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APRIL-MAY 2021

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BI-MONTHLY LIFESTYLE MAGAZINE

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**Longevity and
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April - May 2021

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Gardening: Great for Any Age

By Larry Stebbins
AKA: "The Garden Father"

As a retired senior citizen, I am determined not to give up vegetable and herb gardening. Now I have to admit it is getting harder to bend down and get back up. The solutions are many. For me, raised bed gardening was the solution. If you can't bend down to work the soil, then bring the soil up to you!

I think a 20 to 24 inch high raised bed is the perfect height for me. The easiest way is to buy a stock tank (horse watering tank). The size that is 2 ft high by 2 ft wide by 4 ft long is perfect. A sunny, level location is a must. You will need to drill lots of holes in the bottom for drainage. The more the better. A tank that size will need 16 cubic ft of soil or 8 bags of good potting soil, 2 cu ft each or 11 bags if they are

1.5 cu ft. I like the soils labeled, "raised bed garden mix". In a bed that size, I have planted one tomato plant in the center, then lettuce, carrots, radish, spinach, and kale along the sides.

Another option is to buy an elevated raised bed garden kit from your local big box store. They are smaller than the stock tank but offer a more decorative look. You usually have to assemble them yourself. Some are designed for wheel chair access. They are small but will provide a nice harvest of salad greens, culinary herbs and perhaps a pepper or two.

If you are handy then build yourself a wooden raised bed garden out of 2 inch by 6

inch by 8 ft pine boards. I use untreated lumber for safety reasons. Or you can also hire any amateur carpenter for a small cost. To build a garden 24 inches high you will need twelve of the eight foot length boards. Your finished bed will be 4 ft wide, 8 ft long and 2 ft high. The big box stores carry concrete corners that the cut lumber just slides into. These are called "Planter Wall Blocks". So you will need to cut three of your 8 ft length boards in half. Three saw cuts is all you need to do. No screws and it assembles in less than 30 minutes. To determine the amount of soil that you will need, use this simple equation: height in feet x width in feet x length in feet. This will give you cubic feet. Most large bags of soil are labeled in cubic feet. If your soil needs exceed 27 cubic feet (one cubic yard), then you may wish to contact your local landscape supply dealer. They will deliver.

Some raised garden bed designs have a wide lip around the top. This is excellent for sitting while you work in your garden. So join the many elderly gardeners, like myself, that refuse to give up one of their favorite hobbies.

For more information on gardening you can visit my free gardening blog at: www.thegardenfather.com/garden-blog



Stock Tanks: remember to drill plenty of holes in the bottom

Online Gardening Classes

Small Space Gardening April 10th

By Phelan Gardens

Join Andrew of Phelan Gardens as he shows ways you can still have a thriving veggie and/or flower garden in any space. He will go over plant selection, container types, fun designs and more! \$10

Pre-Register: <https://www.eventbrite.com/o/phelan-gardens-14947697537>

A ZOOM link will be emailed out the night before the class.

Date and Time: Sat, April 10, 2021 10:00 AM – 11:00 AM

Principles of Organic Gardening ONLINE April 17th

By Phelan Gardens

Join Billy as we explore the principles of organic gardening. Following some basic guidelines, we can demystify the meaning of organic, natural, and ecological products and practices and set a course towards your very own sustainably-grown future. \$10

Date and Time: Sat, April 17, 2021 1:00 PM – 2:00 PM



Butterfly & Pollinator Habitats ONLINE April 24th

Phelan Gardens very own Andrew Cronk would like to educate you on the life cycle of these flying flowers, why they are important to our environment, and how to attract more of them to your own patch of heaven. \$10

Pre-Register: <https://www.eventbrite.com/o/phelan-gardens-14947697537>

A ZOOM link will be emailed out the night before the class.

Date and Time: Sat, April 24, 2021 1:00 PM – 2:00 PM



Jewels in the Garden ONLINE May 26th

By Phelan Gardens

Join Devan as she goes over some stunning flower and vegetable selections to add that pop of wow to any garden you have as well as some unconventional ways to use some garden staples! \$20

Pre-Register: <https://www.eventbrite.com/o/phelan-gardens-14947697537>

A ZOOM link will be emailed out the night before the class.

Date and Time: Wed, May 26, 2021 1:00 PM – 2:00 PM



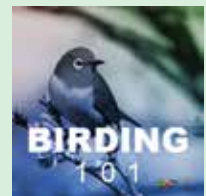
Birding 101- A fun introduction to Birding

by Audubon of the Rockies

PRE-REGISTRATION IS REQUIRED: <https://rockies.audubon.org/events>

Date and Time: Thursday, April 15, 2021 6:00pm - 7:30pm

Resource Central hosts a regular series of conservation events open to the public, including seminars, lectures, networking, workshops, conservation tours, and more! Our events are displayed in blue on the calendar. Pre-register for any of these ZOOM classes at Resourcecentral.org



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Waterwise Basics: Veggie Gardening Through the Seasons

Bring your forks, we'll bring the veggie-knowledge! Learn more about growing your own waterwise veggie garden with Jessica Romer. We'll discuss what to plant and when, and how to get the most out of your vegetables from spring to fall.

Date and Time April 7 @ 5:30 pm - 7:30 pm

Waterwise Yards Webinar: Design the Best Garden for You!

Over the last year, gardening has been an escape for many and a way to nourish your environment (and soul). Explore ideas and gardening styles with Alison Peck to ultimately design the best (and most enjoyable!) waterwise landscape for you. From providing tranquility to watching pollinators, there's a garden for everyone. Speaker: Alison Peck, Matrix Gardens Register on Zoom!

Date and Time: April 15 @ 5:30 pm - 7:30 pm

Waterwise Yards Webinar: Native Plant Selection for Your Dream Garden

Designing your garden-to-be and selecting appropriate plants for your space is key to a successful, low-water garden! Native plants are a great option and yield so many benefits for your garden and surrounding ecosystem (e.g. pollinators galore!).

Feel confident about planting your garden after attending this info-packed webinar with Pat Hayward. Speaker: Pat Hayward, Phytologic Horticultural Services Register on Zoom!

Date and Time: April 21 @ 5:30 pm - 7:30 pm

Waterwise Plants Webinar: Creating a Colorful Colorado Yard

Whether it's spring or fall, there's always time for color in your garden! Join Alison O'Connor to learn how to plan, prepare, and plant a low-water garden that keeps your interest (and local pollinator's) all season long. Speaker: Alison O'Connor, CSU Extension Agent Register on Zoom

Date and Time: April 29 @ 5:30 pm - 7:30 pm



Native Plant Outreach Workshop-Audubon of the Rockies

This spring, Audubon Rockies and researchers at Colorado State University are collaborating to offer an exciting new series of Habitat Hero workshops focused on native plant outreach. Attendees will learn how to get involved and grow their skills and confidence-Several Dates and Times available

PRE-REGISTRATION IS REQUIRED: <https://rockies.audubon.org/events>

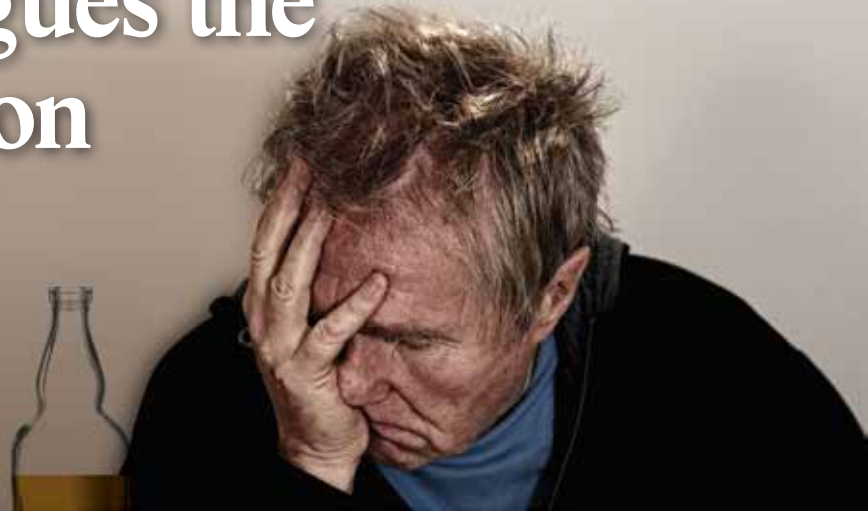
Dates and Times: Thursday, April 22(12:00-1:30pm)

Saturday, April 24(9:00AM -10:30am)

Thursday, May 06 (12:00pm - 1:30pm)

Alcoholism Plagues the Senior Population During the Pandemic

By Trevor Phipps



April is National Alcoholism Awareness Month

Alcoholism is considered the number one public health care problem in the country. In recent years, the senior population has become the group that is at risk the most of alcohol misuse. To make matters worse, studies also show that people in all age groups have been consuming more alcohol during the COVID-19 pandemic than they had before.

According to recent statistics from the National Council on Alcoholism and Drug Dependence (NCADD), nearly 90,000 people die each year from excessive alcohol consumption. Drinking excessively also costs the U.S. around \$250 billion every year in healthcare expenses, increased criminal activity, and workplace productivity loss.

During the month of April every year, the NCADD has been sponsoring the National Alcohol Awareness Month since 1987. Each year it's the organization's main mission to raise public awareness about treatment for alcoholism and how well it works. According to the National Institute on Alcohol Abuse and Alcoholism (NIAAA), about a third of people who go through some sort of treatment for alcoholism maintain their sobriety after a year.

During April, the NCADD and other organizations also work towards generating awareness of the negative effects of drinking alcohol as a whole. One year the theme was "Changing Attitudes: It's not a rite of passage," and the organization's goal was to educate children on the dangers of alcohol use and abuse.

As a part of the National Alcohol Awareness Month, the NCADD also promotes an Alcohol Free Weekend. The organization designates one weekend during April to abstain from drinking any

alcohol. Everyone is encouraged to pick a weekend or 72 hour period to not consume any alcoholic beverages. The NCADD then suggests that any who struggles with going three days without having a drink should seek treatment for alcoholism.

Alcohol Consumption Increases Worldwide During COVID-19 Pandemic

A study cited by the International Journal of Environmental Research and Public Health, surveyed people of all ages and questioned them about their alcohol use during the pandemic. The survey also asked people to compare their alcohol intake before the pandemic to what it was during the shutdowns over the last year.

"In sum, alcohol use in the U.S. is a public health problem that appears to have worsened since the onset of COVID-19," the study said. "Adults during COVID-19 reported high levels of alcohol consumption, with those who reported high levels of impact from COVID-19 reporting significantly more alcohol (both more days and total drinks) than participants who were not as impacted by COVID-19. Additionally, participants reported perceived increases in their current alcohol intake compared to pre-COVID-19."

