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August-September 2020

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## SENIOR NEWS

Quarterly Lifestyle Magazine

STAFF

**Publisher**  
Anne Jensen

**Managing Editor**  
Trevor Phipps

**Graphic Design**  
Mike Biles

**Graphics**  
Cyndia Lee

**Contributing Writers**  
Rick Sheridan,  
Nancy Parker Brumnett,  
Karli Johnson,  
Bill Stanley,  
Nick Thomas,  
and Robert Brocker

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

**Letters to the Editor**  
Trevor Phipps  
trevor@pikespeakseniornews.com  
(719) 761-9489

**Website**  
[pikespeakseniornews.com](http://pikespeakseniornews.com)



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# Take a Trip on One of Colorado's Scenic Byways

By Trevor Phipps

During the coronavirus pandemic era the world is still currently stuck in, sometimes the best and safest way to get out of the house is to take a drive. Luckily, the beautiful state of Colorado offers many gorgeous landscapes and sceneries, many of which can be enjoyed from inside a car. Fortunately, the Colorado Department of Transportation has made taking scenic cruises much easier by outlining several byways that offer exquisite sites.

The byways that are located all over Colorado can be found on the CoDOT website at [codot.gov/travel/scenic-byways](http://codot.gov/travel/scenic-byways). The website offers several maps, pictures, and videos of the different scenic byways across the state.

As the map shows, the scenic byways are scattered all over the state but most of them are not in the Pikes Peak region. However, there are two that are close enough for a quick day trip. The Gold Belt Tour and the Frontier Pathways byways are located within an hour or two drive from Colorado Springs. And, they both offer multiple routes where motorists can view different scenery.



## Gold Belt Tour

Early settlers of the area this byway drives through wrote "Pikes Peak or Bust" on their wagons and were on the hunt for gold. The early miners found that Victor and Cripple Creek were the best two areas for a good payoff.

However, navigating the high mountains where the gold laid was not an easy task. To get back and forth from the various cities located west of Colorado Springs, early travelers had to traverse steep mountain cliffs and deep valleys. Many times roads had to be cut from rock on the side of a mountain.

Luckily, many of the old settlers' trails are now roads that are a little bit easier to travel. The Gold Belt Tour Byway runs from Florissant, CO to Florence, CO or Canon City, CO and there are three different routes available to take. High Park Road, Shelf Road, and Phantom Canyon Road all offer different scenery and things to do.

When leaving Florissant travelers will first pass by the Florissant Fossil Beds National Monument. The national monument is home to several trails that lead through an area that has fossils from an ancient ecosystem dating back 34 million years.

Those who choose to head straight towards Canon City can take High Park Road through a combination of meadows and rolling hills. The road ends up on Highway 50 near the famous

Royal Gorge Bridge attraction.

Or people who are up for more of an adventure can head up the mountains into the Cripple Creek and Victor area. Cripple Creek was once the marketplace and commercial hub for all of the mining towns in the area. The town is now one of only three gambling towns in the state of Colorado.

In the mining days of the early 1900s and late 1800s, Cripple Creek was the entertainment and shopping hub of the area, but Victor was also a large mining town due to its location near several good producing gold mines. Victor now is considered a historic ghost town by many but the downtown region is still filled with shops, eateries, and museums.

From Cripple Creek, those that have a four wheel drive vehicle and seek a thrilling adventure can take the trek down Shelf Road into Canon City. This route is not recommended for those that are scared of heights because one section of the road consists of a narrow one-car trail with a several hundred foot drop on one side and a rock wall on the other side. Although the drive is a little scary,







the views as vehicles wind through the tight rock canyons are one-of-a-kind.

Those who prefer a long but pretty drive down the mountain to the deserts of Canon City and Florence can leave Victor and head south on Phantom Canyon Road. This route is an old railroad path that winds through beautiful canyons and valleys. One section of the trip requires driving across 100+ year old bridges and through tunnels that are still holding strong from the old railroad days.

Once in Canon City travelers can dip their feet into the Arkansas River at one of the city's parks or take a stroll through the city's downtown strip. Those who wish to head further can take a trip to Florence A.K.A Prison Town USA and check out the antique shops in the 20-block downtown area.

### Frontier Pathways

This byway leads through the mountains west of Pueblo through towns like Wetmore, Silver Cliff, and Westcliffe and then ends up in Colorado City. The distance is just over 100 miles and takes between three and five hours depending on how much the traveler wants to experience.

Starting in Pueblo there are several things to see including Union Avenue Historic District which is the home to over 80 historic buildings. Next, travelers can go to the city's famous Riverwalk and enjoy restaurants and shops while walking along the Arkansas River.

The byway then takes visitors west on Highway 96 towards Lake Pueblo State Park. The giant lake is a good place for water sports and fishing. The route takes travelers around the south side of the lake where views of the reservoir can be seen.

The byway then continues to head toward the west and into the town of Wetmore. This small village is unofficially known as the marker where the vast Great Plains end and the Rocky Mountains begin.

The highway then enters the San Isabel National Forest where the Sangre De Cristo mountains begin to appear closer and closer. Visitors can enjoy the

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views from their cars or get out and take a hike through the mountainous region.

Heading further west on Highway 96 through the mountains takes tourists to the mountain communities of Silver Cliff and Westcliffe. Both of the cities offer main strips that have plenty to see and enjoy. Both of the downtown sections of these cities have been designated International Black Sky Communities which means that the area is particularly good for stargazers because the amount of light pollution is minimal.

Silver Cliff was one of the state's largest boomtowns and it still contains many of the original structures including the original town hall, the fire station, and an old school. The downtown strip also has a variety of shops and eateries to enjoy.

Once in Westcliffe beautiful views of a group of fourteeners called the Crestone Group can be enjoyed from most places in the area. This region is home to over 200 miles of hiking and mountain biking trails and over 50 alpine lakes can be found.

Now, the byway route backtracks east on Highway 96 back through the San Isabel National Forest to Highway 165 south. Travelers will now take the trip south through more of the beautiful San Isabel National Forest. Road trippers will pass by Lake Isabel which is a perfect spot to stop and enjoy wonderful views of the forests and water.

As visitors head south on Highway 165 past Lake Isabel they will have to stop and take the time to check out the famous Bishop's Castle in Rye, CO. This castle is a 160 foot sculpture that the owner has been working on constructing for over 60 years. People can walk through the masterpiece and experience the builder's imagination while checking out features like a fire breathing dragon.

Those who wish to stop part way on their journey and camp for a night can do so at the Davenport Campground. The campground was one of first Forest Service campgrounds built in the U.S. in the 1920's. The shelter buildings and picnic areas portray the 1920's campground style.

Heading further on Highway 165 will take road trippers to the town of Colorado City. While here visitors can do some fishing at Lake Beckwith or camp for another night at the Greenhorn Meadows Park Campground.



# Alexander Film Studio

By Rick Sheridan

Many seniors in the Pikes Peak region remember the Alexander Film Company (AFC) as one of the largest employers in this area. Many of the buildings from their main headquarters are still standing at 1414 N. Academy Blvd, a block north of Fillmore Street. These buildings are now occupied by Tap Traders, Tile Traders and several other businesses.

The AFC was not only one of the top employers, but also one of the biggest movie studios in the world. Their animation studio was even bigger than Disney's at one time. AFC's specialty was making short films that were shown during intermission at drive-in movie theatres. Today, the Alexander Film Company is nearly forgotten.

In 1919, brothers J. Don and Don M. Alexander founded an electrical company in Spokane, Washington that later became the Alexander Film Company. J. Don was the salesman and the entrepreneur, Don M. the engineer. They moved to Colorado Springs around 1928.

The AFC got off to a slow start its first year, but the use of advertisements in local movie theaters quickly caught on. By the early 1950s the Alexander Film Company was producing between 2,000 and 3,000 advertisement films a year. The company's lot hosted 32 full size motion picture sets, a sound recording department, along with an art department capable of creating cartoon animation and other special movie effects.

Their national client list included over 75 companies, such as General Motors, Ford, U.S. Rubber, Philco, Seven-Up, Budweiser, and many others. Regional offices were established in Dallas, New York, Chicago, San Francisco and Los Angeles.

