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JUNE-JULY 2021

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June - July 2021

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Letter from the Editor

By Trevor Phipps



Now that summer is near, many itch to get out and enjoy the warmer weather. For many people (especially senior citizens), this summer will be unique because it is the first for a long time where they can feel safe getting out and enjoying the season.

With vaccinations now available, seniors can now feel safe to return to normal and start enjoying the beautiful scenery and the exciting events summertime has to offer. Now is the time to get back out and do the things that make you happy. Even though there are still some regulations in place and the pandemic is not officially over, for the most part, businesses are opened back up and events that were cancelled last year were given the green light for 2021.

Among the many activities available, several Colorado Springs residents used to enjoy catching a baseball game in the sunny weather.

Last year, the local minor league baseball team the Rocky Mountain Vibes' season was cancelled completely.

However, this year the team will be back out on the diamond to entertain fans. After not seeing any play since 2019, the Vibes officially made their return at the end of May.

Throughout the season, the Vibes will be having various promotions including \$2 Wednesdays, themed nights on Saturdays, and Bark in the Park Sundays where dogs are welcome. The newly revamped stadium also offers other things to do with the family like roast s'mores over an open campfire during the games.

Therefore, my recommendation to you all this summer is to get out of your house and get some vitamin E by participating in one of your favorite outdoor activities, and maybe even catch a baseball game or two at the local UCHHealth Park.



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Hitting the Road for Retirement Proves to be a Growing Trend

The “Van Life” and “Wheel Estate” Living Grow in Popularity

By Trevor Phipps

Many dream that when they reach retirement age that they will spend some time traveling the country and even the world. Across the country, many fulfill this dream and sell their homes to buy some sort of mobile living vehicle.

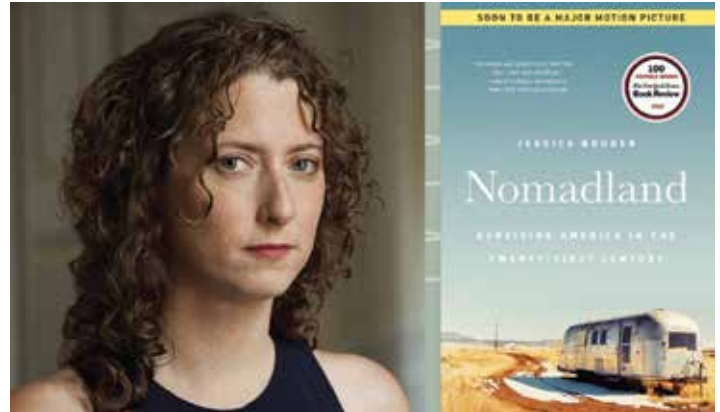
Although not having any chains attached and living on the open road sounds appealing, many experience setbacks. In the last decade or so, the retired nomads that can be seen across the country usually fit into one of two categories.

Some people reach retirement age and have investments, good pensions and some cash after they sell their homes. These retirees live the dream lifestyle and travel where they wish in a recreational vehicle of their choice. Since money is not an issue with this group of folks they can tour wherever they please and stay at any place they choose.

However, after the Great Recession struck in the late 2000's, many who reached retirement age were not as fortunate. During the recession, many lost their jobs or houses and were forced to retire early. With social security payments not being enough to pay rent, many decided to hit the road with what they had.

Many of these people took their vehicles or vans and turned them into livable rides. Others bought used RVs and fixed them up to live inside. Seeing as how many of them only make \$1500 a month or less on social security, they oftentimes have to find jobs while they are on the road for extra cash. Several of these “nomads” choose to travel around and work at different seasonal/temporary positions across the country.

Many work at Amazon warehouses in the season just before Christmas because the company has a program where they connect with campgrounds near their warehouse locations to find workers. Others find temporary jobs at campgrounds so they can park their vehicles for free.



Nomadland: A Non-Fiction Book and Drama Movie

With the rise of nomadic seniors, many journalists have been prompted to find some of these people and tell their stories. One journalist Jessica Bruder, who is also a professor at Columbia Journalism School, decided to tour the country and write a book about these nomads called *Nomadland* in 2017.

“I drove 15,000 miles on this book project,” Bruder said on a WBUR On Point podcast. “I went from west to east and north to south and I met a lot of interesting people.”

She went on to say that not all of them were seniors, but that there were a large amount of senior citizens that she met on the road. “The population I am writing about are people who are at or nearing traditional retirement age,” Bruder explained. “They are not the only people that are out on the road, but they are out there in great numbers. And, so many of them are facing the perfect storm in terms of our economy. As a result of the out fall of the great recession, from which many of them will not have time to recover because they were approaching retirement and many lost homes, experienced foreclosures or lost their 401Ks and life savings when the market collapsed. Many tried to go back to the traditional workforce and they found ageism or they found low wages with the current federal minimum wage being \$7.25 an hour which is not a lot to live on when housing costs continue to rise. So, for a



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lot of people the only way to make ends meet is to cut out the biggest expense for most Americans, which is traditional housing.”

After her book came back a few years ago, a drama film called *Nomadland* was put out in 2020. The movie is a fictional story about a woman who chooses to give up her traditional living situation and hit the road in her van. The story follows the trials and tribulations many who live on the road experience.

Nomads Experience Various Challenges

During Bruder's podcast appearance and in her book, she discusses how although life on the road may sound appealing, many who do it come across several unforeseen challenges. For one, she said that many of the jobs these nomads take require back-breaking work and long, grueling hours. Whether it is harvesting sugar beets or working at an Amazon warehouse many of these temporary workers experience unpleasant working conditions.

She also said that there is segregation between the two types of nomadic retirees. She said that many campgrounds now will not let people with RVs that are more than ten years old to park there. She told one story of a woman who was at a bonfire with a group of retirees and once they found out she was living in her van they left their own campfire and wouldn't talk to her after that.

“There is so much adversity and so much these people are up against,” Bruder said. “It's a very sunny vision and people do talk about the freedom of the road, but the idea that it would eliminate one's worries about expenses and stuff

may be a little misguided. I saw a lot of people worried about finances there and often those worries were more immediate. If you get a flat tire and you don't have any money and you are in the middle of nowhere with no reception, suddenly freedom starts to feel like something darker. So, I think some people see it as a little ‘sunny side up.’ But, I would agree that there are moments of freedom and a sense of empowerment. But I don't think it is that one-sided.”

Bruder also talked about other problems some of these people have with finding a place to park their “Wheel Estate” rides. Bruder explained that there has been a growing trend across the country with municipalities making laws that make camping in cars or vans illegal. In some cases, these nomads could get charged for trespassing if they park in a private parking lot or somewhere that overnight parking is not allowed.

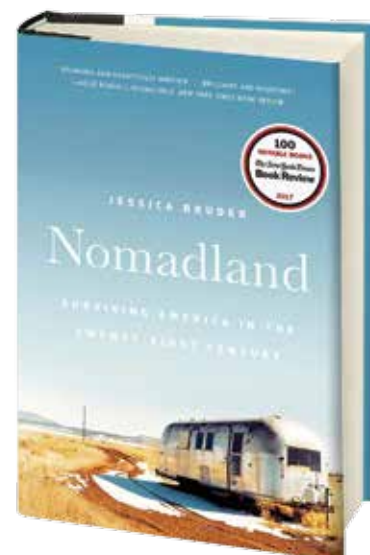
Recently, Teller County changed its laws regarding camping on public and private lands. The new law states that campers can only stay on a piece of private or public lands for 60 days and that they have to get a camping permit after 14 days. In Woodland Park, the city council has gone back and forth as to whether people should be allowed to camp in the city's campgrounds on a permanent basis. So far, no changes have been made



to the city's ordinance and it is a matter that is still being debated by city officials.

References:

WBUR's On Point: On The Road With America's Nomadic Seniors
www.tinyurl.com/2dvme4t4
 Book: *Nomadland* (2017)
 Movie: *Nomadland* (2020)



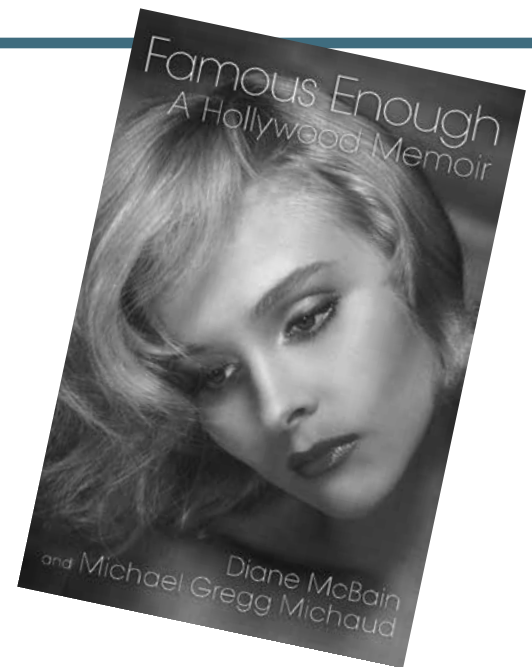
Turning 80, Hollywood beauty Diane McBain tackles new career

By Nick Thomas

According to Diane McBain who turned 80 in May, it's never too late to begin a new chapter in your life. Along with co-author Michael Gregg Michaud (see www.facebook.com/michael.michaud.90), the 60s glamour gal published her autobiography "Famous Enough: A Hollywood Memoir" in 2014. She also recently penned her first novel, "The Laughing Bear."

"And I've got another ready to be published," said McBain from the retirement community in Woodland Hills, California, where she has lived for several years. "I have a cottage here and spend my time writing my heart out. So you can start a new career whenever you want."

2021 is also special for the actress since it was 60 years ago this year that her favorite film, "Claudette Colbert," was released in which she portrayed a 'good girl' who turns very bad.



"It was just my third film, so playing the title character gave me a great opportunity to test my acting wings," she recalled. "I had led a very sheltered life growing up in Glendale (California), so playing the bad girl was an interesting challenge."

