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Contents

- 4. Pandemic Causes Extra Challenges for Workers Over 50**
- 8. Jacqueline Bisset's Sizzling Career**
- 10. Crop Art vs. Crop Circles**
- 12. Wolves Are Scheduled to Return to Colorado After Proposition 114 Passes**
- 14. Crossword Puzzle**
- 16. Vaccine Updates and The Fight Against Covid-19**
- 20. Rocky Mountain PACE Expands Access to Quality Care in Colorado Springs**
- 22. Write Its Purpose on Each Dollar**
- 24. Faith Through Older Eyes**
- 26. Brain Health Through Cognitive Testing**
- 30. Colorado Recipes**
- 31. Sudoku**
- 33. Business Directory**
- 34. The Moose Is Loose Sale Offers a Chance To Enjoy Special Sales and All Things Woodland Park**
- 36. Calender of Events**

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Pandemic Causes Extra Challenges for Workers Over 50



By Trevor Phipps

Once the COVID-19 pandemic struck last March, governments responded by shutting down and restricting businesses across the country. Nationwide, millions of people lost their jobs and unemployment rates grew significantly.

However, the data shows that people who are in the work force that are older than 50 have been hit harder than any other group of workers. The statistics show that more people over 50 are being forced out of the workforce and are retiring early than ever before.

According to a study done by the Schwartz Center for Economic Policy Analysis, nearly five million “older workers” lost their jobs between March and June of 2020. The study also showed that 2.4 million of those that lost their jobs were forced to retire or otherwise leave the workforce completely which accounts for 7% of workers between the ages of 55 and 70.

The data also showed that of the out of the 1.3 million older workers that were unemployed in March of 2020, 500,000 of them gave up looking for jobs and left the workforce completely. During this time period, the study showed that 38% of older unemployed workers left the labor force compared to 32% of younger unemployed workers.

So far since March 2020, about 2.9 million older workers have decided to not pursue other careers and many have retired before they had originally planned. In comparison, only 1.9 million older workers left the labor force after the Great Recession in 2007. And, the data shows that the numbers of older people leaving the workforce are expected to keep rising.

According to the AARP, the overall unemployment rate last December was at 6.7%. “The unemployment rate for people ages 55+ increased from 5.8

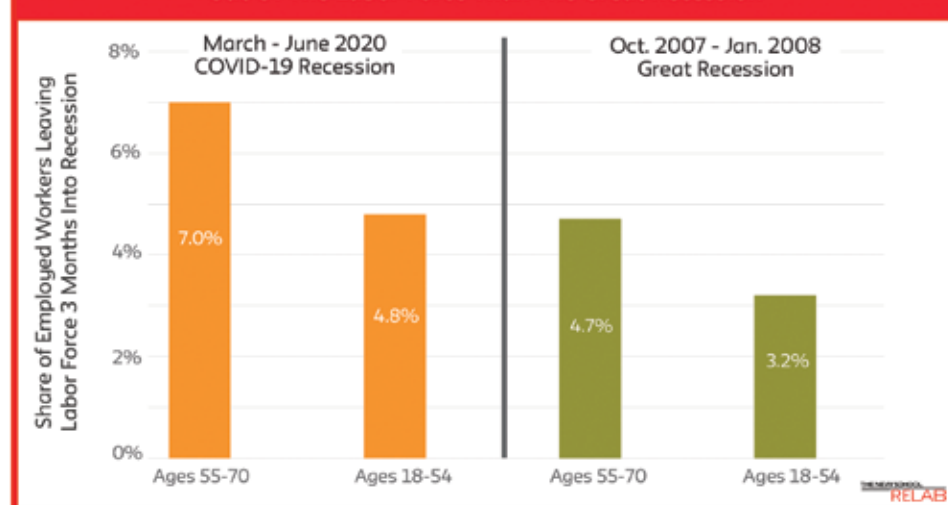
percent to 6 percent,” the AARP’s December 2020 Employment Data Digest reported. “For men ages 55+, it was unchanged from November at 5.9 percent and, for women ages 55+, it increased from 5.8 percent to 6.1 percent.”

The reason that older workers (specifically women) are seeing a higher rate of unemployment during the pandemic has to do with the fact that they make more and that employers made be concerned about hiring older workers. Many of those in the workforce that are older than 50 are in management positions or other jobs where they make more money than the younger workers. When times get tough for businesses they may be more inclined to hire younger workers because they can pay them less.

Even though ageism, or discriminating against workers due to their age is illegal, many experts think that it still exists. Especially during the pandemic, some employers might feel that the older more vulnerable population of workers will be harder to manage with changes in workplace restrictions and functions.

Employers may also be reluctant to hire older workers for other reasons including the fact that they are close to retirement and they could see hiring a younger worker as a better investment. Younger workers may also be more attractive to employers because they are seen to be more tech-savvy.

Figure 1: COVID-19 Recession Pushes More Older Workers Out Of The Labor Force Than The Great Recession



Tips for Older Workers Who Want to Stay in the Workforce

Unfortunately out of those who are older than 50 that lose their jobs, many of them are not able to retire early. Those wishing to stay in the workforce have also been having problems finding new careers that pay as much as the jobs they lost.

However, many websites and news sources have posted a number of tips for those over 50 who are looking to find new careers. The following tips can be useful for those that have been affected by the pandemic and need to find a new career:

- **Find other jobs that fit your skillset:** While unemployed during the pandemic, it is a good time to evaluate your skillset and find other jobs that you can do. Just because the position in your previous industry no longer exists, your skillset could qualify you for a job in a different industry.
- **Grow your skillset:** Now is a good time to evaluate yourself and see if there are things you can do to make yourself more valuable to re-enter the workforce. It is wise to spend your free time taking online classes or volunteering somewhere to gain more skills.
- **Use social media outlets such as Linked In:** Now is the best time to get more familiar with technology. Many more companies have started using social media sites like Linked In to find employees. Make or spruce up your Linked In account so that you can connect with employers who are using the platform to hire during the pandemic.
- **Improve your resume:** Resume templates and help writing resumes exist all over the internet. Use these resources to make sure your resume tells the best story about you.



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- **Research companies that you would like to work for:** The internet and social media now makes it easy to search for companies who might want to hire you. Use these tools to scout out a job that you could qualify for.

- **Utilize your network connections:** Sometimes the best way for anyone to find a job is to be referred to one by someone you know. Reach out to your friends, family, and former co-workers to see if they know of any companies that are hiring.

- **Update your appearance:** One good way to fight ageism is to do things to your appearance to seem younger but be sure not to overdo it. If you appear to be younger you might not get discriminated against for your age.

- **Exercise regularly:** While you have free time it is wise to use it to stay in shape. Exercise can make you feel healthier and be more energetic.

- **Do research on your interviewer:** Knowing who is interviewing you is a good way to build a connections with the person who might be the one deciding whether to hire you or not. Use Linked In and other social media platforms to find out what you can about your interviewer's background.

- **Ask a lot of questions during the interview:** Curiosity can be a good thing and it can help

you show your employers that you have an active mind. Asking several questions can also help show your future employer that you are looking toward the future and not stuck in the past.

- **Consider different opportunities and salary options:** Even if you can't make the same pay that you used to make, you can negotiate other things that can make the job worth to you for less pay. The ability to work from home, getting flextime, or more paid vacation days might make it worthwhile for you to take a job for less than what you are accustomed to making.

- **Don't mention your concerns about COVID:** Since some employers might be concerned about hiring more vulnerable people during the pandemic, don't make it an issue. Don't bring up the virus unless the interviewer asks.

- **Don't discuss your age:** Since employers can't ask you how old you are, it is wise for you to take out your graduation date on your resume or Linked In page. Experts recommend that older workers should keep their future employers guessing about how old they are.

- **Show that you have flexibility about where you work:** Workers older than 50 often get stuck in the

stereotype that older workers are inflexible. Stress to your prospects that you are willing to be flexible about where you work and what type of job you have.

- **Show future employers how tech savvy you are:** On your resume point out your skills that utilize technology. During the interview stress that you can use computers and other technology just as well as younger workers.

- **Become good with using videos:** If you haven't learned yet, it is wise to get familiar with Zoom and other video calling interfaces.