At one time, the Alexander Film Company's logo was on display in practically every movie house in the USA. A sign outside the company's headquarters said "Home of The World's Largest Theatre-TV Film Ad Studios," according to Andrew Wineke in his article in the Colorado Springs Gazette from 2009.



## Alexander Film Company

*Colorado Springs (around 1950)*

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## Arts and Culture

Keeping up with these clients required a mobile sales force, so the Alexander brothers developed their own airplane, the Eaglerock, to deliver trailers around the country. Many were built here in Colorado Springs at the AFC headquarters. An Alexander Eaglerock bi-plane still hangs over Concourse B at the Denver International Airport.

The Alexander Film Company produced only one Hollywood-style feature film, a 1961 thriller called "Anatomy of a Psycho" that starred Ronnie Burns, son of George Burns and Gracie Allen.

After J. Don Alexander died in 1955, Don M continued to run the company. By the early 1960's, Don M. retired. The Alexander Film Company quickly went downhill in the late 1960s. This was partly because of the



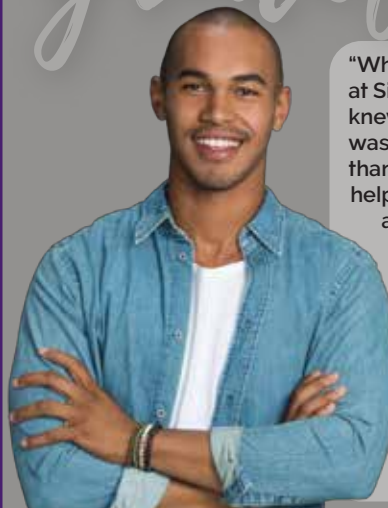
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widespread ownership of televisions and the closing of many local theaters throughout the country.

In 1967, the company stopped producing film and transitioned into being a film processing lab for Hollywood studios and reproducing film for companies.

One of the main buildings was eventually torn down to build a bank. KKTU/Channel 11 bought the former soundstages and converted them into a TV station. The Alexander Film Company shrank from hundreds of employees to a few dozen. In 1987, it left North Nevada and its old property was fenced off and used for years as a training ground by the Colorado Springs police department.

If you visit the site today, and go inside Tap Traders in what was once Alexander's Service Building, there is a free mini museum that includes several old cameras and a large model from the 1950s showing the company's building layout.

The Pikes Peak Library District has a large section devoted to the Alexander Film Company, including photographs, correspondence and many of the company's commercials and documentaries.



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# 'Tinker Bell' ties the knot at 90

By Nick Thomas

What could convince a 90-year-old actress - once a model for Disney animators creating the Tinker Bell character of 1953's "Peter Pan" - to abandon her West Coast home of nine decades and fly off to a new life in Florida some 2,500 miles away?

Perhaps a sprinkle of Disney magical fairy dust was involved when World War II veteran Robert Boeke, now 94, was visiting Amsterdam last summer with friends and stumbled on a store sign for "Tinker Bell Toys."

"He told the people in the group he had actually dated Tinker Bell - me! - 70 years ago," explained former model Margaret Kerry by phone from her new home in Sarasota. "One of the people with him decided to find me."

An internet search led to Kerry's website, Tinker Bell Talks (see [www.tinkerbelltalks.com](http://www.tinkerbelltalks.com)). Emails were sent and Kerry remembered dating him. The two eventually reconnected last September in North Carolina, followed by marriage in February and the move to Florida soon after.

"We just celebrated our four-month anniversary," said Kerry when we spoke in mid-June. "And we haven't yelled at or kicked each other.."

"Well, it's early in the marriage," I told her wryly.

"Thank you very much, I'm hanging up right now!" she said, laughing.

Kerry's film career began at the age of four in an uncredited role in Warners' "A Midsummer Night's Dream" (1935) playing - as if to foretell her future - one of the fairies.

"I remember it clearly because one of the big studio lights caught fire and Mickey Rooney, who played Puck, dragged me into this little 2" deep stream on the set so I'd be safe from any flames."

More roles came her way, including a half-dozen "Our Gang" (aka "The Little Rascals") shorts, although as a member of the Meglin Kiddies troupe of child performers, she received no individual screen credit on some.

Her claim to fairy fame came in her early 20s as the model for Disney's Tinker Bell. She also modeled for the red-headed mermaid in "Peter Pan" and did her voice.



"June Foray was the brunette mermaid," recalled Kerry. "One day after a recording session we stepped out on the Disney lot. 'Why are we trying to get in front of the camera to be actors?' we asked each other. We realized voice-over work was heavenly because we didn't have to put on make-up, fix our hair, or get dressed up. And we could read from scripts - no lines to memorize. We both decided right there to go into voice-over acting. June became one of the most famous (e.g. Rocky of 'Rocky and Bullwinkle') and I went on to do about 600 cartoon voice-overs."

Although it's been nearly 70 years since Kerry's famous fairy job, her tiny winged alter ego has never been far away especially during the numerous fan conventions she's attended for decades. She plans to continue giving talks and lectures.

"Tinker Bell and I share some characteristics - we're perky and adventurous," says Kerry, who turned 91 in May. "I think getting married and moving to Florida after living 90 years in California counts as an adventure!"

*Nick Thomas teaches at Auburn University at Montgomery and has written features, columns, and interviews for over 800 newspapers and magazines. See [getnickt.org](http://getnickt.org).*





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# Woodland Park Police Canine Team Takes Second Place in America's Top Dog Competition

By Trevor Phipps

Early last year, the Woodland Park Police canine team consisting of officers Timothy Bradley and his dog Rico received an invite to be on a new series airing on the cable television channel A&E.

The new show called "America's Top Dog" featured canine teams from across the country competing against each other. According to A&E network publicity manager Ellen Wray, canine teams from across the country put their learned skills to a test as they competed against each other in a massive obstacle course.

Each one hour show featured four canine teams matching up against each other to prove who really is America's top dog. The competition included canine teams from the popular TV show "Live PD" as well as civilian teams.

During each episode, the teams had a chance to win special prizes. According to Wray, the winner of each show received \$10,000 and an additional \$5,000 will go to an animal related charity of their choice. Then, the top competitors competed in a final series that awarded the winner \$25,000.

According to Bradley, he and his dog Rico were the oldest canine team competing and that they were competitive when challenging younger teams. The show aired on February 5 and the team was quite successful.

He said that after he got the offer to be on the show, that the command staff at the police department were open to the idea and let the canine

team take a week off to go to Los Angeles a move that Bradley said other police departments didn't want to do. The canine officer said that he enjoyed the experience and that he chose to drive out to L.A. instead of fly with his dog in his lap like other competitors did.

Bradley said that he enjoyed the opportunity to compete with his canine and show off the skills that he has learned by being involved with training dogs most of his life. Rico also showed off his seven years of experience working with police departments.

The team competed hard and just missed the first place mark. Bradley and Rico took second place in their competition and missed the first place title by only five seconds.

Bradley said that he and Rico are on call 24 hours a day, seven days a week, and 365 days a year. At any time he and Rico can get called out to assist any of the law enforcement agencies for a variety of tasks.

According to Bradley, Rico was originally trained on discovering marijuana but now he has been focusing on other scents. He said that the team will be called out to sniff for a wide range of narcotics as well as articles of evidence at times.

Bradley also said that dogs are often used to help police take suspects into custody. "You can hear a canine when they are on the scene the dog starts barking and that's a game changer," Bradley said. "Rico has had 100 percent compliance when I put him on the ground. People have

just given up and said, 'nope I don't want to take a chance on getting bit.' And that's worth a lot if you can get somebody in custody without the officer getting hurt or the canine getting hurt."

Rico is nearly ten years old and is one quarter German Shepard and three quarters Belgian Malinois. According to Bradley, Belgian Malinois dogs are not as popular as German Shepards when being used by police because they can be tough to handle.

"The military and special forces use the Belgian Malinois canines because they can go over an eight foot concrete wall and they jump like mule deer," Bradley said. "And, they can bite incredibly hard. The problem we had with Rico was that there for a long time, he was punching through the bite suits."