McBain arrived in Hollywood as the studio system came to an end and appeared in over two dozen movies through 2001. She turned to television in the 60s appearing in dozens of shows, most notably co-starring in "Surfside 6," as well as guest-starring parts in TV classics such as "The Wild, Wild West," "The Man From U.N.C.L.E.," and "Batman" as the colorful Pinky Pinkston. Her first TV roles were alongside James Garner and Jack Kelly in episodes of "Maverick."

"They were both great Mavericks. Jack Kelly was really the first actor I worked closely with and was my first screen kiss. I was just a young girl and had never kissed a mature man before. But he was very sweet about it and I just adored him."

A few years later, in 1966, McBain snagged another on-screen romantic moment, this time with Elvis in "Spinout." "Women have asked me many times what it was like to kiss Elvis and I tell them it was just as wonderful as you would imagine! He was charming and a lovely person to work with. He didn't come on to me which I appreciated because so many did throughout my career."

Diane discusses her personal and career ups and downs, including some truly traumatic times, in her book. In 2001, she left Hollywood after a bad experience serving on the board of directors of the Screen Actors Guild.

"I turned 60 that year and worked very hard to represent people in the industry and do the best I could. But it's a very political organization so I found myself at real odds with others and under very stressful and nasty circumstances. The experience really turned me off being an actor."

After her spell with SAG concluded she moved to Pine Mountain Village, about 90 miles northwest of Los Angeles.

"I got a little cabin, moved in, and lived there for 15 years. I just loved it and especially the white Christmases in the mountains. But age was catching up with me and I had some health issues so that's why I moved to the retirement facility. I still live independently and am enjoying my time here very much. It's serving my health issues well."

Obviously, says McBain, eating well and exercising as you are able can contribute to good health as you age. But a healthy mental approach is important, too, she stresses.

"It's a great time in your life to start over and maybe tackle something you always wanted to but never had the time. For me, it's writing. Your life is never over until you decide it's over."

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



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Black Hawk, Central City, and Idaho Springs Prove to be Towns Worth Visiting

Take a Weekend Trip and Check Out These Historic Mining Towns

By Trevor Phipps

Now that the weather is warming up and the chances of running into a brutal snowstorm while traveling are virtually non-existent, it is a perfect time to take a ride. The summer is the most popular time of the year to get away from the city and explore the state's beautiful mountains.

Three towns that lie west of Denver, Idaho Springs, Black Hawk, and Central City all have much to offer for visitors. Even though the area is only about a two hour drive from Colorado Springs, it is wise to spend more than one day, and it is a perfect spot to enjoy a weekend or extended holiday weekend.

Black Hawk and Central City are two of the three cities in the state where gambling is legal. Idaho Springs offers a different vibe, but it is still admired by many for all it has to offer.

Black Hawk

Probably the most well-known and talked about of the three mentioned cities, Black Hawk is home to the biggest casinos in Colorado. There is not much to the town other than its gaming options, but there are over a dozen casinos that

range from large Vegas-style ones to smaller independently owned gambling halls.

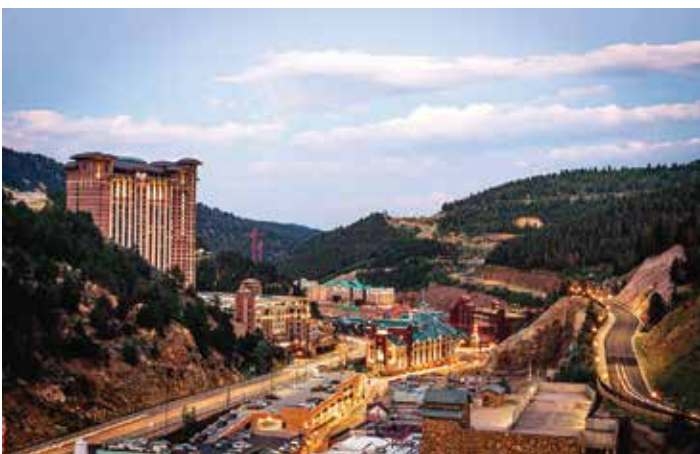
Ameristar is probably the most famous one in town and the facility offers nearly 30 floors of hotel rooms and a large two-story gaming area. There are also a handful of eateries inside the casino including fast grab-and-go foods and fine dining options.

When visiting Blackhawk many like to enjoy the fancy steakhouses that several of the casinos have. There are also all-you-can-eat specials during certain days of the week including one place that advertised all-you-can-eat wings and fries.

The city offers a shuttle that operates every 30 minutes making it easy to hop around and try out different casinos. There is also a self-guided walking tour that takes visitors through the historic downtown strip.

The city is also nestled along Clear Creek and surrounded by national forest lands. Visitors can enjoy a hike through Clear Creek Canyon Park or try their luck at fishing in Golden Gate Canyon State Park.

While there, it is also a good idea to take some time during one day to go on the Peak to Peak Scenic Byway. The 55 mile journey leads from Black Hawk to Estes Park and it takes travelers on a journey where exquisite views of the Rocky Mountains can be seen.





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Central City

The town located just about a mile up the road from Black Hawk is a gambling hub as well, but it offers a slightly different scene than its twin city. Central City has some big casinos, but most of the town consists of smaller gaming halls inside historic buildings.

The gambling scene at Central City is a little different as the casinos are much smaller than the giants in Black Hawk. But, the town still has good food and plenty of hotel rooms. One perk is that the Century Casino in Central City has one of the only \$5 minimum Blackjack tables left in the state.

The town also seems to have more non-gaming options than its sister city. While there, people can take a tour of the Hidee Gold Mine or see a show at the Central City Opera House. There is also the Mountain Goat Art Gallery located right across the street from the opera house.

Those wanting more of a thrill can take historic ventures through the mountains with Tommyknocker Geo-History Adventures. Or, Blue Lantern Ghost Tours also offers a way to get some adrenaline pumping. The town also has a disc golf course for those that prefer a more relaxing outdoor experience.

Idaho Springs

This small town also started as a mining hub, but then it

turned into more of a tourist destination. Although it is small and has a population of less than 2,000 people it has a lot to offer to visitors.

The town is most famous for being the home to therapeutic hot springs. The Indian Hot Springs Resort offers several ways to enjoy the natural hot waters and affordable lodging options.

People who stay there get a choice of several free amenities or visitors can just spend a day there and pay for what type of experience they want. The resort offers a large swimming pool that sits between 90 and 100 degrees.

For those wanting a more private way to enjoy the therapeutic waters, they have the option of renting a private bath with water as hot as 108 degrees. There are also private outdoor Jacuzzis available that have water as hot as 108 degrees as well.

Probably the most unique aspect of the resort is its geo thermal caves. The caves were drilled into the solid-rock mountain between 1903 and 1911 specifically to create a unique experience that doubles as a steam room and hot tub.

The caves are gender specific and clothing is optional. Each cave has several tubs filled with water that sits between 104 and

112 degrees. The humidity inside the caves sits at about 150%.

While in town, people can also enjoy the several stores and eateries located on the downtown strip. One of the most famous places around is the Tommyknockers Brewery. The eatery and brewpub offers dining inside their giant brewing facility. Visitors can enjoy delicious foods while trying many of their hand-crafted beers.

In the summer time, Idaho Springs is also a prime spot for rafting. Clear Creek offers a stellar rafting experience where adventurers can float across class IV and class V rapids. Many people also enjoy fishing Clear Creek near town.

People who like to learn about history have the option to go on a couple of mine tours. The Argo and Phoenix Gold Mines both offer tours year round.

Before leaving, people visiting the area should take some time to check out Mount Evans that is located just south of the town. The Mount Evans Scenic Highway is the highest paved road in the country and it is worth checking out while in the area.



Crossword Puzzle

ACROSS

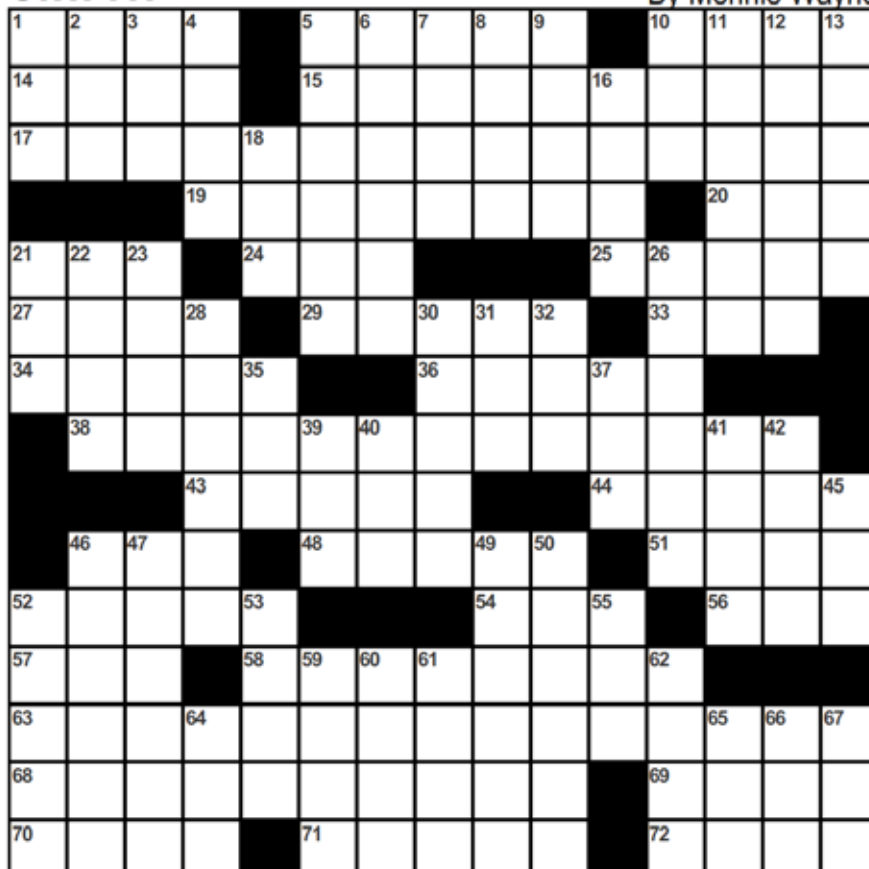
- | | |
|---------------------------------|---|
| 1) Tell just about anybody | 43) Bridge support |
| 5) ___-walsy (friendly) | 44) Where to go to win at limbo |
| 10) Body snatcher's hatchers | 46) Historic introduction? |
| 14) Of the finest quality | 48) Common prayer starter |
| 15) Like a debater's skills | 51) Cold War-era alliance |
| 17) Feel feverish | 52) Has to have |
| 19) Not yet used, as resources | 54) Geller who messes with minds |
| 20) Perjure oneself | 56) The feminine side, in Chinese circles |
| 21) Part of many titles | 57) Belg. was in it |
| 24) "... a little tom-___ sang" | 58) Fighting back |
| 25) Assaulted the nostrils | 63) Make it to land without a boat |
| 27) Hearing things? | 68) One-on-one chats |
| 29) Hindu class | 69) Share a border with |
| 33) Unit of work | 70) Observed in the act |
| 34) Poker tokens | 71) Baseball or golf, e.g. |
| 36) Hour and minute separator | 72) "Private Dancer" Turner |
| 38) Trip to know a Vail? | |