- **Have a strong social media presence:** Many employers are now using social media to vet their future employees more than ever before. Make sure you are on the right platforms and that your pages portray you in a positive light.

- **Learn more about technology:** Now is a good time to spruce up your skills and make sure you can utilize technology. Use the resources that are available locally and online to make yourself more tech savvy.

- **Stay busy:** Future employers will most likely want to know what you have been doing with your free time during the pandemic. Take classes or volunteer somewhere to show that you are using your time being unemployed to grow as a person.

Even though the pandemic took a toll on a variety of industries, other jobs are coming back. Remote working is also becoming more popular with workplaces being forced to shut their doors. Therefore, even though the opportunities older workers were used to might not exist anymore, now is the time to search for new opportunities that better align with the ever-changing workforce.

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Jacqueline Bisset's Sizzling Career

By Nick Thomas

Now in her seventh decade as a film actress, British beauty Jacqueline Bisset first hit the big screen in the mid-1960s and was soon on her way to becoming a household name after dramatic roles later in the decade in films such as "Bullitt" with Steve McQueen.

Although her role was small as McQueen's sizzling love interest and she didn't appear in the film's action sequences, Bisset was on set to witness some of the legendary driving scenes often performed by McQueen, a keen race car enthusiast.

"Watching those cars jumping in the air on the streets of San Francisco was amazing," Bisset recalled from Los Angeles. "There were also some scenes where I had to drive Steve around in a yellow convertible and remember thinking God Almighty, I don't want to mess this up with a race car driver next to me!"

She says McQueen, a major star



at the time, was "very patient with me and we would go out for meals with the director and producer when we'd break for lunch. He didn't like getting caught in crowds and would often just jump on his bike and get the hell out of there."

Also memorable for Bisset - and audiences for her wet T-shirt scenes - was "The Deep" a decade later. Noted for its stunning underwater sequences, the actress still has mixed feelings more than 40 years later when she speaks of the aquatic adventure.

"As a child, some stupid kids tried to dunk me and ever since I've been fearful of the water and swimming around others," she explained. "But the diving crew on 'The Deep' were amazing and I found it a beautiful experience even though the thought of drowning was still a daily worry. I had a stunt double for some underwater shots, but she looked nothing like me so it meant I attempted more stunts that I would have liked. When you're 90 feet underwater you have to solve any problem right there - you can't just shoot to the surface."

In one scene, her character attempts precisely that after encountering a moray eel (her stunt double did the eel sequence).



"It was complicated to film and very frightening - I actually thought I was going to drown. The others didn't know if I was acting or in real trouble, which I was. I got through it, but even as I speak of it now, my throat tightens!"

With several films in post-production for 2021, Bisset has remained a busy actress throughout her career and in recent years has tackled personal roles such as 2018's "Head Full of Honey" with its Alzheimer's theme.

"My mother got dementia in her early 50s and lived with it for 35 years, so it's something I knew a lot about," she says. "The film approaches the subject with a little humor because that can sometimes help families dealing with it. It's painful humor but can make it more bearable."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.

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Crop Art vs. Crop Circles

By Rick Sheridan



Many Pikes Peak Senior News readers have heard of both crop art and crop circles. Although there is some similarity, there are also lots of differences.



Crop Art

Crop art is an environmental art practice using carefully trimmed plants in the landscape to create graphic images. I had the opportunity to meet Stan Herd, one of the most well-known practitioners of crop art. Stan lives in my hometown of Lawrence, KS. He is often referred to as the “father of crop art.” Herd, who was raised on a Kansas farm, uses plants in their natural habitat to create large, sweeping images that capture people’s attention and imagination. These images are best seen from an airplane or at the top of a hill.

Herd has taken his art form across the globe, including China, Australia, etc. He has worked on advertising art, esoteric art, along with political themes. He did a portrait of former President Barack Obama in 2008. The 2011 film “Earthwork” is a fictional depiction of his time creating art on Manhattan real estate owned by President Donald Trump before a skyscraper was built. Most recently he produced a large portrait of U.S. Vice President Kamala Harris.

It often takes two to three days for a crop artists to design and lay out the image. Herd and his crew stand in the field and sketch a basic design. They then use a grid system of 20-foot squares, which helps translate the art onto the field.

After the field is mapped out, the crew then gets out the weed eaters and other tools, along with marking flags. They use drone photography to see how the art is coming along. It can be hard work, carrying heavy equipment, spreading the mulch, raking and more raking.

Some of Herd’s crop art images are sponsored by private companies. Other times projects come from grassroots effort or are funded by his friends. He also relies on help from others to provide the physical labor to get the job done.

Crop Circles

Crop circles are huge geometric patterns that appear in farmer’s fields. Over 12,000 crop circles have been discovered in sites across the world, from locations such as the former Soviet Union, the UK and Japan, as well as the U.S. and Canada. Crop circle researchers group the circles into categories such as triad, labyrinths, spirals, fractals, ribbon-shaped, etc. The earliest recorded image claimed to be a crop circle is depicted in a 17th century English woodcut. Crop circles started to receive media attention in the late 1970s as many of these circles began appearing throughout the English countryside.

As you might expect, there are several theories about how crop circles are created. According to one study, anomalies found at some circle sites in England and the U.S. show evidence of them having been created with columns of ionized air (called plasma vortices/vortexes). Other hypotheses attribute them to atmospheric phenomena such as freak tornadoes or energy coming up from the ground. The most common idea is that they are somehow left by UFO’s or are some other message from extra-terrestrials.

Although there is controversy that some crop circles are faked

by humans; of the 12,000 reported circles, only about 250 have been claimed by hoaxers. Another compelling fact is that “real” crop circles have a distinct swirled pattern, compared to the faked ones that are chopped or crushed.

Many of the crop circles have appeared overnight and there are usually no signs of human effort. As we have seen with the crop art mentioned earlier in this article, it often takes Stan Herd two to three days of intensive work to create a crop art project.

Many conventional scientists seem to be either uninterested or closed-minded to much of the evidence. Regardless of what you may believe, I recommend that you maintain an open mind towards these beautiful anomalies. Most are geometrically perfect with no mistakes, even though they are often hundreds of feet in diameter and created overnight, and in the dark.

I was a skeptic myself until I went to a crop circle convention (Glastonbury Crop Circle Symposium, U.K.) in 2002 and visited a circle near Stonehenge in England. Seeing how massive and precise the pattern was, I was convinced that it was not created



by humans. Despite the claims of hoaxers and rationalists, many crop circles defy being easily explained away.

The public interest in crop circles goes in cycles. Every now and then there will be a crop circle of such complexity or magnitude that it will arouse public interest. A hoaxer will come along or some negative story in the media will cause the public to lose interest for a while.



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Wolves Are Scheduled to Return to Colorado After Proposition 114 Passes

By Trevor Phipps

After Election Day, it was determined that Proposition 114 that asked to allow the reintroduction of wolves passed across the state by a very thin margin. The ballot measure passed with 50.91% of voters saying “yes” and 49.09% voting “no.” Therefore, the measure was only given the green light by around 60,000 votes and most people voting “yes” lived in urban areas, whereas people in the rural districts where the wolves would be introduced voted “no.”

Before the election began, groups on both sides spoke out and voiced their arguments. Proponents for the proposition used Yellowstone Park in Wyoming as an example of how the reintroduction of wolves can help balance out the ecosystem. Those against the measure were mainly ranchers and hunters saying that wolves would threaten livestock and ruin the deer and elk population in the state.

Now that the proposition has officially passed, the Colorado Parks and Wildlife Division is tasked with forming a commission to devise a plan to bring wolves back to areas west of the continental divide by the end of 2023. The commission will have to figure out funding for the program and determine the exact locations where the wolves will be released. As a part of the proposition, the commission must also reintroduce the wolves in a way that does not impose any restrictions on private lands and they have to come up with a means to compensate ranchers for any loss of livestock.

Those Who Supported the Proposition See it as a Good Move for Colorado's Ecosystem

The most prominent proponents of the proposition were wolf organizations and animal shelters that work towards wildlife preservation. According to Lorianne Willingham with the Colorado Wolf and Wildlife Center in Divide, CO, wolves are not a threat to humans and there are ways to keep them away from livestock without killing them.