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# Highlights from presentations by State Demographer Elizabeth Garner and National Research Center SVP Michelle Kobayashi to Colorado Senior Lobby members on June 8, 2020

By Bob Brocker

*Colorado Senior Lobby*



## State Demographer:

- U.S population growth is now the slowest in over 100 years—only 1/2 of one percent. This has many implications for our economy and society.
  - Colorado's growth rate is over twice that of the U.S.
    - Most of our growth is from in-migration from other states as natural growth (births exceeding deaths) is slowing steadily.
    - Nearly every Midwestern and Northeastern state is losing population, along with California, Louisiana, and Mississippi.
    - Colorado has 64 counties. Only 10 had appreciable population growth (between 10,000 and 112,000 from 2010 to 2018). 17 lost population, and the remainder had small gains.
- Colorado's 65+ population is tripling between 2000 and 2030, from 418,000 to nearly 1.3 million
- Our 65+ population supports the Colorado economy
  - 65+ population supports 410,000 jobs—over 1/3 job per person over 65
  - 1 of every 10 jobs overall will soon be home health and personal care aides
  - Nearly 25% of people over 65 are still working (it was 15% in 1990)
    - 65+ Home Ownership: 80% are homeowners, 60% have no mortgage
    - 20% rent
    - Less than 8% move voluntarily
  - Greater home ownership and low moving rate equal greater community stability
- What else happens in the 65+ economic demographic in Colorado?
  - Spend less than average on taxable goods—so less sales tax to state
  - Spend savings—and so investments decline over time
  - Labor force participation rate declines
  - Lower incomes from not working; working only part-time, or at lower wage jobs
  - All these points have major implications for the Colorado economy over time

## • Aging trends in Colorado:

- Fastest growth at the older ages, slowest growth at younger ages
- All age groups have value
- **Education level** has the largest impact on employment, income, longevity
- Natural population growth is slowing; economy becomes more dependent on in-migration from other states

## From Colorado Community Assessment Survey Results (National Research Center):

- 80% rate their Colorado community as an excellent/good place to live and 2/3 rate it that way as a place to retire
- Where can we improve based on the differences in rating between 2010 and 2018?
- A little less than half of our 60+ population rate the overall quality of services provided as less than good.
- Fewer would recommend their community to other older adults
- Fewer believe 60+ people are a valued segment of the community (about half of respondents)
- People see improved employment opportunities for 60+, but the number is still below 35%.
- There is a decline in the use of senior centers (to one 60+ person in five)
- Availability of affordable quality housing has declined significantly
- Access to health care, cost of living, housing affordability, transportation options, all rated below the national average
- Caregiving and care-receiving remain significant
- Older adults' contribution to the Colorado economy has doubled in those who are working. It has also increased in unpaid work (caregiving, volunteering, and financial support to family/friends). 2018 total contribution = \$21.3 billion. (as a side note, this is equivalent to 2/3 of the Colorado state budget)










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# Creative Aging Movement

By Rick Sheridan

A nationwide movement that has been gaining momentum for several years is known as the 'creative aging movement.' According to a recent article in Psychology Today magazine, creative aging is the practice of engaging older adults (55+) in participatory and professionally run arts programs with a focus on social engagement and skills mastery.

Creative aging has grown into a widespread effort to provide opportunities for meaningful creative expression through the arts, crafts, literary, and performing arts workshops. It is based on the idea that individuals continue to grow, learn, and contribute to their communities throughout their lifetime.

One of the largest supporters of the creative aging movement is the National Center for Creative Aging (NCCA). They help to support community-based arts that often range from such as community centers, senior centers, assisted living, adult day care, arts institutions, libraries and classes based out of local art museums.

One example is Creative Aging Cincinnati. They offer low-cost classes in ballet and creative movement, chair yoga, recreational group drumming, dulcimer, and line dancing. They also offer classes on the history of the visual arts.

Arts & Minds at the New York Historical Society encourages older adults living with memory disorders and their caregivers to get together to share new experiences of art. A variety of specially designed arts programs are offered along with caregiver workshops and educator training.

Here in Colorado Springs, the Bemis Art Center, based out of the Fine Arts Center, offers a variety of arts-related workshops for all age groups, including seniors. Some of the classes scheduled for the

Summer and Fall include: Beginning Drawing, Painting from Photographs, Sculpting with Paper, and others. For more information, go to [artschool.csfineartscenter.org/classes](https://artschool.csfineartscenter.org/classes)

Creative aging is also related to health and wellness promotion. Studies show that for those over 65, people involved in weekly art programs have fewer doctor visits and take less medication than those without creative resources. Research also shows that mental activity stimulated by arts activities can be beneficial to people with dementia and Alzheimer's disease. These arts-related activities can also help improve the relationships between those with Alzheimer's and dementia and their caregivers, whether family or professional.

A new practice is known as "social prescribing." Health and medical practitioners both in the U.S. and abroad are informally prescribing visits to museums, cultural centers, and history tours as a way to increase the general health and mental capabilities of senior citizens.

A report from the Greater Philadelphia Cultural Alliance, states that, "For adults over 50, arts and culture can dramatically reduce the risk of developing depression, decrease the possibility of dementia through volunteer engagement and improve mental and emotional processing power." The report ties specific activities to outcomes, like dancing to a decreased risk of falls, or museum attendance and a decreased sense of social isolation.

A 2015 Mayo Clinic study found that making art is tied to fewer cognitive problems as people age. With help from professional artists, there is an opportunity to become creative in your 60s, 70s, 80s and 90s.

The consensus seems to be emerging that the creative arts movement offers seniors the opportunity to improve and

maintain both their physical and mental capabilities. For additional information about the creative aging movement, along with a list of specific programs, check out, <https://www.lifetimearts.org/>

Here in Colorado Springs there are several examples of the creative aging movement besides the Bemis Art Center mentioned earlier.

The Colorado Springs Senior Center has moved their classes online (virtual). These current classes include many interesting and useful subjects: Better Balance & Happy Feet, Anthrax To Zika: An Emerging Pandemic, Will Vs Trusts: What Do I Need?, Healthy Meal Prep And Bulk Cooking, Let's Talk Medicare, Painting With Gouache The Opaque Water Media, Learn To Paint By Painting Landscapes!, Flowers In Watercolor and many more. The best way to find out more is to go to their website at: <https://ppymca.org/colorado-springs-senior-center/classes-events/virtual-classes>

The Cottonwood Center for The Arts is starting to reopen some classes, within recommended guidelines. The adult classes, where seniors are welcome include pottery, ceramics, drawing, watercolor, digital art, mixed media and other classes. They are located at 427 E Colorado Ave here in Colorado Springs.

Visit their website at: [cottonwoodcenterforthearts.com](https://cottonwoodcenterforthearts.com)

Please be aware that Covid-19 has forced several of these events to cancel or be postponed, so it is best to call right before attending to make sure that everything is going as planned.







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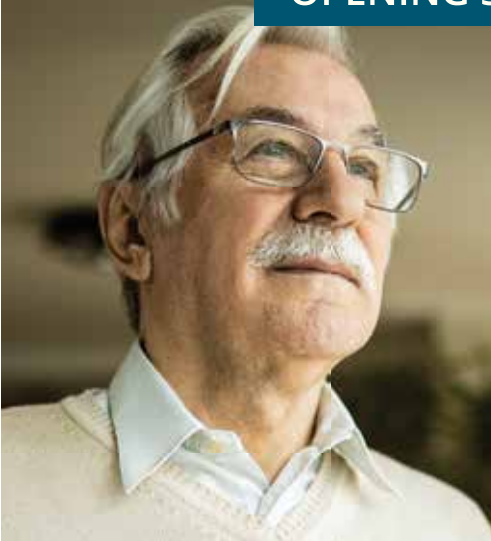
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# Saving for Retirement - Keep Taxes in Mind

By Money Coach Bill



1. Retirement is your most important savings & investment goal.
2. Put money for retirement in both your retirement and regular accounts. Your Money Coach recommends a goal of 50% retirement and 50% non-retirement accounts. Saving should be the first item on your list of monthly expenditures.
3. Defined benefit and defined contribution retirement plans. Understand what your employer offers as retirement benefits. A Defined Benefit Plan is employer-sponsored and based on such things as salary history and length of employment. The “pension” usually does not have investment risk. A Defined Contribution Plan is funded primarily by the employee. A “401(k)” or similar can include employer match. Always contribute at least the amount to get the maximum employer match – this is “free money.” The onus is on the employee to contribute. Contribute as much as you can.
4. Individual Retirement Plans. An IRA is an additional way to save in a self-directed retirement account. The max per year is \$6000, \$7000 if over 50. An unemployed spouse can also have a spousal IRA.