DOWN

- 1) "Cheers" setting
- 2) Costello of comedy
- 3) "Barbara ___" (Beach Boys hit)
- 4) Gentleman caller
- 5) Kind of license or justice
- 6) ___ di Mare (fashion label)
- 7) Arctic Circle inhabitant
- 8) Dance movement
- 9) Days gone by
- 10) Place for an orchestra
- 11) Pertaining to the eyes
- 12) Adventuresome
- 13) Aerodynamically designed
- 16) Nuclear plant units
- 18) Big boom maker
- 21) Pulp fiction gumshoe
- 22) Cries of derision
- 23) He played Ponch
- 26) Muscle-bone connector
- 28) Acted maliciously
- 30) Dolt or dummy
- 31) Word with "much" or "late"
- 32) Plumbing pipe with a right angle
- 35) Kinsman
- 37) Salad dressing ingredient
- 39) "The Matrix" hero
- 40) Lass
- 41) "Up, up and ___!"
- 42) Mythical mountain "man"
- 45) Silver or Howard
- 46) Hall of Famer Reese
- 47) Say from memory
- 49) Handoff recipient
- 50) Least moist
- 52) Birds' homes
- 53) Couch potato's perch
- 55) Elected ones
- 59) Gardening supplies
- 60) Get ready for surgery
- 61) "Beetle Bailey" pooch
- 62) Stairway to a river, in India
- 64) "All the President's ___"
- 65) Part of a geisha's garb
- 66) Hosiery mishap
- 67) Airport posting (abbr.)

STAY FIT

By Monnie Wayne



Key on page 46.

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Local Woman Stays Active By Hiking and Volunteering

Senior Spotlight: Rusty Merrill

By Trevor Phipps

Anyone who has ever tried to get a hold of Woodland Park resident Rusty Merrill knows that she is one busy woman. In order to meet up with her for a cup of coffee she must find an hour window between her many commitments.

Merrill spent most her life as an educator and says that she has taught everyone from kindergarteners to senior citizens. She also spent over a decade as a physical therapist.

After living out east for several years her and her husband moved to Woodland Park in 1992 and opened up a pet care business that has been up and running for nearly thirty years. During the COVID-19 pandemic, Merrill said that since people stopped travelling as much, her business slowed down greatly.

Now that she is in her “golden years” she strives to stay busy and active. She has also been a part of the Woodland Park Wind Symphony for 25 years and she has been a member of the HighAltitooters Flute Ensemble for the last five years. She also volunteers at the Teller County Regional Animal Shelter (TCRAS) and the Little Chapel Food Pantry in Divide.

“As they say, keeping your mind and body active slows down the aging process,” Merrill said.

“Life is just so interesting. I love to learn new things and I take courses online. If you just don’t let yourself slow down aging isn’t that bad.”

One of the things Merrill does to keep her body active is hike out in the mountains. A few years back a hiking club was started as a part of the local hospital’s “Senior Circle” program. Since then, the “senior circle” program has gone away but a group that met up to hike and one that met up to line dance are still in existence.

Merrill said that due to the pandemic they now hike in smaller groups of only six people. The group meets every Tuesday to explore trails all around the Pikes Peak region. The group contains people from 62-80 years old and they hike between five and eight miles during each trip.

Merrill said that she recommends that all seniors find a way to stay involved after retirement. “There are a lot of volunteer jobs that are not as physical as the ones I do,” Merrill explained. “There are volunteer jobs everywhere. Whatever your interests are you can fill envelopes for fundraisers or send out mailings. You can also exercise through a program called Silver Sneakers. They have it at Snap Fitness and the Woodland Fitness Center. They



have chair exercises, so people who can’t do as much can still do exercises. And there is chair yoga, so people can still get exercise without doing everything that I do.”

She also said that she uses teaching to help her mind stay active. “You have to keep your mind working,” Merrill said. “To teach you have to keep up to date. You have to stay one step ahead of the kids or adults you are teaching.”

Merrill also said that she plans on staying committed to her busy lifestyle for as long as she is able. Her brother who is a few years older than her also stays very active and goes on long walks on the New Jersey shore on a regular basis. “It runs in the family,” Merrill said.



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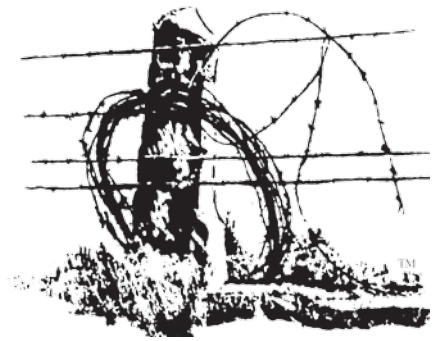
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The Barbed Wire Museum, A Unique Day Trip Option

By Rick Sheridan



Last summer I was traveling back to Colorado Springs from Wichita when I had the unexpected opportunity to stop at the Kansas Barb Wire Museum in LaCrosse, Kansas, known as the “Barbed Wire Capital of the World.” One of my hobbies is to visit unusual museums, and this fit right in to that category. Pikes Peak Senior Newsreaders who have an interest in this hobby, could make a quick one-day or overnight trip to LaCrosse in western Kansas.

The museum has a display of over 2,000 varieties of barbed wire. There are also several displays of tools and equipment including hundreds of antique fencing tools. The display that caught my attention was a real crow’s nest that was built with scraps of barbed wire that the crows had scavenged.

Originally there was nothing but a large open range in most of the western United States. The settlers arrived with their need to define their territory. Soon, miles of fences were installed. In a few years barbed wire grew into a million-dollar industry. It was a simple invention originally designed to protect a small family garden. Within a few short years of its invention, its use had spread across the prairie and eventually around the world. Barbed wire changed the landscape virtually

everywhere it was installed.

In 1874, Joseph Glidden designed and patented a type of wire fencing known as barbed wire. In a short time, his invention flourished, and great expanses of prairie were soon divided. Cattle and bison could no longer roam freely across the plains.

The museum’s goal is to show how barbed wire was one of the most important contributions to America’s history. Included are displays of early barbed wire use, a theatre featuring educational films, the Barbed Wire Hall of Fame, the museum archives room, and a research library.

Although barbed wire was used for restraining animals, it was also widely used in the First World War. Since then, it has been used in practically every military conflict. The high tensile strength and elasticity of the twisted concertina wire can limit soldier’s access and entangle enemy vehicles.

Here are some of the displays to enjoy while at the Barbed Wire Museum:

The Evolution of Barbed Wire This exhibit traces the development of barbed wire through illustrations and examples of the many unsuccessful attempts prior to 1873. Included in the exhibit is

an original piece of Henry Rose’s “Wooden Rail,” the fencing material exhibited at the DeKalb County Fair in 1873 that inspired Joseph Glidden to develop and patent his own barbed wire.

The Spilger Barbed Wire Collection. This collection of hundreds of unique samples of barbed wire is one of the largest of its kind in existence. This collection includes many unique variations of patented wires along with several home-made designs. The Spilger Collection has been left on the original display boards with hand-written labels. An exhibit guide details the history of the collection and when and where many of the wires were first acquired. This collection represents a lifetime of collecting by a single individual.

The Fence Mender A life-size cowboy mannequin is repairing his broken fence line by light of the moon. The idea here is that farming and ranching work does not stop when the sun goes down.

Barbed Wire Liniments. The collection of barbed wire liniment bottles and ointment tins is an example of late 19th and early 20th century medicine. These “miracle” medicines promised to cure cuts and injuries caused by barbed wire.

Barbed Wire Finances Education. A recent exhibit explains the major role that barbed wire played in the development and financing of one the major universities in the United States, Northern Illinois University in DeKalb.

The Barbed Wire Museum was established in 1970 in a small storefront on Main Street in downtown La Crosse, Kansas. The current location of the museum began in January of 1990, when a new group of local businessmen met to discuss options to re-locate a smaller museum. The decision was made to construct a 60' x 90' metal building in Grass Park adjacent to the Rush County Historical Museum and Post Rock Museum. The groundbreaking was held in May of that year.

The Kansas Barbed Wire Museum continues to receive new artifacts for their collections. Thanks to the Internet, the hobby has expanded to a new network of collectors throughout the world. The COVID-19 outbreak has limited the annual barb wire festivals, but the museum itself is going strong.