The studies showed that 60% of the people interviewed said that their drinking increased during the pandemic compared to what it was before. The reasons for drinking more included increased stress, increased alcohol availability, and boredom.

Other studies suggest that alcohol consumption has increased more during the pandemic with women than with men. One company that specializes in delivering alcohol to people's homes through an online app reported that they saw a



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700%-800% growth surge during the lockdown. Since then it has leveled off, but they are still seeing a 350% increase in sales.

Nielsen reported a 54% increase in national sales of alcohol for the week ending March 21, 2020, compared with 1 year before; online sales increased 262% from 2019. The sales did not stay that high, but data shows a 21% increase in store sales and a 234% jump in online sales between March 1 and April 18, 2020.

An article published by Plos Blogs, also indicated that alcohol abuse with the senior citizen population could also have been affected by the pandemic. "Older individuals are now the age group at highest risk of rising alcohol misuse (Office for National Statistics, 2017)," the article said. "A potential reason for this is as a response to the stress from a culmination of factors that are unique to old age, such as changes in finances, social isolation, lack of purpose and lack of routine. (Kuerbis& Sacco, 2012). These factors are synonymous with those that individuals are likely to feel during the COVID-19 outbreak (Brooks et al., 2020)."

Therefore, if seniors experience worse living situations and increased social isolation during the pandemic, many may turn to alcohol abuse.

Seniors and Alcoholism

According to an article published by Aging.com, about 10-15% of people don't start to drink heavily until they are older in age. In 2012, the number of alcohol-related emergency room discharges among the elderly reached over 700,000. Experts forecast

that this number and the number of seniors who are alcoholics will continue to increase as the senior population is estimated to grow to 80 million by the year 2050.

"The National Council on Alcohol and Drug Dependence points out that up to 11 percent of elderly hospital admissions are because of drug- and alcohol-related issues," the article said. "This is a similar rate to elderly people being admitted to the hospital because of heart attacks, which can also be caused by prolonged alcoholism. The alcohol-related admissions number increases to 14 percent relating to emergency room visitations, and the rate at which the elderly are admitted to psychiatric hospitals due to alcohol or drugs is 20 percent."

The NCADD reports that nearly 50% of senior citizens that do not live in assisted living facilities or nursing homes have alcohol-related problems. This number is frightening since only about 5% of seniors live in assisted living scenarios. The NCADD also says that the demographic that has the highest rates of alcoholism are men over 75 who have lost their spouse.

Research shows that seniors have an increased sensitivity to alcohol due to their tolerance lowering as they age. As people age they lose muscle which helps absorb alcohol and the alcohol takes longer to digest. The amount of water inside bodies of older people is less which attributes to a decrease in kidney functions.

As people reach senior status, they are higher at risk of many health issues. Alcohol can often increase the chance of contracting ailments such as diabetes, high blood pressure, kidney failure, heart attacks, strokes, congestive heart failure, and liver problems.

Alcohol abuse can also cause bones to wither and bring about osteoporosis. Other issues excessive alcohol consumption can bring about include memory loss, mood disorders, and dehydration which can cause other health problems. Alcohol can also interact badly with prescription and over-the counter medications such as aspirin, acetaminophen, cold and allergy medicines, cough syrup, sleeping pills, and anxiety or depression medication.

No matter how old someone is there are several ways for them to get treatment for an alcohol addiction. The first step is identifying the problem and then seeking help. Quitting alcohol cold turkey

can give a person bad withdrawal symptoms and even be fatal, so it is wise to reach out for help and not try to do it alone.

Support groups such as Alcoholics Anonymous (AA) have a good success rate and members are given a sponsor who supports and helps them through the program's 12 step process. In most regions, there are AA meetings available every day of the week. Outpatient or inpatient rehab facilities can also cater to a person's individual lifestyles. Others may prefer having a therapist help them find the underlying causes of their alcohol addiction.

Local Resources

Beverly Hawpe and Associates
724 North Tejon Street, Colorado Springs,
CO – 80903 (719) 227-7745

Alternatives Beliefs and Choices Counseling
1826 East Platte Avenue, Colorado Springs,
CO – 80909 (719) 551-0983

Insight Services 212 East Monument Street
Colorado Springs, CO – 80903 (719) 447-0370

Empowerment Therapy Center 5855 Lehman Drive
Colorado Springs, CO – 80918 (719) 329-1900

Aspen Ridge Recovery Center 2860 S. Circle Dr.,
Suite G30A, Colorado Springs, CO (719) 627-2107

For a list of all Alcoholics Anonymous meetings in the city visit <http://www.coloradospringsaa.org/meetings/> or call (719) 573-5020

References:

"April is Alcohol Awareness Month"

tinyurl.com/3k33495p

"Alcohol Consumption during the COVID-19 Pandemic: A Cross-Sectional Survey of US Adults"

tinyurl.com/ww6ff9j3

"Alcohol use during the COVID-19 outbreak: learning from the evidence on retirement"

tinyurl.com/4wh83k3w

"Alcohol Abuse Amongst The Elderly: A Complete Guide"

tinyurl.com/hsesh9sh

"Alcohol consumption rising sharply during pandemic, especially among women"

tinyurl.com/dzpy7sp7

"Changes in Adult Alcohol Use and Consequences During the COVID-19 Pandemic in the US"

tinyurl.com/z8ew3edn



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Paul 'Crocodile Dundee' Hogan is Back - Sort Of

By Nick Thomas



It's been 35 years since Paul Hogan unleashed the iconic character of rugged reptile wrestling Mick Dundee onto the world in the 80s hit film "Crocodile Dundee" and two sequels. Hogan returned last December - via digital download in the U.S. - in "The Very Excellent Mr. Dundee" released on Blu-ray/DVD February 16.

The Aussie actor is quick to point out that "Mr. Dundee" is not another Dundee movie, but a self-parody where the quiet-living Hogan (starring as himself) falls afoul of a series of ill-fated self-inflicted blunders that snowball, sully his good reputation. The film also takes a gentle jab at celebrity culture and social media.

"But it's not a deep meaningful movie, just a bit of fun," said Hogan from his Los Angeles home. "While it pokes fun at Hollywood rules and how social media through the modern online community can give you a reputation that you don't deserve, it's mostly aimed at me."

The screenplay, written by longtime collaborator Dean Murphy, is mostly fantasy sprinkled with factual tidbits about the real Hogan. Many more facts about Hogan's life and career are recounted in his autobiography, "The Tap-Dancing Knife Thrower: My Life (without the boring bits)," published last year.

While the book has been highly praised, critics were not so generous when "The Very Excellent Mr. Dundee" was first released last year. No surprise that didn't bother the unflappable Hogan. "I ignored it, you just take it as it comes."

Critics were much kinder when "Crocodile Dundee" was released in 1986 to international acclaim. "Its impact was staggering and it turned out to be the most successful independent movie ever," said Hogan.

The original film yielded one scene destined for cinematic comedy history where Hogan defensively brandishes that giant hunting knife on the streets of New York City.

"I've still got the original knife, safe in a bank," said Hogan. "We also had rubber and wooden ones for various scenes, but I co-designed the original. It might be worth a bit of money to a collector now!"

Then there was the heart-stopping scene where Hogan's love interest, played by Linda Kozlowski, encounters a huge crocodile.

"That was mechanical, but there were real crocs in the water during filming," he recalled. "We had guys up trees with rifles just in case one came along and ruined everything."

So did Hogan consider asking Kozlowski, his co-star and former wife, to take a role in the new film?

"No, she's given up acting," he said. "I see Linda a lot and we're still friends. She was living in Morocco for a while but now is back in LA."

Despite all the money and fame his Dundee character generated, Hogan has remained grounded, unpretentious, and largely distanced from the Hollywood scene.

"I never really fitted in," he admitted. "After the success of Dundee, I received all sorts of script offers, good and bad. But I wasn't interested in becoming an actor for hire. My joy was seeing something that I wrote come to life on the screen."

While fans may be disappointed that the new movie only features a luckless Hogan as himself, the spirit of Mick Dundee lingers throughout the film. Now 81, however, Hogan has no plans to resurrect the character.

"The original worked fine. I'd like to just leave it alone now."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines and is the author of "Raised by the Stars: Interviews with 29 Children of Hollywood Actors."