Understanding how taxes work is essential to personal financial planning. Tax planning also is extremely important for retirement accounts.

Contributing to retirement accounts like 401(k)s and IRAs is a must. Your contributions are reduced from your current income so you have less taxable income now. When you take the money out, you must pay taxes, and you pay in your highest tax bracket. Over the decades, your account will grow by contributions and grow, even more, by stock market gains. I remember when I started investing the Dow was 954; now it is 26,000. If the growth is

in a non-retirement account, it is taxed at the lower capital gains rate. When the money is taken out of a retirement account, both contributions and growth are taxed at your current, sometimes much higher, tax rate. This is a substantial tax disadvantage. If you take money out after age 59 ½, you avoid the additional 10% penalty. When you reach age 72, recently raised from 70 ½, you must start taking money from your account. Required Minimum Distribution (RMD) applies to regular retirement accounts. The concept behind RMD is that you would be in a lower tax bracket after retiring so you receive a tax advantage during your working years (income deductions by contributing) and pay taxes at a lower rate when you elect or are required to take it out. But, many of those who must take RMD do not need the money. And this additional income often puts them in a higher tax bracket and can make Medicare payments higher due to the additional income.

Roth retirement accounts are different in that contributions are not pre-tax (not taken off your income), but the contributions plus the growth is never taxed again. And you can take Roth contributions (not growth) out at any age without penalty. There are huge advantages with a Roth.

Several solutions regarding Roths: Ask your employer if a Roth 401(k) is offered; if so, switch to the Roth. Start your own Roth IRA instead of a regular IRA. You also can “convert” money in a regular retirement account into a Roth retirement account, but you must pay taxes on that money. I have several clients who in their 50’s and 60’s began to convert small amounts each year from regular retirement accounts into Roth accounts. You must be careful the additional income does not push you into a higher tax bracket for that year. One goal is to convert all the regular retirement money into Roth money thereby avoiding RMD altogether and having



non-taxable Roth money available for expenses and adventures. This way you, not the IRS, have the choice when to receive your money. A partial switch from regular to Roth also can benefit you.

Long before retirement you must take charge of your money, and this includes tax planning. Tax planning is essential for your earning and your retirement years. You must understand how taxes work: Total Gross Income less Adjustments equal Adjusted Gross Income less Deductions equals Taxable Income. Qualified Dividends and Capital Gains are taxed at 0, 15%, or 20%. Remaining income is taxed at increments 10%, 12%, 24%, 32%, and 35%. Income is taxed at each level until you reach your Taxable Income. Google IRA 2020 Tax Tables. Understand the tax brackets and know how much you pay in each bracket. Know how much additional income will place you in a higher bracket. Figure your average tax percentage by dividing tax by gross income. To better understand how taxes work, do your own taxes or work with your tax person to understand what the number means for each entry.

Taxes, however, should not be the primary reasons for financial decisions; look at the big picture. Planning your taxes is an important part of family finance. It will make for a better retirement!

*Update: Because of COVID-19, the government does not require RMD be taken in 2020. If you already took RMD in 2020, you now have until August 31, 2020 to return the money to your retirement account, thus reducing 2020 income and taxes. If taxes were withheld, the IRS is working on a plan to credit that money to future taxes. Check with the financial company which holds your retirement account.*






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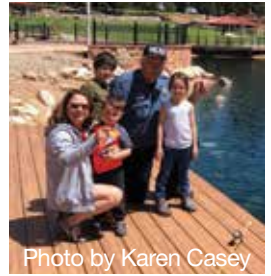
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# Local Senior Volunteers His Time to Fight Crime

By Trevor Phipps



Earlier this year, Officer Bill Schultz who volunteers his time during his retirement as a police officer with the Woodland Park Police Department received a promotion to Master Police Officer (MPO). The senior citizen spends his time implementing “community policing” strategies and uses his experience to conduct his duties.

MPO Bill Schultz volunteered over 1,900 hours in 2019 before receiving his promotion to a supervisory position. Schultz is 70 years old and has had experience in a variety of different careers before choosing law enforcement in the later part of his life.

During the Vietnam conflict, Schultz voluntarily joined the army and chose to go to Vietnam as a combat medic. Then, after 20 years in the army he went to pilot school and was a helicopter instructor pilot with different aviation units. After his stint flying around in helicopters, Schultz then had a long career working with the department of human services.

Schultz trained at the law enforcement academy in La Junta and then became a sheriff’s deputy in Bent County. While he was there, the officer received a medal of valor award for disarming an armed suspect.

For the last few years, Schultz has decided to spend his retirement volunteering three to five days a week with the Woodland Park Police Department. He says that he enjoys being out on the road and connecting with the community.

He also said that he feels that the fact that he is a senior makes him better at his job. “It’s kind of the ‘been there done that’ type thing,” Schultz said. “Sometimes there is wisdom over knowledge sometimes there’s not. With the things I have done in my life each one gives me a certain perspective from my combat duties, my social work duties or studying for my degree in psychology I try to take an eclectic approach not just ‘here’s your ticket.’”

Woodland Park Police Commander Ryan Holzwarth said that as a result of his vast amount of experience with DHS, Schultz is good with connecting with people of all ages from senior citizens to small children. “He is the gap between what we do and what the people want to see,” Holzwarth said. “You can’t always accommodate everybody, so the officer goes there takes the initial call and we’re done. Most of the time, I hate to say it, we get busy and other things happen and we can’t necessarily give that personal touch. Bill, when he gets that call he’s

the go-between. He has that ability and he does it very well so he is that middle man that steps up and helps us out when people say, ‘yeah I wish the cop would have spent more time.’ He will do that for you.”

Schultz is well known in the community for doing things like handing out snacks and drinks to newspaper reporters, saving people stuck on their roof, and being good at “the gift of gab.” Schultz says that he uses his style of community policing in order to change behavior.

Due to recent events, Schultz had some advice to offer to new law enforcement agents or those that wish to be a police officer someday. “Don’t become too emotionally distraught over changes,” the master police officer advised. “We are in a work environment where it constantly evolves on and on forever. Some of the changes are good, some of them are extremely difficult, and some of them really have little effect on us at all. But they are there for a reason and you make your own decision as how you are going to incorporate that with what you do.”

Schultz also encourages other seniors to get out and volunteer for their community. “There are opportunities for older folks,” Schultz said. “I mean you don’t have to get out and be a police officer out on the road. That is what I am doing because I can right now. We can usually use help with things like typing. The six months I was here I rewrote the emergency management protocols.”

The officer also had advice for his fellow senior citizens that are looking for ways to stay active in their golden years. “Walking, you don’t necessarily have to run but walking helps you a lot,” Schultz explained. “There’s a lot of things that are designed for seniors. Like light weights, you don’t have to have a 75 pound barbell to pick up you can have five or ten pounds like wrist weights and things like that and your body becomes accustomed to that. The main thing is to try to stay out of a sedentary lifestyle as much as possible.”

MPO Schultz can often be seen cruising the town of Woodland Park or socializing with children at the park during most days. The hard working officer prides himself in the fact that he can do everything that any of the younger law enforcement officers can do and he constantly keeps up on his training. And, he plans to continue his policing duties in the future.



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# Local Nonprofit Offers a Wide Range of Mental Health Services

By Trevor Phipps

Ever since the coronavirus pandemic struck and self-isolation orders were initiated worldwide, experts have noted an increase in mental health problems including depression and anxiety. According to a Kaiser Family Foundation Poll, almost half of the Americans taking the poll said that the pandemic is harming their mental health. A federal emergency hotline for emotionally distressed people received a 1,000% increase in calls last April than it did in the same month in 2019.

Locally, according to Special Kids Special Families (SKSF) Assistant Executive Director Maria Berger, the pandemic has caused an increase in certain mental health issues. "People are feeling pretty lonely and that's something we did not see before," Berger said. "People want to reach out just to have somebody to talk with. So, depression has increased and levels of anxiety have increased especially for the senior citizen population because they are considered high-risk individuals. One of the common symptoms of depression is that people feel pretty lonely and pretty sad. They want to just talk to somebody and have human contact."

