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AUGUST-SEPTEMBER 2021

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1

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2

How does the community make me feel?

Can you see yourself living in this space? Do you see your family gathering in your apartment or the private dining room? Can you envision your children and grandchildren swimming in the indoor pool? When you step foot inside the community, does it feel like home? These are all musts! Remember, when looking for a community, it is your home first. Everything else is second.

3

What are the costs for the community?

Finally, let's talk about finances. Communities should be investing in their residents by way of gourmet dining experiences to help stimulate the senses; a robust activities program to enrich the body, mind, and spirit; and an excellent care staff with on-site, 24/7 nursing. You should also look at the community itself. What technology does it have? Does it have the upgrades needed to call it home? Are the interiors spacious and beautifully designed?

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August-September 2021

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Letter from the Editor

By Rick Sheridan



How has this summer been for you? Are you satisfied with the quality and quantity of events here in the Pikes Peak region compared with the pandemic summer of 2020? For me, the answer would be a resounding "Yes!" This summer's activities have been robust and exciting. Most of the traditional events that many of us had taken for granted were back in action. There were some cancelled again this year, but many have rebounded and were as good as their pre-pandemic predecessors.

Let's look at some of the successes: The First Friday Art Walk in downtown Colorado Springs and Old Colorado City came roaring back to life. There were not quite as many gallery openings this year compared to before, but it was close enough to qualify as a successful rebound.

The various outdoor music concerts, such as Jazz in the Garden at Grace and St. Stephen's Episcopal Church; Music In the Park Concert Series presented by Colorado Springs Conservatory at Acacia Park; and Music on the Labyrinth, presented by the First Christian Church were back in full swing.

Manitou Spring's mysterious Miramont Castle was open to the public again (and scheduling special events), and the fabulous SunWater Spa tip-toed back into action after several months of closure. Speaking of Manitou Springs, the daily number of tourists walking around the downtown area was significantly up this year compared with the summer of 2020.

Several of the traditional farmers' markets sprang back to life: The Bancroft Park Saturday farmer's market and the Pioneers Museum's Wednesday market were back to their glory days.

The Green Box Arts Festival in Green Mountain Falls was a new event for me. It lasted for over two weeks and had a wonderful selection of dance performances, fine arts lessons and plenty of community engagement. Green Box reminded me of the Chautauqua Park in Boulder. The Rocky Mountain State Games showcased over 20 competitive sports with Colorado athletes. The number of seniors playing Pickleball at Monument Valley Park and other venues was way up this summer. Charis Bible College had their inspiring Healing is Here conference in Woodland Park. And finally, the Old North End Garage Sale was back on the block this year.

Last summer, 2020, was filled with a sense of apprehension and loss. A lot of the summer events that many of us had taken for granted were cancelled or relegated to a bland online version. The Covid-19 pandemic was still at a very dangerous and unpredictable stage, and even the weather seemed worse than usual. It is amazing how fast things have turned around by August 2021. When I checked the various event calendars in May of this year, many of the summer events were still scheduled to be held online or the event organizers had not committed to having the event at all. The rapid vaccination of many educated, middle class people in the Pikes Peak region seemed to motivate these event planners to go ahead and schedule their event live instead of remotely.

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LIVE EXTRAORDINARY

Nationwide Employee Shortage Creates Opportunities for Seniors

“Now Hiring” Signs Can Be Seen Everywhere

By Trevor Phipps

The coronavirus pandemic has been rough on everyone, but now that things are trying to go back to normal, businesses everywhere have seen some setbacks due to an unprecedented employee shortage. However, the lack of workers has created opportunities for people that are just starting their career paths and for those that may be retired, but are looking for a part time or seasonal jobs for supplemental income.

In these recent days where everyone is hiring, more opportunities are opening up for senior citizens that are looking for work. Whereas, age discrimination may have hindered certain opportunities in the past, currently employers are hard up to the point where they just want people who are willing to show up for a paycheck.

Ever since jobs started coming back this year, employers across the country have found it tough to fill all of their needed positions. The first industry that saw a lack of employees to fill spots was the restaurant industry, but the struggle has been real for other types of businesses as well.

According to staffing agency employees, the labor shortage can be seen all across the board. Evidence of this can be found by looking at help wanted advertising in newspapers and social media pages. Recently, many industries that did not have to advertise for new help previously, are now spreading massive ad campaigns to get workers.

For example, in Cripple Creek the coronavirus pandemic made it even harder than before to attract casino workers. In the local newspapers, almost all of the city's



casinos are advertising several positions. And then more recently due to a law change, the casinos now have to post their wage ranges on theads which ignited a wage war between casinos. Some of the casinos in Cripple Creek now are even offering sign on bonuses for employees, which they have never done before.

Some employers, especially those with seasonal businesses that need temporary or part time help, have had to get creative to attract employees. The Rocky Mountain Vibes recently posted pictures of several high school graduations that were hosted at UCHealth Park and then added to the post that they were in need of several positions.

The Santa's Workshop posted on their social media pages in mid-May that they would not be able to open up all of their rides during their opening weekend due to staff shortages. The amusement park instead opened up select rides for a discounted rate until they were able to get more workers to have all of their rides open.

Staffing Agencies Notice Employee Shortages in All Fields

“It seemed to happen overnight a few months ago when companies started opening back up,” Suzanne Acevedo, Franchise Manager at Express Employment Professionals of Colorado Springs North said. “The mandates were lifted and companies were able to hire again and starting to grow. But obviously the supply and demand is a little out of whack right now. It is a struggle and the majority of the areas we are having trouble with are the entry level, general labor jobs. But, also the

skilled trade areas.”

Acevedo also said that Express has been seeing employee shortages across the country. “It’s definitely a different market we are in today,” Acevedo explained. “I have been doing this for 20 years and it is definitely a little bit of a different market. It is a roller coaster in our industry either there are too many companies hiring or there are too many people looking for work. And we are here to average that out and help both sides.”

BeccaTonn, the Communications Manager for the Pikes Peak Workforce Center that serves both El Paso and Teller Counties also said that they have seen an employee shortage in most industries. “It has definitely been across the board in all industries,” Tonn said. “But, the retail, hospitality, restaurant, and tourism industries have been the hardest hit.”

Why is the Unemployment Rate So High?

According to statistics provided by the U.S. Bureau of Labor Statistics, in February of 2021 there were over 17,000 people unemployed in Colorado Springs and over 25,000 in El Paso County. The unemployment rates in both Colorado Springs and El Paso County were nearly seven percent. Before the pandemic struck, the city and county’s unemployment rates were both under four percent. But, at the height of the pandemic the rates jumped to over 12 percent.

Both Acevedo and Tonn agreed about the several factors that are causing the unemployment rate to remain high. “I think there are three things going on and yes one of them is that people are getting an extra \$300 a week from the federal government on unemployment which makes it hard to incentivize people to go back to work,” Tonn said. “But that ends on Sept. 6, and there are two other things coming into play. There are still some people that live in the same household with people who are immune compromised. They can be very concerned about getting an in-person job. And then another thing I think that gets overlooked a lot is child care. The child care industry has also been hit hard so they are not fully staffed. The other piece is that some of the schools stayed online this entire time. So if someone has a small child they may literally not be able to return to work because they are helping their child with online classes.”

However, Acevedo and Tonn both thought that the employee shortage will soon come to an end once schools open back up, child care is available and the federal unemployment stipend ends. “I think that additional resources being provided to people such as child care opening up will help,” Acevedo said. “There are a lot of individuals that can’t necessarily go to work



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full time because the day care facilities they used haven't opened up yet or they just reopened. I think that once these additional resources open back up that more individuals will be able to go back to work."

The Current Post-Pandemic Era Offers New Job Opportunities for Seniors

The good news is that the employee shortage could mean new opportunities for those looking for part time or seasonal work. Not all people who retire can live comfortably with just their retirement and many choose to find jobs to help make ends meet.

Previously, part time jobs were hard to come by, but now that is not the case. "Even if they are looking for temporary positions, say for instance, if they are retired and they just want a temporary position part time we handle those types of roles too," Acevedo said. "Jobs like office services, receptionists, administrative assistants, things along those lines are available. They can always call us to speak to us over the phone that is part of the services we provide. It is part of that education process and understanding what they are looking for and helping to bridge that gap."

Now is the time for anyone who is able to consider seeking employment. Acevedo said that anyone who is looking for any type of work whether it is full time, part

time, or temporary should call Express Employment Professionals of Colorado Springs North at (719) 266-9980.

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(This article contains interviews, findings, and excerpts from this article that was first published by The Maverick Observer on June 21, 2021)

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Rocky Mountain Vibes Facebook Page
facebook.com/VibesBaseball/

Santa's Workshop North Pole, CO Facebook Page
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Tinseltown Talks: A Tale of Two Maldens - Carla and Karl

By Nick Thomas

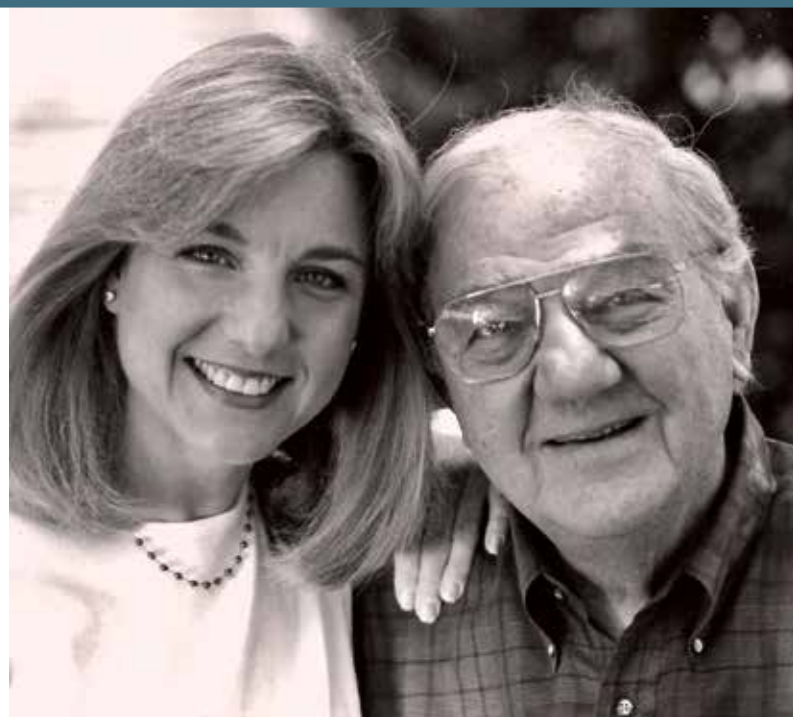
Carla Malden credits her father, actor Karl Malden, for sowing the seeds of her writing career - first as a screenwriter then an author.