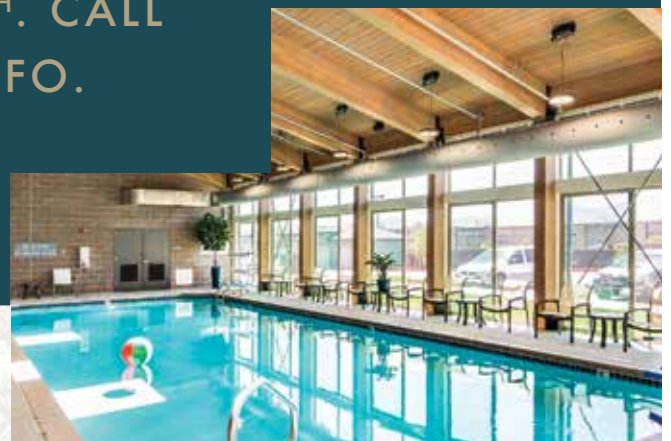


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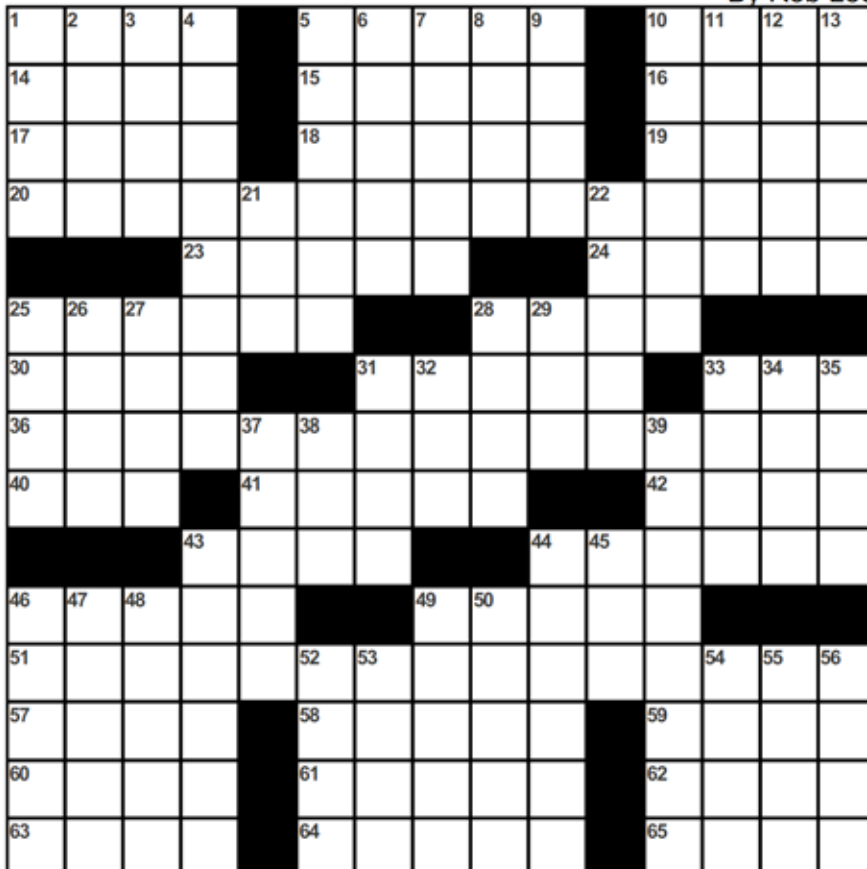
- | | |
|-----------------------------|--|
| 1) Farm yield | 40) Dash abbr. |
| 5) Black tea from India | 41) They're crossed in Olympic competition |
| 10) Schooner part | 42) Creole pod |
| 14) Lamp type | 43) Kind of check |
| 15) Piggish types | 44) Loosey in "Chicken Little" |
| 16) State openly | 46) One place to be lost |
| 17) Seemingly forever | 49) Seize illegally |
| 18) ___ del Sol | 51) Kin of polls |
| 19) Domesticated | 57) It doesn't qualify as a duet |
| 20) Future co-defendants | 58) Some soft drink options |
| 23) Like barely cooked eggs | 59) Reed in a pit |
| 24) Lubricated | 60) One way to stand by |
| 25) No man is one, to Donne | 61) Decree |
| 28) Cameo stone | 62) "___ we forget ..." |
| 30) Bisque morsel | 63) Some whiskeys |
| 31) Subway handhold | 64) Office stations |
| 33) A mammal has three | 65) Ogles |
| 36) Sucking it up | |

DOWN

- 1) Bit of thunder
- 2) Muffin head?
- 3) "Your turn"
- 4) Deli order, sometimes
- 5) Climb
- 6) Like much testimony
- 7) Cream puff
- 8) Nay sayer
- 9) Not easy to get along with
- 10) Reeves/Fishburne film (with "The")
- 11) Be of use to
- 12) WWI battle site
- 13) Material for many jackets
- 21) Mother Teresa was one
- 22) Aquatic rodent
- 25) Nuclear weapon, for short
- 26) Berth place
- 27) Bedmaker's strip?
- 28) Rocks worth something
- 29) Apprehend
- 31) Proofreader's mark, sometimes
- 32) Not just any
- 33) Caribous' cousins
- 34) A ___ pittance
- 35) "Don't go!"
- 37) High land
- 38) Feds' document producer
- 39) Way out of a contract
- 43) Onetime Indian soldiers
- 44) Hosts' handfuls
- 45) Food scrap
- 46) Buzzing
- 47) Not on time
- 48) Photographer's request
- 49) Wrinkly fruits
- 50) Buss
- 52) Decorated, as a cake
- 53) Central point
- 54) Comply with
- 55) One teaspoon, often
- 56) Adjusts, as a clock

SHREDS OF EVIDENCE

By Rob Lee



Key on page 50.



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**Santurette, et al. Oticon More clinical evidence. Oticon Whitepaper.

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Colorado Springs Philharmonic Comeback Story?

By Rick Sheridan



Colorado Springs has enjoyed classical music performances since the late 1920s. It all started when several local musicians joined together to form the Philharmonic's predecessor, the Colorado Springs Symphony Ensemble. Ever since then, Colorado Springs audiences have appreciated regular performances of live and recorded music. As with many performing arts groups, the Colorado Springs Philharmonic has gone through financial challenges during the Covid-19 pandemic. They are currently in a fundraising effort known as their "Comeback Story." Hopefully, more information will be announced during the late Spring, early Summer months.

An ongoing partnership between the Colorado Springs Philharmonic and the Rocky Mountain Women's Film includes several new viewings in the future. One of the previous showings was Alison Chernick's documentary "Itzhak." It looked beyond the world-renowned musician to see the polio survivor and the young man who struggled to be taken seriously as a music student when the schools he attended saw only his disability. For more information, contact the Rocky Mountain Women's Film Festival at info@rmwfilmfest.org

The Colorado Springs Philharmonic Guild, active since 1954, is a nonprofit organization whose purpose is to support the Colorado Springs Philharmonic Orchestra, the Colorado Springs Youth Symphony Young Solo Artist competition as well as other youth musician partnerships selected by the board. The mission of the Guild is fulfilled through fundraising projects, scholarships, education programs, and volunteer activities. They

welcome new members and provide a variety of social activities, music appreciation and education. Members of the community can join the Guild even if they do not have any musical talent.

Many Pikes Peak Senior News readers may wonder what the differences are between a symphony and a philharmonic. They are actually very similar! They both have approximately the same number of players; often between 80 and 100. Another common factor is the variety of instruments and categories such as string, woodwind, brass, and percussion instruments.

The difference between symphony and philharmonic is mainly in the way the musicians like to refer to themselves. The word orchestra is very ancient, coming from a Greek word that means an area in front of the stage that is usually kept for chorus. In modern times, it has come to refer to a group of musicians that sit together and play various musical instruments. When the size of the orchestra is small and there are around 20-50 players, it is referred to as a chamber orchestra, while with a size of 80 to 100 players, it is often called a symphony orchestra or a philharmonic orchestra.

To help clarify whether there is any difference between a symphony and a philharmonic orchestra, let's take the example of London philharmonic orchestra and London symphony orchestra. These two different orchestras play well-known, as well as obscure compositions and both have the same number of musicians that ranges from 80-100 in comparison to chamber orchestra, which typically has around 50 musicians. So, it often depends on what a group of musicians likes to be called by others. Some leading symphony orchestras are in cities such as: Boston, Chicago, Cincinnati, and Dallas. There is also the National Symphony Orchestra in Washington DC.

According to Dictionary.com, the word philharmonic literally means "music-loving." The English word is modeled on French or Italian forms ultimately based on the Greek roots *phílos* ("loving, dear") and *harmonía* ("music, agreement,

joint"). Philharmonic is found in English by the 1740s, used of largely of organizations dedicated to their love of music, e.g., philharmonic society.

Economically, arts and culture contribute 4.5% of U.S. gross domestic product (GDP), an amount larger than the share contributed by industries as diverse as construction, agriculture, and transportation, according to the National Endowment for the Arts website. Notably, Colorado performing arts presenters' economic contribution was 40% greater than the national index.

Arts and culture have experienced significant economic setbacks from COVID-19, throughout the United States and here in the Pikes Peak region. The entire performing arts field has had to deal with restrictions on gatherings, changes in consumer

behavior (voluntary or otherwise), and severe unemployment. A survey conducted by Americans for the Arts indicated that it is virtually certain that arts venues will reopen later than other businesses because social distancing is difficult both for audiences and for performers. The good news is that many professional performing artists are dedicated to their craft and determined to make the most out of the Covid-19 situation.

"At a time when many performing arts organizations have tapped into their creative vision to continue presenting programs, others have chosen to furlough their artists. The Colorado Springs Philharmonic went even further in September 2020, cancelling the remaining four years of the five-year agreement with its musicians that was signed in April 2020. The musicians of the Colorado

Springs Philharmonic are ready to participate in the Comeback Story. Recreating great works of art for a live audience-- connecting a composer's legacy with today's listener-- is our mission. We look forward to the day when we can gather with a live audience of our music-loving friends and neighbors at the foot of Pikes Peak," said cellist and Regional Orchestra Players' Association Delegate Ann Rule.

Readers can see some of the Philharmonic' musicians' recent work by visiting their website at coloradospringsphilmusicians.com. You can also participate in the Colorado Springs Philharmonic's Comeback Story. Contact them at P.O. Box 1266, Colorado Springs, CO 80901-1266. Phone: (719) 575-9632. E-mail info@csphilharmonic.org



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Steamboat Springs Remains a Go-To Destination During Springtime

By Trevor Phipps

During the spring, many enjoy taking a cruise through the mountains to view the leaves coming back and the snow starting to melt off the high peaks. The weather in Colorado during the spring months can be somewhat unpredictable but gorgeous at the same time. One day blizzard conditions could exist with two feet of snow on the ground, and then it can be 70 degrees the very next day.

To avoid possible adverse road conditions, it is wise to monitor the weather forecasts before planning a trip into the Colorado mountains. Luckily, most spring seasons give the Rocky Mountains a mix of good and poor weather so it shouldn't be too difficult to find a nice day for traveling.

Springtime is unique in Colorado in that the weather starts warming up, but the mountains are still packed with snow. Therefore, people who find the right day to travel can experience

the beauty of the state's snow-capped mountain peaks while the weather is pleasant.

Most ski resorts stay open through the spring which creates the chance to ski or snowboard while the weather is warm. In some cases, the temperature outside will be 60-70 degrees, which prompts some to go skiing while wearing swimsuits.

One popular Colorado town during the spring is Steamboat Springs. The city is located about four hours away from Colorado Springs in the northern part of the state. The quickest way to get there is to take I-25 north to I-70, and then take I-70 west before turning north on Highway 9.

In the winter, Steamboat Springs is well-known for its skiing and snowboarding options. During the spring, most of the slopes stay open as long as they can, and many people flock to the area for recreation. However, even though when most people

think about the town they think of it being a skiing hub, there are many other things to do in the city that are not related to skiing or snowboarding.

Things To Do in Steamboat Springs Year-Round

During any time of year in Steamboat Springs, there are plenty of things to do in and around the city. During the springtime, people get to experience both events related to the snow and warmer weather.

For those who may not be into skiing or snowboarding, there are several other things to do while snow is still on the ground. Snowshoeing and cross country skiing, for example, are ways to enjoy the snow and scenery without racing down a mountain.

The Haymaker golf course is a popular spot when the greens are open and when there is snow on the grounds the course offers sleigh rides and dinner packages. While there is still snow in the surrounding mountains people can also take snow mobile tours or go tubing down the surrounding hills.

