where: Colorado State Fairgrounds - 1001 Beulah Ave, Pueblo, CO

Web: <https://www.coloradostatefair.com/>

Dog Days of Summer (In place of Farmers' Market).

When: Every Thursday until August 22nd from 5-8pm

Where: the Riverwalk Pathway and Welcome Center

What: There will be will be vendors under the bridges of Main Street and Union Avenue and up on the GoCo pathway by the Welcome Center. There will also be live music on select dates at the Security Service Flood Wall Stage. Enjoy \$2.00 boat rides or relax on the booze cruise while listening to the live entertainment.

Bash on the Riverwalk

When: June 12, 19, & 26

Time: 6-11pm

Where: Formally known as B-Street Bash, this event has moved to the AMR Confluence Plaza at the Riverwalk.

What: Hosted by Crime Stoppers, this event will feature several different bands on Friday June 12th, 19th and 26th.

Opening night on the 12th will feature local favorites, The Martini Shot. June 19th will be designated as the Hispanic Music Night with SeveroGrupoFuego ,80's Rock Legends Great White with locals Beyond Bridges on June 26th.

Cost: Admission: \$8 on 6/12 and 6/19, \$25 on 6/26. Tickets can be purchased in advance at JR's Country Stores

Big Bear Riverwalk Brewfest - Hosted by: Big Bear Wine & Liquor

When: Saturday, July 25, 2020

Where: AMR Confluence Plaza at the Riverwalk

What: The 7th annual Big Bear Brewfest will be held right here on the Riverwalk. With more space available, Big Bear plans to pack the Riverwalk with breweries from all over including live entertainment.

Time: VIP 5:00pm to 9:00pm GA 6:00pm to 9:00pm

Cost: Admission: \$40 GA/ \$60 VIP



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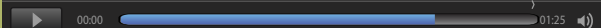
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Broccoli Lemon Chicken With Cashews

Takes 15-25 minutes Serves 2

A super healthy meal for two - full of vitamin C. You could use ordinary broccoli instead of tender stem

Ingredients

- 1 tbsp groundnut oil or sunflower oil
- 340g pack of mini chicken breast fillets (sometimes called goujons)
- 2 garlic cloves, sliced
- 200g pack tender stem broccoli, stems halved if very long
- 200ml chicken stock
- 1 heaped tsp cornflour
- 1 tbsp clear honey or 2 tsp golden caster sugar
- the zest of half a lemon and the juice of a whole one
- a large handful of roasted cashews

Directions

1. Heat the oil in a large frying pan or wok. Add the chicken and fry for 3-4 minutes until golden. Remove from the pan and add the garlic and broccoli. Stir fry for a minute or so then cover and cook for 2 minutes more, until almost tender.
2. Mix the stock, cornflour and honey or sugar well, then pour into the pan and stir until thickened. Tip the chicken back into the pan and let it heat through, then add the lemon zest and juice, and cashew nuts. Stir, then serve straight away with basmati rice or noodles.



Healthy Summer-Salad-Stuffed Popovers

Total time: 45 min, Prep: 15 min, Inactive: 5 min, Cook: 25 min

Yield: 6 servings

Ingredients

Popovers:

- Baking spray with flour
- 1 cup whole milk
- $\frac{3}{4}$ cup all-purpose flour
- 3 large eggs, lightly beaten
- 1 teaspoon pure vanilla extract
- Kosher salt
- 3 tablespoons unsalted butter, melted
- $\frac{1}{4}$ teaspoon baking powder

Summer Salad:

- $1\frac{1}{2}$ cups grape tomatoes, quartered
- $\frac{1}{4}$ pound fresh mozzarella, cut into $\frac{1}{2}$ -inch cubes
- $\frac{1}{2}$ English cucumber, peeled and diced (about 1 cup)
- $\frac{1}{2}$ cup loosely packed fresh basil leaves, chopped
- $\frac{1}{4}$ cup extra virgin olive oil
- 2 tablespoons red wine or balsamic vinegar
- Kosher salt and freshly ground black pepper



SUDUKO KEY

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

Directions

1. Preheat the oven to 400 degrees F. Spray a 12-cup muffin tin generously with baking spray; set aside.
2. For the popovers: Whisk the milk, flour, eggs, vanilla and 1/2 teaspoon salt in a medium bowl until combined. Drizzle in the melted butter while whisking until combined, then let the batter stand for 5 minutes. Whisk in the baking powder, then divide the batter evenly among the muffin cups (a scant 1/4 cup each). Bake until puffed and browned around the edges, 20 to 25 minutes, rotating the pan halfway through.
3. For the salad: While the popovers are baking, toss the tomatoes, mozzarella, cucumbers and basil in a medium bowl. Whisk the oil, vinegar, 1/2 teaspoon salt and a few grinds of black pepper in a measuring cup; add to the tomato mixture and toss to coat. Cover the bowl and refrigerate.
4. To assemble: When the popovers are done, turn them out of the pan, using a small spatula if necessary. Place 2 popovers on each of six serving plates and top each with 1/2 cup of the tomato mixture. Serve immediately.

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Key on page 47.



Page 36 Brain Teaser Answers:

1. Johnny.
2. Meat.
3. Mt. Everest. It just wasn't discovered yet.



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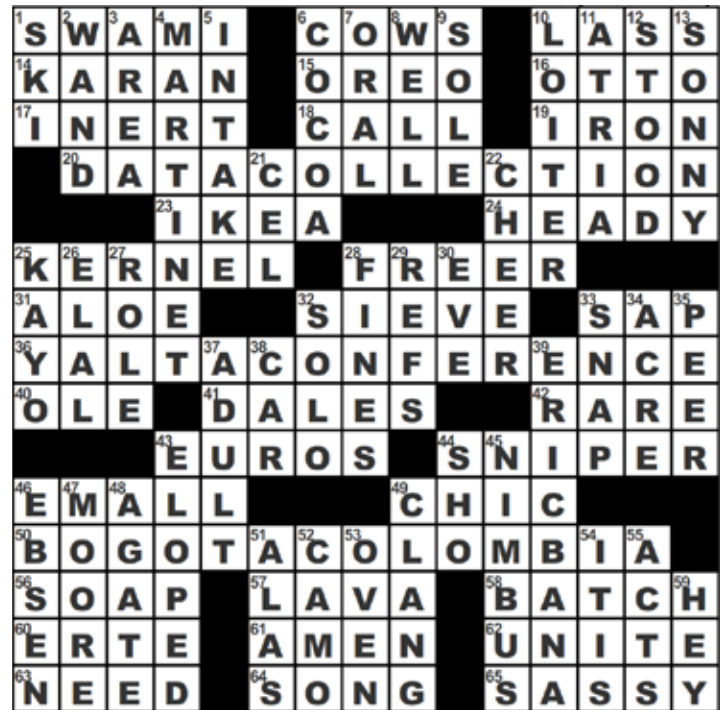
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