"He used me and my sister to cue him quite often when he was learning a part," she recalled from her home in Los Angeles. "I think I learned a lot about writing as a result. If it was a heavily dialogued scene, he'd sometimes tell me to cross a line out of the script because he said 'I can act that.' It taught me the importance of seeing the actor's character on screen as well as through the dialogue. It was fascinating to watch him break down a part and develop a character."

Earlier this year, Carla published her forth book, "Shine Until Tomorrow," branching out into the Young Adult (YA) book market. The story features a teenage girl who travels back to 1967 and the summer of love in San Francisco.

"It's not a traditional sci-fi adventure or even a fantasy really, but a girl's coming-of-age story that happens to involve time travel and features a driven teenager who learns about having to live in the present by traveling back to the past. It was designed as a YA book, but I've been gratified to see it's crossed over to adults."

A longtime screenwriter alongside her late husband (see www.carlamalden.com), Carla published her first book co-written with her dad in 1997, the well-received Karl Malden autobiography "When Do I Start?" Malden (1912-2009) is viewed by many as one of the great character actors from the 50s, 60s, and beyond, with critically acclaimed dramatic roles in films such as "A Streetcar Named Desire" for which he won a Best Supporting Actor Oscar. In the 70s, he co-starred with Michael



Douglas in the popular "The Streets of San Francisco" ABC crime drama series.

"He had been approached to write his autobiography by a few people and tried to do it on his own over a few years then asked me to help," Carla recalled. "Writing it with him was one of the great joys of my life."

Raised in Gary, Indiana, Karl Malden came from immigrant parents, his Serb father barely speaking English. "His father was very involved in the church which was the social hub of the Gary Serbian community and he organized all the plays that were integral to the community. So my grandfather was always enlisting my dad as a kid to be in the plays and that's how he got the acting bug."

Away from the screen, Malden says her dad was a fabulous father and husband, married to his wife, Mona, for 70 years. "He was also an amazing grandfather and even had a few years of being a great grandfather." She says her father was very down to earth, would often work in his garden for hours, and never craved the adulation that often follows entertainers.

"After he died, I got reams of letters from people for whom he had done major acts of kindness in all kinds of ways that I never knew about," says Carla. "I miss him every single day of my life, ferociously."

Nick Thomas teaches at Auburn University at Montgomery in Alabama and has written numerous features, columns, and interviews for magazines and newspapers. See www.getnickt.org.

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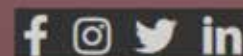
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Head West This Summer and Visit Beautiful Glenwood Springs

Plenty To Do in This Mountain Town for a Day Trip or Weekend Stay

By Trevor Phipps

Everyone knows that summer is one of the best times of year in Colorado, but those that live on the Front Range often talk about how hot it can get. In the summer months of July and August, some cities on the Front Range can see temperatures that reach the triple digits.

Some may enjoy the stint of heat, but others may prefer to escape. Luckily, there are several mountainous areas not too far away where people can go to cool off and get away from the city for a bit.

Glenwood Springs sits about 4 hours west of Colorado Springs, but the plethora of things to do in the area makes it worth the trip. Not only does the town host plenty of attractions, there are also places nearby where visitors can view beautiful scenery including Hanging Lake, the White River National Forest, the Gunnison Canyon and Colorado River.

Plenty to do in the Outdoors

Hanging Lake is located in the White River National Forest and it is known as being one of the most beautiful

places in Colorado. The trail leading to it, however, can be difficult for some as it is a steep and rocky 1.2 mile uphill trek. But, upon arrival many find that the rough trip was worth it.

The Colorado River and Glenwood Canyon are also hot spots for recreational activities. There are several spots within the canyon along the river where people can go to picnic or fish off the shore.

At the Grizzly Creek Rest Area there is a boat ramp where rafters and kayakers can put their boats in the water. And at the Glenwood Whitewater Activity Area, there is a manmade, in-river water feature that is perfect for kayakers and standup paddle boarders to practice their skills.

Altogether, the nearby White River National Forest is by far the most visited recreational forest in the country with over 10 million visitors per year. The forest is home to hot spot tourist locations including Maroon Bells Scenic Area, the 82-mile Flat Tops Scenic Byway, and the Crystal Mill.

The massive National Forest boasts eight wilderness areas and four major reservoirs. It has 2,500 miles of hiking trails, 1,900 miles of forest service roads, and 10 14,000+ ft. peaks.

Check Out Downtown for Shopping and Entertainment

The downtown region of the city is packed with a wide variety of shops. While visitors take a stroll through downtown and check out the historic buildings, they can find everything from clothing shops to jewelry stores to art galleries. During the summer time, there is also a farmer's market located in downtown Glenwood Springs every Tuesday.

For other shopping options people can go to the Roaring Fork Market Place to find more familiar flagship stores as well as smaller mom and pop shops. The Glenwood Springs Mall is another popular shopping hub with traditional retailers such as Ross and teenage clothing stores such as Rue 21 and Rainbow.

For those looking for more of a cultural experience, there are several



art galleries in the town that portray artistic expressions through paintings, fiber arts, pottery, sculpture, and woodworking. Those wanting to learn about the history of the area can visit the famous Frontier Historical Museum that contains several artifacts portraying the history of the region.

Visitors who want to be entertained even more can go visit the Glenwood Vaudeville Review. According to the Visit Glenwood Springs website, the dinner theatre hosts shows that are “complete with classic comedy routines that include a mix of skits, jokes, slapstick humor, magic, audience participation, barbershop numbers, and novelty songs.”

Relax After a Long Day in One of the Hot Springs

Perhaps the main thing that the town is known for is its hot springs. The city boasts three different options for relaxing in hot, natural waters.

Probably the most well-known of the three is the Glenwood Hot Springs Resort. The resort brags as being the world’s largest hot springs pool and one of the hottest in Colorado. Their hot tub-like therapy pool sits at around 104 degrees Fahrenheit and the main pool is around 90 degrees.

The Yampah Spa and Vapor Caves is one of Glenwood’s most historic and unusual attractions. The caves get fed by naturally hot water coming from the Yampah Spring. Therefore, the three caves get filled with a therapeutic natural steam. Each room is lined with marble benches

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A Prime Spot for Thrill Seekers

The city is also home to several more thrill-filled adventures. For those who like to get their adrenaline pumping they can take a guided rafting tour over rapids on the Colorado River. There are also kayaks available for rent for those more experienced boaters.

The area also has many companies that offer different types of guided tours into the mountains. People can rent ATVs or off-road vehicles to traverse the back country trails. There are also hiking guide companies, e-bike tours and several mountain biking and cycling options.

For those who aren't scared of heights, there are several aerial adventures available. Visitors can go skydiving, try their luck on a ropes courses, or view the scenery on a zip line. Glenwood Canyon is also home to several popular rock climbing spots.



Probably the most popular attraction for thrill seekers is the Glenwood Caverns Adventure Park. The amusement park is most famous for their mountain roller coasters, the Cliffhanger and the Alpine Coaster. Other rides include a Giant Canyon Swing, the Soaring Eagle Zip Ride, the Wild West Express, and the Haunted Mine Drop.

The park also offers two 40-minute walking tours of the exquisite Glenwood Caverns. According to the

Visit Glenwood Springs website, on the tours people can "learn about the living cavern that's home to thousands of formations, including stalactites, stalagmites, soda straws, cave bacon, and flowstone."

All in all, those that wish to escape the city will find the Glenwood Springs area one of the best places nearby to take a trip. The city has plenty to do for people of all ages with various types of interests.