Willingham said that wolves started to get a bad reputation back in the 1300's when the black plague struck the population and thousands of people started dying from the disease. Due to limited space in the town sites, the dead would be stacked up in piles outside of town. Wolves and other wildlife would then come feast on the bodies of people and others started to think that they were killing people when they weren't. After those times in history, fables including the “Three Little Pigs” and the “Boy Who Cried Wolf” continued to cast wolves as the big bad villain.

However, Willingham said that since humans have been killing wolves for several years, they are naturally afraid of people. She said that there are ways to keep wolves away from your property such as “hazing” which basically scares them away to the point to where they don't return.

“Ideally the reintroduction of wolves is going to help a lot of things,” Willingham said. “Obviously the wolves will help control the deer and elk population which will make for healthier herds. And then there shouldn't really be many effects for people because they are so afraid of us. It is very, very unlikely that there is going to be any type of interaction between human and wolf. So we shouldn't really notice anything except our ecosystem getting better.”

Wolf Reintroduction in Yellowstone Park Showed Positive Impacts to the Ecosystem

Wolves are native to most of the United States, but in the 1900s when humans started inhabiting more of the country they clashed with wolves. The increase of people coming to vast areas of the country meant that the people started hunting most of the wolves' prey.

People then started raising livestock which became an easier prey for wolves to kill. By the 1930s, humans had basically killed off all of the wolf population putting them on the endangered species list.



In 1995, scientists decided that reintroducing wolves into Yellowstone Park in Wyoming would do good things for the region's ecosystem. Since there were no wolves around, the park's elk population grew drastically which caused them to eat much of the vegetation in the area.

Now over 15 years after the wolves were reintroduced, scientists in Yellowstone are reporting good changes for the environment. Even though some argue that the decrease in the elk population after reintroducing wolves made them scarcer to hunt, biologists have seen several positive results.

Once the wolves went extinct, the elk population in Yellowstone started to exceed the area's capacity. The elk also started moving around less in the winter and eating much of the area's young willow, aspen and cottonwood plants.

Since the wolves have been brought back, the elk in the area have been forced to move around more to avoid predators. This has made stronger willow stands throughout Yellowstone Park.

Since wolves have helped the area with retaining more vegetation, beavers within the park are also becoming winners. Since beavers need willow to survive in the winter, many left the area when the elk decimated the vegetation. According to the Yellowstone National Park Trips website, there was only one beaver in

the park when the wolves were brought back in 1995, and now there are nine thriving beaver colonies in the area.

Local Wolf Education Hubs

Since wolves won't be reintroduced in Colorado until after 2023, it is nearly impossible to come across a wolf in the wild. Even though there have been reports of some wolves in the state that are thought to have migrated from Yellowstone, it is nearly impossible that people will see them. And according to experts on the matter, even when wolves get brought back they tend to stay away from humans for obvious reasons.

However, there are a number of organizations across the state that work towards educating the public about wolves. Locally, people can go see wolves in zoos and through couple of popular organizations.

Probably the most popular local organization is the Colorado Wolf and Wildlife Center in Divide, CO. The rescue organization is the home to over a dozen wolves and wolf hybrids and is located on a 35 acre piece of property in the mountains.

The public has the option of attending different types of tours that take people through their property where they can see the wolves in their large fenced-in enclosures. During the tours, people have a chance to learn about wolves and why their reintroduction is important. The organization also puts on special events including a night tour during every full moon.

Colorado Wolf Adventures in Woodland Park also offers a unique experience to interact with wolves. The organization offers wolf walks where people can take wolves on a hike



through the mountains in the Pikes Peak region.

The walks take place on trails in the wilderness and are done by appointment only. At least two wolves come on every trip and people have a chance to get a lot of good pictures with themselves and the wolves and Pikes Peak in the background.

The organization also offers hour-long educational programs for schools and community functions. Topics covered during the educational sessions include the history and conservation of wolves, their importance to the ecosystem, and their biology.

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Colorado Wolf Adventures website
www.coloradowolfadventures.com



Crossword Puzzle

ACROSS

- 1 Certain
6 Move furtively
11 Twirled
15 Edging
19 Vowel string
20 Capital of song
21 Chukker sport
22 Actress Raines
23 Escritoire surface
25 Extinguishing of legal rights
27 NYC summer zone
28 Rioter's prize
29 Certain gowns
31 Aft
32 Result of a Vitamin D deficiency
34 Sparks and Buntline
36 Scuttles
37 Skin disorder
40 Knot again
42 Rotten
44 Stimulates
46 Sudden disappearance

- sound
47 Kind of pittance
48 The boy
51 ___ Alto, California
52 Dhaka dress
54 Nintendo console
56 Flying expense
58 Intelligent
60 Breaches of etiquette
63 "___ Around"
64 Mannerism
66 Like neon and argon
67 Pacific
69 Unhook
73 Key or knob
75 Persian Gulf ensemble
76 "Iron Mike" of football
78 Of a column style
79 Take-action type
80 Depictions
83 Victor
87 Counting calories
89 Over there
90 Lecherous look
92 "Would ___ to you?"

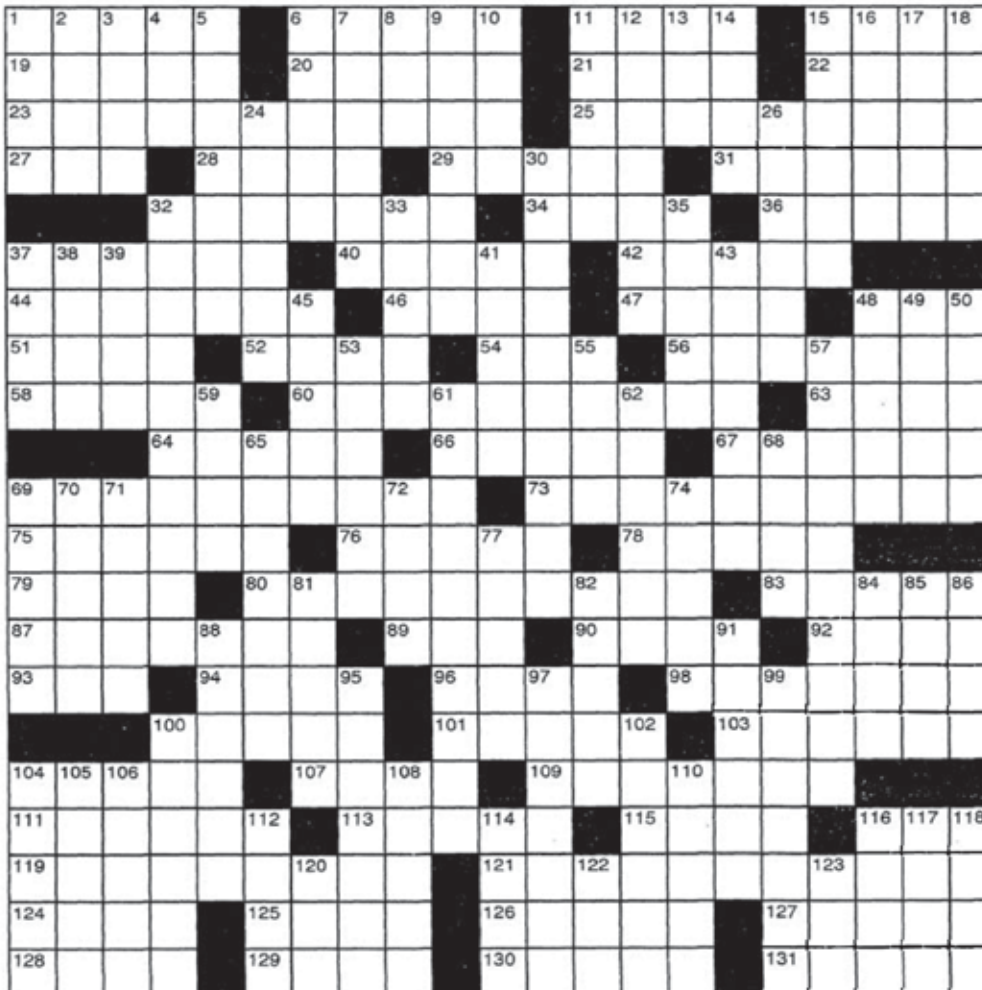
- 93 Pt. of the Mideast
94 Concorde et al.
96 Admin.
98 "Give me a single example!"
100 Dvorak or Bruckner
101 Water nymph
103 Tennis star Patrick
104 Curt
107 XL, e.g.
109 Uninvited ones
111 Melancholy
113 Controversial publisher Larry
115 Singer Jenny
116 EPCOT st.
119 Romantic partner
121 Changing tacks, in sailing
124 "___ Woman in Your Life"
125 "Ignore my correction"
126 Due to be paid
127 Ground: Fr.
128 Baby blues
129 John Major's party