Other activities available include ways to view the beautiful mountain scenery surrounding the town. People who want the full tour can see the entire city on a hot air balloon tour. Those who wish to stay on the ground can see great views from the trip up Mount Werner on the scenic gondola ride. Another option for thrill seekers is to take a ride on the Outlaw





Mountain Coaster that is open every day during the spring.

Horseback riding is also an option and there are companies that give all sorts of tours into the high country. The city has a bike park and many mountain biking options.

Those wanting more laid back activities can enjoy the downtown strip and other city amenities. There are a number of restaurants and saloons near the ski resort area and in the downtown region.

At the Creekside Café & Grill people can dine right on the shore of the Yampa River. The Cabin at The Steamboat Grand offers a fine dining option. Ragnar's also offers gourmet foods with a Scandinavian twist.

The city also is home to several shopping hotspots. There are a plethora of stores that offer skiwear and mountaineering gear. The city's downtown strip has several well-known shopping hubs including The North Face, Marmot store and souvenir/apparel shops.

Take a Soak in One of the Hot Springs

One thing Steamboat Springs is famous for is its hot mineral waters. The city has two hot springs where people can go to enjoy the therapeutic natural waters.

The Old Town Hot Springs is located close to the city's downtown strip. The facility features eight swimming pools that are fed by natural hot springs located in downtown Steamboat Springs. Visitors can also enjoy cruising down a water slide or getting a massage.

In addition to the pools, the site also has a fitness center and a climbing wall. The facility is home to a co-working office space and they

hold various classes such as CPR/first aid as well as senior programs.

Those wishing for a more natural experience can take the cruise outside of town a few miles to the Strawberry Park Hot Springs. This hot springs is about a 25-minute drive from Steamboat Springs and sits on the edge of the Yampa Valley.

The thermal pools are all natural and are situated in a rustic mountain setting. The pools range from 101 to 106 degrees and are surrounded completely by forests. The hot springs is open every day from 10 a.m. to 10 p.m. For those who don't want to take the drive Sweet Pea Tours can provide transportation.

References:

"Things to do in and around Steamboat"

<https://www.steamboat.com/things-to-do/activities>

"Sit back and relax after a day playing in the mountains" <https://www.steamboat.com/things-to-do/activities/hot-springs>

"Old Town Hot Springs"

<https://www.oldtownhotsprings.org/>

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Child Actors Who Turned Out Successful

By Rick Sheridan

A child actor's life has its ups and downs. Some former child stars end up squandering their money and getting multiple DWIs before entering rehab. They are eventually forced to leave Hollywood to pursue much lower paying work.

On the positive, there are also many former child actors who went on to be successful, either as long-time actors and actresses, or in another profession of their choice. Here are several examples, including one former child star living here in Colorado Springs.

Natalie Portman starred in the first of the Star Wars prequels as a child actress and went on to graduate from Harvard and win an Oscar for her role in Black Swan in 2010.

Maria Wilson played the role of Natalie Hillard in the film Mrs. Doubtfire as a child actress and went on to play Susan Walker in Miracle on 34th Street, Matilda Wormwood in Matilda, and Lily Stone in Thomas and the Magic Railroad. Wilson retired from acting in 2000 and has since focused on a successful writing career along with working at a non-profit organization.

Drew Barrymore came from a famous family of actors and got off to a successful start. Unfortunately, she also experienced setbacks and was known to abuse alcohol before her 13th birthday. She bounced-back and ended up spending more than four decades working in Hollywood, and these days she has retired and is the mom of two daughters.

Leonardo DiCaprio. As a teen actor in the early '90s, Leonardo starred on shows like Parenthood and Growing Pains. Soon after, he continued his success in films such as Romeo+Juliet and Titanic. Now, he is one of Hollywood's most respected actors with a steady stream of acting opportunities.

Jodie Foster earned an Oscar nomination for her role in Taxi Driver when she was only 14 years old. She later enrolled at Yale at 18 and went on to win an Academy Award for The Accused in 1989 and for 1992's Silence of the Lambs.

Ron Howard. Before he was an Oscar-winning director, Howard was a child star on The Andy Griffith Show, playing Opie Taylor, Andy's son. Later, he starred in a lead role on the TV show Happy Days. Since then, he has directed several big-name films like Apollo 13, Cinderella Man and Frost/Nixon.

Local dentist Dr. Sheldon Golomb was a child actor on the Andy Griffith Show and Mayberry R.F.D. He played Opie's friend Arnold Bailey in over ten episodes. Golomb also did guest spots on "Star Trek," "The Dick Van Dyke Show," "I Dream of Jeannie," "My Three Sons," "Time Tunnel," "Please Don't Eat the Daisies" and "The Mod Squad." (He is credited as Sheldon Collins in some of the programs)

Sheldon Golomb also performed on Broadway. He was seven years old and living with his family in New York when his mother encouraged him to go to an audition for the Broadway show, "King of the Whole Damn World." His mother



was also trying get into acting, but Sheldon was the one to get the first break. He got a role in the production, and played a mysterious kid recovering from a car accident.

Dr. Golomb was born in New York and moved to California at the age of eight to continue his acting career. Later, he decided to become a dentist as a more stable career option. At Hollywood High School, he was a stellar student, particularly in science. After graduation he continued his studies at California State University, where he graduated Magna Cum Laude, with a bachelor's degree in Biology. He received his dentist's credentials (DDS) from the University of Iowa College of Dentistry. Dr. Golomb has practiced in the Colorado Springs and Pueblo areas since moving here in 1992.

Any *Pikes Peak Senior News* readers who visit Dr. Golomb will notice several photographs of him as an actor on the Andy Griffith Show, along with signed photos from celebrities such as Carl Reiner, Robert Redford, and others. There are also a variety of movie props in the lobby and along the halls.



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Deer Attacks Recently Brought to Attention

By Trevor Phipps

During the last few years deer attacks are on the rise across the state including the Pikes Peak region. When many see deer they think of them as being cute and harmless animals. However, just like any wild animal they can be very dangerous.

For the most part deer are scared of humans and many will run away if they are approached. However, in certain situations when a deer feels threatened it will attack humans to protect their food or offspring.

Many experts say that the rise in violent deer incidents is due to them being more comfortable with humans. Over the last decade or so, more of the Pikes Peak Region has become developed which has pushed deer out of open space pockets they used to call home and into the cities. In Woodland Park, for example, people are thrilled that deer will freely walk across streets and into people's yards.

However, with the increase of deer within the area's towns and cities, deer and human interactions have also gone up. Some people enjoy the deer coming into their yard so much

that they put food out for them, even though feeding deer is illegal in the state of Colorado. When people feed deer it makes them warm up to humans and see them as a way to get fed. If deer are not scared of people, then they could get too close and even enter residences.



One incident recently made national press coverage last February when a deer entered a home and attacked a 77 year old woman. The woman claimed that she had seen the doe before and that her neighbors had been feeding deer in the area.

The incident occurred on Feb. 2 when the local woman propped the door to her house open while she was bringing in groceries. At one point, she turned around in her house and found herself staring face-to-face with a large doe.

She told CPW officers that the animal felt comfortable inside her home as it walked in and started eating food in her kitchen. She then started throwing items at the deer's hooves to try to get it to leave, but to no avail. Later, the woman told officers that she turned her back to the animal and it reared up and started kicking and scratching her with its hooves.

After suffering from several bruises and scratches, the woman was able to stay on her feet and push the deer out of her house. But then, since she had forgotten to remove the door stop, the deer re-entered her home. The woman then grabbed a mop and was able to push the deer out of her house a second time and close the door.

When the CPW officers arrived the deer had fled, but the woman told them that the deer would return the next morning because she thought that her neighbors were illegally feeding it. The next morning the officers returned and the woman identified the deer based on unique markings it had. The officers then euthanized the deer in fear that it was too comfortable being around



humans and was a threat to the community.

The deer's body was then sent to a lab for a necropsy and the incident is still under investigation with nobody getting fined or arrested for feeding wild animals. After the necropsy, CPW officials found human food inside the deer's stomach.

"This is another dangerous example of what happens when people feed wildlife," said Cody Wigner, CPW assistant area wildlife manager for the Pikes Peak region. "They become habituated to people, lose their fear and become aggressive and dangerous. This deer showed no fear of the woman and was quite comfortable entering her home. And when our officer responded to the scene, it approached within a few feet. This tells me the deer was far too comfortable around people. Dangerously comfortable. It viewed humans as a source of getting food."

He said that conflicts with wildlife have been on the rise over the past few years and that people should take the laws forbidding feeding wild animals more seriously. "This is why it is illegal to feed deer and why we urge people to make them feel uncomfortable in neighborhoods," Wigner said. "The issue is far more serious than ruined landscaping or even the car wrecks deer cause on a daily basis on our roads. We had a woman in Black Forest attacked in November and a young boy attacked in Colorado Springs in June. And we had a 72-year-old woman attacked and seriously injured in Black Forest in 2017. All three of them, and this lady in Woodland Park, are lucky the results weren't much worse."





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Local Authors Combine Hiking and History in New Book

By Trevor Phipps

Just about every book store in Colorado stocks books about the vast history of the state as well as literature about the various hiking trails. However, before now there were not any books about hiking that incorporates the history of the trails.

Last year, two local friends decided to get together and publish a book that tells about hiking trails and explains the history behind the areas. Rocky Shockley and Timothy Duren Jones put their heads together and wrote "Easy Hikes to the Hidden Past" which features several trails in the Pike Peak Region.

Shockley has lived in Colorado since he was young and he worked in the hotel management industry for many years. Now, Shockley is a hiking guide who enjoys taking people into the mountains and telling them the stories of the hiking trails and surrounding areas.

Shockley loves to explore different parts of the state to find hidden treasures. While on the trails if he finds something that interests him, he then becomes intrigued and researches all about the things found in the area.

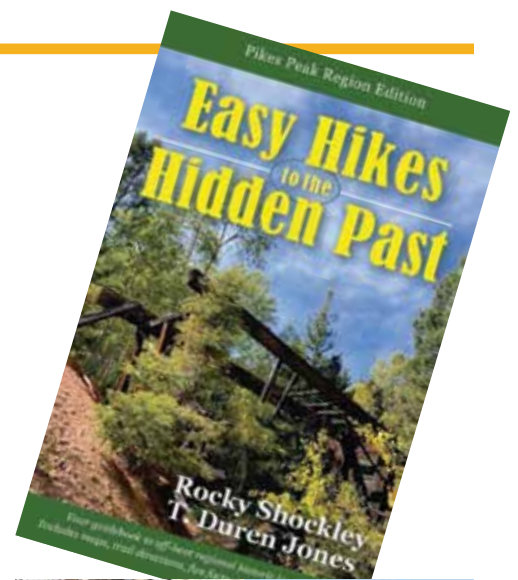
Jones has lived in the Pikes Peak Region for nearly thirty years and he enjoys spending his free time out hiking in the mountains of Colorado. Jones has summited all 54 of the 14,000+ foot peaks in Colorado and he has hiked nearly 500 miles of the Colorado Trail in 28 different sections between Denver and Durango.