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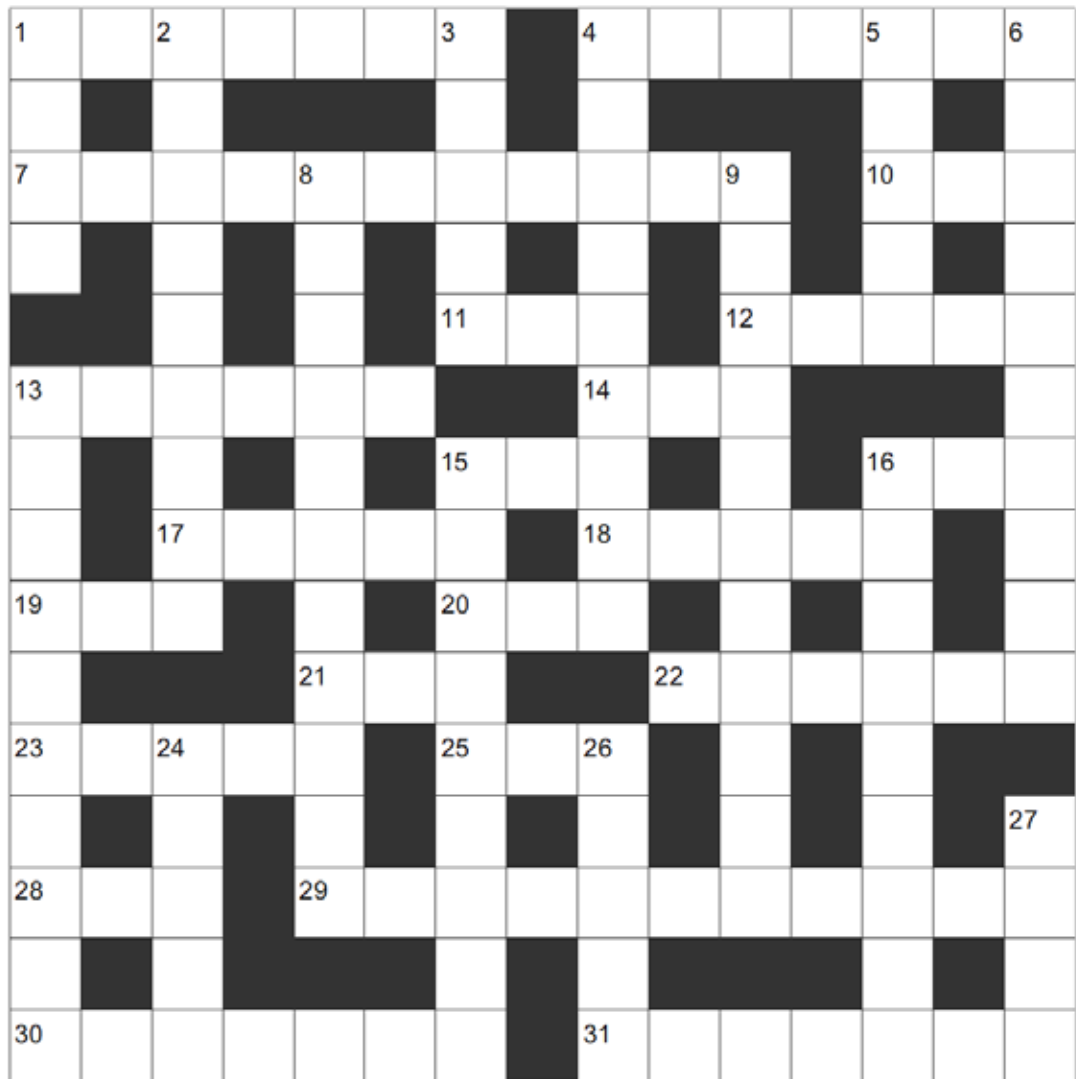
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Spanish Peaks
Veterans Community Living Center

Crossword Puzzle

ACROSS

1. Extreme (measures)
4. Evaporated (5,2)
7. Make on small-scale or greatly reduce in size
10. Kid
11. Cover
12. Elector
13. Expel (barrister)
14. Hawaiian garland
15. French friend
16. Batty
17. Prize
18. Hangman's loop
19. Chewing pellet
20. Mat
21. I am, you ...
22. Bestow (knowledge)
23. Bushy plant
25. Pester
28. Hotel or tavern
29. Allotments
30. Pickled cucumber
31. Vulgar



DOWN

1. Trial showing
2. Over & over again (2,7)
3. Heartless
4. Diminishing
5. Overthrow, coup ... (1'4)
6. Faded away (7,3)
8. Magician's chant
9. Habitat or natural surroundings
13. Appalling
15. Stimulation hormone
16. Voice amplifier
24. Wash soap from
26. Lizard
27. ... of Capri

Key on page 42.



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What is Rightsizing?

By Rick Sheridan

One of the new buzzwords in both real estate and senior lifestyles is “rightsizing.” Rightsizing is about finding the right size home for where you are in your life. It can also be about prioritizing what is important and adjusting your lifestyle accordingly. Rightsizing your life can open new possibilities for retirement living.

Many seniors wonder about the difference between downsizing and rightsizing. Downsizing is the process of moving to a smaller residence and, getting rid of the excess household items you don’t want or need. Rightsizing is the conscious choice to create a life and a lifestyle that lines up with who you are as a person and your values, goals and needs.

For some Pikes Peak seniors, this may mean moving to a smaller residence, while others may actually decide they need more space than they currently have. Another option might be to choose the simplicity, convenience and group activities that are available as part of a senior living community.

How do you decide which is right for you? Start by taking an honest look at your values, goals and needs, both now and for the foreseeable future.

Here are a few considerations, summarized from a recent article from the American Seniors Housing Association:

Have you figured out what your budget is and the predictable living expenses?

- What do you need to do to feel true peace of mind about the future?
- How can you protect your estate for your loved ones?
- How can you plan now to avoid burdening your family with becoming your caregiver?
- Does your current residence, and your expenses support these values or get in the way? How would your living situation need to change for you to align your lifestyle with these values?

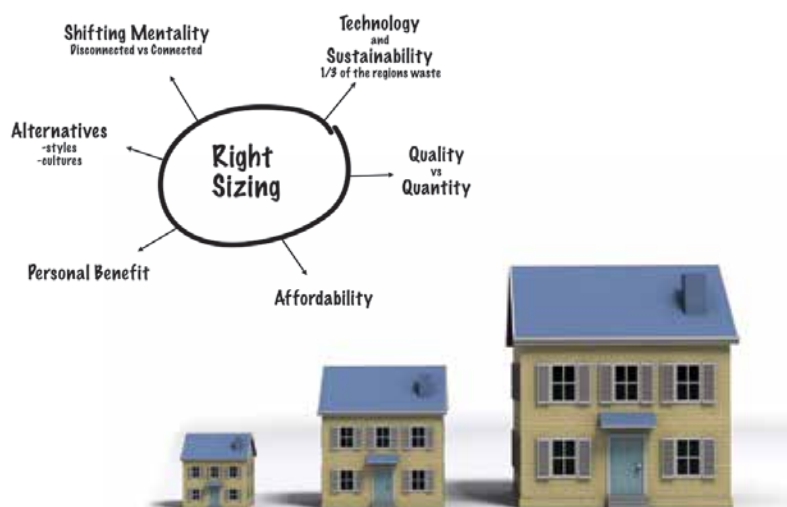
- How do you want to spend your time and energy? What will make life more fulfilling for you? Does your current living situation make it easy for you to:
 1. Attend cultural events?
 2. Participate in fitness activities?
 3. Attend a study group or book club?
 4. Easily get together with friends for coffee?
 5. Spend time with family?Caring Transitions, a senior relocation service, recommends that before deciding whether downsizing or rightsizing is best for you, You should consider several key needs:
- **Physical health.** You or your spouse may have some health or mobility issues that make living in your current house more difficult. But even if you have good physical health now, you need to ensure your residence can accommodate potential future health or age-related needs. Up to 70% of people ages 65+ will need some type of long-term care services — and only about 1% of existing houses are set up for aging in place. As you consider your housing options, be sure to factor in how they can accommodate your physical needs both now and in the future.
- **Mental well-being.** Maintenance and upkeep can be stressful and costly. Living too far away from activities and opportunities that keep you intellectually stimulated can impact brain health. Living where you’re isolated from others can increase your risk of cognitive decline. Seeking a residence that reduces your stress and increases the likelihood of improving your mental health is important, no matter what the size is.
- **Financial plans.** Many seniors worry about outliving their retirement funds. As you evaluate your housing choices, factor in monthly expenses that come with each option, as well as potential age-related home modifications and health care costs, so you can see how they’ll impact your finances in the long term.

- **Family.** It's common for seniors to move closer to family so they can spend more time together. If your adult children are spread out around the country, you'll need to decide whether to move closer to one of them or to a more central location with a convenient travel hub. Another family aspect to consider is whether or not you plan to have a relative become your caregiver, if the need ever arises.
- **Lifestyle.** What kind of lifestyle do you really want? If you focus on travel, you may want to find a smaller residence to serve as your home base. If you want to have family, friends and out-of-town guests visit, a place with extra room for hosting and entertaining may be necessary.

How Senior Living Can Fit into Your Rightsizing Plan:

A national survey of senior living residents found that the top reasons for choosing to live in a Life Plan Community. These Life Plan Communities typically include independent living, assisted living, memory care, and skilled nursing care. Another study found that, overall, residents of these types of communities reported their social, intellectual, physical, and emotional wellness have improved since moving to a Life Plan Community.

In summary, knowing the difference between downsizing and rightsizing can make a big difference in the practical and creative aspects of planning your retirement years.



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A Few Summer Garden Tips From the Garden Father

By Larry Stebbins

For most gardeners in the Pikes Peak region, it has been a very bountiful year. The spring rains and cooler temperatures encouraged plants to grow. And grow they did. Now that the weather has been warming and drying up we need to pay closer attention. I have included a few tips for the summer garden.

TIP #1: A Homemade, Safe, Organic Weed and Grass Killer!

We have all heard the harmful effects from using the commercial weed killers. The list is long. I am not here to give an essay on how dangerous to us and the environment those over the counter weed killers are. Instead I am offering a safe, effective alternative. And you can make it yourself!

You must buy Horticultural Vinegar. It may not say "horticultural" but it is either 20 or 30% vinegar. Grocery store vinegar (usually 5% acidity) that you use for culinary purposes is not strong enough. Try your local, independent, garden shops first, or try your big box hardware stores. One gallon sells for around \$25.