Even though many of the restrictions have now been released, the pandemic is still in full swing for the older community. Many businesses are now reopened, but the governor still asks that senior citizens stay home as much as possible and many assisted living homes only allow some guest visits. Many local seniors still suffer from ailments due to life changes from the pandemic.

In September of last year SKSF started providing a number of behavioral health services to residents in El Paso, Teller and Park Counties. The organization can help individuals that have Medicaid, Cigna, or

those whose wish to self pay with a wide array of mental health related services.

"We offer counseling and specialized therapy to change behaviors, thoughts, emotions and how people see and understand situations," a flier on the organization's behavioral health services said. "Our behavioral health team will consider your physical, behavioral and emotional aspects of your health and help determine a course of action that is best for you. Age specific therapy and evaluation is applied to patients. We offer this service to ages 4 through adulthood."

Anyone who may need mental health services can have a telephone, televideo or in-person meeting where they talk with a professional about the specific problems they are facing. SKSF can then provide diagnostic clinical evaluations and mental health screenings. The organization also offers other forms of on-going treatment including individual or group therapy, respite services, home-based intervention services and co-occurring treatments that deal with mental health and substance abuse issues.

SKSF also is one of the only organizations that can offer services to residents in the area who speak Spanish. "What we want to stress in Teller and Park counties is that this service exists," SKSF Development and Communications Manager Jon Karroll said. "It's for anyone age four through senior, with or without disabilities. We can provide individual and family therapy, clinical evaluations and mental health screenings in English and Spanish. Therapy can be done via telehealth so they don't have to come to Colorado Springs."





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For any seniors still feeling lonely or starting to get depressed, the organization can offer mental health evaluations and other services. “We can do clinical assessments, we can provide individual therapy, family therapy, group therapy, case management and coordinational care for people in El Paso, Teller, and Park Counties,” Berger said.

According to the SKSF website, the behavioral health program’s mission is “To achieve optimal social and emotional well-being of the individual with a foundation of compassion and quality care.” Anyone seeking behavioral health services or evaluations is asked to call or e-mail Maria Berger at mberger@sksfcolorado.org or (719) 471-3184 to schedule an appointment.



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# Top 10 Bathroom Improvement Ideas for Accessibility

By Karli Johnson

Many people are refinancing their homes because of low interest rates, and for the mobility-challenged, a bathroom remodel is an ideal project to enhance the beauty, comfort, accessibility and safety of a home. Here are the top 10 ideas for home bathroom improvements to help attain optimal accessibility:

**1. Shower Seats**– More than just a comfy place to relax while showering, adding a shower seat provides a place to rest your feet and limit falls. If you're concerned about it taking up too much space, a folding shower seat option is available.

**2. Built-In Shelves**– Skip the metal or plastic shower caddies that can make your shower look and feel cluttered and opt for built-in shelves instead. These are perfect for keeping your bathroom necessities neat and tidy. This also eliminates any tripping hazard for seniors or a disabled person transferring from a wheelchair or lift into the shower area.

**3. Skip the Threshold**–Creating a curb less (zero-entry) shower not only gives your bathroom a sleek and modern look, it also allows for aging in place. Removing the trip hazard and mobility barrier of a threshold makes your bathroom safer and will work for you as you age and your mobility changes.

**4. Consider the Placement of Hooks, Towel Bars, and the Toilet Paper Holder**– Many times these are the overlooked details in a bathroom remodel, especially when the shower or the toilet is being relocated. These elements shouldn't be treated as an afterthought, especially since they need to remain within reach. Also, if replacing these items consider hidden grab bars.

**5. Shop Showerheads and Handhelds**– The right hand-held shower head with extension can make rinsing those hard to reach areas a breeze. The placement of a fixed showerhead should depend on one's reach. A central rain head is a popular option. Installing a combination of fixed and hand-held shower heads also provide more flexibility.

**6. Get Rid of Your Whirlpool Tub**– Many homeowners have whirlpool tubs in their bathrooms that are either broken or rarely get used because of the amount of water they require, or perhaps transferring from a wheelchair to the tub is too difficult. Consider ditching the whirlpool tub for a euro style shower. Euro Style showers are zero-barrier showers and they are very popular in style so not only will you have a beautiful shower but you will have a safe shower that will work for you as you age.

**7. Upgrade Your Vanity**– If the bath necessities stored within your existing vanity are out of reach,



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then consider upgrading to a roll under vanity. If you no longer need a second sink, then remove one and install a series of grab bars or a handhold to make aging safely in place possible.

**8. Mirror, Mirror on the Wall**—The mirror in the bathroom is often overlooked. While one large mirror is common, a popular alternative is the use of multiple, selectively placed smaller mirrors. This can make a bathroom feel larger or they can fit into awkwardly shaped spaces. You can also tilt the mirror for use in a wheelchair!

**9. Shed Some Light**—Adding recessed lighting to your shower and throughout your bathroom can create aesthetically pleasing and functional light. Adding a dimmer switch can help you control the intensity of the light. This is helpful for people who are sensitive to bright light. Or as your vision goes with

age, an adjustable light/mirror can be ultra-helpful when needing to see up close.

**10. Include Accessibility Features in Your Design Wish List**—What day-to-day tasks do you find challenging within your current bathroom? Would solid shower walls, or the removal of barriers make bathing easier? Be sure to include your practical needs and challenges within design requirements. Find a happy medium between style and practicality.

Hopefully, these 10 bathroom accessibility improvement tips will help you find a qualified bathroom remodeling contractor for your project, and one that is operating under heightened safety protocols. Accessible Systems is an Age Friendly business through the BBB and our specialists are Aging in Place Certified. Call for a free Home Evaluation.



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# Faith Through Older Eyes: *A Remedy for Feeling Invisible*

By Nancy Parker Brummett

A common comment coming from the lips of aging adults with enough boldness to speak the truth is, “I feel invisible.” In her book *Voices of Aging*, author Missy Buchanan presents perspectives on several key topics from the point of view of the adult child and the aging parent. One elder said, “Sometimes I feel obsolete. Unnecessary. Irrelevant. Like a carton of milk whose expiration date is long past.” Another aging parent said, “I remember sitting in my room while my children talked about me as if I weren’t even there.”

No one should feel so invisible. Looking into the eyes of older friends and parents, and truly listening to what they say, it’s possible to see both who they were, and who they still are.

“Don’t judge my story by the chapter you walked in on,” reads a poignant anonymous quote. But isn’t that what

we do? If we meet people for the first time at the end of their lives, do we forget that this is simply one chapter? When we’re helping an aging parent, do we remember who they were to us throughout our lives?

Whenever we spend time with an older person we need to pray we’ll be able to see who they were at a younger age, and who they authentically are today. We should want to know about the earlier chapters of their no doubt fascinating lives, and appreciate the totality of the lives they have lived. We don’t want them to say, like another older person in Buchanan’s book, “My life is a library filled with books that no one reads anymore—books of adventure and romance, advice and how-tos.” We want people to read all the chapters of our lives, and we should try to do the same for our elders.

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at times. Yet we are never invisible in God's eyes. He always sees us as we are and wherever we are, and only He sees who we will ultimately be when all the trappings of this earth fall away. When our identity is in Him, not in how the world sees us, we can be assured that we are seen by Him. The Bible tells us those who believe are children of God, Christ's ambassadors in the world, heirs of the kingdom and co-heirs with Christ. Not only are we seen, but we are rescued, forgiven, known and loved more deeply than we can ever imagine. We are not invisible.

How should knowing who they are in God's eyes change our elders? At a minimum, it should help them walk a little taller and hold their heads a bit higher. It can give them the confidence to share what God has done for them with others so that they can also be children of God. It will give them hope that just as He sees them now, He will fulfill His promise to take them into His presence one day. Then they will see Him face to face and know without a doubt that He also sees them. Invisible? Not on God's watch.