- 130 Hang-ups
131 All gone from the plate

DOWN

- 1 Gave existence
2 Bird feeder morsel
3 Meat
4 Korean soldier
5 Opposite of ridiculous
6 Spy, slangily
7 Second of two
8 Gotham subway: abbr.
9 Must
10 Actress Russell
11 Bowling score
12 '45 conference site
13 Last mo.
14 Hurricane-tracking org.
15 Kind of bean
16 Pilgrim John
17 Judge's assistant
18 Deserves
24 Neighborhood residents
26 Publisher

- 30 1963 hit by The Chiffons
32 Measuring stick of a sort
33 Moderately warm
35 Imprecate
37 Omar of "In Too Deep"
38 Prepare for finals
39 Runner Budd
41 Dubuque resident
43 Shudder of emotion
45 Vaccine doctor
48 Actress Uta
49 Peace goddess
50 Ticker in a Checker
53 For mature audiences
55 Japanese box set
57 Stationhouse honchos
59 Walked (over)
61 Running mate for Paul Ryan
62 Star: Fr.
65 Metrical foot
68 Magnificent
69 Pedestal parts
70 Left-handed humor
71 Daub
72 Metropolis
74 Al of the Indians
77 A.A. Milne character
81 German kings
82 Sacrifice table
84 Many
85 Dig for ore
86 Look searchingly
88 Say it ___!
91 ___ to go (eager)
95 Brandy glass
97 Region between 34th and 59th in Manhattan
99 Order
100 Odors
102 Meting (out)
104 Grin
105 Mead ingredient
106 Tell the crowd
108 Polish coin
110 Radar noises
112 Once, of old
114 Sgts.
116 Stronghold
117 Worm alternative
118 "... o'clock scholar"
120 ___ Z (the gamut)
122 Actress Dillon
123 Actress Lillie



Key on page 32.

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Vaccine Updates and The Fight Against Covid-19

By Rick Sheridan



This article will help readers to understand the 1918 pandemic flu virus, and how it has helped to guide vaccine research. We will also look at the three leading vaccines that are beginning to be distributed. We will also cover the V-safe vaccine feedback sheet, along with a brief review of the El Paso County Public Health Department's important new website.

In 1918, the pandemic flu virus spread globally and caused an estimated 50-100 million deaths, including 675,000 here in the United States. The 1918 pandemic caused so many deaths, so quickly, that in some hospitals the bodies were stacked up in layers, and burials in mass graves were common.

One positive development from the 1918 influenza is that there was progress toward the development of a universal influenza vaccine. A rapidly growing knowledge base has helped develop new vaccines that can provide broader and more durable immunity.

Some of the ideal properties of a universal influenza vaccine: It

induces robust lifelong immunity. The immune response is rapid and robust. Vaccine effectiveness is not prevented by preexisting immunity. It is affordable and generally safe. It can be used in people of all ages. It is cross-protective against related viruses. It creates a durable herd immunity. It can be easily upgraded for different mutations of the original virus.

According to the World Health Organization (WHO), there are more than 150 vaccines under development for COVID-19. They typically go through three phases of scientific research and testing before they are approved. Phase one of the human trials is usually carried out on 30 to 50 people to make sure the vaccine is safe and does not have any unexpected side effects. Phase two involves a larger trial that begins to look at the vaccine's immune response. Phase three trials usually involve tens of thousands of people and test the efficacy of the vaccine, which is how well it protects a person against infection, as well as its safety in such a large group.

Three different vaccines have emerged from the clinical trials. Here is a brief summary based on a recent article in USA Today. Pfizer and Moderna are in the process of being distributed in the United States, and the AstraZeneca vaccine is being distributed in the United Kingdom at the time this article was written (Jan. 11, 2021).

Pfizer and the German biotechnology company BioNTech developed one of the candidate vaccines, BNT162b2, and it has tested as up to 95% effective in protecting against symptomatic COVID-19.

Moderna, a Cambridge, Massachusetts-based biotechnology company, released data recently on its candidate vaccine, mRNA-1273, which was developed in collaboration with the U.S. government. Moderna also appears to have up to 95% effectiveness.

AstraZeneca collaborated with Oxford University to produce its vaccine, called AZD1222. The collaboration released interim results from trials in the U.K. and



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Brazil, showing the vaccine could be 90% effective if delivered according to instructions.

Many Pikes Peak Senior News readers are probably planning to get the vaccine as soon as it is available. When you get a COVID-19 vaccine, your healthcare provider will probably give you a V-safe information sheet. This sheet provides instructions on how to use V-safe, an approved app from the Center for Disease Control.

V-safe is a smartphone-based tool that uses text messaging and web surveys to provide personalized health check-ins after you receive a COVID-19 vaccination. Through V-safe, you can quickly tell CDC if you have any side effects after getting the COVID-19 vaccine. Depending on your answers, someone from CDC may call to check on you and get more information. And V-safe will remind you to get your second COVID-19 vaccine dose if you need one. For more information, please go to: www.cdc.gov/vsafe

In a recent news release, the El Paso County Public Health Department has introduced new vaccine web page. This is meant to provide access to timely, relevant and credible information about accessing COVID-19 vaccines. The “How will I get the vaccine?” page offers contacts for vaccine providers, details about eligibility and timelines, advice on staying safe as the vaccination process continues, and information on reporting adverse events. Members of the public can also access hotline information if they have additional questions. The website reminds readers that providing vaccines to everyone will take time and is based on the availability of vaccines.

Updates will be made to the Public Health website as more information becomes available. To learn more about COVID-19 vaccines, phased distribution or vaccine eligibility status please visit www.elpasocountyhealth.org

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Rocky Mountain PACE Expands Access to Quality Care in Colorado Springs

By Summer Galceran

Director of Marketing & Community Engagement

COLORADO SPRINGS, CO – Rocky Mountain PACE now offers healthcare services to seniors in five additional zip codes in the northeast part of Colorado Springs – 80924, 80925, 80927, 80939 and 80951.

Rocky Mountain PACE, which stands for Program of All-Inclusive Care for the Elderly, is a unique model of care that provides coordinated medical services to adults ages 55 and older. The nonprofit focuses on helping seniors live better, keeping them independent while improving their health, wellness, and mental being. The health care provided covers a holistic suite of services, to include primary and specialty care, rehabilitation, recreation and medical transportation.

"We are thrilled to be able to provide life-changing healthcare to more seniors in our community, especially during this pandemic," says President and Chief Executive Officer Nathan C. Olson. "This program is the prevention, the care, and the coordination that you can't find anywhere else. I truly believe our care empowers seniors to live longer and better."

Rocky Mountain PACE currently offers care in the Colorado Springs area. If you have a family member or friend that you think could benefit from Rocky Mountain PACE, please reach out to us at 719-314-2327 or visit rmpace.org.



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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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Write Its Purpose on Each Dollar

By Money Coach Bill



No, your Money Coach does not actually write on each dollar bill, but there are some very similar things to consider when managing your personal finances.

Start with your salary/income and consider what the purpose is for all parts of that money. Before you receive the money, two things are deducted as “expenses,” taxes and Social Security. Now consider your other monthly needs and wants, each a “purpose” of your earnings. To accurately determine each purpose and how much to allocate, you need a budget which is based on a past history of expenses. So, track your expenses by category and put together a budget based on your income and your goals. You now have, in effect, a written

purpose for each dollar of your income. Increase savings now by putting “savings” as the first item in your budget. If you wait to save until all expenses are paid, you will find there is no money left.