Jones currently works as a driver for the Broadmoor driving people out to the hotel's mountain camp properties. Jones has also published a handful of other books including "Tales from the Trails" and "Trail Mix," which are available on Amazon.

Shockley and Jones first met when they worked together at Cheyenne Mountain State Park. Shockley was employed as a trail guide and Jones worked as a driver. Once they met, they quickly became friends and now they have explored several trails across the state together.

Interesting Tales of Colorado's Past

Their new book is different than many in that it incorporates fun and easy hikes with information of the area. Only trails that have an interesting story behind them are listed in the book.



The book is split up into the following different sections: Manitou Springs, The Hills to the West, Colorado Springs, and north, south and east. Each section contains a few trails in the area that are easy to traverse and have some sort of story behind them.

Each chapter talks about how to access the trail and things people can view along the way. The book has pictures and a trail map for each trail featured.

Many of the trails discussed in the book are hidden gems that a lot of people don't know about. One such trail is the Canon City tunnel trail that starts on the west side of the city and follows the Arkansas River west.

"The tunnel trail came about when there was a battle between two railroads trying to go through the Royal Gorge," Shockley said. "The loser only built a railroad bed for about two miles, but they also drilled three tunnels. But after two miles they

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quit so it is a road to nowhere. It has some good history and some artifacts along the way including the tunnels themselves.”

One of the authors’ favorite trails lies above the incline and it is the hardest to get to because hikers must first scale the Manitou Springs Incline to the top. “Above the incline there’s a lot of history up there,” Shockley said. “There is an old mule camp and the old hoist house. Everyone goes up the incline and then turns around and goes back down the Barr Trail. But, once you are up there, there are a lot of things to explore. There are old picnic tables made out of old railway rails dated 1897. There are foundations for the old 25 cent binoculars that you see at all the tourist places. There is an old water tank from a cog engine that they used for water supply.”

In total, the book features 20 trails and many of the chapters contain something extra to explore. “We had the idea, let’s give our readers a little something more,” Jones said. “Many of our chapters are followed up with somewhat of a sidebar we called ‘a step farther.’ In each of those we give our readers a little something extra. An extra hike, a side trail, or something else to be



found. It really is fun to go site to site and make these discoveries many of which were hiding in plain sight and just needed to be pointed out.”

The book hit the shelves last year and the authors said they may write another one that explores other regions or more trails in the Pikes Peak Region. The book, “Easy Hikes to the Hidden Past: Pikes Peak Region Edition” can be found on Amazon, at Barnes and Noble, REI, and several other book stores in the region.



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Are You Ready to Retire?

By Money Coach Bill

All too often I am struck by how unprepared people are for retirement because they haven't focused on the basics of family finances prior to retirement. Here are some things to think about which will form the foundation for your Retirement Plan.

Are you ready to retire? The answer is "it depends." It depends on what "retirement" means to you and your partner and how well you have prepared for your specific scenario. Retirement used to mean work to age 65, quit, then stay home and watch the grandkids. Now it can mean semi-retirement or a new career altogether. Or travel or volunteering or moving. The possibilities are endless. You must decide on your path. Don't let circumstances force your decision.

According to a 2020 survey (Transamerica), 45% of workers plan to move slowly into retirement by working fewer hours at their current job or working

part time at a different job. After a life time of work, many stress at not having a purposeful position surrounded by colleagues. This gradual approach offers a way to test the waters as well as learn how to pay the bills when the consistent paycheck goes away. You can experiment on how to fill those nonworking hours. It also is a way to add to Social Security because SS calculates your average indexed monthly earnings during the 35 years in which you earned the most. If this gradual approach is feasible, it should be considered.

Here are comments from a 50-something single female who came to Colorado as an independent contractor (1099) because it was the first time she was not tied to a job location: "Regarding working part time, it provides a comfort factor for me because a) it's extra income even though it's not strictly necessary, but with a volatile market, I still like to have some income. And, b) it keeps my brain working and active. And, c) it keeps me connected to my professional world. I feel if the market did crash and I really needed to go back to work full time, I wouldn't have a huge gap on my resume to explain. What really matters to me is the market



in the 10 years immediately post-retirement. That has a huge determination on whether or not my money will last."

Money Coach advice: Never have money in the stock market that you may need within the next five years. Use cash first, then bonds. Refill these cash and bond "buckets" to keep the five-year window free of stocks.

As a Money Coach it is difficult to provide "When can I retire?" advice. Let me start by identifying ways indicating you are not prepared for retirement and will have to consider living off your kids:

You have spent more time planning your last two-week vacation that you have planned for 30-40 years of retirement. Time to put the plan together!

You and your spouse have not thoroughly discussed what retirement means. Partners will have very different views of "retirement." Start the discussion now!

You have refinanced your first mortgage four times and have a substantial second mortgage. Where did the money go? Good guess it went to pay for your overspending. Another indication: You have taken money out of your



401(k) for “expenses.” Stop overspending!

You come to the Money Coach four years before your planned retirement, and I find out you now are overspending \$3000-\$5000 a month (actual case a decade ago). I could not help this couple. They most likely are still working (and still overspending).

You think Social Security is supposed to pay for your expenses in retirement. Reality is that the formula used by Social Security results in benefits that replace about 42% of a person's earnings. Paying for retirement is a four-legged stool: pension/retirement savings, personal savings, Social Security, and earnings you receive from your portfolio after retirement begins. A stool with only two or three legs is less secure.

You think all your investments are “safe” in cash accounts. You must have a balanced portfolio of cash, bonds, stocks, and “other.”

You misuse your credit card as your Emergency Fund. You have more vehicles than registered drivers. You eat out all the time.

You think Medicare will pay all your medical bills after age 65. Fidelity projected in 2020 that the average American couple will face \$295,000 in healthcare bills after 65 in addition to Medicare, not counting dental and Long-Term Care.

Some things to consider when planning for retirement:

The secret to living within your means after retirement is living within your means before retirement.

The key to retirement is low expenses. Live below your means. Understand the difference between “needs” and “wants.” Track your expenses; control your expenses.

To begin with modest assets and build a fortune obviously requires thrift.

If you can't pay off your credit cards at the end of each month, declare a personal financial emergency. Stop using credit cards. Have a plan to pay off your debt.

Your primary investment goal is retirement. For each day you work now, you must make enough to pay

for that day and one day in the future when you will have no income.

Studies show that the decision-making ability of people older than 65 is worse than that of adolescents. Areas include financial and medical decisions. Unfortunately, this fact is well known by financial and annuity salesmen. Be careful! Only use a Fiduciary for financial advice.

Steps you should take when planning for retirement:

1. Talk with your partner and discuss your options (include the house and mortgage). Put together a written plan. Start today. Include action steps. Act! Keep flexible because things change, and you must also change your plan. Remember to focus on how you will spend your free time? It is very important that both parties keep physically, socially, and mentally active, and out of each other's way.

2. Determine your expenses now. Record every dollar spent for three months and put it into a category. Average this information to prepare a monthly budget. Then, estimate your expenses for retirement years (in today's dollars).

3. What is your income now? What are the sources of income going to be during retirement? Will this income cover your future expenses? If not, adjust. Spend less, save/invest more. You can withdraw about 3.5% of a “balanced” portfolio each year. Remember, if this withdrawal comes from a regular retirement account, you must pay taxes on the withdrawn amount

Bottom line: planning and flexibility and common sense. Act now!

For Pikes Peak Senior News readers, MoneyCoachBill@aol.com will answer your questions on preparing for retirement.

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.

Faith Through Older Eyes:

A Letter to Mom

By Nancy Parker Brummett



Letter writing is a dying art form in our society. What better time to resurrect it than Mother's Day, when we can sit down and write a letter to our moms? If like mine your mother has passed on beyond the reach of the U.S. Postal Service, you can still write her a letter addressed to heaven and reap the benefits of feeling connected to her once again.

For most of my adult life I lived far away from my mother, either out of the country or on opposite sides of it. So Mom would faithfully write me letters telling me of all the everyday happenings in our hometown. She'd include an overview of the weather, how the garden was coming in, what my sisters and their families had been up to, any major improvements in the area—just any tidbit of news that would draw me closer to the place and people I loved and left. Almost always she would close with, "Well, I'd better finish up so I can beat the postman."

I wrote her letters in reply, telling her news of the faraway places I lived and keeping her up to date on travel adventures and the "growing up" antics of my two sons. In short, we were penpals as well as mother and daughter, and both of us were blessed by the letters that connected our lives and hearts.

It's time to find some pretty stationery and write our moms again. But how can we make a letter to mom meaningful, whether she will read it or we'll just deliver it in our hearts? One idea is to use the letters written by the Apostle Paul as our template.

Even though Paul sometimes wrote his letters from prison to churches he had visited, those in cities like Philippi, Corinth or Thessalonica

eagerly awaited and shared the missives he sent. Why? Because Paul would most often begin with a warm greeting, add an expression of gratitude, offer a strong dose of encouragement (or admonition if needed), promote reconciliation and close with a message of hope.

Students of the Bible pour over the epistles of Paul for all the instruction on living the Christian life still relevant today. Though we may not want to include all of Paul's elements in our letters to mom, they are a great place to start. For instance, we could say something like *I thank my God every time I remember you* (Philippians 1:3). We could remind her that love *always protects, always trusts, always hopes, always perseveres* (1 Corinthians 13:7). Or bless her by closing like Paul often did: *The grace of our Lord Jesus Christ be with you* (1 Thessalonians 5:28).

Because of God's love moving in us we should all be able to address our mothers warmly and with respect despite any lingering relationship issues, express our gratitude to them, share some happy memories, and encourage them to keep the faith. Such a letter will be a treasured gift for a mom still with you, or a joyful remembrance of a mom loved and lost.