### **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](http://www.nancyparkerbrummett.com).*

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# Palisade Peach Salsa

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

August is Colorado Proud Month. Celebrate by enjoying a variety of fresh local produce, including peaches. Colorado ranks sixth in the nation for peach production, growing nearly 28 million pounds each year. Choose peaches with firm, fuzzy skins that yield to gentle pressure when ripe. Peaches are sodium free and a good source of vitamin C. Store unripe peaches in a paper bag. Look for Colorado peaches at your local grocery store, farmers' market or at restaurants across the state.

## Ingredients

- 2 28 oz Cans Fire Roasted Tomatoes
- 1 Jalapeño Pepper, roasted
- 4 Fresh Garlic Cloves
- 2 Tbsp. Dried Cilantro
- 3 Tbsp. Lime Juice
- 1 Tbsp. Applewood Smoked Salt
- 1 Tsp. Ground Cumin
- 1 Tsp. Black Pepper
- 1 Tbsp. Cayenne Pepper Sauce
- 1 Tbsp. Sugar
- 4 oz. Water
- 2 Tbsp. Cajun Seasoning
- 8 Peaches, split, pitted, g rilled, cooled and rough chopped



## Directions

Using a blender or food processor, add all ingredients (except peaches) to the pitcher or container. Blend until well chopped, or to desired texture. Pour into a mixing bowl, adjust seasoning as desired, add the chopped peaches and mix to combine. Cover and refrigerate for two hours. Serve with chips, or top on enchiladas or grilled chicken. Enjoy with a glass of Colorado wine such as Riesling from Book Cliff Vineyards in Boulder, Colorado. Visit [ColoradoProud.com/recipes](http://ColoradoProud.com/recipes) for a complete list of recipes.

# Avocado Greek Salad with a Greek Salad Dressing

Prep Time: 15 mins • Servings: 4 people • Calories: 305kcal

## Ingredients

- Dressing:
- ¼ cup olive oil
  - 2 tablespoons red wine vinegar
  - 1 teaspoon minced garlic (or 1 large garlic clove, minced)
  - 2 teaspoons dried oregano (plus extra to serve)
  - ¼ teaspoon salt

- Salad:
- 1 large cucumber, halved length ways and sliced
  - 4 vine ripened tomatoes, cut into wedges
  - 1 green pepper (capsicum), deseeded and sliced
  - ½ red onion, sliced thinly
  - 7 oz | 200 g good quality creamy feta cheese, cubed
  - ½ cup (3 oz | 80 g) pitted Kalamata olives
  - 1 large avocado, diced

## Directions

Whisk together dressing ingredients in jug or jar. Mix together all of the salad ingredients in a large bowl. Toss with dressing. Season with extra salt ONLY IF NEEDED (depending how salty your feta cheese is). To serve, sprinkle over extra oregano (optional). Serve with chicken, fish, lamb, beef, the options are endless!





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< Menu

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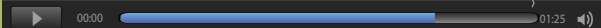
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# 100 Word Fiction Story: Bun There, Done That

By Barney MacFarlane

The Chanel allure: tailoring and scent ... gives a good impression. With time to spare, a café beckoned. Phyllida marveled at the cinnamon bun accompanying her mocha. After lengthy approbation, she severed a portion, sniffing its intoxicating spiciness. Castigating herself with each morsel consumed, she licked her fingertips, destroying evidence an onlooker

might “tut-tut” scorn.

Approaching the office desk later, her interlocutor’s gaze dropped to Phyllida’s fidgeting fingers. She often envisioned things. Now chocolatey marks were creeping up her knuckles. Yet it was a pigment of her imagination. She scowled at the man.

“It was a bun, for goodness’ sake!”



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## Crossword Puzzle Solution



## Brain Teasers

1. You're standing in a hallway with three light switches on the wall, each of which turns on a different lamp inside a closed room. You can't see inside the room, and you can't open the door except to enter the room. You can enter the room only once, and when you do, all the lamps must be turned off. How can you tell which switch turns on which lamp?

2. A family lives in a large tower apartment building, 10 floors high. Every day their son takes the elevator from the family's apartment on the 10th floor to the ground floor and goes to school. When he returns in the afternoon, he uses the elevator to get to the fifth floor, and then uses the stairs for the remaining five floors. Why?

Answers on page 33

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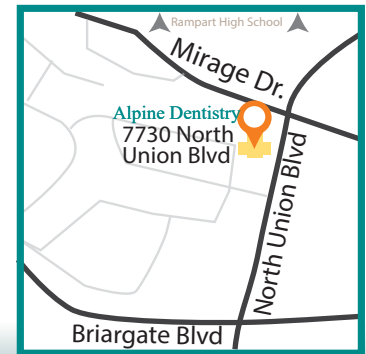
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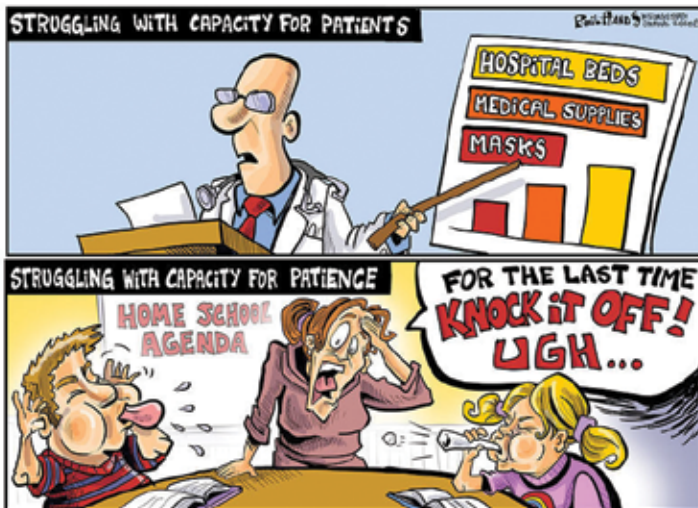
# PLAY SUDUKO

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

Key on page 34.

## Page 31 Brain Teaser Answers:

1. Turn on the right switch and leave it on for two minutes. After two minutes, turn on the middle switch and leave it on for one minute. When that minute is up, turn off both switches and enter the room. One light bulb will be hot (1st switch) and one will be warm (2nd switch). The cold bulb will correspond to the switch you didn't turn on.
2. Because he cannot reach the buttons higher than five.



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## SUDUKO KEY

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



# Crossword Puzzle

## ACROSS

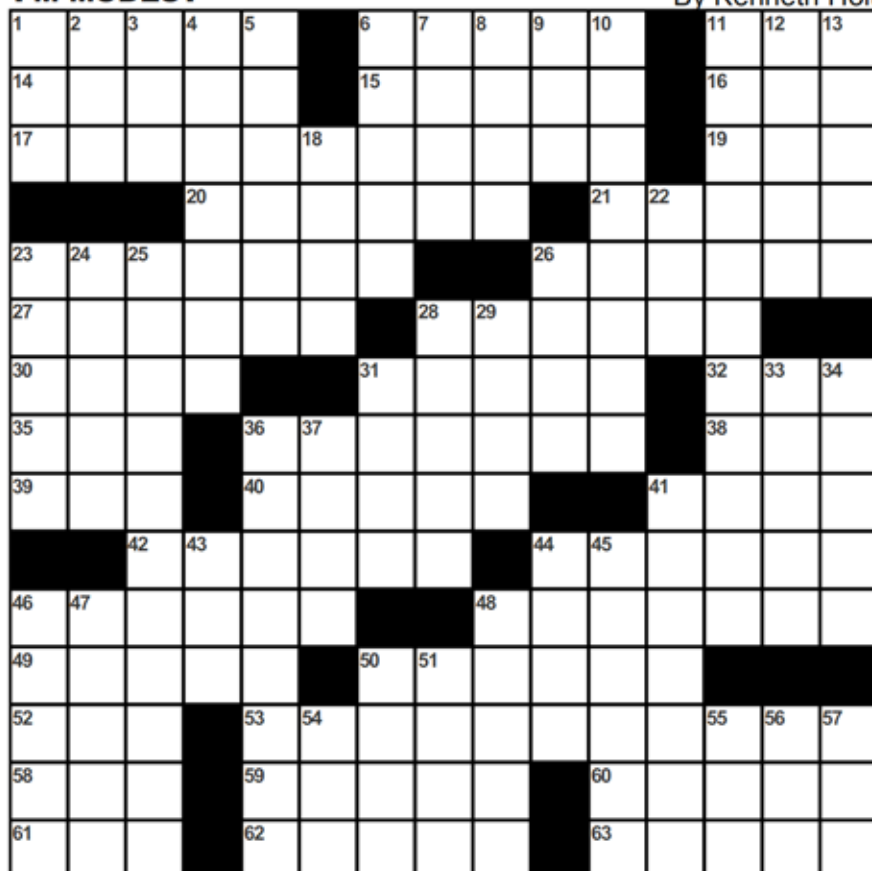
- 1) Guitar relative
- 6) Ewelike
- 11) Yang's opposite
- 14) "\_\_\_ a Grecian Urn"  
(Keats)
- 15) Helped
- 16) "Double Fantasy" artist  
Yoko
- 17) Comment to a sneezer
- 19) Flying saucer, for short
- 20) Door frame part
- 21) Blackens, as steaks
- 23) Insults
- 26) Animal life of various  
regions
- 27) Handbags
- 28) Addressed a crowd
- 30) Winged Greek god
- 31) Sharp mountain ridge
- 32) Sharp bark
- 35) "CD" follower
- 36) Put into action
- 38) Hockey great Bobby
- 39) Supply with weapons
- 40) Kind of jar
- 41) Enormous
- 42) Nightly news hour, often
- 44) He flew too close to the sun
- 46) Extensive landed property
- 48) Barley and rye, for two
- 49) Live like a parasite
- 50) Puddle-stomping boot
- 52) At-cost connection
- 53) "I'm not the only one!"
- 58) Wedding declaration
- 59) Figures in Iranian history
- 60) Ulnas' partners
- 61) Basic unit of Romanian  
currency
- 62) Large books
- 63) City near Salt Lake