To better manage your money and have more left over at the end of each month, review your expenditures to identify areas to cut back and areas to redirect your earnings for a better purpose. You are now taking control of your money life. Put your money to work for you, your family, and your future.

Using “envelopes” is a good way to control the purpose of your money. It is too easy to overspend when you use a card or electronic device to buy things.

Use cash in areas where you might/should cut back. For example, most of us spend too much on fast food. If you want to limit your spending in this category, determine your limit and put that much cash in an envelope marked “fast food” at the beginning of the month. When that cash has been spent and the month is not over, you stop spending until the fast food envelope is refilled next month. (Sorry, I cannot give you a recommended amount. I rarely buy fast food because I want to eat healthy. I do stop at McDonalds when on a driving trip, but primarily for the bathroom and Wi-Fi. I only buy two \$1 burgers and drink water.)

To help purpose my money I use “buckets,” a larger version of envelopes. Think of a pool containing 8-10 buckets of water. Same concept using cash accounts where each cash bucket has a designated purpose. My cash bucket categories include emergency fund, travel money, semi-annual I-Bond purchase, RMD money, and extra checking account cash. My buckets of cash are in an online savings account for the better interest rate. I keep track of how much is in each bucket in my “bucket



book.” This way I don’t need multiple accounts for multiple purposes.

You should have many savings and investment accounts. Some are retirement - 401(k), IRA, Roth IRA. Some are nonretirement – brokerage, mutual funds, 529 accounts for kids and grandkids. Other “accounts” may be rental properties, collectables, the cabin in the woods, your legacy fund. For these accounts, you can actually write its purpose on the account, i.e. the file holding the documents. I recommend you have a roughly equal amount in retirement and nonretirement accounts.

Recently I wrote a new purpose on a rental property I own. When I downsized six years ago, I put the big house on the market. It did not sell, so it is now a rental property. Turns out failure to sell was a good thing. It is worth \$100,000 more now. I have determined that my three kids will be rewarded sufficiently after I pass from my beneficiary accounts (including my current home which is in a “beneficiary deed” to avoid probate). I therefore decided to repurpose the rental property. The property now is in a nonprofit corporation, William Stanley Foundation, with the goal of helping worthy individuals in the areas of Education, Financial Literacy, and Entrepreneurship. The idea is for recipients to “pay it forward.” This new purpose will continue helping people after I pass.

Bottom line: step back, look at your money life, and write the purpose of each dollar you have accumulated. Then build those accounts!

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. Bill would like readers to become “scouts” for his new Foundation and help get the word out. See “William Stanley Foundation” Facebook page.



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Faith Through Older Eyes: *To Love and Be Loved*

By Nancy Parker Brummett



This time of year there is a lot of emphasis on love in our society, but too often the focus is on romantic love and little thought is given to other types of love. The love of parent and child, of grandparent and grandchild, or of one friend for another are all incredible forces of love worth celebrating. We can show our love to the seniors in our lives by reminding them that love is both timeless and ageless.

Jesus was the perfect model of how we are to love, and He asked us to love ourselves, love others, and love God.

First, love ourselves. In Mark 12:31, Jesus said, “Love your neighbor as yourself.” Yet because of messages they heard as a child, old wounds, failures, or even sin, older adults sometimes find it hard to love themselves. We need to remind them that we can all love ourselves because God first loved us. And He loves us unconditionally. He loves us so much that He sent Jesus to die for us so that we could dwell in His presence for eternity. He loves us enough to convict us of our sins and free us from even the guilt of them. He loves us enough to indwell us with the Holy Spirit to comfort and guide us. He loves us enough to give us people to love and to be loved by, and a Creation to enjoy. He stuffs our shoeboxes with valentines!

Second, we are to love others. In John 13:34, Jesus said, “A new command I give you: Love one another.” Some people are easier to love than others. But we are even to love the unlovable. It may be unrealistic to believe that we will be able to love everyone we encounter unconditionally, but it is realistic to believe that we can consider choosing love as our first response in every situation. What a difference that would make in the daily lives of those in care facilities. Tell them it’s possible.

Finally, we are to love God. In Matthew 22:37, Jesus said, “Love the Lord your God with all your heart and with all your soul and with all your mind.” He called this the first and greatest commandment.

We love God when we worship Him and give Him praise. We love Him when we obey Him and trust Him with our past, present, and future. And we can do that at any age.

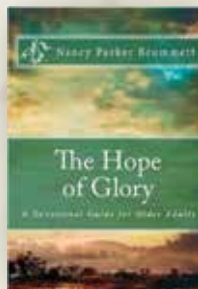
Let’s reach out to the seniors in our lives with the love that lasts—the kind of love worth celebrating today and every day.

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.

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Brain Health Through Cognitive Testing

By Rick Sheridan

Many seniors are concerned about their mental clarity and are often alarmed if there seems to be a decline in their cognitive abilities. This article will look at some of the cognitive tests that are available for seniors. We will also look at other methods for keeping your mental abilities through the use of challenging games, such as: crossword puzzles, chess, checkers, scrabble, jigsaw puzzles, etc. Most of these are available either in print form or online. We have listed a few of the resources at the end of this article.

According to the U.S. National Institute of Health, cognitive impairment in older adults has a variety of possible causes, including medication side effects, metabolic changes, or delirium due to illness, depression or dementia. Some causes, like medication side effects and depression, can be reversed with treatment. Others, such as Alzheimer's disease, cannot be reversed, but symptoms can be treated for a period of time

and families can be prepared for predictable changes.

There are several benefits of early screening. If the screening is negative, the senior's concerns may be alleviated. If screening is positive and further evaluation is warranted, the patient and physician can take the next step of identifying the cause of impairment. This may result in:

- Treating the underlying disease or health condition.
- Allowing the patient to create or update advance directives and plan long-term care.
- Ensuring the patient has a caregiver or someone to help with medical, legal and financial concerns.
- Ensuring the caregiver receives appropriate information and referrals.
- Encouraging participation in clinical research.

A brief overview of some of the methods used to determine cognitive decline:

A basic understanding of these screening tools can be helpful when discussing possible cognitive decline with your physician.

Dementia Screening Indicator (or similar test). Interviews are used to assess memory, behavior, mood and functional status (especially complex actions such as driving and managing money). Information can also be gathered from the patient's behavior on arrival in the doctor's office and their interactions with staff.

Mini-Cog is a three-minute tool that consists of two components: a three-item recall test for memory and a clock drawing test. It is designed as a patient screening tool and is available in many languages.

Informant Questionnaire on Cognitive Decline in the Elderly. This test is often an interview of spouses, relatives or another person close to the patient, about the changes in the patient's cognition and function in several different areas.

AD8 Dementia Screening Interview- It consists of eight questions about changes in the person's thinking, memory and behavior. This screening tool is available in English and Spanish.

KAER Toolkit- a four-step process to detecting cognitive impairment and earlier diagnosis of dementia. This toolkit is focused on the KAER model developed by the Gerontological Society of America Workgroup on Cognitive Impairment

UCSF Brain Health Assessment- This ten-minute assessment, developed by researchers at the University of California San Francisco. It evaluates memory, reaction speed, along with language skills. An optional three-minute informant survey is also available to provide information about functional impairment and behavioral changes.

Ask your doctor which tests they recommend for you. Several of these are quick and inexpensive. It will probably be worth the peace of mind to know that you mind is still in good condition.

Keep Your Mind Active with Games

As a compliment to the testing mentioned earlier, many seniors should consider trying variety of puzzles and other games. By solving brain games, word searches, video games, and puzzles, you are exercising your brain and keeping it active. Many people do these types of activities every day. There are many options online, or you may decide to visit a local bookstore for printed books of puzzles and other challenging activities. Pick games that you have fun playing, so that you look forward to this activity and do not consider it to be another daily chore.

Here are a few of the free and inexpensive online resources:


<https://braincurls.com/>

This website has a variety of different games to get your brain working. Try a memory game, or answer some logic and math questions. There are plenty of options on the BrainCurls website.