FORMULA: fill a sprayer with: 20 or 30% vinegar, add 1/2 cup dish soap per 1 gallon, and 1 teaspoon clove oil per gallon (get at grocery store or natural food store). CAUTION: spray on a calm day (no wind). WEAR EYE PROTECTION, DO NOT GET IT INTO YOUR EYES AND KEEP AWAY FROM CHILDREN. Once sprayed on the plants, this mixture is safe around children and pets. You can buy a pump sprayer for

under \$10 from most hardware or garden shops. Spray the leaves of the weeds (grasses and all), that you wish to eradicate. In 24 hours they will be brown and dead. Be careful not to get any of the spray on plants you wish to keep. I DO NOT USE THIS SPRAY AROUND MY VEGETABLE PLANTS! You may need to reapply in two weeks.



TIP #2: Lettuce All Season Long

Some gardeners think you can only grow good lettuce in the spring or early fall. This is not necessarily true. Two weeks before I anticipate harvesting my last head of lettuce, I start some new seedlings indoors. I only plant 8 to 10 seeds and plant about 4 seeds to a small 4 inch pot. They are placed in a sunny window sill and kept moist. In about two weeks these seedlings are ready to plant outside. Two weeks after that they are ready to harvest. I keep repeating this throughout the season. I never run out of fresh lettuce.

TIP #3: Delicious Carrots Until Fall

Carrots are so good in a salad but we sometimes have trouble getting these small seeds to germinate in our garden. It takes 14 days for these small seeds to sprout. They



must be planted only about 1/8th of an inch below the soil and kept moist for the entire 14 days! This is hard to do, especially in warmer weather. Here is a tip that has worked for me. Plant the seeds 1 inch apart and only 1/8th of inch below the soil. Next cover the area that you planted with plain old burlap. Gently spray the burlap with water. Keep the burlap moist for those 14 days or until the carrots have sprouted. After one week, I check under the burlap to see if any seeds are starting to grow. Once they sprout you must remove the burlap. Remember to keep your carrots watered daily.

TIP #4: Learning About the Ripening Process of a Tomato and How To Speed Up the Process

Warmth is needed to ripen tomatoes. The cooler the soil the longer the ripening process. The attached photo of tomatoes (Big Beef), on one of my tomato plants, shows all four stages of the ripening process.



The Ripening Process: The ripening process is complex.

Stage One: Tomato cells swell in size to a mature size green tomato.

Stage Two: Fruit slightly whitens and produces ethylene gas that breaks down green chlorophyll

Stage Three: Green tomato starts changing colors (red color is lycopene), soften (breaking down of pectin in cell walls) and form seeds inside the tomato. It continues to mature.

Stage Four: Last stage is the further development of the sugars and ascorbic acid (Vitamin C). This continues if tomato is still on the vine. Again remember, cool soils slow down this process.

Since store bought tomatoes are picked before they are fully ripened (Stage Three) they lack the flavor of homegrown, ripened on the vine fruit.

Many gardeners have learned to plant their tomato plants in the warmest, sunniest corner of their yards.

TIP #5: Plant Elderberry Shrubs for Your Health and a Beautiful Addition to Your Landscape

Elderberries are an easy shrub to grow but they do need lots of room. Many varieties grow to over 8 feet and spread to 5 feet. The reward is that you get privacy if they are planted along a fence line between neighbors. One of the health benefits is that the berries offer a boost to the immune system. But our favorite is that the berries make delicious syrups and jellies! If you don't harvest them when ripe the birds most likely will enjoy eating them.

Some varieties like Black Beauty and Black Lace need each other to pollinate and produce berries, so buy one of each. Haschberg tends to be self-fertile, but will produce a larger berry yield if planted with another variety like Nova or York.

Happy Gardening

Larry, "The Garden Father"



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The Iron Springs Chateau is Back to Offering Live Entertainment in 2021

The Famous Melodramas in Manitou Springs Return

By Trevor Phipps

Before there were modern types of entertainment such as movies, television and radios, people enjoyed several types of live entertainment in their free time. All across the Wild West including Colorado, opera houses held musical performances and melodramas to entertain the people of the town.

Victor and Cripple Creek were well known in the late 1800s to have big opera houses where various types of live entertainment was held. However, now most of those big opera houses no longer exist and melodramas are not as popular as they once were. But, the Iron Springs Chateau in Manitou Springs still produces melodramas in an effort to preserve that part of local history.

According to Rebekah Ratterree, co-owner of the Iron Springs Chateau, the company came back to producing live melodramas last Memorial Weekend after taking 15 months off due to the pandemic. Prior to the shows, the company offers a dinner on the lower level and then the melodrama upstairs.

Ratterree also said that the shows run Tuesday through Saturday as long as they have reservations for at least 40 people. The theatre's website says that the shows are by reservation only, but if they are having a show on any night they will take some walk-ins if there is room.

Dinner starts at 6 p.m. and it is a three course meal starting with a garden salad. Their entrée options include a beef pot roast, an herb-roasted chicken breast, a vegetarian pasta, and a baked salmon.

The side dishes are served family style so people can pick and choose what they would like. The choices for sides are rice pilaf, homemade mashed potatoes and gravy or southern-style green beans.

The theatre doors open at 7:30 p.m., the show starts at 8 and it is usually finished by 10. "The shows are audience participatory and this season's show is called 'Honesty Always Wins or This Mine Is Mine,'" Ratterree said. "All of our melodramas are family-friendly where you 'boo' the villain, cheer the hero, 'ooh and ahh' the lovely heroine, and 'hubbahubba' your vamp (female villain)."

The History of the Iron Springs Chateau

The Iron Springs Chateau building was built in 1880 and it was originally a candy and cigar store. It changed owners several times and then the Iron Springs Company bought it and sold mineral water.

In 1887, J.G. Hiestand bought the property and built the building where the Iron Springs Chateau now calls its home. In 1964, the Chateau Players were formed and they started putting on melodramas in the theatre on a regular basis.

"We have been doing melodramas here at the Iron Springs Chateau since 1959 roughly about 61 years," Ratterree said. "The building itself was originally constructed in 1880 so we are a little bit historic and there are lots of cool stuff to look at. The Iron Springs Chateau was a part of the history of the gold rush days as they all started at around the same time and we are the only surviving one. In Cripple Creek, they still do one melodrama a year, but we do ours year round. And we have been self-sustaining since we opened."

The theatre hosts about five shows a year. In February, they put on a murder mystery for Valentine's Day, and then in the summer they normally run two melodramas. However, this year due to their time off and having limited time for production they only have one melodrama that will run until October 2.

Then, between October 22 and 30 they do "Rocky Horror Picture Show" for Halloween. Goodies bags are handed out at the door and then there will be a special costume contest on closing night on the 30th.

Starting November 19 and running until December 23 the theatre will be hosting its Christmas Extravaganza. They will be having a musical comedy melodrama followed by a holiday sing-along and a Vaudeville style holiday musical revue that is filled with songs, jokes, and skits.

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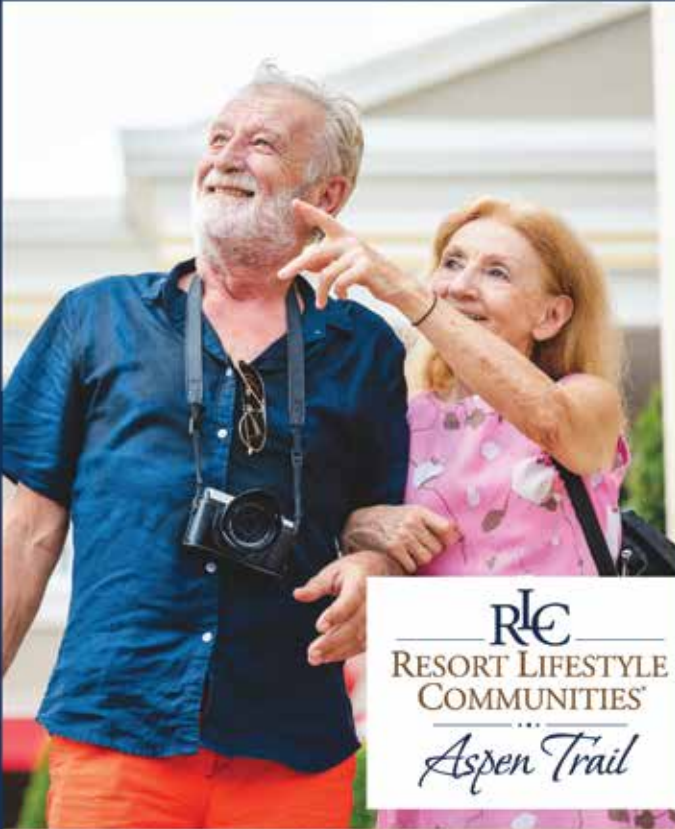
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10 Things Your Broker/Financial Adviser Might Not Be Telling You



By Money Coach Bill Stanley

Your financial person might not be totally forthcoming in these areas:

#1 – Their “trust” status. The key word in the financial industry is “fiduciary” meaning “involving trust.” A fiduciary is a person or legal entity that has the power and responsibility of acting in your best interests in situations requiring total trust, good faith, and honesty. As a Registered Investment Adviser, your Money Coach is a fiduciary and legally bound to put you, the client, first. Someone who sells you a financial product for a commission most probably is working on his/her retirement, not yours. A firm that charges by AUM (Assets Under Management) is looking to increase their bottom line, not yours. They want your every dollar under their management, which might not be the best for you. There are many in the financial industry fighting the fiduciary standard. My advice - don't give them your money. I once asked a financial person if she is a fiduciary. Answer: “Depends on what you mean by fiduciary.” Do not accept that answer. Trust is essential. Ask for it.