## DOWN

- 1) Cranberry field
- 2) "Much \_\_\_ About Nothing"
- 3) Beatty of Hollywood
- 4) Unemployed
- 5) Using a Web browser
- 6) Drying kilns
- 7) Strong grip, metaphorically
- 8) Pastoral composition (Var.)
- 9) Classic introduction?
- 10) Taught
- 11) Who to wish "Merry Christmas" to
- 12) Prefix with "red" or "sound"
- 13) Hangman's knot
- 18) Concludes
- 22) Crayola gradation
- 23) Diva's setting
- 24) Angry display
- 25) Where a tip may travel
- 26) It may have a twist
- 28) Fabric introduced by DuPont
- 29) Bridle strap
- 31) Church alcove
- 33) Dispute
- 34) Decrease?
- 36) Purple birthstone
- 37) Surface, as a road
- 41) # in a tweet
- 43) Fond du \_\_\_, Wis.
- 44) See 34-Down
- 45) Cuba's Fidel or Raul
- 46) Internet messages
- 47) Balloon probe
- 48) Water holder
- 50) Island discovered by Magellan
- 51) Exercise aftermath, sometimes
- 54) "Eureka!" relative
- 55) Find sums
- 56) Be dishonest, in a way
- 57) Relatives

## I'M MODEST

By Kenneth Holt



Key on page 31.

# August Events

---

## Mountain Arts Festival in Woodland Park

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

**When:** August 1-2, 2020

**Times:** Saturday - 10:00am - 5:00pm, Sunday - 10:00am - 4:00pm

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

**Cost:** Free (No Pets Please)

---

## 11th Annual Colorado Springs Native American Intertribal Powwow (2020)

**When:** August 8, 2020

**Time:** The event will be held from 10:00 a.m. to 6:00 p.m.  
Grand Entry at 11:00 a.m. Doors open at 9:30 AM.

**Where:** The Norris Penrose Event Center  
1045 Lower Gold Camp Road, Colorado Springs, CO.

**What:** One Nation Walking Together, a Native charity that provides items to the needy for daily living, is hosting a one day Native American Traditional Powwow to celebrate Native history and culture. Experience Native drums and dancers, Native art and artisans, birds of prey and live wolf exhibits, Aztec Dancers, Native vendors, Native food, such as Navajo tacos and fry bread, kid's activities, and more!

Over 3,500 people attended last years' event.

No drugs, alcohol or pets (except service animals) permitted.

All proceeds support One Nation Walking Together.

**Cost:** Admission is \$5.00. Native Americans in full regalia and children 12 and under admitted free.

Please bring donations of non-perishable food to help feed the hungry.

**Web:** [www.coloradospringspowwow.org](http://www.coloradospringspowwow.org).

---



## Colorado Springs Gun Show

**When:** Aug 8th-9th, 2020 and Sep 19th-20th, 2020,

**Where:** Colorado Springs Event Center

**What:** If you are a gun collector, or are a hunting enthusiast, the gun show at the Colorado Springs Event Center is a great place to spend some time. variety of vendors displaying guns. Hosted by Gun Shows of the Rockies

---

## Quilts in The Aspens Annual Quilt show

**When:** Please See Entry Form for: Dates, Times, Place, Rules.

**What:** Due to COVID-19, the middle school has canceled the Quilt Show for 2020 –In place we will be doing a virtual show on August 8th to display the beautiful quilts that Quilters above the Clouds has made over the past two years. Everyone is Welcome to enter!

**Web:** <https://www.quiltersabovetheclouds.com/>

---



## The Broadmoor Pikes Peak Cycling Hill Climb

**When:** Saturday, August 8 2020.

**Where:** 5069 Pikes Peak Highway Cascade, CO 80809  
 PACKET PICKUP REGISTRATION (Aug.6 - Aug.7)  
 Hotel Elegante: 2886 S Circle Dr,  
 Colorado Springs, CO 80906

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

**Web:** <http://www.coloradospringssports.org/ppchc-registration/>



## Palisade Peach Festival

**When:** Thursday August 13th through Saturday August 15

**Where:** Downtown Palisade

**What:** This year we are celebrating 52 Years of Festivals! Vendors, Kid activities, Music, and Fresh Palisade produce and Peaches! NO pets with the exception of service dogs!

**Web:** Due to COVID-19 ALL TICKETS MUST BE PURCHASED ONLINE. THE EVENT ORGANIZERS WILL TAKE EVERY PRECAUTION TO HAVE A SAFE ENVIRONMENT FOR YOU. ATTEND AT YOUR OWN RISK.  
<https://palisadepeachfest.com/peach-festival-schedule/>



## Run to the Shrine

Cheyenne Mountain Zoo invites all ages of world class runners and families alike to Run to the Shrine on Sunday, August 30, 2020. Run to the Shrine is a 4-mile run/walk course that curves through the Zoo, up to the Will Rogers Shrine of the Sun and back down into the Zoo. The run provides some of the most stunning views in the Pikes Peak region. The 4-mile race concludes with a party at Lodge at Moose Lake!

**When:** Sunday, August 30

**Time:** 7 a.m. - 11 a.m.

# September Events

## Commonwheel Artists Labor Day Art Festival

**When:** September 5-7th 2020

**Where:** Memorial Park 505 Manitou Ave. Manitou Springs, CO 80829

**What:** Commonwheel's Art Festival offers Art Patrons a relaxed setting to buy fine art & contemporary crafts. We rigorously jury artists to guarantee artwork shown at our festival is created by the artisans displaying in each booth. Discover amazing painters, jewelers, potters, photographers, sculptors and more artistic forms. Children enjoy many art-related activities. Live performances by local musicians grace our stage all weekend.

## Colorado Springs Labor Day Lift Off 2020

**When:** Labor Day Weekend 2020

**What:** Colorado Springs Labor Day Lift Off will take place this Labor Day Weekend in a heavily modified form. With this in The Colorado Springs community will be able to experience early morning balloon launches. Balloons will fill the city skyline, launching from numerous locations around Colorado Springs - Locations are to be determined No events or activities will occur at Memorial Park this year.

**Web:** [www.ColoradoSpringsLaborDayLiftOff.com](http://www.ColoradoSpringsLaborDayLiftOff.com)

---

## 7th Annual Victor Burro Racing Gold Rush Challenge

**When:** Saturday, September 8th

**Where:** Victor, Colorado

**What:** What better venue for a burro race than Victor CO, steeped in gold mining history! This 8 mile course is very challenging with lots of elevation gain and uneven footing. But it also gives fantastic views and old mines in return. Please be certain to study the course map. While the course is well marked, there are many intersecting trails and roads. Also, we are always looking for additional volunteers to help make this a successful event. Options include on-course direction assistance, and finish line timing and announcing. If you are interested in volunteering let Mike know!