<https://www.mindgames.com/>

This site has word searches at different difficulty levels, along with online crossword puzzles, Sudoku, memory games, math challenges, etc.

<https://www.solitr.com/>





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Health and Wellness

Solitaire, which is one of the most popular card games, trains your brain to notice patterns and gives your memory a workout. This site has a ready-to-use Solitaire interface.

<https://www.memozor.com/>

Memory matching games for seniors, along with various challenging games to train the memory.

<https://www.lumosity.com>

Used by over millions of people worldwide, this website and their apps offers cognitive and scientific games designed to improve memory and stimulate the brain.

<https://www.dakim.com>

A brain fitness program that offers more than 100 mental exercises, games and puzzles to give the brain a workout. These games are specially

designed to improve attention and concentration.

<https://www.brainmetrix.com/>

There is a large collection of games focusing on concentration, color, IQ, spatial intelligence, memory and creativity on this website.

<https://www.braingle.com/>

This free website provides more than 15,000 puzzles, games, and other brain teasers as well as an online community of enthusiasts.

<https://www.chess.com>

Chess.com claims to be the #1 chess community with 30 million members around the world. Play online with friends, play solo by challenging the computer, join a club, analyze your games, and learn from hundreds of video lessons.

<https://www.queendom.com/>

Here is something a little different. Queendom has thousands of personality tests and surveys. It also has an extensive collection of “brain tools”—including logic, verbal, spatial, and math puzzles; trivia quizzes; and aptitude tests—for you to exercise and test your brain.

Pandemic Resilience Test:

Covid-19 has proven to be one of the greatest health and economic challenges we have faced on a global scale. The purpose of this free assessment is to evaluate your current

mental state, and to offer tips on how to develop the protective traits and skills that can boost your psychological resilience. This test is made up of two types of questions:

<https://tinyurl.com/yxhcs3kw>



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Caprese Chicken Pasta

Ingredients

- ½ c. balsamic vinegar
- ¼ c. sugar
- 2 tbsp. honey
- 11 oz. Boneless Skinless Chicken Breast
- 2 tsp. Italian seasoning, divided
- 1 tsp. garlic powder kosher salt
- Freshly ground black pepper
- 4 tbsp. extra-virgin olive oil, divided
- 12 oz. cooked short pasta noodles (such as penne or spiral)
- 1 c. cherry tomatoes, halved
- 2 oz. fresh mozzarella, thinly sliced

Directions

1. Make balsamic glaze: In a medium saucepan, add balsamic vinegar, sugar, and honey and whisk to combine. Bring to a boil over medium-high heat, then reduce heat and simmer until reduced by half. Remove from heat and transfer to a heatproof bowl to cool.
2. Meanwhile, in a large skillet over medium-high heat, heat 2 tablespoons oil. Add chicken and cook until warm. Remove from skillet and set aside.
3. Add cooked pasta to skillet and drizzle with remaining 2 tablespoons oil. Season with remaining 1 teaspoon Italian seasoning and salt and pepper and stir to combine. Stir in tomatoes and cook until pasta is hot throughout and tomatoes are tender, 2 to 4 minutes.
4. Add chicken and mozzarella, then cover and cook until cheese is melty. Drizzle with balsamic glaze and serve.

Recipes continue on Page 37





Brain Teasers

Answers on page 42

Q1: There are three kinds of sensors in the box.

A third of all the sensors are motion sensors.

There are 7 leakage sensors less than motion sensors.

The other 19 sensors are temperature sensors.

How many sensors are in the box?

Q2: Archie lied on Mondays, Tuesdays, and Wednesdays, but told the truth every other day of the week.

Kent lied on Thursdays, Fridays, and Saturdays, but told the truth every other day of the week.

Archie: I lied yesterday.

Kent: I lied yesterday, too.

What day of the week was yesterday?

Q3: Every Friday, Tim visits his favorite coffee shop.

Each month, he visits the coffee shop 4 times.

But some months have more Fridays than others, and Tim visits the coffee shop more often. What is the maximum amount of months like this in a year?

PLAY SUDUKO

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Key on page 42.

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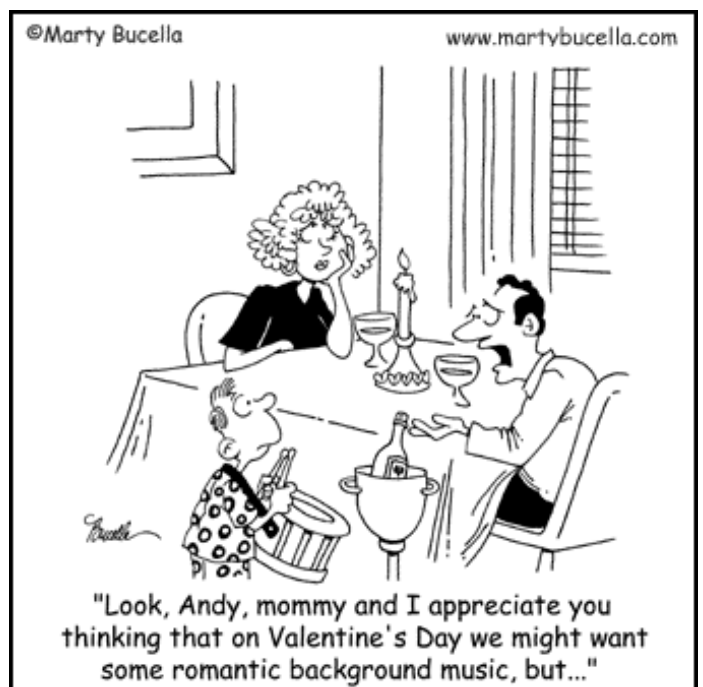
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The Moose Is Loose Sale Offers a Chance To Enjoy Special Sales and All Things Woodland Park

By Trevor Phipps



Most of the time seeing a moose in downtown Woodland Park is either very rare or unheard of. However, every February there are reports that a moose is seen at various businesses in town. Every February around mid-month a certain friendly moose gets loose.

Woodland Park's "Moose is Loose" event is a citywide sale where several businesses in the city participate. This year the event will still go on, but shoppers will have to abide by all social distancing and mask wearing requirements. The year 2021 marks the events 21st year and shoppers are invited to go up to the "City Above the Clouds" to

do some shopping and enjoy the food at local eateries.

The campaign was started by Tweeds Fine Furnishings as a way to generate business within the town during the month that Teller County businesses see the lowest revenues of the year. "In a nutshell, this is a collaborative, small business event unique to Woodland Park, Colorado," said Tanner Coy, Tweeds Fine Furnishings owner. "It's by businesses, for businesses, and done in a quality, creative way that's fun for consumers."

The History of The Moose Is Loose

According to Coy, the Moose Is Loose celebration started 21 years ago when Tweeds was still located in Cascade. Coy said that during their first year open, the business saw good revenues in the summer time but that during the winter, their sales drastically dropped.

Coy explained that they wanted to come up with a sale to attract in shoppers during the slow season, but he did not want to just run a President's Day sale or some other short event like other furniture stores in the area do. He wanted a

sale that lasted a little longer than others and one that was themed more towards the style of furniture that Tweeds offers.

Since the store specializes in providing high-end, fine furnishings that go along with the mountain home theme, Coy wanted the sale to reflect life in the high mountains. He then decided to make the mascot of the event a moose and play on the idea that the large animals are seen from time to time in the area.

After running the event as a sale for Tweeds for a decade, Coy decided to change the event when he moved to Woodland Park during a recession. "In 2010 the recession had set in worldwide, and for us and for this area, things were particularly slow and particularly bad," Coy explained. "There probably wasn't a business around that didn't feel the pain. A lot of businesses were closing their doors and people were losing their homes. And it was a very tough, very difficult time."

He said that when winter came that year and the Moose Is Loose sale time was approaching, he and his team knew they needed to change

the sale somehow to make it more effective. "Myself and my staff realized that we really needed, out of necessity, we needed the moose sale to be more effective than ever before," Coy said. "And yet our budget had been declining for two years. So, with less money what could we do to make the sale more successful, that was the challenge. The one idea that prevailed was to grow the Moose Is Loose sale beyond Tweeds to give customers more reasons to come out and shop than Tweeds alone can give them."