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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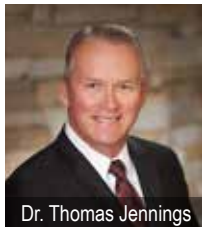
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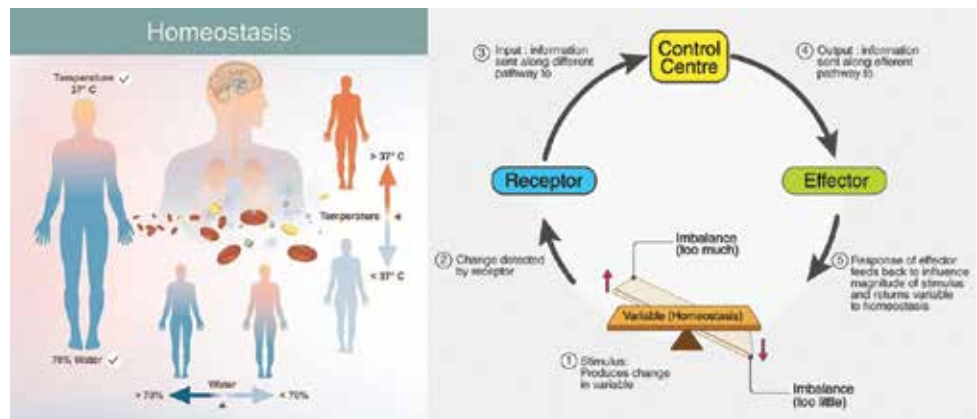
Homeostasis, Resiliency and Longevity

By Rick Sheridan

Aging is associated with the eventual loss of function in various parts of the body. Homeostasis and resilience are two ways that a person can maintain a stable balance within their internal environment. This re-balancing of the body's equilibrium is one of the keys to good health and longevity. A body that is in a balanced state is one that is often healthy and working properly.

According to the website, study.com, homeostasis is a term that is used in many different fields to refer to a balanced equilibrium. In a physiological context, this means that your body's organs and systems are all working properly, and the body's needs are being met. This also means that the person is in good health, there are no illnesses, and all their internal systems are working as they should.

The good news is that you can naturally enhance your body's own homeostasis through a variety of exercises and lifestyle changes. Here are a few basic ways to boost your immunity and restore homeostasis from international yoga educator Emilie Perz:



1. Eat for the Nutrients: Many organ systems work together and maintain homeostasis if they are receiving the right nutrients. The body gets most of its energy from healthy carbohydrates, lipids and proteins. The digestive, circulatory, and muscular system then work together to process and obtain nutrients from your food.

2. Eat Regularly for Hormone Balance: Blood glucose levels vary widely over the course of a day as periods of food consumption alternate with periods of fasting. Insulin and glucagon are the two hormones primarily responsible for maintaining homeostasis of blood glucose levels. Additional regulation is mediated by the thyroid hormones. Eating

several small meals or healthy snacks help to keep the blood glucose levels stable.

3. Move to Circulate Nutrients: Moderate exercise helps with the digestion process. The circulatory system works with the small intestine and gets nutrients to the rest of the body. Working the muscular and circulatory systems helps to process and eliminate waste in the body. Nutrients enter through blood vessels and are then transported to the rest of the body. The muscular system also helps blood and nutrients move through the body. Moving fosters circulation of nutrients throughout your structure creating overall health.

4. Breathe Deep: Your lungs take in oxygen and release



carbon dioxide. The cells in your body use oxygen to help process the energy in nutrients into energy that cells can use. Oxygen helps the body obtain energy from nutrients by performing cellular respiration. Breathing deep a couple times throughout the day is like a cup of coffee for the body. It boosts concentration by boosting energy levels and gives you clarity and control over how you feel again.

Anything that disrupts homeostasis is considered a stressor, and exercise can be a healthy form of stress. Exercise disrupts homeostasis in many systems of the body, including the respiratory, circulatory, muscular and energy systems. Your body's response to stress is coordinated by a part of your brain called the hypothalamus, which stimulates endocrine organs as well as a part of your nervous system called the sympathetic nervous system.

I first became aware of the positive ways that people can maintain their homeostasis by watching a talk show with an academic researcher who takes a regular cold shower and does rigorous exercises every day. He believes that this encourages his body to be more effective in getting back to a balanced state.

Resiliency is another factor that can contribute to good health and longevity. According to an article in Current Gerontology and Geriatrics Research Journal, resilience significantly contributes to exceptional longevity. They cite a study where seniors between the age of 94–98 with better resilience to the stresses of life have a 43.1% higher likelihood of becoming a centenarian (100-plus) compared to those



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in a similar age group with lower resilience. Their conclusion is that resilience significantly contributes to longevity at all ages, and it becomes even more profound at very advanced ages. These findings indicate that programs to promote resilience would have long-term and positive effects on the well-being and longevity for senior citizens and their families.

Other research suggests that most older adults are capable of high resilience despite socioeconomic backgrounds, personal experiences, and declining health. Events experienced as stressful suppress immune system functions, thereby increasing vulnerability to diseases and illnesses. Resilient older adults are often more stress resistant than their less resilient counterparts. Some of the same exercises and lifestyle changes used to increase homeostasis can also be used to develop a stronger sense of resiliency. For example, a disciplined response to stress through regular exercise and deep breathing can eventually lead to a greater sense of resilience that can be applied to other situations that a senior may encounter.

Hopefully, this article has provided you with a basic understanding of the homeostatic process and its importance to health. If you want to expand your knowledge of homeostasis, there are many popular and academic websites that are focused on this important field. If you decide to pursue any of these ideas, please be sure to check with your physician before starting any new exercise or lifestyle program

Page 37 Brain Teaser Answers:

A1: An apple a day keeps the doctor away!

A2: Glass

A3: Heroine

A4: Exit C. If a lion hasn't eaten in 3 years, it has definitely starved to death.



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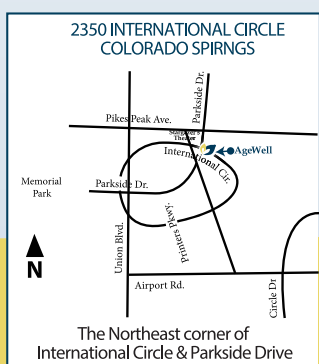
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Brain Teasers

Answers on page 35

Q1: A doctor and a bus driver are both in love with the same woman, an attractive girl named Sarah. The bus driver had to go on a long bus trip that would last a week. Before he left, he gave Sarah seven apples. Why?

Q2: A red house is made from red bricks. A blue house is made from blue bricks. A yellow house is made from yellow bricks. What is a green house made from?

Q3: There is a word in the English language in which the first two letters signify a male, the first three letters signify a female, the first four signify a great man, and the whole word, a great woman. What is the word?

Q4: You're escaping a labyrinth and there are three exits. Exit A leads to an inferno. Exit B leads to an assassin. Exit C leads to a lion that hasn't eaten in 3 years. Which exit do you pick?

PLAY SUDUKO

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

Key on page 50.

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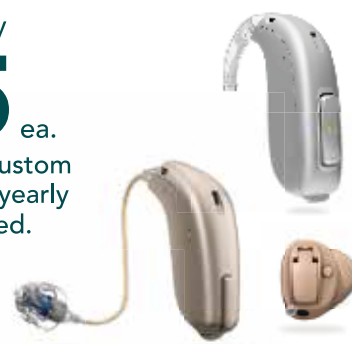


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Strawberry Mango Mint Julep Fruit Salad with Whipped Marshmallow

Ingredients

- 16 ounces strawberries, hulled and chopped
- 2 mangos, chopped
- ½ whole pineapple, chopped
- a bunch of fresh mint leaves, about 1 cup (or more/less depending on how much you enjoy mint)

Bourbon Syrup

- ¼ cup water
- ¼ cup bourbon
- 1 cup sugar
- 1 teaspoon vanilla extract

Whipped Marshmallow

- 2 large egg whites
- ½ cup granulated sugar
- ⅛ teaspoon cream of tartar
- 1 teaspoon vanilla extract



Directions

1. In a large bowl, combine the strawberries, mango and pineapple. Chop about 1/2 cup of the fresh mint and stir it into the fruit.
2. To make the syrup, combine the water, bourbon and sugar in a saucepan over medium heat and whisk until the sugar dissolves. Bring to a boil while stirring and let cook for 1 to 2 minutes. Reduce to a simmer and cook for another minute. Remove the syrup from the heat and let it cool completely. Stir in the vanilla extract. You can make this a day ahead of time. Do not overcook it or else it will be too sticky and thick. It will thicken as it cools.
3. Pour about half of the syrup into the fruit and stir well. Taste and add more if desired - the fruit will be juicier at this point too. I like to chop a little more mint and throw it in. To serve, spoon into bowls then place a dollop of the marshmallow frosting on top. You can drizzle more bourbon syrup on and add a few mint leaves. *Enjoy!*

Whipped Marshmallow

To make the frosting, combine the egg whites, sugar and cream of tartar in a heat-proof bowl, preferably the bowl of your electric stand mixer. Place over top of a double-boiler that contains simmering water, and whisk constantly for 3-4 minutes until the sugar has dissolved and the egg whites are slightly warm. Immediately remove the bowl and place it on your stand mixer with the whisk attachment, beating slow at first and gradually increasing the speed to high. Beat for 6-7 minutes until glossy and thick, then beat in vanilla extract for another minute until combined.

Best Ever Frittata

Ingredients

- 8 large eggs
- ⅓ c. heavy cream
- ¾ c. shredded mozzarella
- Kosher salt
- Freshly ground black pepper
- Pinch red pepper flakes
- 2 tbsp. extra-virgin olive oil
- 1 shallot, minced
- 3 cloves garlic, minced
- 8 oz. baby bella mushrooms, sliced
- ½ c. ricotta
- 3 c. baby spinach

Directions

1. Preheat oven to 375°. In a medium bowl whisk together eggs, heavy cream, and mozzarella. Season with salt, pepper, and a pinch red pepper flakes.
2. In a large skillet over medium heat, heat oil. Add shallot and garlic and cook until soft, 5 minutes then add mushrooms and cook until soft, another 5 minutes more. Add spinach and cook until wilted, 2 minutes. Season with salt and pepper.
3. Pour egg mixture into skillet then dollop with ricotta and transfer skillet to oven.
4. Bake until eggs are just set, 12 minutes.





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By Trevor Phipps

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2. Bon Ton's Cafe

All Day Breakfast and lunch with Southwestern specialties and an outside patio in OCC. 2601 W. Colorado Ave 80904

3. Black Bear Diner

Down-home chain serving American comfort food in a woodsy setting. 1340 W. Garden of the Gods Rd 80907

4. Marigold Cafe & Bakery, Patisserie and eatery

homemade baked goods, French inspired Lunches and Dinners. 4605 Centennial Blvd. 80919

5. Mountain Shadows Restaurant

Down Home breakfast and Lunch Dishes in a converted cozy house. 2223 Colorado Ave 80904

6. New Day Cafe

Casual nook in a strip mall with breakfast and lunch classics. 5901 Delmonico Dr. 80919



7. Adam's Mountain Cafe

Homey bar and eatery, vegetarian dishes and homemade desserts 25 Manitou Ave, Manitou Springs 80929

8. Sheldon's Luncheonette

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9. Springs Orleans

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10. Urban Steam

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11. Western Omelette

Breakfast and Lunch standby known for spicy green chili dishes hearty Mexican and American food. 16 S. Walnut St. Colorado Springs 80905

12. Omelette Parlor

Longtime diner with bright homey interior offering breakfast classics, salads and sandwiches.