For more information, contact the Kansas Barbed Wire Museum, 120 W. 1st Street, La Crosse, KS 67548, www.tinyurl.com/2zhzubfz



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The Best Way to Spend Your Money This Summer

By Money Coach Bill

It's summer 2021. We all have been cooped up with few places to go and things to do for over a year because of COVID. Parts of the US are now opening up. What can we do to realize our dreams? You must decide on how to spend your life, your money, your goals, your decisions, your research, how to pay – it's all up to you. As your Money Coach, I can only make suggestions to consider.

First, some general advice:

Experiences are far better in the long run than material things.

The best investment is education.

The best education, in my opinion, comes from travel to and immersion in other cultures.

Important as well is meeting new people, making new friends, trying new things.

Record your adventures – journal, pictures, photo book.

You must have saved your money to pay for your dreams. Do not put these costs on a credit card and pile on debt.

Step one is choosing what to do. I recommend new experiences. Your life needs two bucket lists. One for major adventures (explore Antarctica – expensive) and one for easier, local adventures (visit the Pioneers Museum's COS at 150 display - free). And, learn new things; start a new hobby;

read more books; hike local trails. Discuss the options with your participants and put together a plan. Step two is the research phase. With COVID still active, it is more important than ever to be prepared. Reservations are a good idea. Check with the airline; contact the Chamber of Commerce at your destination and along your route; Google "Pikes Peak on the Cheap" (use parenthesis). Step three – just do it!

Travel is my thing. One of my goals as a youth was to have a friend or family member 400-600 miles apart each direction across the entire United States. That way I could drive to the first destination, arrive before dinner, stay the night, and leave after breakfast for the next place. I once drove coast to coast with only one night's stay in a motel (nobody in Kansas). This works well as long as you don't visit too often. Colorado has many wonderful sights; find them and enjoy by car, RV, or motorhome. Get a lifetime National Park Service Senior Pass (age 62+). Move off the Interstate and see the country via the back roads. Slow down and take your time. Stop in small cities and ask the locals what to see. The conversations can be priceless. I had a mounted barbed wire collection that fell apart so I visited the Barbed Wire Museum in La Crosse, Kansas where they were able to identify and remount each piece of wire. The discoverer.com/blog has amazing lists of things to see in the US and abroad.

Your Money Coach says foreign travel to

different cultures is essential for your personal growth and development. My first and perhaps greatest adventure was three months in Europe, a long time ago. I had an Eurail Pass and a guidebook, "Europe on \$5 a Day" (I said it was long ago; excluding airfare and rail pass, I did it on \$7+ a day). Trains are the way locals travel and there are hotels near the train stations. Now I recommend "The Lonely Planet" which has hotels at various price levels, maps, and things to see and do as well as how to use the local transit systems. I also recommend Airbnb, especially when you stay with the host family. In Scotland, we were part of the family, sharing breakfast and the living room. Our hostess gave us specifics on what to see and how to get around. If you know someone who lives abroad, see if you can get yourself invited or have your contact recommend a local family. I have "family" in Uganda, South Africa, Swaziland (now Eswatini), Colombia, and Japan. Staying with them has been experiences like no other. See the sights but avoid mingling too much with other tourists. Avoid 5-star hotels, all-inclusive resorts, 3,000 passenger cruise ships. Your goal is to become immersed in a different culture.

Information on Europe is on PBS; check out www.ricksteves.com. I prefer traveling with a partner or visiting a local. The only tour group I have used and would recommend is Intrepid (www.intrepidtravel.com).

Intrepid groups are small, a dozen or so, and the travel and accommodations are second class. We took an Intrepid tour for our Trans-Siberian Railroad trip, and we experienced many things and met many people we would have missed had we been on our own.

It may be too early to travel to some countries. In that case, look around your city where there are many ethnicities. Invite a family from a different culture to your house for dinner with the hope of receiving a return invitation. A nearby "third world culture" is the Hopi Reservation in Arizona. (I've made some calls and have been unable to learn if the Hopi or Navajo Reservations are open to tourists yet. Check prior.)

It is very important that you have the means to pay for these adventures. Many things to do and see are free or inexpensive. Often you can change your buying priorities and use the money for something different and exciting. Instead of spending \$40 for a family lunch, take \$15 and buy picnic food (plus tap water) and drive to nearby 11-mile Canyon (\$7 entry fee), find a table, and enjoy the beauty of Colorado. Some experiences are more expensive so you must have the money to pay for them before you do them. Remember financial planning rule #1: live within your means. I have a "bucket" of money set aside for travel and fun things. This is money I have saved for just this purpose; it is not in the monthly budget. I have my "buckets" in an online savings account (I use Ally.com,

current interest 0.5%) which is connected electronically to my 0.0 % interest rate checking account. Prior planning prevents going into debt.

Stay safe when traveling both in your city and the rest of the world. The Pandemic is still an issue. If you are not vaccinated, stay home. Pay attention and drive carefully; do not drive and use a cell phone. Be careful in the water and while climbing. Be bear aware and bad guy aware.

Travel words: learn, relax, invigorate, taste the unfamiliar, change perspectives, engage senses, celebrate diversity, connect with reality, value and accept others, speak to your soul.

Plan well and enjoy your educational experiences!



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.

Wildflower Hikes in Colorado

By Rick Sheridan

There are many great opportunities to hike in areas with an abundance of wildflowers. The best viewing is typically in June and July, but there are some perennials that bloom most of the year. Here are a few of the best places in the Pikes Peak region and in the state of Colorado to hike among the wildflowers:

Garden of The Gods Park

There are numerous trails throughout Garden of the Gods Park that provide the opportunity to see wildflowers. Stop by the Visitor & Nature Center to pick up a map of all the hiking and biking trails. The Visitor & Nature Center also offers free guided walks that include information about the wildflowers that bloom in the area. Many wildflowers are found close to the distinctive rock formations.

Red Rock Canyon Open Space

U.S. 24 at Ridge Road. There are several unique trails, as most avid hikers already know. The best areas to find wildflowers at the Red Rock Canyon Open Space are the two trails on the eastern side that go past the lake. There are large map displays to help you get orientated.

Ute Valley Park

1705 Vindicator Drive, off the Rockrimmon Exit in Colorado Springs. This city park is

accessible to hikers and cyclists, and the area is also dog friendly. There are networks of trails that range from easy to more challenging. Several have diverse examples of wildflowers.

Cheyenne Mountain State Park

410 JL Ranch Heights in Colorado Springs. One of the newest state parks that offers a variety of outdoor recreation and trails. One of the most popular wildflower hikes is on the Blackmer Loop Trail. The 4.2-mile trail is rated as a moderate looped trek. An easier alternative is the Cheyenne Mountain Short Loop Trail, which is also 4.2 total miles.

Catamount Trail

Go to the town of Green Mountain Falls to access this

beautiful area that passes small waterfalls and ends at South Catamount Reservoir. The highlight of this six-mile moderate hike in the summer is the beautiful open field called the Garden of Eden. During the spring and summer months you will see an abundance of wildflowers here. Be aware that it is difficult to park close to the trailhead. One of your group can drop everybody off and park in the quaint downtown area.

Elsewhere in Colorado:

Crested Butte

As the designated "Wildflower Capital of Colorado," Crested Butte is a fun place to visit. Trail 403 is a great place to check out the views. This 4-mile trail, which connects the towns of Washington Gulch to Gothic and



climbs up over 11,000 feet also offers views of the Elk Mountains to the north. Bring your maps and GPS since printed directions may not be enough.

Indian Peaks Wilderness: Devils Thumb Bypass

West of Nederland (near Boulder), the Indian Peaks offer dramatic rock formations along with summits along the Continental Divide. According to the book, *Six Amazing Wildflower Hikes in Colorado*, by Avery Stonich, The Hesse Trailhead is a great place to start, with trails leading to a variety of lakes. Try the Devils Thumb Bypass Trail, which emerges from the trees into a beautiful meadow full of flowers. To get to the Hesse Trailhead, head south from Nederland on Highway 72, then turn west on County Road 130. Drive through the town of Eldora and continue for a mile after the pavement ends. This trailhead is very crowded on weekends. Often there is a free shuttle from the Nederland Park-n-Ride.

Rocky Mountain National Park

The East Inlet Trail, on the edge of the town of Grand Lake offers blue columbines and other wildflowers. Start from the East Portal Trailhead. After 1/3 mile, take the short side spur to Adams Falls, a beautiful 55-foot waterfall. Keep going up the East Inlet Trail and in 1/2 mile you will reach a large meadow that has a wide variety of wildflowers. Hikers may want to keep going all the way to Lone Pine Lake, a more challenging 5.5-mile trail (one way) that climbs 1,500 feet. To get there from Colorado Springs, take I-25 to I-70 west to US 40 to US 34. Once in Grand Lake, drive 2.5 miles west on W. Portal Road to get the trailhead.

The Mount Zirkel Wilderness

This lovely area is an hour north of Steamboat. The 7-mile round-trip hike to Three Island Lake follows the south fork of the Elk River. There are many wildflowers along the way. The trail eventually leads to a lake. To get to the Three Island Lake Trailhead, drive north out of Steamboat on CO 129 to Seedhouse Road (about 20 miles). Then take Seedhouse Road to Forest Road 400 to Forest Road 443. Hike along Trail 1163.

Bighorn Creek Trail

This trail climbs out of the Vail Valley for 1/2 mile before leveling off. Flowers cover parts of the hillside most of the way. Eventually you will reach a beautiful meadow with several varieties of wildflowers. The trail ends after 3 1/4 miles at Bighorn Cabin, an old homestead where visitors are



welcome to hang out. To access the trailhead, take I-70 to Exit 180 in East Vail, then follow the South Frontage Road for one mile. Turn left on Columbine Drive, pass under the highway, and park at the end of the road.

The exquisite beauty of wildflowers in bloom should easily compensate for the minor difficulties involved in getting to one or more of the parks and trails mentioned in this article.



An Unexpected Encounter

By Reinaldo M. Alcazar

For a nine year old boy, born and raised in a small town near the high mountains of the Bolivian Andes, I was an avid enthusiast of life and customs in the countryside.