Coy said that he found that sharing the advertisement and marketing efforts for the event with other businesses in the area would not cost any more than what they had already been spending. Coy said that during that first year implementing their new idea, the plan worked and more people had come out to shop and stimulate local business during the slow winter season.

While shopping people will have the chance to visit with the campaign's mascot, Woodland Park's moose. People can also wander through participating locations and get chances to win prizes. This year's Moose is Loose Campaign will run from Feb. 13-28 and it will feature special events as a part of it that have not yet been announced.

The first Saturday the first 250 people arriving at Tweeds Fine Furnishings will receive a goody bag that has gifts for local businesses. The sales event will also have a special theme for each weekend of the sale.

On Feb. 13th and 14th will be the Moose is Loose Spring Fever Valentine's Day Party! The Moose is Loose Woodland Park Style Extravaganza will take place on Feb. 20th and 21st and the Moose is Loose Taste Community Celebration will be held on Feb. 27th and 28th.



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H0630_19020_M

Calendar of Events February & March 2021

20th Annual Chinese New Year Festival

- What:** The Colorado Springs Chinese New Year will go virtual in 2021. In previous years, the event was held indoors. For 2021, the Colorado Springs Chinese Cultural Institute will celebrate the New Year as a community-based online event with community artists and entertainers
- When:** February 6, 2021 starting at 10 a.m.
- Web:** To see the virtual event and learn more about the unique, community-based show go to www.csccl.org.
- Cost:** Free, but please RSVP online.
- Phone:** (719) 287-7624



Papel Chicano Dos: Works From The Collection Of Cheech Marin

- When:** January 19th 2021-June 26th 2021
- Where:** Colorado Springs Fine Arts Center - 30 West Dale St. Colorado Springs, CO 80903
- Phone:** 719-634-5581



The Nutcracker'

- What:** Presented by Rachael's School of Dance at Ent Center for the Arts, Colorado Springs CO
Come and enjoy a full-length traditional 'Nutcracker' in all its splendor! Visions of sugarplums will dance in your heads. Featuring a very talented group of young performers from Colorado Springs.
A family fun event for all! The show includes a featurette opener of Frozen 2. Brought to you in part by The Eastern Colorado Bank. Facial coverings and social distancing are required for all audience members.
- When:** Saturday, February 13th 2021 Time: 7:00pm
- Where:** Ent Center for the Arts, Colorado Springs
- Cost:** \$15 – \$69
- Email:** rachaelsdance@msn.com

Geology and History Talk at Rainbow Falls Historic Site

- When:** Presented by El Paso County Parks at Rainbow Falls Historic Site, Manitou Springs CO Rainbow Falls Historic Site is closed for the season, but take advantage of this special opportunity to visit in the winter and learn about history and geology in this one hour presentation!
- Cost:** Space is limited: Prepaid registration required:
\$3 for members/\$4 nonmembers.
- When:** Feb 20, 2021 at 10:00 am - 11:00 am (Sat)
- where:** Rainbow Falls Historic Site
360 Serpentine Drive, Manitou Springs, CO 80829
- Phone:** Contact: (719) 520-6977
- Email:** theresaodello@elpasoco.com
- Web:** Please register at the "Official Website"
- Email:** COSMuseum@coloradosprings.gov



Cheesecake for Two

Ingredients

- 4 ounces cream cheese, softened
- ¼ cup heavy whipping cream
- ½ cup powdered sugar
- ½ teaspoon vanilla extract
- fresh fruit, for serving

Directions

1. In a small bowl, beat the cream cheese with an electric mixer on HIGH until it's soft and creamy, about 30 seconds.
2. In another small bowl, beat the whipping cream until soft peaks form. Beat in the powdered sugar and vanilla.
3. Add half of the whipped cream to the cream cheese, and beat on medium speed until combined. Repeat with the remaining half.
4. Divide the cheesecake between two ramekins.
5. Cover and refrigerate for at least 4 hours.
6. Serve with fresh berries.



Virtual Yoga

- What:** Presented by Pikes Peak Library District at Online/Virtual Space
Join us on Mondays, Thursdays, and Saturdays for a free yoga class.
Join local yoga instructor Svetlana Nudelman in this virtual yoga class for beginners and intermediate level practitioners. Zoom link will be emailed to participants prior to the class.
- When:** Feb 4, 2021 at 09:00 am - 10:00 am (Thu) Feb 6, 2021 at 09:00 am - 10:00 am (Sat)
Feb 8, 2021 at 09:00 am - 10:00 am (Mon) Feb 11, 2021 at 09:00 am - 10:00 am (Thu)
Feb 13, 2021 at 09:00 am - 10:00 am (Sat) Feb 15, 2021 at 09:00 am - 10:00 am (Mon)
Feb 18, 2021 at 09:00 am - 10:00 am (Thu) Feb 20, 2021 at 09:00 am - 10:00 am (Sat)
Feb 22, 2021 at 09:00 am - 10:00 am (Mon) Feb 25, 2021 at 09:00 am - 10:00 am (Thu)
Feb 27, 2021 at 09:00 am - 10:00 am (Sat)
- Email:** arodda@ppld.org
Cost: FREE
-

Serenity of Nature

- When:** Presented by Silvia's Glass Gallerie at Cottonwood Center for the Arts. Showcasing unique, nature-inspired glass art that provides serenity and peace of mind.
- When:** Free
- When:** Cottonwood Center for the Arts 427 E Colorado Ave., Colorado Springs, CO 80903
- When:** silviadeen1@gmail.com
- When:** Feb 2-26, 2021 at 10:00 am - 05:00 pm (Tue-Fri)
Feb 6, 13, 20, and 27th, 2021 at 10:00 am - 02:00 pm (Saturdays)
- When:** Cottonwood Center for the Arts 427 E Colorado Ave., Colorado Springs, CO 80903
-

Downtown Walking Tour: COS @150

- When:** Presented by Downtown Partnership of Colorado Springs and Colorado Springs Pioneers Museum at Story Coffee, Colorado Springs CO. This robust exploration of our community's history and culture is drawn from the museum's newest exhibit, which features 150 objects, illuminating 150 stories, commemorating 150 years.
- When:** Mar 6, 2021 at 10:00 am - 11:00 am & 12:00 pm - 01:00 pm (Sat)
- When:** \$10.
- When:** Story Coffee 120 E. Bijou St., Colorado Springs, CO 80903
- When:** (719) 886-0088
- When:** claire@downtowncs.com
-

Jo Koy

- What:** Koy has come a long way from his modest beginnings performing at a Las Vegas coffee house. As one of today's premiere stand-up comedians, Koy sells out theaters and arenas around the world, and has been breaking ticket sale records with his infectious and explosive energy on-stage. He pulls inspiration from his family, specifically his son, with material that has universal appeal.
- When:** March 18, 2021
- Where:** Pikes Peak Center for the Performing Arts
190 South Cascade Avenue, Colorado Springs, CO 80903
- Cost:** \$48.25 - \$58.50
- Phone:** (719) 477-2122 - (719) 385-5990



Pueblo

Chad Prather (Comedian)

What: Chad Prather was entertaining audiences on television as early as two years old. The desire to be onstage started early. He began acting at the age of 6 and by the age of 20 he was traveling all over the world - from Africa to Southeast Asia, from Russia to Central America - using his communication skills to influence international leaders with humor and inspiration. Eventually Prather's communication skills opened doors for him to move into the corporate arena of motivational speaking and writing.

When: February 12, 2021 - 8:00 PM

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

Phone: Box office at 719-583-4961



Glass Art From Around The Region

What: Keying off our world-class Inspiration exhibit, Glass Art from Around the Region showcases four accomplished artist who work, show and sell their art a little closer to home.

When: January 19, 2021 - May 9, 2021

Open Wed - Sat 10am to 12pm & 1pm to 3pm.

Where: Sangre de Cristo Arts Center 210 N Santa Fe Ave Pueblo, CO 81003

Phone: 719-295-7200

Email: mail@sdca-arts.org

Web: Timed tickets available at sdca-arts.org.