#2 – Your money is your responsibility. You may ask for financial help, but hire a professional, not a salesperson. With a client, I am the Chief Financial Officer and my client is the Chief Executive Officer. It is the wrong approach to give your money to someone who says, “Give me your money; I will take responsibility for it.” Educate yourself about investing. It is your Money Life.

#3 – How much you will pay. Advisers can charge in multiple ways and earn money in many more ways. Direct fees include annual Assets Under Management payment; an hourly fee (avoid these as it tends to make them work *v e r y s l o w l y*); project fee (set fee for a certain task or a certain period of time). Then there are commissions on financial and other products that they sell. In addition to “management fees,” your investments each have individual, often hidden fees. Ask for full disclosure. Years ago, one big financial company charged 1.5% annual fee to manage an S&P 500 Index Fund. At the same time, another financial company had the same fund with the same stocks with an annual fee of .07%. Do the math - same stocks, 21 times more fee. I do what I call a project fee - a flat rate for so many meetings in so many months. In addition to the meetings, my clients can email or call me without additional cost (up to a limit).

#4 - Your money might do better someplace else. Compare your adviser's interest rates on cash against your bank cash and CD rates. I use an online bank, Ally.com, for extra cash (current 0.5%). I recommend I-Bonds - U.S. Government inflation-protected savings bonds, current rate 3.57%. Bond funds can fall below the purchase price; I-Bonds do not. A Financial Adviser doesn't get a commission on I-Bonds - enough said.

#5 – “You need an annuity so

your money will not run out.” Most people who buy annuities don't understand the purpose of an annuity. Yes, an annuity, like Social Security, will provide income for a lifetime. But you must annuitize it, i.e. begin to take the money out. I've seen figures as high as only 3% of annuity owners annuitize. The other 97%, in my opinion, are helping the financial adviser (i.e. salesperson) meet quotas through some of the highest commissions in the industry. Be careful!

#6 – You need a Financial Adviser, not a debt adviser. I respectfully disagree. I work all sides of the coin - saving and spending and managing your debt. Managing money is more than just investments.

#7 – A Survivor Plan is not on a Broker to do list. As a Money Coach, I want to see Legacy Planning, and a Survivor File is top of the list. The transition should be clearly thought through and ready to implement without a bunch of lawyers. On the other hand, some financial people take it too far. I have a client whose previous Financial Adviser put her own name as beneficiary on a client account. There is a lot of foul play in the financial industry. Beware!

#8 - Your financial guy or gal may not care about Spending Plans or Buckets of Money set aside for specific experiences. He or she most probably abhors spending since it reduces assets under management.

#9 – Risk assessment is important. You must know your level of risk tolerance and have a plan to protect

your Financial Future. You need to insure your money will be there when you need it. Speaking of insurance, your Financial Planner will only be interested in life insurance if they can sell it to you (and make a huge commission). I believe life insurance should be term insurance with its only purpose to provide money when you pass. Whole life is just an expensive, commission-driven investment.

#10 - Which is better ETFs (Exchange Traded Funds) or mutual funds? Morningstar says ETFs are 21st century, mutual funds are 20th century. A Financial Adviser who makes commissions generally will opt for company-owned or affiliated mutual funds. I like ETFs, so should you.

Bottom line: It's your money, your responsibility. Educate yourself. Use a Fiduciary.

Money Coach Bill Stanley is a Registered Investment Adviser, which is a fiduciary who does not sell financial products. He educates and he coaches. Bill's passion is financial literacy for all. His first book, "Money Sense for Young Professionals" by William Stanley, is a perfect gift for that child or grandchild who is interested in having a better money life. Bill would like readers to become "scouts" for his new Foundation and help get the word out. See "William Stanley Foundation" Facebook page.

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Faith Through Older Eyes:

Blessed Assurance

By Nancy Parker Brummett



The question posed in our assisted living devotional hour was, “What makes you happy in this season of your life?” Without hesitation, one resident responded, “That I know I am going to heaven,” and the others in the group agreed wholeheartedly.

There’s a lifesaving difference between saying, “I hope I’m going to heaven when I die” and “I know I am going to heaven.” The first statement is based on our own performance here on earth, whether or not we believe we have been “good enough” to get in to heaven. The second statement is based on the truth that we will never be good enough, but that because of Jesus Christ and His sacrifice for us, we are heaven bound!

Oh the myriad of things we do to try to assure that we are secure. We lock our doors. We purchase fire extinguishers. We wear automated call buttons around our necks in case we fall and can’t get up! All those things may be wise, but they aren’t where our real security lies, are they?

Our real assurance that we are safe is not in anything we can purchase or achieve for ourselves. Our real security is in Jesus Christ because of who He is and His promises to us. The Bible is full of the promises of God to His people, and not one is a false or exaggerated promise. The one thing of which we can always be sure is that God will do what He says He will do. If He says we will have eternal life if we accept His Son as Lord and Savior, then we will have eternal life. That is our blessed assurance.

Many people have been led closer to an understanding of how secure and complete God’s love for them is by the words to the hymn “Blessed Assurance” written by Fanny J. Crosby in 1873. Blinded at the age of six weeks due to poor medical care, Fanny Crosby wrote more than 8,000 gospel song texts in her lifetime of almost 95 years. She passed away in 1915, and engraved on her tombstone in Bridgeport, Connecticut, are the words Jesus spoke of Mary, who anointed his head with oil, “*She did what she could*” (Mark 14:8).

The songs we sing, the Bible verses we read or commit to memory, the ways we see God working in our life and the lives of those around us, all those things do more to give us a sense of security than the strongest deadbolt lock we could purchase.

Help the elders you love accept that their true security, their blessed assurance, is not based on feelings. It is based on faith in Jesus Christ. And that’s a faith they can carry with them all the way to heaven.

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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Aging Gracefully with Success

By Rick Sheridan

The growing awareness of our own mortality may help us appreciate our lives more, instead of comparing our circumstances to others. The Harvard Study of Adult Development, which tracked participants into their 80s and 90s, found that lifestyle factors have a bigger impact on happiness levels than wealth or fame. And “subjective health” (how healthy you feel) has a greater impact than “objective health” (whether or not you have health issues). In other words, our feelings about aging can play a big role in how we approach it.

That is one reason why many seniors don’t see themselves as “old.” According to a Pew Research Center study, about half of young

adults aged 18 to 29 say they feel their age. But 60 percent of adults over 65 say they feel younger than their age. Only three percent feel older than their actual age. Here are some tips for aging gracefully:

1. Take care of your skin Your skin is your body’s largest organ. If you treat it with care, it can better protect your body from the elements. Be sure to: Wear sunscreen and protective clothing when outside. Get yearly skin cancer screenings. Use gentle products in your anti-aging skin care routine. Stay hydrated!

2. Exercise Regular exercise significantly lowers your risk of diseases, such as heart disease and cancer. Exercise also helps you

retain your mobility longer. It can also lower stress and improve sleep and mood. Find a routine that works for you. I have been doing a set of exercises designed for those over 50. There are five different routines that are about 10 minutes each. Another approach is to find a sport that you enjoy and use that as the basis for your daily workout.

3. Watch your diet Healthy foods are the way to go when it comes to aging gracefully. Be sure to include a lot of fresh fruits and vegetables, whole grains and healthy fats. Learn the basics of cooking so that you can make your healthy food enjoyable to eat.

4. Accept your age. There is evidence that people who maintain a positive attitude about aging live longer and may recover better from a disability. Aging is inevitable and learning to embrace it can make all the difference.

5. Do things you enjoy. Find meaningful activities every day. Spend time in nature, pursue a new hobby, volunteer — whatever brings you joy. Stay in contact with close friends and relatives.

6. Lower your stress The effects of stress on your body are vast, ranging from premature aging and wrinkles to a higher risk of heart disease. There are a number of ways to relieve stress, including: using



relaxation techniques, such as meditation, breathing exercises, and yoga, getting adequate sleep, etc.

7. Get enough sleep Getting enough sleep has been shown to: lower the risk of heart disease and stroke, reduce stress and depression, lower the risk of obesity, reduce inflammation, and improve focus and concentration.

8. Find new hobbies Finding new and meaningful hobbies can help you maintain a sense of purpose and keep you engaged throughout the course of your life. Evidence shows that people who engage in hobbies and leisure and social activities are happier, experience less depression, and live longer. Finding new hobbies can help you maintain a sense of purpose.

9. Practice mindfulness Practicing mindfulness has many proven health benefits that can help you age better, including improved focus, better memory, lower stress. Improved, emotional reaction, relationship satisfaction, increased immune functioning, etc. To practice mindfulness, try: meditation, yoga, tai chi, etc.

10. Drink plenty of water Drinking enough water helps improves your energy levels and brain function. Drinking adequate amounts of water has also been shown to help keep skin healthier and reduce signs of aging. How much water you should drink depends on your thirst, your level of activity and other factors. Speak to a doctor if you have questions or concerns about your water intake.

12. See a doctor and dentist regularly Seeing a doctor regularly can help the doctor find problems early. How often you see a doctor depends on your age, lifestyle, family history, and existing conditions. Ask your doctor how often you should go in for check-ups and screening tests as you age. Also, be sure to see a doctor anytime you experience concerning symptoms. Don't forget your dentist. According to the American Dental Association, a dentist can find signs of nutritional deficiencies, infection, cancer, and other illnesses, such as diabetes. Many dentists recommend brushing twice a day, flossing once a day, and using a mouth rinse. (source: tinyurl.com/5bhj9zxd):

Aging gracefully is more about being healthy and happy than keeping wrinkles away. Maintain a healthy lifestyle, surround yourself with people you love, and do things that bring you joy.



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SPRJ55189

Mental Quickness for Seniors

By Rick Sheridan

Mental processing speed (“quickness”) can be a way to monitor and improve a senior’s general cognitive health. This would include such things as reflex and response time, the ability to concentrate on one task, and the ability to keep up with a demanding mental set of tasks.