Daily life in the village where my grandmother's farm was located fascinated me greatly. The native Aymara people that lived and worked at our family's farms were very interesting, friendly and happy. I admired and enjoyed their culture, traditions, and especially, their positive outlook on life and Mother Nature. "Pacha Mama", as they referred to Mother Earth, was always present at festivals and acknowledged with expressions of respect and gratitude. Among my daily activities, other than playing with the native children of my age, was going hunting for wild pigeons in the wilderness.

The only hunting weapon I had was a slingshot. This device is made of a piece of wood cut in the shape of the letter "Y". The lower portion is the grip, which is to be grabbed with the right hand. To the two upper pieces, two long elastic rubber bands, about a foot in length are fastened. These rubber bands, in turn, were fastened to a small piece of leather cut in the shape of an oval. This piece of leather was to be used to hold the pebble that would be directed at the target, and is to be held in the left hand.

Every time my grandmother would make plans to go on one of her routine trips to the farms that our family owned, especially during harvest or sowing times, it was an excuse for me to take time off from school and join her convoy.

It was in one of those times of the year that I decided to join my grandmother's group of travelers. The day was bright and warm, and the journey on horseback was delightful. After a little more than three hours, we arrived at the farm house. By then, the day was just about coming to an end. We could still see the sunlight on the top of the mountains, and the sunset was on its way. It was surely a beautiful summer afternoon.

After taking a short and needed rest, I approached my grandmother to ask her if she would let me go for a short walk on the trail leading to the nearby creek. Actually, I was more interested in going to see if I could find some pigeons along the way. With a slight concerned look on her face, she said, "ok." However, she did give me a warning, saying that I should be very careful. She said, "It is that time of the day when wild animals come out from their dens looking for food. It could be dangerous to be walking alone in the wilderness." She told me not to be gone too long, since we

should be eating supper soon. She also mentioned that after unsaddling the horses and letting them go free onto the pastures, the members of the convoy would go home to rest for the night.

With my slingshot hanging from my neck and with hopes of finding some wild pigeons flying over the top of the tall trees, I walked onto the trail. Along the way, I went picking up pebbles and putting them in my pockets. I was feeling very upbeat and completely engrossed in my own thoughts.

When I arrived at a clearing in the road, I perceived a strange and eerie feeling in the air, a sensation I had not noticed before. I realized then that the chirping of the birds and the buzzing of the cicadas had stopped. It was all calm and a bit frightening. A thought crossed my mind. Could this be a premonition that something bad could happen to me? A chill went up my back, but I tried to regain my composure. Suddenly I heard a horrifying growl of a wild beast. Immediately, I looked in the direction of the sound and saw the imposing figure of a mountain lion standing on top of a huge boulder, staring



intensely at me. A distance of about 50 yards and a high and rocky cliff separated us.

I was practically paralyzed with no idea as to what I should do. Instinctively, I grabbed my slingshot and was ready to shoot him, but my hands were numb. I wanted to scream hoping to scare him away, but I was frozen and mute. The mountain lion and I stared at each other for a few long minutes, which seemed like forever to me.

Eventually, the feline changed his posture, turned his body around, stepped down from the big boulder, and disappeared into the bushes right behind the pile of rocks. I, in turn, after getting back to my senses, also turned around and started to run in the opposite direction, toward the farm house.

I ran and ran at the full speed that my small legs would allow. I was very certain that the animal would come after me. At that moment, I wished I had wings on my feet so I would run even faster. Soon I started to feel that my heartbeats were intensifying, and I thought my lungs were going to explode from the huge amount of air I was inhaling. Nevertheless, I kept on running and running, focusing my eyes on the trail that I hoped would eventually take me home.

As I was running, my head was flooded with terrifying thoughts. There were moments in which I had the urge to turn my head around to see if the animal was coming behind me. But I did not dare do it, thinking that if I did, I would lose my concentration, trip on something on the road, and fall to the ground. So, I kept on running, never taking my eyes off the road and knowing that soon the mountain lion

could be catching up with me.

Suddenly I heard noises behind me. It sounded like thunder in the distance, and I also felt like something was moving. I tried to get a hold of my nerves, but I couldn't. I thought: "Could all of this be just my imagination? Soon, my head was flooded with outrageous images. Just then, I saw the mountain lion coming right behind me with his eyes totally focused on my body and with his mouth wide open. "I am the prey that he is coming after," I said to myself. "Soon I will be feeling his sharp claws grabbing my back and my shoulders. He will then throw me on the ground and reach for my neck. He will sink his sharp fangs into my throat and cut off my breathing." However, I kept on running with what little energy I had left in my legs.

While cruising along, I noticed that the trail was not only becoming rather rocky but also started to ascend towards the top of a nearby ridge. Nevertheless, I kept on going as fast as I could possibly go. When I reached the very top, I stopped for a moment to catch my breath and also see how much further I would still have to go to get home. Just then, lo and behold, I was pleasantly surprised to see, at close range, the gray rooftops of the farm houses in the village. I could also hear the dogs barking. Oh my Lord! What a relief! "I am finally getting home" I said. Moments later, I was right at the front gate of my grandmother's farm house. From there, I could see the courtyard where the farm workers were still there sitting and listening to her instructions.

As I entered the courtyard, and saw where my grandmother was, I took a big leap and heavily landed near her feet. I was totally exhausted,

out of breath and sobbing uncontrollably. Everyone looked at me in surprise and shock. I wanted to say something, but I just couldn't utter a word. There I remained sitting on the ground for a long while, until I could calm my nerves and stop crying. All I was able to feel at that moment was my grandmother's arms around me. She was trying to calm me down with tender and loving words.

Just as I got over the terrible ordeal I had gone through and was about to talk to my grandmother, a young man with his rifle arrived at the courtyard. Moments later, I found out that this man was the one who my grandmother had sent, without my knowledge, to shadow me while I went for a walk looking for wild pigeons. More than anything, I realized that she had done this as a precautionary measure.

As the young man approached my grandmother, he told her that his mission had been fully accomplished. Then, as he sat down and took a deep breath, he related to all of us, in a clear and eloquent manner, what had really happened to the mountain lion. He said that as soon as he saw the animal coming out of the bushes, and was getting ready to chase me, he grabbed his rifle and fired two consecutive shots into the air. The cougar stopped in its tracks, looked bewildered and stunned. Soon, he turned around and went back into the bushes and disappeared.

Thanks to my grandmother's helpful intuition and the timely action of the young man, I am here alive and telling this story.

Faith Through Older Eyes: *Lord, I'm Lonely*

By Nancy Parker Brummett



Recently at our church people were literally lined up to greet a beloved older man and give him a hug. None of us had seen him in 14 months. No, he hadn't been ill or away on an extended vacation. He had been confined to his room in a care facility just across the street, unable to leave or to receive visitors.

Families with elders in care facilities during this pandemic certainly have had mixed emotions. Grateful that their elders were being protected from the deadly virus, they also worried that the isolation their loved ones were experiencing would make them feel extremely lonely and depressed. Gratefully, wise minds have prevailed and vaccinated residents in most states are now freer to resume normal activities.

But for some, the loneliness and isolation never end. June is Elder Abuse Month, and while we may think of elder abuse as physical or mental assault, neglect, or financial fraud, we need to recognize that loneliness and isolation can also be a form of abuse to the elderly. *God sets the lonely in families* we read in Psalm 68:6. He did that for a purpose, and whether our elderly have the support of a biological family or think of their care community as family, they need contact and interaction so very much. Studies show that too much loneliness can result in depression, which can not only make us miserable but shorten our lives as well. This is especially true of our elders.

So how can we help the seniors we love combat loneliness? Jesus is a good model for us. Certainly He could have completed His mission

alone, but He chose to surround Himself with His disciples. As people of faith, we can do what Jesus did and surround our elders with a small but dedicated community of people who care for them. We can encourage them to let down the emotional walls that keep them isolated. The more we share on an intimate level with them, speaking and listening with our hearts, the more they will feel willing to do the same, and the less lonely we will all be.

Remind seniors with a belief in Jesus Christ that He is a friend who is always available. He is the One they can allow behind the emotional walls they build. He wants to enjoy their company, and to delight in their enjoyment of Him.

When seniors open their hearts to Jesus first, then to others in their families or communities, they can be spared the abusive loneliness and depression that comes with physical or emotional isolation. We need one another, and never more than in the later years of life.

(Excerpted in part from *The Hope of Glory*, Volume Two, coming in February, 2022.)

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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Classic Health and Fitness Advice (Men's Health)

By Rick Sheridan

This article will look at three “old-school” fitness gurus who many Pikes Peak Senior News readers probably remember, Charles Atlas, Jack LaLanne and Bernarr Macfadden. These three individuals were pioneers in the field and were able to convince millions of Americans to at least try to exercise regularly and adopt lifestyle changes that could improve their general health. Reading this will hopefully refresh your memory about who these individuals were and offer some of their tips and insights about the ways to stay fit. (This article is for informational purposes only. We recommend that you consult with your physician before taking on any new exercise or lifestyle changes).

Charles Atlas

Charles Atlas (1892-1972) is probably best-known for his study-at-home course that was made popular by the magazine ads where the skinny guy is getting sand kicked in his face by a bully at the beach (until he takes the Atlas course). I still own a copy of this Charles Atlas's Dynamic-Tension Body Building and Fitness System. Although it was written more than 50 years ago, many of the exercise routines and health advice offered here are still relevant today.

Charles Atlas was born Angelo Siciliano. He trained himself to becoming the most popular bodybuilder of his day. Siciliano took the name "Charles Atlas" after a friend told him that he resembled the statue of Atlas on top of a hotel in Coney Island in New York. He legally changed his name in 1922. Atlas marketed his first bodybuilding course in 1922 and they are still available today. The course has a variety of exercises that you can do at home. There is also lots of general information about health and fitness through lifestyle changes along with doing a regular exercise routine.