**Entry fee:** \$50

**Contact:** Race Director: Mike Vann – 719-205-6100 – [mvann@hrenow.com](mailto:mvann@hrenow.com)  
CO-Race Director: Tony White – 719-331-0292 – [tonyw@reagan.com](mailto:tonyw@reagan.com)

---



## 42nd Annual Holly Berry House Folk Art Festival

**When:** Friday, September 18 2020, 12:00 pm – 6:00 pm

Saturday, September 19, 2020, 9:00 am – 6:00 pm

Sunday, September 20, 2020, 10:00 am – 4:00 pm

**Where:** Rock Ledge Ranch Historic Site, Garden of the Gods Park

**What:** The Holly Berry House Folk Art Festival is held annually at the Rock Ledge Ranch Historic Site in the spectacular Garden of the Gods Park. It features the fine works of 165 juried artisans from across the United States. You will find exquisite fine art, a unique array of fine crafts, one-of-a-kind collectibles, antiques, and much, much more, complimented by food music and historic tours. This event benefits the preservation and restoration of Rock Ledge Ranch

**Cost:** Adult \$6.00 Seniors \$5.00 Children (6-12 years) \$2.00

Tickets may be purchased at the festival or in advance by August 15th, 2020 online

**Web:** [rockledgeranch.com](http://rockledgeranch.com)

---



## Fall Festival at Bancroft Park

**When:** Sun, September 13, 2020

**Time:** 11:00am-4:00 PM

**Where:** Bancroft Park in Historic Old Colorado City 2408 West Colorado Ave. Colorado Springs, CO 80904.

**What:** Kick off the 2020 Autumn Season with our 3rd annual Fall celebration. Live Music, Kids Games, Local Artisans, Food, Vendors and More! You don't want to miss this!

**Cost:** Free Admission.

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## Oktoberfest

**When:** September 19-20, 2020

**Time:** 11 AM – 6 PM

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

**What:** You'll find fun for the whole family including live music, plenty of authentic German food and drinks, arts & crafts and children activities. Don't miss the ceremonial keg tapping on Saturday at 11 AM right after the national anthem. The two-day Oktoberfest in Woodland Park is a great way to enjoy this beautiful mountain town.

**Cost:** \$8 per adult; \$7 seniors (62 and under) & active duty military; Under 21 Free (No pets please).

**Phone** 719-687-9885.

## Chile and Frijole Festival

**When:** September 25th-27th, 2020

**Time:** Friday 3pm - Midnight

Saturday 10am - Midnight

Sunday 10am - 6pm

**Where:** Union Avenue Historic District Pueblo, CO

**What:** The annual Chile & Frijoles Festival, held each year the third weekend after Labor Day, is Pueblo's harvest celebration. The festival is hosted by the Greater Pueblo Chamber of Commerce. Celebrating Pueblo's best loved Chile crops and Pueblo Chile! The event features live entertainment, street vendors, cooking competitions, and chilies, chilies, chilies! Held downtown along Union Avenue, the festival draws Pueblo residents as well as people from across the state and around the nation. \*Dogs Allowed. Must be on a leash.

**Cost:** \$5 Daily Single Admission, \$12 3-Day Pass, \$30 ME+3 Three Day Pass  
Children 12 & Under FREE! Active Duty Military FREE with ID



## COLORADO STATE FAIR REIMAGINED

**When:** August 28, 2020- September 7, 2020

**Where:** 1001 Beulah Ave. Pueblo, CO 81004

**What:** So much of what there is to love about the state converges onto the famous fairgrounds in Pueblo for an end-of-summer week full of live entertainment, thrilling competitions, quirky vendor booths and good ol' Western fun.

**Phone:** (719)-561-848

**Email:** info@coloradostatefair.com

## DONKEY DERBY DAYS

POSTPONED UNTIL SEPT. 5TH-7TH 2020 (TENTATIVELY).

**When:** Sept 5-7

**Time:** 9am to 6pm

**Where:** Bennett Ave, City of Cripple Creek

**What:** Because we canceled our long running festival for June, Two Mile High Club hopes to have a smaller scale festival over Labor Day Weekend. Like all events around the country, we are simply in a wait and see position on what we can plan for in September.

**Web:** Check Facebook page closer to Labor Day [cripplecreekdonkeys.com](https://www.facebook.com/cripplecreekdonkeys)

# Virtual Events for Seniors (During COVID-19)

It is possible to practice social distancing while still having fun.

This article is loosely based on the Colorado Springs Independent's "virtual guide." They list a variety of online events, primarily for a younger audience.

You can visit some amazing places around the world without leaving your home! Many of these exotic locations would cost many thousands of dollars to visit in-person. With today's technology, you can experience exotic vacation destinations and access free lessons for everything from arts & crafts to better investing skills. Here are a few to get you started. We have also included shortcut links for some of these to make it easier for you to reach the site.

*Scan the QR code with your phone to be taken to the website!*

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## Virtual Tours of The World's Most Famous Landmarks:

Walk Across the Zhangjiajie Glass Bridge, Visit Machu Picchu in the Andes, Go inside the Sydney Opera House, Walk Around Old Québec City, Explore the Temples of Angkor Wat, etc.

<https://www.cnbc.com/2020/04/14/self-isolating-take-virtual-tours-through-world-famous-unesco-sites.html>

Shortcut link: <https://tinyurl.com/quc9jty>



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## More Virtual Tours:

<https://www.theguardian.com/travel/2020/mar/30/10-best-virtual-tour-worlds-most-famous-landmarks>

Shortcut link: <https://tinyurl.com/wjao2of>



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## Visiting National Parks from your home:

<https://www.nationalparks.org/parks-at-home>

Shortcut link: <https://tinyurl.com/ybkl3ngv>



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## A Massive List of Museums, Zoos, and Theme Parks Offering Virtual Tours:

<https://www.goodhousekeeping.com/life/travel/a31784720/best-virtual-tours/>

Shortcut link: <https://tinyurl.com/qqxkmww>



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## 50+ Quick & Easy Crafts That Anyone Can Make:

<https://www.happinessishomemade.net/quick-easy-kids-crafts-anyone-can-make/>

Shortcut link: <https://tinyurl.com/yc6f7stq>





## More Do It Yourself Craft Projects:

<https://www.countryliving.com/diy-crafts/>  
Shortcut link: <https://tinyurl.com/y7aky76a>

## Colorado Springs Virtual Events:

This website has many local events, including several virtual events that you can click through to visit.

<https://www.eventbrite.com/d/co--colorado-springs/events/>  
Shortcut link: <https://tinyurl.com/ya6e9lbn>

## Pikes Peak Library, Virtual Library Services & Programs.

This site includes virtual yoga classes, a virtual book club, virtual movie discussions, virtual poetry reading, etc.

<https://ppld.org/virtual>

## Virtual Fitness Classes:

Fitness is essential to keeping active during the stay-at-home order. Fortunately, there are several free programs available on YouTube.com

### 7 Exercises You Should Do Absolutely Every Day, from Bab & Brad

<https://www.youtube.com/watch?v=IETF5JRgEN8>

### Standing and Chair exercises for seniors, from Curtis Adams

<https://www.youtube.com/watch?v=KbFz38FUuiA>

### 10-minute Sample Workout for Older Adults. From the National Institute On Aging

<https://www.youtube.com/watch?v=G1lwVhnnkoU>



### **Afternoons with Move it or Lose it, Keeping the over70s active at home during COVID**

[https://www.youtube.com/watch?v=u2Bf\\_QnxLtw](https://www.youtube.com/watch?v=u2Bf_QnxLtw)



### **Gentle Yoga - 25 Minute Morning Yoga Sequence - Yoga With Adriene**

<https://www.youtube.com/watch?v=jsLAc-2y0bE>



### **Tai Chi for Beginners - Instructional Video from Bodywisdom Yoga**

<https://www.youtube.com/watch?v=bcpeINJTDbY>



### **Top 10 Balance Exercises for Seniors at Home**

<https://www.youtube.com/watch?v=atMJ2opvCvo>





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