Mental processing speed is the speed at which your brain senses and processes incoming information and decides on the best course of action. The process is initiated when your brain senses external stimuli, such as a ball being thrown in your direction or the sound of your friend’s call for help. Once the stimulus is detected, your brain processes the information and considers the best possible responses to the incoming information.

Sports such as tennis generally need fast reaction times because the player must make a decision on how to play the next shot depending on a very complex set of reactions and responses. A boxer must have a very fast reaction and response time compared to a golfer. A golfer does have to react to a target, but his or her movement is done in his own time rather than having to move at a specific pace.

Having the ability to make effective split-second decisions based on incoming stimuli while under extreme pressure can be a valuable skill for a person of any age. Seniors often injure themselves because their slow reaction time prevents them from avoiding a fall or not being able to maneuver their feet fast enough to avoid getting a sprained ankle. The brain’s ability to sense

incoming stimuli and decide upon the best response is one of the most important (and often overlooked) aspects in athletics and some of the skills used by athletes can be learned by people of any age.

There are a number of ways you can improve your mental processing speed. Certain games that call for a rapid response time help to stimulate brain function while also providing fun times with family members and friends. This can include indoor games such as a board game, cards, etc. It can also include active sports-related activities such as pickleball or frisbee. Simple “cross-lateral” exercises can also encourage seniors to use the left and right hemispheres of the body equally. For example, someone could lift their right arm and left leg, and then reverse the process. Encouraging yourself to use your non-dominant side can help to stimulate the brain.

Around 2004, when I was in my mid-40s, I took a class in plyometrics at Sacramento City College. This class was actually part of the SCC football team’s daily workout. The plyometric exercises included rapidly changing directions around traffic cones, going from a dead stop to a full sprint at the sound of a whistle, and skipping over various obstacles while trying to catch a pass. Although this type of workout might not be appropriate for many seniors, a modified version could help to improve their mental and physical processing speed.

Soccer players use what is known as a Perceptual Training Program to increase the amount of information that can be collected by a player’s senses. Below is a small sample of

what is included:

Peripheral Awareness - Sports trainers have discovered that athletes can keep their head pointed straight at the target and learn to improve their ability to see motion to their sides.

Near Far Vision - It takes the average person several seconds to adjust their vision when they quickly go from looking at something close like a referee’s watch and action far down the field . . . or vice versa. Near Far Vision exercises done at home or before a practice can reduce the time for your vision to adapt to a change in distance.

Depth Perception - The ability of a player to accurately judge the distance an object or person is from them. Players who need depth perception training, for example, consistently shoot just above the crossbar in soccer games. Depth perception training can improve a player’s ability to judge the distance moving objects (the ball or players) are from them; or the distance a static object like a crossbar is from them.

Visual Memory – This is how long you remember what you have seen. If you scan the field and see an opponent, but don’t remember which opponent and where they are, you won’t have all information you may need to make the best decisions. Individuals who improve their visual memory become more successful in sports, school, other outside activities and in their careers.

Hearing Speed - Auditory information travels along a different cranial nerve and is processed in less time than visual information. The

mean average time for the brain to process a sound is only about 1/4 of a second. Specific training programs can make athletes aware of their options. (Source: tinyurl.com/mwxs42ps)

According to a 2017 article in the Tampa Bay Times, humans begin to lose cognitive ability at age 25. Dementia, or the decline of memory most commonly seen in aging adults, takes hold early on and is gradual, but accelerates later in life. A medical study has found a way to reduce the risk of dementia by a remarkable 29 percent with the use of computer games. The study followed more than 2,800 healthy senior adults in six locations for 10 years as they aged from 74 to 84. One of the groups used computers and had to quickly identify objects and stay focused on them, even as distracting images tried to throw them off. As people mastered these tasks, the exercises became more difficult. Researchers compared the three groups to a control group of similarly aged people who received no training. They found that the risk dropped 29 percent for dementia among those who participated in the computerized speed-training.

Adults should begin their own speed exercises as a preventative health measure. Being aware of your general mental processing speed can help you to maintain your cognitive abilities, help prevent injuries, and help you to live a more robust lifestyle.

PLAY SUDUKO

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Key on page 42.



Get established with one of our Health Care Providers at Agewell, where we focus on primary care for older adults

AgeWell Medical Associates is pleased to announce that **Katrina Grablin, PA-C** has joined their practice and is now accepting new patients. She will provide primary health care to seniors, becoming part of the AgeWell team with five other health care practitioners. Patients age 60 and above are eligible, call **719-475-5065** to schedule a new patient appointment

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Whitney Pahl, NP-C,
Lisa Foster, ANP-BC,
Brad Bingham, NP-C,
Paula Hardy, NP-C,
Jeffrey T. Kulp, MD,
Katrina Grablin, PA-C,

2350 International Circle, Colorado Springs 80910
VISIT OUR WEBSITE AT **www.agewellmedical.com**



Colorado Food and Wine Festivals are back!

Some of these events require tickets purchased in advance- check the website on each event for details

Cherry Creek North Food & Wine, Denver | August 11-14

The four-day neighborhood restaurant celebration includes wine dinners, cooking demos, oyster shucking classes and more interactive events, with a percentage of proceeds going to Food for Thought Denver. Attendees will pay \$45-\$240 for various events, including a community dinner on the plaza and grand tastings.

Various participating venues, Cherry Creek, ccnfoodandwine.com



Vino & Notes Wine Festival | August 7th

Celebrate great jazz music, scrumptious food and lots of delicious wine! Vinoandnotes.com

When: August 7th, 2021

Where: Woodland Park, Colorado

Cost: FREE

Vail Wine Classic | August 12-15

With limited capacities and outdoor tasting sessions throughout the weekend, this year's Vail Wine Classic allows for plenty of social distancing and personal time with sommeliers and winemakers. The festival lineup includes four grand tasting sessions, wine dinners, paired lunches, and classroom seminars. A portion of ticket sales benefit the Vail Valley Mountain Trails Alliance. vailwineclassic.com



Palisade Peach Festival | August 19-21

Is there anything better than biting into a fresh, juicy Palisade peach? Celebrate this year's peach harvest (and show some of our hardworking Colorado farmers some love) by attending the namesake festival. The schedule includes live music, food vendors, kids activities, a peach-eating contest, farmers' market, cooking demos, an ice cream social, orchard tours, and tons of other happenings honoring the iconic stone fruit. Palisadecoc.com



Manitou Springs Colorado Wine Festival | August 28-29

Spend your day in Manitou Springs enjoying generous tastings from 30 Colorado Wineries with live music, food & gift vendors while you stroll through Memorial Park. The ticket price includes admission to wine tastings and a free Colorado Wine Festival tote bag. Manitousprings.org

Event Date: August 28-29, 2021

Time: 11 AM – 6 PM, Ticket sales end at 4 p.m.

Location: (Memorial Park) 502 Manitou Ave
Manitou Springs

A Taste Of Colorado | September 4–6

One of the state's best-known festivals takes over Denver's Civic Center Park, with thousands of end-of-summer revelers gathering to taste distinctive Colorado dishes. Tour the state's menus with samples from more than 50 restaurants, see cooking demonstrations, dance to live music and peruse the masterpieces in 270 booths in the Arts & Crafts Marketplace. A Taste of Colorado, Denver (Sept. 4-6)

Multiple streets downtown, Denver
atasteofcolorado.com

Food & Wine Classic in Aspen | September 10–12

The Food & Wine Classic in Aspen—a legendary affair featuring cooking demos, tastings, and discussions with chefs, sommeliers, and other epicurean pros—is so popular that it's already sold out. You can, however, join a waitlist to go and or sign up to enjoy the festival's virtual programming.classic.foodandwine.com

Breckenridge Wine Classic | September 16–18

More than 100 food artisans, wineries, breweries, distilleries and more makers are featured over a weekend filled with luncheons, seminars and tastings in this mountain hamlet. Tickets range from \$99 to \$199, and the pricier option will get you back-to-back wine tastings.

Multiple venues around Breckenridge
breckenridgewineclassic.com

Snowmass Wine Festival | September 18

With the towering Snowmass Mountain as a backdrop, oenophiles will taste an array of wines from around the world, plus indulge in delicious cuisine from local chefs. Music performances, a live auction and the coinciding vintage car race round out the weekend experience.

snowmasswinefestival.com

Colorado Mountain Winefest | September 18–19

This celebration of wine goes right to the source, taking place where much of Colorado's wine is made — in Palisade. Sample the wares of 56 wineries; meet wine, cheese and peach growers; and talk with painters, ice carvers and chefs. Savor a chocolate-and-port pairing, tour a winery, attend winemaker dinners. Visitors can expect unlimited tastings from local wineries and cideries, chef demonstrations, seminars, live music, and even a grape stomp

Riverbend Park, 451 Pendleton St., Palisade,
coloradowinefest.com

Steamboat Food & Wine Festival | September 23–26

The Yampa Valley event celebrates collaborations between local and visiting chefs, sommeliers, and winemakers from across the country. Visitors can expect a long weekend full of movie screenings, wine dinners, workshops, seminars, tours, and grand tastings—all set against Steamboat's gorgeous mountain backdrop.

Steamboatchamber.com

Telluride Wine Festival | September 23–26

Now in its 40th year, this four-day fest includes everything you'd expect, and also classic cars, motorcycles and airplanes to ogle against the backdrop of the San Juan Mountains. Festivalgoers attend cooking demonstrations, concerts, decadent meals and seminars led by sommeliers and celebrity chefs. Tickets range from \$100 to \$1,700. Smaller entry fees allows access to four hours of unlimited food, wine, beer and spirits.