Below are some of the key points from the Atlas Course:

An example of one of the course's exercises: At frequent intervals, stretch upwards with the hands above the head. Try to reach the ceiling a dozen times a day, with each effort try harder to reach higher, while breathing deeply. Throw the arms upward and outward, reaching further each time. This will loosen up all the vertebrae of the spine and keep the internal organs from sagging.

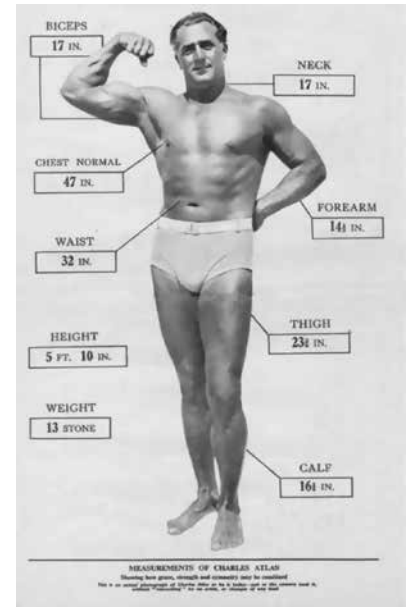
While exercising, hold in your mind's eye at all times the ideal of physical perfection. Think that

the muscles are growing larger, stronger, more beautiful while you are exercising. Put punch, vigor, vim and snap into every movement. Don't ever perform them in a halfhearted manner. Breathe deep so that all parts of the lungs are filled to their utmost in proportion to the size of the body.

For a magnetic personality, make sure to assume a proper bodily posture while standing, walking and sitting. Hold yourself with dignity, but with no affection. Shoulders back, spine erect, chin back, abdomen in.

All foods need to be chewed thoroughly; otherwise, you get an undigested mass in the stomach, requiring a lot of energy to expel from the body. Exercise along with proper elimination can help a person to eliminate these toxins. Atlas also recommended a diet of whole grains and other unprocessed foods.

During your shower, alternate between very hot and cold water for that healthy glow. (This is probably one of the predecessors of the “homeostasis” movement that encourages people to take ice cold showers and perform short bursts of strenuous exercise to stimulate the immune system).



Atlas also recommends that you use a rough towel (gym towel) to dry off to help exfoliate the skin.

Towards the end of the Charles Atlas's Dynamic-Tension Body Building and Fitness System Course, there are tips for boxing and wrestling. Also included are instructions for physical stunts, such as tearing a telephone book in half, pulling an automobile with your neck, etc. These stunts are not as hard as you might imagine, if you are in reasonably good shape and follow the specific instructions.

Jack LaLanne

Francois Henri "Jack" LaLanne (1914- 2011) was a fitness and nutrition expert and motivational speaker. Many of PPSN readers probably remember The Jack LaLanne Show that was on television from 1951 to 1985. Jack encouraged viewers to join him in an exercise routine, and he also offered advice on general fitness and positive thinking. The Jack LaLanne Show was the longest-running television exercise program. LaLanne demonstrated to his viewers how to use basic home objects, such as a chair, to perform various exercises. As a daytime show, much of LaLanne's audience were stay-at-home mothers. His wife Elaine LaLanne was often part of the show. She helped demonstrate the exercises. There are many episodes available for viewing free on YouTube.com

Jack LaLanne also published numerous books on fitness. In 1936, at age 21, he opened one of the nation's first fitness gyms in Oakland, California. It became a prototype for dozens of similar gyms. He also invented several exercise machines, including the pulley and leg extension.

LaLanne enjoyed showing off his prodigious feats of strength. At age 54, LaLanne beat then 21-year-old Arnold Schwarzenegger in an informal fitness contest. Schwarzenegger, as governor of California, later placed LaLanne on his Governor's Council on Physical Fitness.

LaLanne often stressed that artificial food additives, drugs, and processed foods contributed to making people mentally and physically ill. He referred to the human bloodstream as a "River of Life", which is polluted by junk foods loaded with preservatives, salt, sugar, and artificial flavorings.

According to his family, Jack had been performing his daily workout routine the day before his death, at age 96.

Bernarr Macfadden

Bernarr Macfadden, (1868-1955) was often called the "father of physical culture." He grew up in poverty in the eastern Ozark Mountains of Missouri.



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Macfadden spread the gospel of physical fitness and created a health magazine empire.

Macfadden thrived on hard work and outdoor living. He was inspired by the Police Gazette, a popular magazine of that era. Bernarr took up boxing, wrestling, and gymnastics to harden his body. He rejected alcohol and tobacco to preserve his health. He often worked several jobs and frequently wrestled professionally in circuses.

Physical Development was an early muscle magazine, (1898), founded by Macfadden. He later started an even more successful version, Physical Culture (1899). He also published a wide variety of fictional romance magazines, including True Story (1919), True Romances (1923), and True Detective Mystery Magazine (1924), to teach the lessons of life in story form. By 1935, his pulp publishing empire had a total of 35 million readers.

Macfadden was an early advocate of a diet consisting of carrots, beans, nuts, and raw eggs. He recommended sleeping on the floor, and he encouraged openness about sexual matters (unusual for the Victorian era). To show off his fitness, he supposedly walked five miles daily to his office in Manhattan in bare feet while carrying a 40-pound bag of sand. In 1903, Macfadden staged the first physique (bodybuilding) contest in America and similar competitions in 1921 and 1922.

As a health crusader, Macfadden founded various recuperative centers where followers could engage in exercise, water treatments (hydrotherapy), kinesitherapy (therapeutic movements) and other treatments. Macfadden enjoyed friendships with celebrities of his era, such as author Upton Sinclair, playwright George Bernard Shaw, actor Rudolph Valentino, and U.S. President Franklin Roosevelt. He died a multimillionaire in 1955.

A large part of the growth and acceptance of today's fitness and lifestyle choices can be attributed to these three individuals. The health and fitness industry in the United States is huge and continues to grow. According to Statista's market and consumer data, in the United States, the fitness club industry brings a yearly revenue of \$27.6 billion. There are 38,477 fitness clubs in the US, and 39% of citizens are currently registered as a gym club member.



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? Brain Teasers ?

Answers on page 46

Q1: A lift is on the ground floor. There are four people the lift including me. When the lift reaches first floor, one person gets out and three people get in. The lift goes up to the second floor, 2 people get out & 6 people get in. It then goes up to the next floor up, no-one gets out but 6 people get in. Halfway up to the next floor up the lift cable snaps, it crashes to the floor. Everyone else dies in the lift. How did I survive?

Q2: Cannibals in the jungle capture three men. The men are given one chance to escape with their lives. The men are lined up and bound to stakes such that one man can see the backs of the other two, the middle man can see the back of the front man, and the front man cannot see anybody. The men are shown five hats, three of which are black and two of which are white. Then the men are blindfolded, and one of the five hats is placed on each man's head. The remaining two hats are hidden away. The blindfolds are removed. The men are told that if just one of the men can guess what hat he is wearing, they may all go free. Time passes. Finally, the front man, who cannot see anyone, correctly guesses the color of his hat. What color was it, and how did he guess correctly?

PLAY SUDUKO

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Key on page 46.

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Colorado Recipe

Chicken Pasta Salad with Avocado, Tomato, & Basil

- Ingredients**
- 2 medium cooked chicken breasts, shredded or chopped (we used rotisserie chicken)
 - 2 ripe avocado pitted and diced
 - 1 pound cooked rotini pasta or similar
 - ½ cup chopped red onion
 - 1 cup cherry tomatoes, halved
 - ½ cup freshly chopped basil
 - Salt and fresh cracked pepper, to taste
 - Dressing
 - ½ cup white wine vinegar
 - 1 tablespoon Italian seasoning
 - ¾ cup extra virgin olive oil
 - Salt and pepper to taste

- Directions**
1. To make this healthy chicken pasta salad recipe: In a large bowl, add the salad ingredients, the shredded chicken, avocado, onion, avocado, cherry tomatoes, and basil.
 2. In a jar, combine the ingredients for the dressing: vinegar, Italian seasoning, Olive oil, salt and pepper.
 3. Drizzle your chicken pasta salad with the dressing. Toss gently until all the ingredients are combined. Serve the chicken pasta salad immediately, or chill for later. Enjoy!



Reacting to Emergency Situations

By Rick Sheridan

Sooner or later, many Pikes Peak Senior News readers will face a life-threatening situation where they have to think calmly, yet quickly. Often you may only have a few seconds to react to an unexpected danger. I have had a few of these myself. They have ranged from a recent face-off with an enraged pit bull, to experiencing several earthquakes when I lived in the San Francisco Bay Area.

This article will look at several potentially dangerous situations and give you some ideas about the ways to cope with them. For additional information, check out The Worst-Case Scenario Survival Handbook, by Joshua Piven.

Dog or mountain lion encounter-

During my recent confrontation with the pit bull, I avoided the temptation to run away. This is generally not a good idea with a dog or mountain lion situation. They can often outrun a human and can drag you to the ground. With the pit bull, I raised my arms to give the appearance of being larger than I really am. When the dog backed off a few feet, I grabbed a rock and was able to get the dog to leave the

area. I got home and reported the situation to the police so that others would (hopefully) not have the same dilemma.

Bear encounter- If you are camping, try to avoid areas where bears are known to habitat. Minimize any food odors around your campsite. If you do encounter a bear, make some noise with pots and pans to try to scare it away. Consider investing in some “bear spray.” This is similar to the pepper spray that is sold for self-defence, but bear spray discharges a much thicker and longer stream of eye irritant.

Floods- Pay attention to warnings on the weather forecast and avoid areas with low elevation that are more likely to flood. If you are caught in a flood, try to get to higher ground as quickly as possible. Never cross floodwaters on foot or in your car. If you do get swept away by the water, try to float on your back with your feet facing the direction the water is flowing to avoid head injury. Try to grab an object along the way

and pull yourself to safety.

Mudslides- During the first hint of a mudslide, try to get inside a building with a solid foundation. If this is not possible, try to get above or to the side of the mudslide rather than trying to outrun it.