900 E Fillmore St, Colorado Springs, CO 80907



13. La Baguette

Bakery and Espresso Café specializes in freshly baked French bread and pastries and French Cuisine. 2417 W. Colorado Ave 80904

14. The Pantry

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15. Grandmother's Kitchen

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When: April 9th -18th 2021- 12am to 11:55pm

Web: <https://www.visitcos.com/events-calendar/annual/pikes-peak-restaurant-week-2021/>



Ocean Critters

What: April 10th 2021

Ocean Critters presented by Rocky Mountain Dinosaur Resource

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When: Apr 10, 2021 at 01:00 pm - 03:00 pm (Sat)

Where: Rocky Mountain Dinosaur Resource Center 201 S. Fairview St., Woodland Park, CO 80863

Cost: Seniors (65+): \$10.50, Adults: \$11.50, Children 4 and under free

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Don Quixote

What: Presented by Rachael's School of Dance at Ent Center for the Arts, Colorado Springs. A Spanish style comedic ballet complete in 3 acts featuring; toreadors, bull fights, duels, gypsies, nymphs, dryads, a wedding, and an assortment of colorful and theatrical personalities that are sure to keep you on your toes. Features 60 young dancers from Colorado Springs.

When: April 10th

When: Apr 10, 2021 at 02:00 pm - 04:20 pm (Sat)

Where: ENT Center for the Arts, 5225 N. Nevada Ave., Colorado Springs, CO 80918

Cost: Adults: \$39-\$69, 12 & Under: \$15

Email: rachaelsdance@msn.com

Western Museum of Mining and Industry

What: Join us for some family fun including hayrides, gold panning, blacksmith demonstrations and see our two new exhibits inside the Museum. The Mike Boyle Restaurant Show will broadcast live (10:30 a.m. - 1:30 p.m.) with Rocco's Italian Food on site with delicious food specials!

When: Apr 10, 2021 at 10:00 am - 03:00 pm (Sat)

Where: 225 North Gate Blvd., Colorado Springs, CO 80921

Phone: (719) 488-0880,

Email: info@wmmi.org

SPRING CRAFT & GIFT SHOW

What: One of Colorado Springs largest event of the year. Meet over 100+ local and national vendors during our big two day event. Live Music - Food Trucks - Family Fun for Everyone

When: April 24 - 25, 2021

Phone: (763) 447-5962

Where: Norris Penrose Event Center - Colorado Springs, CO



COLORADO SPRINGS PET EXPO

What: There will be 1 stage with National and Local talent. The music will be Variety, and there will be other activities like 15+ animal rescues w/adoptions, agility course, training seminars, and discount vaccines.

When: April 23 - 25, 2021

Where: Colorado Springs Event Center, Colorado Springs, CO

Calendar of Events May 2021

Gun Show

What: Gun Shows Colorado Springs brings together a variety of vendors displaying guns, hunting supplies, military surplus, and outdoor gear. Vendors also will be available to teach you, answer your questions, and help you find exactly what you're looking for. We will have security and check-in points for the safety of our attendees and vendors.

When: 1-2 May 2021

Where: Colorado Springs Event Center. 3960 Palmer Park Blvd, Colorado Springs 80909

Woodland Park Wind Symphony Concert

When: Sun, May 2, 4:00 – 5:30 PM

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

Colorado Springs Oddity & Bizarre Expo

What: "The GREATEST SHOW of all for fans of the strange and unusual!" The Colorado Springs Oddity & Bizarre Expo is back at the Colorado Springs Event Center! The show will feature funky cars from Artocade Art Car Museum, peculiar taxidermy displays, horrifically amazing art displays, paranormal discovery experts, and so much more!

When: May 1 - 2, 2021 9:00 AM - 6:00 PM (May 01) , 10:00 AM - 4:00 PM (May 02)

Where: Colorado Springs Event Center. 3960 Palmer Park Blvd, Colorado Springs 80909

Cost: Adults \$10, kids 12 and under free



OUTDOOR FAMILY, FOOD & CRAFT FESTIVAL

What: Get Your Mother's Day presents and come enjoy our outdoor event on Saturday May 8th, 2021. Admission is FREE TO PUBLIC. Live Music – Food Trucks. There will be 1 stage with Local talent. The music will be Jazz, Blues, Bluegrass, R & B/ Soul, Reggae, Rock, Folk and Variety.

When: May 8th

Where: Masonic Center, Colorado Springs

OCC in Bloom

What: Meet top performing artists, see live demonstrations, and enjoy special activities, great food, and fun for all! Shop, Dine, Discover, Stay and BLOOM in the place to be!

When: May 8th, 2021

Where: Art District in Old Colorado City

Cost: FREE

Email: info@shopoldcoloradocity.com

Pikes Peak Birding And Nature Festival

What: Spring migration along Colorado's Front Range is often full of surprises. Pikes Peak Birding Nature Festival offers a diversity of bird species found in short-grass prairie, forested foothills, deep canyons, and riparian forests.

Where: Fountain Creek Nature Center 320 Peppergrass Lane Fountain, CO 80817

When: May 14 - May 16

Phone: 719-520-6745

Web: <https://pikespeakbirdingandnaturefestival.org>

Web: <https://communityservices.elpasoco.com/nature-centers/fountain-creek-nature-center>



Train Expo Colorado

What: "Regional train show that caters to the model railroad enthusiast"

When: May 22nd 10am to 5pm

Where: Chapel Hills Mall 1710 Briargate Blvd Colorado Springs CO 80920

Web: tecoshow.org



Spring Fling Craft Fair

What: Come join us and enjoy the local creativity that will be on display for all. Hot dogs and beverages will also be available on site.

When: Sat, May 22, 9 AM – 3 PM

Where: Four Mile Fire Protection 8437 County Rd 11, Florissant, CO

Cost: FREE

Web: <http://www.4milefire.com/events.html>

MEADOWGRASS MUSIC FESTIVAL

What: There will be 2 stages with National, Regional and Local talent. The music will be Americana, Alternative, Ethnic, Cajun/Zydeco, Blues, Bluegrass, Country, World, Roots, Funk, R & B/Soul, Reggae, Rock, Jam, Rockabilly, Folk, Gospel, Latin, Children's and Variety, and there will be other activities like oga, kids' activities, music workshops, guided nature hikes, archery, ropes course.

When: May 28 - 30, 2021

Where: La Foret Conference and Retreat Center, Colorado Springs, CO



Cooking Classes

Cooking with Herbs for beginners

What: Fresh is best! Each participant will receive a starter garden of our favorite herbs and the basic care instructions and recipes for use when ready. In class, each participant will then create a batch of lemon lavender scones - using our own lavender from the garden!! **INSTRUCTOR:** Deidre. **LEVEL:** Beginner

When: Sat, May 15, 12 – 2 PM

Where: Sweet Addict Bakery. 2609 W. Colorado Ave (next to Happy Belly Tacos) in Old Colorado City

Cost: \$40 plus tax

Cooking Classes

Quiches

What: Quiches are a treat for everyone. The best thing is that once you know the basics... you can make an infinite range of flavors. And if Quiches are not your thing, give it a try, we have changed many people into loving Quiches.

When: Thu, May 20, 9:30 AM – 12:00 PM

Where: The French Kitchen Culinary Center. 4771 N Academy Blvd, Colorado Springs, CO

Phone: 719-528-6295

Web: www.tfkcc.com

Pueblo and Denver Events

Pueblo Home Show

When: Fri, Apr 9, 12 PM – Sun, Apr 11, 4 PM

Where: Pueblo Convention Center. 320 Central Main St, Pueblo, CO

Cost: FREE ADMISSION & PARKING

SPRING CRAFT & GIFT SHOW

What: Spring Craft & Gift Show - Over 60 Handmade & Business Vendors Saturday

When: May 22nd - 9:00am - 4:00pm

Where: Pueblo Convention Center - Pueblo, CO

Denver MUSIC & ARTS FESTIVAL

What: In conjunction with Visit Denver, Bud Light, Bass Pro Shops, and Outlaw Nation are proud to present the 2021 Colorado Music & Arts Festival: May 29 and 30 at beautiful Centennial Center Park. Come and enjoy major concerts, fine art displays, a classic car show, and dozens of fun attractions and contests.

When: MAY 29 - 30, 2021 11am to 9pm

Where: Centennial Center Park 13050 E. Peakview Ave, Centennial 80111

Cost: Best of all, admission is just \$10, with children under-12 FREE! So, bring the whole family for an awesome weekend of great fun.

Web: coloradoartsfestival.com

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(UCCS Curiosity Unlimited Board of Directors)

Our UCCS professor presenters are now delivering their lectures using WEBINAR, which can be accessed on your computer, tablet or phone .

Lectures begin at 10 am on the second Friday of the month; phone 633-5627 for lecture login link & registration. Guests/non-members welcome!

"The Secret Lives of Dead Physicists"

APRIL 9th, Robert Camley, Ph.D., Physics & Energy Science,

"Home Front Theatre Project: Veterans' Issues & the Power of Performance"

MAY 14th, Max Shulman, Ph.D., Theater, Visual & Performing Arts,

Virtual Classes April-May 2021

Attached and below are the upcoming virtual classes at the El Paso County Extension for the Family and Consumer Science Program. Each program has a limited amount of scholarships. If you need a scholarship for a class please let me know by email but if you can pay please support us. If you have any other questions about the classes or anything at all please feel free to email me at Michael.Lucero@ColoState.Edu.

You can register for any of these classes at:
<https://epcextension.eventbrite.com/> or
<https://elpaso.extension.colostate.edu/>

Dining with Diabetes Class Series

What is Dining with Diabetes?

Dining with Diabetes is a Colorado State University Research and Extension health and wellness program that consist of a series of four virtual classes that includes learning, video demonstrations, physical activity and how to prepare healthy foods. The program's focus is to help individuals learn strategies to lessen the health risks of diabetes.

The program is a series of four 2-hour classes that are held once a week. Classes consist presentations on healthful food choices, tasty and healthy familiar foods, and video demonstrations of cooking techniques, using artificial sweeteners, reduced-fat foods, herbs, and spices.