Town Park, Telluride, telluridewinefestival.com

Pueblo Chile & Frijoles Festival September 24–26

A true Colorado classic, this festival is also one of the more accessible activities of the season, with a \$5 entrance fee. This event is your best chance to taste of the pride of Pueblo — a special, intensely flavorful variety of green chile. Served smoking on a stick, chopped and tucked into a quesadilla or sprinkled in salsa, it's the star of this show. Cooking competitions, live music, dancing, arts and crafts, and a farmers' market round out the festival fun.

Union Avenue, Historic Downtown Pueblo, festival.
pueblochamber.org

Oktoberfest Woodland Park | September 18-19

You'll find fun for the whole family including live music, plenty of authentic German food and drinks, arts & crafts and children activities. Don't miss the ceremonial keg tapping on Saturday at 11 AM right after the national anthem. The two-day Oktoberfest in Woodland Park is a great way to enjoy this beautiful mountain town. No Pets, please.

Times: 11 AM – 6 PM

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

Admission: \$8 per adult; \$7 seniors (62 and under) & active duty military; Under 21 Free
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Fruit 'N' Nut Tossed Salad

Directions Ingredients

- 1 head romaine, torn
- 1 can (11 ounces) mandarin oranges, drained
- 1 cup seedless red grapes, halved
- ½ cup slivered almonds, toasted

DRESSING:

- ¼ cup vegetable oil
- 3 tablespoons sugar
- 3 tablespoons lemon juice
- ¼ teaspoon grated lemon zest
- Dash salt and pepper

1. In a large bowl, gently toss the romaine, oranges, grapes and almonds. In a small bowl, whisk the
2. dressing ingredients. Drizzle over salad and toss to coat.



The Labor Day Burger

Ingredients

- 6 slices bacon
- 1 tablespoon bacon drippings
- 1 pound ground beef
- 1 cup dry bread crumbs
- 1 tablespoon red pepper flakes
- 1 pinch freshly ground black pepper
- ½ cup shredded Colby-Jack cheese, or more to taste (Optional)
- 2 slices Colby-Jack cheese (Optional)
- 2 thin tomato slices
- 2 slices avocado
- 2 hamburger buns, split

Directions

1. Place bacon in a large skillet and cook over medium-high heat, turning occasionally, until evenly browned but not totally crisp, about 8 minutes. Drain on paper towels. Retain 1 tablespoon bacon drippings.
2. Mix ground beef, bread crumbs, red pepper flakes, black pepper, and retained bacon drippings in a bowl until thoroughly combined; divide meat mixture into 4 equal portions. Form each portion into a large patty, making them as thin as possible. Sprinkle shredded Colby-Jack cheese onto 2 of the patties, leaving an edge about ¾ inch wide uncovered. Place second patty onto the cheese and press the edges of the patties together to create 2 cheese-stuffed burgers. Place stuffed patties into freezer to chill slightly, about 10 minutes.
3. Preheat an outdoor grill for high heat.
4. Spray the grill grate with cooking spray and place burgers onto grill; turn heat to low, place lid over grill, and cook until outsides of burgers are lightly charred and cheese has melted, about 10 minutes per side. Maintain grill temperature at about 300 degrees F (150 degrees C). Use a spray bottle of water to control flames; flames should just lightly contact the bottoms of the burgers to create a slight char. After the first flip, place 3 partially-cooked bacon slices onto each burger.
5. About 2 minutes before burgers are done, place a Colby-Jack cheese slice onto each burger; top with tomato and avocado slices and transfer burgers to plate to rest for 1 or 2 minutes. Serve burgers on hamburger buns.





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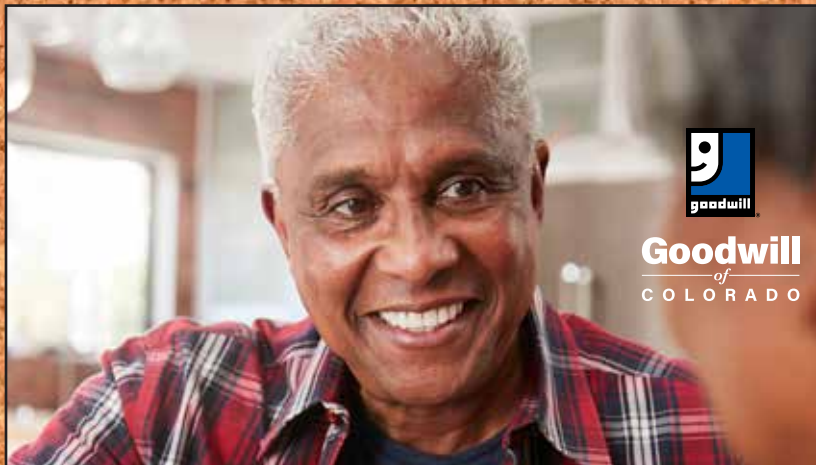
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Calendar of Events for August & September 2021

(visit their website for any last-minute scheduling changes)

Mountain Arts Festival In Woodland Park

- What:** Find a variety of high quality and unique artwork from artists from all across the nation. Booths will feature jewelry designers, woodcarvers, photographers, painters, potters and much more. There will be plenty of delicious food vendors to satisfy your taste buds while browsing the beautiful art pieces. With the picturesque backdrop of Pikes Peak- America's Mountain, the Mountain Arts Festival in Woodland Park is a beautiful piece of art itself. Come and see incredible and unique works of art. No Pets, please.
- When:** August 7-8, 2021
- Time:** Saturday - 10:00am - 5:00pm, Sunday - 10:00am - 4:00pm
- Where:** Ute Pass Cultural Center: 210 E. Midland Ave. Woodland Park, CO 80863
- Cost:** Free

1st Annual Brew & BBQ Festival

- What:** Come out for the 1st Annual Brew & BBQ Festival. The festival will be hosted at the iconic Soccer Haus in Colorado Springs, Colorado. This state of the art 48,000 square foot indoor facility will be the largest indoor festival of 2021 in the State of Colorado. The festival will give the opportunity for a somewhat sense of normalcy with plenty of room to socially distance.
- When:** Sat, Aug 14, 2021, 10:00 AM
Sun, Aug 15, 2021, 2:00 AM MDT
- Where:** Soccer Haus, 4845 List Drive Colorado Springs, CO 80919



Feast Of Saint Arnold

- What:** "Colorado's Family Friendly Beer Festival" showcases the best of Colorado's craft brewers, winemakers, and emerging distilleries. It is located on the historic 2 of the Chapel of our Saviour Episcopal Church in the heart of the Broadmoor Neighborhood at the foot of Cheyenne Mountain.
- Cost:** \$40-\$75
- When:** August 14th 2021
- Time:** 12:00 PM to 4:30 PM
- Where:** Chapel of Our Saviour Episcopal Church, 8 4th Street, Colorado Springs
- Email:** Arnold@WoofMediaLLC.com
- Cost:** \$40-\$75



Donkey Derby Days

- What:** For more than 80 years, Donkey Derby Days have topped the list of favorite Cripple Creek events. People from all over the world descend on downtown, drawn by a chance to watch a race inspired by the town's resident donkey herd, believed to be distant relatives of the original donkeys from the town's Gold Rush days. Enjoy games, live entertainment, heritage competitions and other fun family activities that will make your visit one to remember!
- When:** August 14-15, 2021
- Where:** Downtown Cripple Creek, Colorado
- Cost:** FREE



City as a Venue: Working: A Musical

- What:** Based on Studs Terkel's best-selling book of interviews with American workers, Working paints a vivid portrait of the men and women that the world so often takes for granted: the schoolteacher, the phone operator, the server, the millworker, the mason, and the stay-at-home parent, just to name a few. Nominated for six Tony Awards, this classic has been updated for a modern age, featuring new songs by Tony Award-winning Lin-Manuel Miranda, as well as favorites by Stephen Schwartz, Craig Carnelia and James Taylor.
- When:** August 25th
- Time:** Tuesday, August 24-Saturday August 28th , 2021 8:00 pm
- Where:** Colorado Springs Fine Arts Center at Colorado College 30 W Dale St Colorado Springs
- Cost:** \$25.

Hot Rod Rock & Rumble

What: Motorsports, music and a pre- '76 car show make for the perfect weekend in the Rocky Mountains. Organized by Pikes Peak International Raceway, Colorado's largest Rockabilly festival features a pre-'76 car show, drag racing, burnout and flamethrower contests, a pinstriper panel jam, pinup contest and 13 bands on multiple stages. Grab a camping pass and enjoy an entire weekend of entertainment in the Rocky Mountains.

When: August 27-29, 2021

Where: Pikes Peak International Raceway in Fountain, Colorado

Cost: \$35 - military discounts available

Early Bird Hike and Bike in Garden of the Gods

What: The Early Bird Hike & Bike at Garden of the Gods is an opportunity for recreationalists to enjoy the park and its roadways without motor vehicles. Parking is available in the naturally-surfaced overflow lot near the park's main entrance on 30th Street and in the parking lot at the Garden of the Gods Trading Post. Accessible parking spaces are available at the Trading Post

Time: Wednesday, August 25, 2021 5:00 am - 8:00 am

Wednesday, September 29, 2021 5:00 am - 8:00 am

Where: Garden of the Gods 1805 N 30th St Colorado Springs, CO

Colorado State Fair

When: Aug 27th -September 6th

What: Join us in 2021 in Pueblo, Colorado for our annual fair. Free attractions, carnival & entertainment... Fun for the whole family

Web: www.coloradostatefair.com

Mountain Top Cycling Club - Bike the Night Ride

When: September 4

What: On Labor Day, Sept. 4, the Club hosts its Bike the Night ride, as it has in the past before COVID-19. The ride is sponsored by Park State Bank & Trust and United County Timberline Realty.