Lightning- Getting caught in a lightning storm is no joke. According to CBS-affiliate WFMY, there are about 25 million lightning strikes a year in the United States. Weather experts say your home is often the safest option. Your car is also a generally a safe place to be. You can get an idea of how close the lightning strikes are by the gap between thunder and strike.

Avoiding car accidents- Drive defensively and try to predict what may happen. Twice I was almost in a serious accident



at one intersection when the traffic light was broken, and everyone had a green light. Do not be embarrassed to use your horn if that is what it takes to alert other drivers of a dangerous situation.

If you get stuck in an elevator- Try to wait it out. Ring the alarm button or yell for help. Do not try to use the ceiling escape hatch. Flatten your body out on the floor and cover up in case of a swift drop.

Dealing with hostile crowds- Anytime you are in a crowded place, be aware of the exits. If there is any hint of danger, move towards an exit quickly. If you are in a "scrum" where a large group is surging in one direction, go with the flow and try to work your way out of the middle of the group. If you fall down, roll up into a ball so that you are not trampled.

Learning to Manage Stress after a Traumatic Event:

If you were involved in a disaster such as a flood, car crash, or another traumatic event, you may have signs of injury or stress. According to the American Red Cross, you can be affected just by witnessing a disaster. Sometimes the stress will show up as an emotional feeling, like anxiety, insomnia, or sadness. Other times, you may have physical reactions, such as loss of appetite, sweating, etc.



First, make sure you are not injured. Sometimes survivors do not realize they've been physically hurt until many hours later. If you have been injured, seek medical treatment before you do anything else.

Try to contact a family member or friend and let them know where you are and how to reach you. Secure your identification and any other papers you may need, such as insurance, bank, property, and medical records. Completing one task at a time may help you feel like you are gaining back some control, so make a list of the most important things you need to do. Begin to put your life back in balance and return to the regular routines that you had in place before. Many disasters require several days, weeks or even months to fully recover from.

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Calendar of Events for June & July 2021

June Jubilee

What: The June Jubilee is a great way to kick off summer with a celebration of Fine Visual Arts and Handcrafted goods in the Center of Downtown Colorado Springs. This annual outdoor artisan marketplace features the works of more than 70 juried artists with a vast array of media including paintings, sculptures, glasswork, photography, ceramics, and woodwork, a huge selection of handcrafted goods, as well as some great live music, and community fun

When: June 19th and 20th

Open 11am - 6pm both Saturday & Sunday.

Where: Acacia Park Downtown



Beards, Bonnets, and Brews Fest

What: Join us at Rock Ledge Ranch to celebrate Colorado Springs' Sesquicentennial with the Beards, Bonnets, and Brews Fest! This family-friendly event will offer a smorgasbord of activity for people of all ages!

When: June 12th 2021

Phone: (719) 578-6777

Email: info@rockledgeranch.com



Pikes Peak Celtic Festival

What: There will be 2 stages with Regional and Local talent. The music will be Ethnic, World, New Age, Rock, Folk and Variety, and there will be other activities like concerts, athletic games, piping competitions, dancing, and more.

When: June 18 - 21, 2021

Fri 4pm 10pm, Sat 10am 10pm, Sun 10am 4pm

Where: Western Museum of Mining and Industry, Colorado Springs, CO
225 N. Gate Boulevard, Colorado Springs, CO 80921

Cost: \$5 - \$30



Front Range Makers Market

What: An *OUTDOOR* market where over 75 makers, crafters, boutique and small business owners will come together to sell their goods! Our markets have been running in Monument for 25 years. The Market will be set up outdoors with lots of space, and all covid health guidelines will be followed. All info & application can be found on our website.

Also check out our October 2-day indoor market!

When: June 26th, 2021

Where: Lewis Palmer High School | Monument - Monument, CO

Phone: (719) 510-1477

Web: Creativecrafters.org



Pikes Peak or Bust Rodeo

What: The 80th Pikes Peak or Bust Rodeo starts July 14 with nightly performances through July 17, as well as a matinee performance on Saturday, July 17. All evening performances begin at 7:00 p.m., Saturday matinee begins at 12:30 p.m. Grounds open at 4:00 p.m. for evening performances and at 10:00 a.m. for the Saturday matinee (Gates open at 5:00 p.m. and 10:30 a.m., respectively), and parking is FREE!!

When: July 14-17, 2021

Where: Norris-Penrose Event Center 1045 Lower Gold Camp Rd

Web: <http://www.pikespeakorbust.org/pikes-peak-or-bust-rodeo-days/tickets/>



July 4th events in and around Colorado Springs



Old Colorado City

Join in on the Independence Day celebrations in Old Colorado City in Bancroft Park for the community 4th of July festivities! Bring the whole family to enjoy an afternoon celebration in your neighborhood park. More details coming soon!
Date: July 4th, 2021, 11am START: Westbound Colorado Ave at 18th Street

Rock Ledge Ranch, Family Fourth

July 4, 2021 10:00 am – 5:00 pm

Historical Rock Ledge Ranch, located on the west side of Colorado Springs, offers an annual celebration full of reenactments, educational activities, and entertainment. Independence Day festivities at the ranch start at 10 am on July 4th. The main highlight of the Family Fourth celebration is the re-enactment of a Revolutionary War Encampment. Declaration of Independence reading, patriotic music, and carnival games <https://rockledgeranch.com/events/>

Tri-Lakes 4th of July

This year, some 4th of July Festivities will be celebrated on Saturday, July 3rd. Partake in a day full of fun!

Pancake Breakfast

July 3rd- St. Peter Catholic Church 55 Jefferson St. 7 am - 10 am tickets at the door.

Monument Hill Kiwanis 4th of July Parade

July 3rd- Children's parade and main parade throughout Downtown Monument.

Tri-Lakes Chamber of Commerce Street Fair

July 3rd- The Chamber of Commerce will show case a variety of vendors on Second and Washington Streets, to include festival foods, arts, local businesses and non-profits

Family Friendly Beer Garden in Limbach Park

July 3rd- Beer Garden 10:00 am - 6:00 pm - Open to all ages, but must be 21 and older to purchase/consume alcohol. No outside alcoholic beverages will be allowed into Limbach Park.
<http://www.townofmonument.org/338/Tri-Lakes-4th-of-July>

Fort Carson Freedom

Celebrate Independence Day with Fort Carson at this two-day festival! Visit carsonfreedomfest.com to view the schedule. Fort Carson MWR is celebrating Independence Day with a two-day festival that includes a freedom-themed color run, car show, live entertainment, light shows, fireworks, and more! Attractions and concessions prices vary.
Gate Access:
•July 1: Gate access procedures apply.
•July 2: Gates open to the public. Contact: (719) 526-6452

4th of July Symphony On Your Porch

(July 4, 2021, virtual)

This year, America's birthday celebrations have been modified to meet health safety requirements. The largest 4th of July event with fireworks over the Pikes Peak Region can be enjoyed with the Colorado Springs Philharmonic's annual patriotic concert broadcast from a radio station of your choice. Check out the fireworks map to know where and when you can witness the pyrotechnic show of the year.

Calendar of Events

Celebration at Memorial Park

Memorial Park hosts the main 4th of July festivities in Colorado Springs. The festival features food vendors, live entertainment, and family-friendly activities during the day. For the evening, pack a picnic basket and get comfortable at a large lawn while listening to music by the U.S. Air Force Academy Band's Wild Blue Country and Colorado Springs Philharmonic Symphony afterwards. The grand finale at Memorial Park features a Colorado Springs Philharmonic Orchestra performance that ends with a massive fireworks display.

Manitou Springs Garden of the Arts

July 3, 2021 - July 4, 2021

Memorial Park - 502 Manitou Ave - Manitou Springs, CO 80829

Manitou Springs Garden of the Arts will be held on July 3-4, 2021. It will host about 60 artists showcasing original handmade works. You will find everything from paintings, sculptures and glasswork to photography, ceramics, woodwork, as well as unique handcrafted items. Also enjoy free live music and food. Free admission. Hours: Sat 10am-6pm, Sun 10am-5pm

Woodland Park

The Dinosaur Resource Center is celebrating our military personnel this July 4th. As our small way of saying "thank you," active and retired military personnel will receive half off regular admission on our nation's birthday with active or retired military ID

When: July 4, 2021

Where: Dinosaur Resource Center

Woodland Park Old Fashioned 4th of July Celebration FREE

The Old Fashioned 4th of July Celebration features: kid activities, a food court, live music and performers, artists, crafters, a beer garden, fire engine rides, the flag raising while the Wind Symphony performs and much much more!

Event Time: 9:00 AM - 3:00 PM Mountain

Location: Memorial Park 200 North Park Street, Woodland Park 80863

Woodland Park Fireworks Display

Woodland Park's annual fireworks start at dusk and can be seen from pretty much anywhere in the Woodland Park community!

Fireworks scheduled unless there is a fire ban

Date: July 4, 2021 at Woodland Park HS FREE

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Annual Woodland Park Symphony Above the Clouds

Date: July 5, 2021

Event Time: 5:00 PM - 8:00 PM Mountain

Location: Woodland Park Middle School

Description: This year the annual event will be featuring the Woodland Park Wind Symphony, the Swing Factory and Cari Dell. Fireworks will then be held at around 9 p.m. after the performances.

Cripple Creek 4Th Of July Celebration - Drive In Style!

Come and see the most spectacular fire works display in the Pikes Peak region! The City of Cripple Creek will be hosting the 2021 4th of July Fireworks on Sunday, July 4th starting about 20 minutes after dusk (approx. 9:30 p.m.). The fireworks will be set off from the south side of town, south of Myers Ave. FREE

When: July 4, 2021 Where: Cripple Creek - south side of town, south of Myers Ave.