Denver

World War II And You

What: While this year marks the 75th Anniversary of the end of WWII, the amazing technological developments of that period are still affecting your life today. In this exhibit, you'll learn about technologies and ideas developed during the war that are impacting our lives in surprising ways today.

When: January 19, 2021 - June 4, 2021

Where: Wings Over the Rockies Air & Space Museum 7711 East Academy Boulevard, Denver, CO 80230

Denver Free Walking Tours

What: See and experience all of the top sights and landmarks of Denver while learning about our unique Mile High City history as we explore Denver on foot together!

When: JANUARY 23, 2021 - APRIL 25, 2021

Where: The front steps of the Colorado State Capitol 200 E. Colfax Ave. Denver, CO 80203

Phone: 720-372-3849

Web: Info@Denverfreewalkingtours.com

Active Minds for Virtual Events for February, 2021

Active Minds programs are being delivered as virtual (webinar) programs. Please join us for the virtual programs listed below. Go to https://activeminds.com/events_denver.html to view full descriptions and how to attend each program.

Magellan

Wednesday, February 10, 2020, 3:00-4:00 pm (webinar)
Thursday, March 25, 2021, 1:00-2:00 pm MST
Ferdinand Magellan was one of the most significant explorers of all time. Five hundred years ago, his three-year voyage (which he did not survive) was the first successful circumnavigation of the globe. Host :RiverPointe , 5225 S Prince St, Littleton, CO 80123... map ; 303-797-0600
Cost : Free

Switzerland

Wednesday, February 10, 2021, 1:00-2:00 pm (webinar)
One of the world's richest countries, Switzerland is known for many things, including banking, chocolate, watches, and more
Host : West Age Well Center , 909 Arapahoe Ave, Boulder, CO 80302... map ; 303-441-3148
Cost : Free

Pirates: Tales & Legends

Thursday, February 11, 2021, 1:00-2:00 pm (webinar)
Pirates occupy a unique place in the popular imagination and have been an integral part of global history for centuries.
Host : Central Park Master Community Association and Denver Public Libraries
Cost : Free

The Roots of Rock 'n' Roll

Thursday, February 11, 2021, 3:00-4:00 pm (webinar)
Emerging as a powerful force on the American music scene in the 1950's, Rock music has evolved with the decades and now includes many variations that sound pretty different from the likes of Chuck Berry, Elvis Presley and the recently deceased Little Richard.
Host :Brookdale Longmont
2240 Pratt St, Longmont, CO 80501
303-525-9408
Cost : Free

Venice: Biography of a City

Monday, February 15, 2021, 1:00-2:00 pm (webinar)
Perhaps no other city in the world conjures such distinct images as the gondolas plying the canals of Venice. Join us for a virtual tour of this beautiful and historic city that is visited by more than 20 million tourists each year.
Host : Keystone Place at Legacy Ridge , 11180 Irving Dr, Westminster, CO 80031... map ; 303-465-5600; video
Cost : Free

Ragtime & the Music of Scott Joplin

Wednesday, February 17, 2021, 1:30-2:30 pm (webinar)
Join Active Minds for a musical journey into the world of Ragtime and Scott Joplin. We will examine its origins in African American traditions, emergence among Tin Pan Alley tunes, and surge in popularity in the early 20th century.
Host : Washington Street Community Center , 809 S Washington St, Denver, CO 80209... map ; 303-733-4643 and Tattered Cover Bookstore .
Cost : Free

The Story of Salt

Thursday, February 18, 2021, 2:00-3:00 pm (webinar)
The word "salary" comes from "salt" and indicates the historic value placed on this important commodity. Used as a method of trade and currency, the role of salt in the history of civilization cannot be overstated.
Host : Windsor Gardens , 597 S Clinton St, Denver, CO 80247... map ; 303-364-7485
Cost : Free

The U.S. Electric Grid

Thursday, February 18, 2021, 2:30-3:30 pm (webinar)
Monday, February 22, 2021, 3:00-4:00 pm (webinar)
Many have described the United States electric grid as antiquated and potentially vulnerable to cyber-attack. It is arguably the largest machine in the world, comprised of many different systems of almost unimaginable complexity that, taken together, make life as we know it possible.
Host : Lakewood Reserve , 555 S Pierce St, Lakewood, CO 80226... map ; 303-742-4800
Cost : Free

Malcolm X

Monday, February 22, 2021, 2:00-3:00 pm (webinar)
It has been over 55 years since the death of Malcolm X. Join Active Minds for a review of the life and legacy of this controversial civil rights leader.
Host : Bemis Public Library , 6014 S Datura St, Littleton, CO 80120... map ; 303-795-3961
Cost : Free

Prohibition

Monday, February 22, 2021, 2:00-3:00 pm (webinar)
The production, importation, transportation, and sale of alcoholic beverages was constitutionally outlawed in the U.S. from 1920 to 1933.
Host : Jefferson County Public Library
Cost : Free

Harriet Tubman

Tuesday, February 23, 2021, 1:30-3:30 pm (program from 2:00-3:00 pm) (webinar)
Thursday, March 25, 2021, 6:30-7:30 pm MST
Born a slave in Maryland around 1820, Harriet Tubman escaped to freedom in 1849 and became the most famous "conductor" of the Underground Railroad that led slaves to freedom through a complex system of secret people and places.
Host : Garden Plaza of Aurora , 14221 E Evans Ave, Aurora, CO 80014... map ; 303-750-0820
Cost : Free

New Orleans: Biography of a City

Wednesday, February 24, 2021, 1:00-2:00 pm (webinar)
Join Active Minds for a virtual visit to this iconic place. Often referred to as the "most unique" city in America, New Orleans is famous for its cuisine, French Creole influence, jazz music, and of course Mardi Gras!
Host : Longmont Senior Center , 910 Longs Peak Ave, Longmont, CO 80501... map ; 303-651-8411
Cost : Free

Abraham Lincoln

Thursday, February 25, 2021, 1:00-2:00 pm (webinar)
Join Active Minds for a look at the man and the legend. He is rated by many as the greatest president in our country's history, yet there are as many fascinating myths as there are great true stories of his life. We will tell a few of these tales as well as reflect on how he changed history in ways that continue to this day.
Host : Castle Rock Senior Center , 2323 Woodlands Blvd, Castle Rock, CO 80104... map ; 303-688-9498
Cost : Free

Iraq

Thursday, February 25, 2021, 6:30-7:30 pm (webinar)
January 2020 saw missile attacks from Iran targeting American forces in Iraq, sparking the latest round of tensions in a country that has a long history of internal and external struggles.
Host : Central Park Master Community Association and Denver Public Libraries
Cost : Free

Active Minds for Virtual Events for March, 2021

Brazil

Thursday, March 11, 2021, 1:00-2:00 pm MST
Thursday, March 18, 2021, 2:00-3:00 pm MST
The early 2000s was a time of immense optimism and growth in Brazil under the leadership of Presidents Luiz Inácio da Silva and his successor Dilma Rousseff, both of the Brazilian Workers Party. Corruption scandals, however, led to the impeachment of Rousseff in 2016 and the imprisonment of Lula in 2018.

Scotland

Friday, March 12, 2021, 2:00-4:00 pm MST (program from 2:30-3:30)
The northernmost territory of Great Britain and the United Kingdom, Scotland has its own fierce national identity and deep historical ties with the United States due to centuries of Scottish emigration.

Benjamin Franklin

Monday, March 15, 2021, 1:00-2:00 pm MST
As perhaps one of the most colorful Founding Fathers, Benjamin Franklin lived a life of lasting impact

Hong Kong

Monday, March 15, 2021, 2:00-3:00 pm
Once a British colony, Hong Kong was returned to China in 1997. Recently, Hong Kong has erupted into violent conflict between the Chinese government and protesters objecting to increased government controls.

The History of Colorado

Friday, March 19, 2021, 11:00-noon MST
Come discover the stories of Colorado History. You will learn about the competing claims to Colorado dating back to the Native Americans who originally lived here.



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1	9	7	4	5	8	3	6	2
4	5	6	2	9	3	7	1	8
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Page 31 Brain Teaser Answers:
 A1: 36.
 A2: Wednesday.
 A3: 5.





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