Time: 8:00 PM - 10:00 PM Mountain

Where: Memorial Park 200 N. Park St. Woodland Park, CO 80863

Labor Day Lift Off

What: The Colorado Springs Labor Day Lift Off brings fun and excitement throughout the Labor Day Weekend for the entire family. Celebrate Labor Day Weekend with the 2021 Colorado Springs Labor Day Lift Off from Memorial Park Early morning balloon launches and evening balloon glows, this is one weekend you won't want to miss.

When: September 4 - 6, 2021

Where: Memorial Park

Cost: FREE



2021 Commonwheel Art Festival

What: Commonwheel Artists Labor Day Art Festival is a juried three-day event filled with high quality artwork, talented musicians, and fabulous food in Manitou Springs' Memorial Park. Art and music patrons can sit and listen (or dance) to their favorite entertainers while enjoying a tasty treat and a cold drink, including beer and wine options.

Time: 10-5pm Daily

When: September 4th, 5th and 6th

Where: Memorial Park, Manitou Springs

Email: festival@commonwheel.com

Phone: Commonwheel Message Phone - (719) 577-7700



Calendar of Events

6th Annual Heritage Brew Festival

What: 30 brewers and 3 bands bring Memorial Park to life for the last Saturday in September! All proceeds benefit the Manitou Springs Heritage Center.

When: September 18th

Where: Memorial Park, Manitou Springs

Cruise Above the Clouds Car Show

When: September 11

What: We are looking forward to the Cruise Above the Clouds show this year in beautiful Woodland Park, Colorado. We will NOT be having the second day in Cripple Creek. We are working diligently on updating our website so that you can register. Get those cars ready., we can't wait to see you!

Time: 9:00 am - 4:00 pm

Where: Memorial Park 200 North Park Street, Woodland Park, CO



Woodland Park Wind Symphony's Fall Concert

When: September 12

What: Woodland Park Wind Symphony's Concert.

Time: 6:00 PM - 8:30 PM

Where: Ute Pass Cultural Center 210 E. Midland Ave. Woodland Park, CO 80866

Van Briggles: The Manitou Connection

When: September 15th-19th

What: See one of the Pikes Peak region's largest museum and virtual exhibits of Van Briggles pottery. Learn more about Artus and Anne Van Briggles' connection to historic Manitou Springs. View dozens of beautifully designed pottery creations crafted by internationally acclaimed artist, Artus Van Briggles. Visit our museum to see our Van Briggles collection or view our online Virtual Museum exhibit at www.manitouspringsheritagecenter.org/

Time: 11:30 am - 3:30 pm

Where: Manitou Springs Heritage Center 517 Manitou Springs Ave, Manitou Springs, CO

Colorado Gun Collector's Show

When: September 18th-19th

What: The Colorado Gun Collectors Show will be held at the Colorado Springs Event Center and hosted by Colorado Gun Collectors Association. All federal, state and local firearm ordinances and laws must be obeyed. Historical, Antique and Collectible firearms and accessories. Over 40 displays of various types of weaponry. Vintage Old West Arms and Accouterments as well as Civil War to WWII weaponry.

This is only once a year and this is our 54th year.

Time: Sat, Sep 18 9am -5pm Sun, Sep 19, 9am-3 PM

Where: Colorado Springs Event Center - 3960 Palmer Park Blvd, Colorado Springs, CO



Woodland Music Series

When: September 25

What: Music Series in the Midland Pavilion

Time: 11:00 AM - 1:00 PM Mountain

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

Email: festival@commonwheel.com

Phone: Commonwheel Message Phone - (719) 577-7700

Active Minds for Events for August, 2021

NEW: Active Minds programs are currently being offered both virtually and in-person and are all free of cost.

Please check our website for any changes
https://activeminds.com/events_denver.html.

The Erie Canal

Monday, August 9, 2021, 2:00-3:00 pm
Mountain Time (webinar)

The Erie Canal was an engineering marvel that altered the course of the early history of the United States.

Host: Jefferson County Public Library

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



Van Gogh

Tuesday, August 10, 2021, 12:30-1:30 pm
Mountain Time (webinar)

Join Active Minds for a journey into the life and art of Vincent Van Gogh, whose painting career spanned only 10 years, during which time he produced over 900 paintings, selling only one

Host: The Tattered Cover Bookstore



India in Crisis

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

The COVID crisis began setting tragic mortality records in India this past spring and the situation is likely to get worse before it gets better.

Host: Residences at University Hills, 2775 S Brook Dr, Denver, CO 80222 720-428-8869

RSVP required: 303-751-1811 (ext 5)

Other: Attendees must wear face coverings & practice social distancing

The History of Denver

Thursday, August 12, 2021, 1:00-2:00 pm Mountain Time (webinar)

Come learn the stories of the Mile High City.

Host: Central Park Master Community Assn & Denver Public Libraries

The History of Colorado

Friday, August 13, 2021, 2:00-3:00 pm Mountain Time (webinar)

Come discover the stories of Colorado History.

Host: Arapahoe Library District

Magellan

Monday, August 16, 2021, 2:00-3:00 pm Mountain Time (webinar)

Ferdinand Magellan was one of the most significant explorers of all time.

Host: Bemis Public Library, 6014 S Datura St, Littleton, CO 80120.
303-795-3961

Water in Colorado

Monday, August 16, 2021, 6:00-7:00 pm Mountain Time (webinar)

Water may well become the most disputed natural resource of the 21st century.

Host: Arapahoe Library District

The River Nile

Wednesday, August 18, 2021, 1:30-2:30 pm Mountain Time (webinar)

In 2020, the controversial Grand Ethiopian Renaissance Dam began operating on a section of the Nile river in Ethiopia.

Host: Washington Street Community Center, 809 S Washington St, Denver, CO 80209

303-733-4643 and Tattered Cover Bookstore.

The Story of Salt

Thursday, August 19, 2021, 2:00-3:00 pm
Mountain Time (webinar)

The word "salary" comes from "salt" and indicates the historic value placed on this important commodity.

Host: Windsor Gardens, 597 S Clinton St, Denver, CO 80247
303-364-7485



The National Parks

Monday, August 23, 2021, 2:00-3:00 pm Mountain Time (webinar)

The world's first national park, Yellowstone, was created by an act of Congress in 1872. Host: Jefferson County Public Library

The Discovery of the South Pole

Wednesday, August 25, 2021, 1:00-2:00 pm
Mountain Time (webinar)

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

Host: Longmont Senior Center,

910 Longs Peak Ave, Longmont, CO 80501... 303-651-8411



Peru

Thursday, August 26, 2021, 1:00-2:00 pm
Mountain Time (webinar)

In 2021, Peru marks the 200th anniversary of its declaration of independence after three hundred years of Spanish colonial rule.

Host: Castle Rock Senior Center

2323 Woodlands Blvd, Castle Rock, CO 80104... 303-688-9498



Ireland/Northern Ireland

Monday, August 30, 2021, 2:00-3:00 pm Mountain Time (webinar)

In January 2020, the United Kingdom (including Northern Ireland) completed the first stages of its exit from the European Union.

Host: Jefferson County Public Library

Scotland

Thursday, September 16, 2021, 2:00-3:00 pm Mountain Time (webinar)

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.

Host: Windsor Gardens, 597 S Clinton St, Denver, CO 80247
303-364-7485

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Crossword Puzzle Solution

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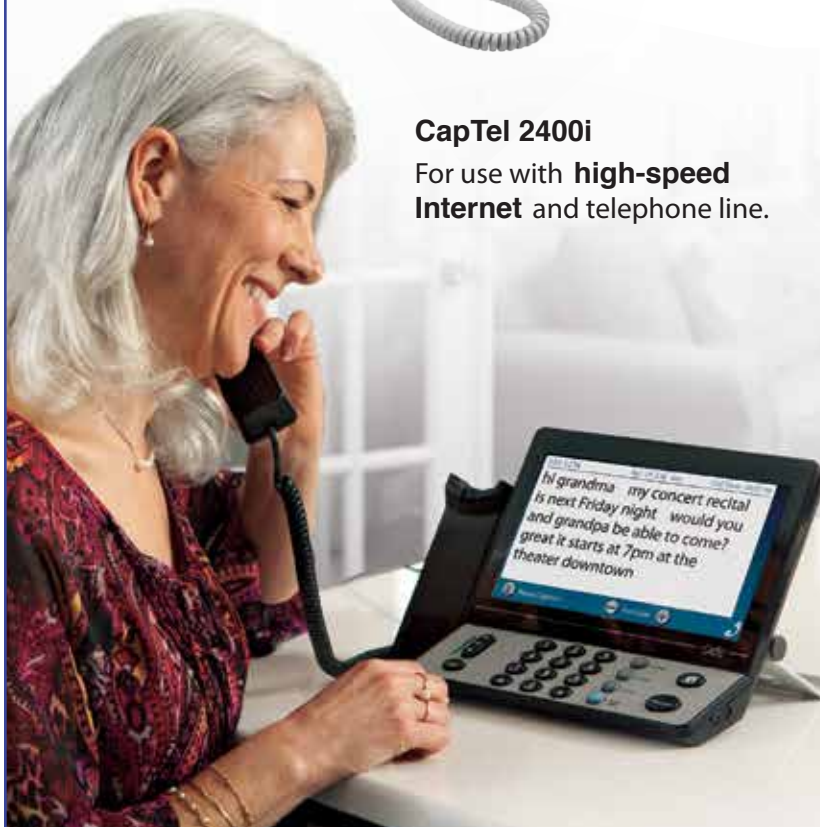
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