Program Objectives

- Increase knowledge about healthy foods
- Present healthy versions of familiar foods and taste testing of recipes
- Demonstrate new cooking techniques
- Provide basic information regarding diabetes and nutrition
- Provide opportunities for sharing and learning from one another

Who can participate?

The program is designed for people with diabetes and their family members, caregivers, and support persons.

Cost is free with a limited number of registrations.

Dates: April 20, 27, May 4, May 11

(Tuesdays, 10:00am to 12:00pm)

Home Food Preservation: Water Bath Canning

From preserving your garden harvest to putting up locally purchased produce, canning is a great way to preserve the season's bounty. With rising levels of food insecurity, canning is not only important but can serve as a solution to food challenges. Unlike baking, home canning requires

knowledge of the science behind food preservation. In this introductory class, participants will learn about the risk of botulism, an overview of proper techniques, and a review of the proper tools for canning. After attending this class you will be able to safely can high acid foods such as fruit, salsa, pickles, tomatoes, jams, jellies and more.

Date: April 21, 2021 (Noon-1:00pm) – Online

Date: May 5, 2021 (Noon-1:00pm) – Online



Home Food Preservation:

Jam Technique Class

This Jam Technique class will teach you how to make and preserve flavorful jam. Feel confident and proud to give your homemade fruit jam to friends and family. You will learn tested and researched based techniques to safely process and can jams. Covers water-bath canning basics to ensure safe preservation.



Date: May 12, 2021 (Noon-1:00pm) – Online

Home Food Preservation:

Pickling Technique Class

The Pickling Technique Class will teach you how to pickle vegetables, fruit and summer relish. You will learn tested and researched based techniques to safely pickle. Covers water-bath canning basics to ensure safe preservation.

Date: April 7, 2021
(Noon-1:00pm) – Online
Date: May 10, 2021 (Noon-1:00pm) – Online



Active Minds for Virtual Events for April, 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.

The Lewis & Clark Expedition

Monday, April 12, 2021,
2:00-3:00 pm (webinar)
Join us for a program focusing upon Lewis & Clark's expedition that opened the West over 200 years ago.



Magellan

Tuesday, April 13, 2020, 12:30-1:30 pm (webinar)
Ferdinand Magellan was one of the most significant explorers of all time.

Harriet Tubman

Wednesday, April 14, 2021, 2:00-3:00 pm (webinar)
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.



Switzerland

Thursday, April 15, 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.

Origins of the Blues

Thursday, April 15, 2021,
2:00-3:00 pm (webinar)
Join Active Minds as we look at the early days of the blues, from its roots in African American oral tradition to its rise as a mainstream American musical style.



Ireland/Northern Ireland

Thursday, April 15, 2021, 2:30-3:30 pm (webinar)
In January 2020, the United Kingdom (including Northern Ireland) completed the first stages of its exit from the European Union.

Cuba: Past, Present & Future

Friday, April 16, 2021, 1:00-2:00 pm (webinar)
With U.S. policy toward Cuba currently at a potential inflection point, join Active Minds for a past, present and future look at our communist neighbor to the south.

The Discovery of the South Pole

Monday, April 19, 2021, 1:00-2:00 pm (webinar)

The South Pole was discovered by Roald Amundsen, "the last of the Vikings," in 1911.

The National Parks

Monday, April 19, 2021, 2:00-3:00 pm (webinar)

The world's first national park, Yellowstone, was created by an act of Congress in 1872.

Ethiopia

Tuesday, April 20, 2021, 2:00-4:00 pm (program from 2:30-3:30 pm) (webinar)

In 2019, the new prime minister of Ethiopia received the Nobel Peace Prize.



The American West

Wednesday, April 21, 2021, 1:30-2:30 pm (webinar)

Join Active Minds for an exploration of how the West was opened and won.



The Challenges of Mexico

Thursday, April 22, 2021, 1:00-2:00 pm (webinar)

Join Active Minds for an in-depth look at our neighbor to the south. 688-9498 Cost: Free

China's Belt & Road Initiative

Thursday, April 22, 2021, 6:30-7:30 pm (webinar)

In 2013, China announced a massive \$1 trillion international transportation and trade infrastructure construction program known as the Belt & Road Initiative.

Mount Everest

Friday, April 23, 2021,

10:00-11:00 am (webinar)

In 2015 a massive earthquake in Nepal triggered the deadliest avalanche in the history of Everest climbing.



The History of Horses & Racing

Monday, April 26, 2021, 2:00-3:00 pm (webinar)

As we enjoy the Triple Crown season, join Active Minds for a look at the history of horses including one of the most extraordinary examples of the breed--the thoroughbred racehorse.

Saudi Arabia

Wednesday, May 12, 2021, 10:30 am-12:30 pm (program from 11:00 am-noon) (webinar)

With over 20% of the world's proven oil reserves, Saudi Arabia continues to be important to the global economy.



The Future of Bees

Thursday, May 13, 2021, 1:00-2:00 pm (webinar)

Found on every continent except Antarctica, bees are vital pollinators, making possible much of the food humans eat.



Climate Change

Friday, May 14, 2021, 2:00-4:00 pm (program from 2:30-3:30) (webinar)

Scientists are predicting a global average temperature increase of 2.5 to 10 degrees over the next century.



The Civil War:

Causes & Effects

Monday, May 17, 2021, 1:00-

2:00 pm (webinar)

It's been a century and a half since the end of the Civil War.



Pirates: Tales & Legends

Monday, May 17, 2021, 2:00-3:00 pm (webinar)

Pirates occupy a unique place in the popular imagination and have been an integral part of global history for centuries.

Hillbilly Records & Early Country Music

Wednesday, May 19, 2021, 1:30-2:30 pm (webinar)

In the early 20th century, American folk music was being influenced by a number of factors.

Abraham Lincoln

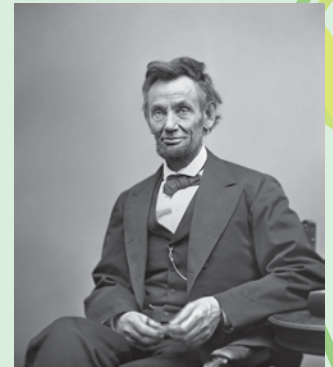
Thursday, May 20, 2021,

2:00-3:00 pm (webinar)

Join Active Minds for a

look at the man

and the legend.



The History of Denver

Thursday, May 27,

2021, 1:00-2:00 pm

(webinar)

Come learn the stories

of the Mile High City.



The U.S. Electric Grid

Thursday, May 27,

2021, 6:30-7:30 pm

(webinar)

Many have described

the United States

electric grid as

antiquated and potentially vulnerable to cyber-attack.



Crossword Puzzle Solution

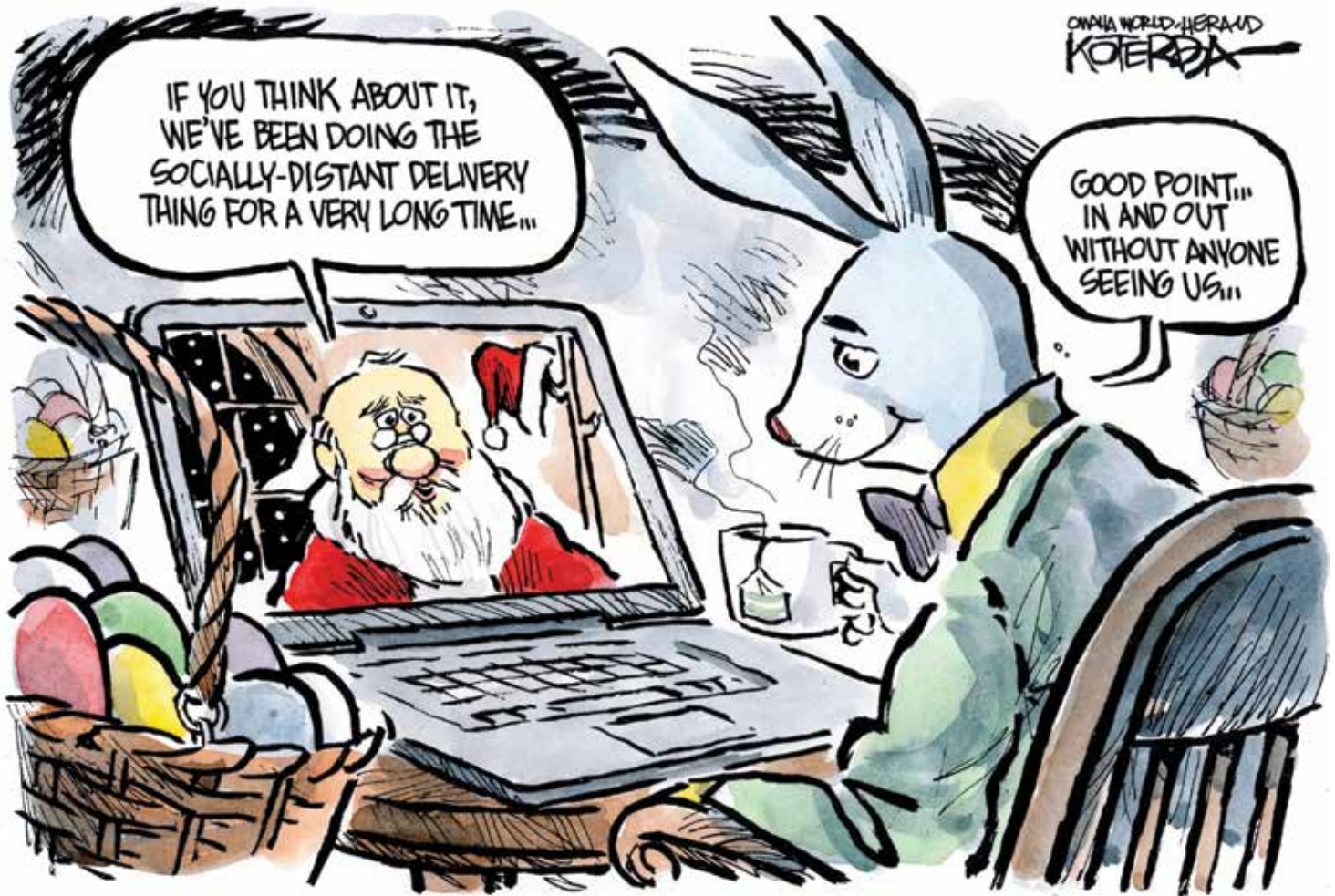
SHREDS OF EVIDENCE

By Rob Lee

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SUDUKO KEY

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



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