Pueblo - Rollin on the Riverwalk July 4th

Time: Approximately 9:30PM

Location: The Riverwalk and downtown area

A remarkable fireworks show to celebrate July 4 and the resiliency of the Pueblo community! While there will be no festival in 2021, we encourage everyone to make a reservation at a local restaurant or bar and then grab your lawn chairs and blankets to enjoy the show that will be presented off the roof of the Main St. parking garage

Farmers Markets June & July 2021

Monday Farmers Markets

Mining Museum Market, Gleneagle - 225 North Gate Blvd, 9 am - 4 pm June - October 2021

Wednesday Farmers Markets

The Briargate Market,
Briargate - 7610 N. Union, 9 - 2 pm,
May 19th through October 27th, 2021



Farm & Art Market,
Downtown, Pioneer's Museum - 215 S. Tejon St,
3 - 7pm, June 9th through October 6, 2021

Mining Museum Market
North Gate - 225 North Gate Blvd
9 am - 4 pm June - October 2021

Black Forest Backyard Farmers Market
11141 Ridgeline Drive
3-7 p.m., June 2-Sept. 1

Thursday Farmers Markets

Banning Lewis Ranch
North Powers - 8833 Vista Del Pico Blvd
3 - 7 pm June 3rd through August 26th, 2021

Friday Farmers Markets

Woodland Park Farmers Market
Henrietta Ave at Center St
8 - 1 pm June through September 2021



Saturday/ Sunday Farmers Markets

Old Colorado City Farmers Market
Bancroft Park
West Colorado Ave & 24th Street
7 - 1 pm June 12th
through October 23 2021



Farm & Art Market
Rockrimmon, Margarita at Pine Creek - 7350 Pine Creek Rd
9 - 1 pm June 12 through October 9, 2021

Monument Hill Farmers Market
Monument - 66 S. Jefferson St.
8 - 2 pm, May 15th to October 2021

Fountain Community Market
618 E. Ohio Ave,

Black Forest Backyard Farmers Market
12530 Black Forest Road
9 a.m.-1 p.m., May 22-Oct. 23

Cordera:
11894 Grandlawn Circle
Sundays, May 23-Sept. 5
10 a.m.-2 p.m.
COVID protocols: Masks and social distancing required, no samples provided, sanitizer available.

Active Minds Upcoming Events for June & July:

Active Minds programs are being delivered as FREE virtual webinars.

Log in at this web address for full description and how to attend the programs listed below.

https://activeminds.com/events_denver.html

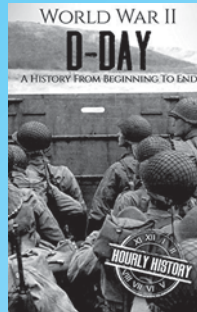
World War II: D-Day

Monday, June 7, 2021

1:00-3:00 pm Mountain Time

(program from 1:30-2:30)

It has been over 75+ years since "D-Day," join Active Minds for a look this crucial turning point in World War II. We will examine the dynamics that led up to the Invasion of Normandy, the complicated and challenging preparation process, and the decisive impact this battle had upon the outcome of the war.



Iceland

Monday, June 7, 2021, 2:00-3:00 pm Mountain Time

Join Active Minds as we review Iceland's history and explore some of the characteristics of the country that make it unique among the countries of the world.

Climate Change

Host: Jefferson County Public Library

Info: Call the library at 303-235-5275 for help

Thursday, June 10, 2021, 1:00-2:00 pm Mountain Time

Scientists are predicting a global average temperature increase of 2.5 to 10 degrees over the next century. Join Active Minds as we examine the predictions and the politics given the US withdrawal and reentry to the Paris climate accord.

Women of Denver History

Thursday, June 10, 2021, 2:00-3:00 pm Mountain Time

Join Active Minds

as we focus on the women of Denver and their contributions to the city and the state. We will cover some familiar names as well as some lesser known figures as we trace the impact of these women and their place in history.



Sugar

Wednesday, June 16, 2021, 1:30-2:30 pm Mountain Time

Sugar occupies a unique place in cultural and culinary landscapes.. Sugar's history, however, is not always a sweet story, and it poses contemporary health concerns as well. Join Active Minds as we explore the fascinating world of sugar.

Leonardo da Vinci

Thursday, June 17, 2021, 1:00-2:00 pm Mountain Time

Inventor, artist, scientist, engineer, architect, philosopher, and more. Leonardo da Vinci was a true "Renaissance Man" and a clear creative genius. Join Active Minds as we review his life, work, and lasting impact.

The American West

Monday, June 21, 2021, 1:00-2:00 pm Mountain Time

Join Active Minds for an exploration of how the West was opened and won. We'll tell the story from a variety of perspectives--from the early explorers who ventured into the unknown to the fortune seekers who raced to the Gold Rush.

The Future of Bees

Monday, June 21, 2021, 2:00-3:00 pm Mountain Time

Since the 1990s, the bumblebee population has plunged almost 90%. Additionally, since 2006, a malady called Colony Collapse Disorder has afflicted honeybee populations.

William Shakespeare

Monday, June 21, 2021, 2:00-3:00 pm Mountain Time

Born in 1564, William Shakespeare is regarded by many as the greatest writer in the English language. Although he is most famous for his plays, he rose to fame in his life as a poet, writing 154 sonnets and two long narrative poems.

Info: Call the library at 303-235-5275 for help or information



Tuskegee Airmen

Wednesday, June 23, 2021, 1:00-2:00 pm Mountain Time

Join Active Minds as we explore a chapter of this story from World War II: the Tuskegee Airmen. These groups



of African American pilots were the first black military aviators in the U.S. armed forces. We will tell their story of struggle and triumph and bring this issue into a current context.

The Erie Canal

Thursday, June 24, 2021, 1:00-2:00 pm Mountain Time
The Erie Canal was an engineering marvel that altered the course of the early history of the United States. Join Active Minds as we discuss one of the most influential and impressive feats of civil engineering in American history.

Winston Churchill

Thursday, June 24, 2021, 6:30-7:30 pm Mountain Time
Join Active Minds as we examine Churchill's life before becoming prime minister of England, his years in the job, and his lasting impact on his country and the world.



The Year 1963

Monday, June 28, 2021, 2:00-3:00 pm Mountain Time
1963 is considered a definitive year in the history of the civil rights movement. Join Active Minds as we travel back in time to this key year in history to explore these events Info: Call the library at 303-235-5275 for help or information

Myanmar (Burma)

Tuesday, July 6, 2021, 6:00-7:00 pm Mountain Time
Since achieving its independence in 1948, Myanmar's post-colonial history has often been characterized by military rule and human rights abuses. Join Active Minds as we explore the current situation as well as the history of this important Southeast Asian country, formerly known as Burma

Germany

Tuesday, July 13, 2021, 12:30-1:30 pm Mountain Time
Germany is the most populous country in the European Union and is the EU's largest economy. Join Active Minds as we discuss Germany's tumultuous history and nebulous future

Aviation: From Kitty Hawk to Today

Monday, July 19, 2021, 1:00-2:00 pm Mountain Time
Join Active Minds for a review of aviation in the United States. We will begin the story with the Wright Brothers and end with a look at the airline industry today, including the possibility of supersonic flights again in the not too distant future.

Olympics

Monday, July 19, 2021, 2:00-3:00 pm Mountain Time
Due to COVID, the 2020 Tokyo summer Olympic Games are currently scheduled for July and August of 2021. Join Active Minds as we explore the rich history of the Olympic Games and how they have been involved in a variety of international political issues over the years, including the current controversy over holding the games during a pandemic



Scotland

Friday, July 23, 2021, 10:00-11:00 am Mountain Time
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. Join Active Minds as we explore Scotland's history, its current situation, and its uncertain future



The Mayans

Wednesday, July 28, 2021, 1:00-2:00 pm Mountain Time
Join Active Minds for an overview of Mayan history, culture, art, and science. This program will provide attendees with a solid understanding of Mayan civilization. Attendees will leave with a greater appreciation for one of the great civilizations in the history of the world

Crossword Puzzle Solution

STAY FIT

By Monnie Wayne

| | | | | | | | | | | | | | | | | | |
|----|---|----|---|----|---|----|----|---|----|---|---|---|----|----|---|---|---|
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| 17 | R | U | N | A | T | E | M | P | E | R | A | T | U | R | E | | |
| | | | | 19 | U | N | T | A | P | P | E | D | | 20 | L | I | E |
| 21 | T | H | E | | | 24 | T | I | T | | | | 25 | S | T | A | N |
| 27 | E | A | R | S | | 29 | C | A | S | T | E | | 33 | E | R | G | |
| 34 | C | H | I | P | S | | | | 36 | C | O | L | O | N | | | |
| | | 38 | S | K | I | N | G | H | O | L | I | D | A | Y | | | |
| | | | | 43 | T | B | E | A | M | | | | 44 | L | O | W | E |
| | | 46 | P | R | E | | 48 | O | L | O | R | D | | 51 | N | A | T |
| 52 | N | E | E | D | S | | | | 54 | U | R | I | | 56 | Y | I | N |
| 57 | E | E | C | | | 58 | O | P | P | O | S | I | N | G | | | |
| 63 | S | W | I | M | F | O | R | T | H | E | S | H | O | R | E | | |
| 68 | T | E | T | E | A | T | E | T | E | S | | | 69 | A | B | U | T |
| 70 | S | E | E | N | | 71 | S | P | O | R | T | | 72 | T | I | N | A |

SUDUKO KEY

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

Page 35 Brain Teaser Answers:

A1: I got out on the second floor!

A2: The back man can see the hats worn by the two men in front of him. So, if both of those hats were white, he would know that the hat he wore was black. However, since he does not answer, he must see at least one black hat ahead of him. After it becomes apparent to the middle man that the back man cannot figure out what he is wearing, he knows that there is at least one black hat worn by himself and the front man. Knowing this, if the middle man saw a white hat in front of him, he would know that his own hat was black, and could answer the question correctly. But, since he does not answer, he must see a black hat on the front man. After it becomes apparent to the front man that neither of the men behind him can answer the question, he realizes the middle man saw a black hat in front of him. So he says, correctly, "My hat is black."



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