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PIKES PEAK

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Letter from the Editor

By Trevor Phipps



Dear Readers,

Well, it looks like we have just about traveled around the sun once again as the holiday season signals a new year. As I was reading the articles in this issue of *PPSN* I couldn't help but notice a recurring theme. From our Tinsel Town Talks columnist bringing up old movies and old toys, from contributing editor Rick Sheridan's presidential speeches of the last century or so, many of the articles in this issue offer a "throwback" to times in the past.

Recently, I was having a conversation with my mother and she was unfamiliar with the term "throwback." For the rest of you who may not know what it means, the definition of throwback is "a person or thing having the characteristics of a former time." A good example of this would be in the National Football League where during at least one home game in the season they wear throwback jerseys or the jerseys they wore in some other time period.

Every once in a while it is a good idea to take time to reflect upon the past in order to make you develop a better appreciation of present times. As everyone knows, with technology advancing so quickly things now are completely different than they were 30, 40, or even 50 years ago. For instance, society has made a jump from using rotary phones to having a mini camera and computer in their pockets in less than a century.

So for this Christmas-themed issue I thought it would be fun to take a look at the past and compare the most popular Christmas gifts of 50 years ago to what they are in 2021.

Popular Gifts for Kids Christmas 2021:

VTechKidiZoomPrintCam- This small camera allows children to take pictures and instantly print them out and turn them into stickers.

L.O.L. Surprise! O.M.G Movie Magic Studios- O.M.G Movie Magic Studios includes 12 of the popular dolls, 70 unboxing experiences, and even a box that doubles as a movie studio. The kids will have hours of fun making "movies" with their dolls.

Barbie DreamCamper- Since it was released in the Spring of 2020, the Barbie 3-in-1 DreamCamper, a camper van with a swimming pool that transforms into a truck and a boat, has been a hot item.

T-Rex Volcano Arena playset-This supersized Hot Wheels Monster Trucks set, brings together the collectible cars, monster trucks, dinosaurs, and lots of action. The

Hot Wheels Monster Trucks

volcano lights up, makes noise, and "erupts" every loop until the T-Rex breaks through.

Move2Play Kidz Bop

Microphone- Kidz Bop fans will have a blast singing along to their favorite tunes courtesy of the young musicians of Kidz Bop with this karaoke microphone.

Popular Gifts for Kids Christmas 1971:

Space Hopper- Also known as a moon hopper or skippyball, this toy was a rubber ball (similar to an exercise ball) with handles which allow one to sit on it without falling off.

Master Mind Board Game-

This code breaking game had players guess the color code their opponent created.

Weebles- These egg-shaped characters are created to where they always stand back up after wobbling around.

Clackers- These two balls on a string were famous for making a "clacking" sound when swung up and down.

Etch a Sketch- This famous toy allow kids to use their imagination and draw. The toy celebrates its 60th anniversary this year and they can still be purchased!

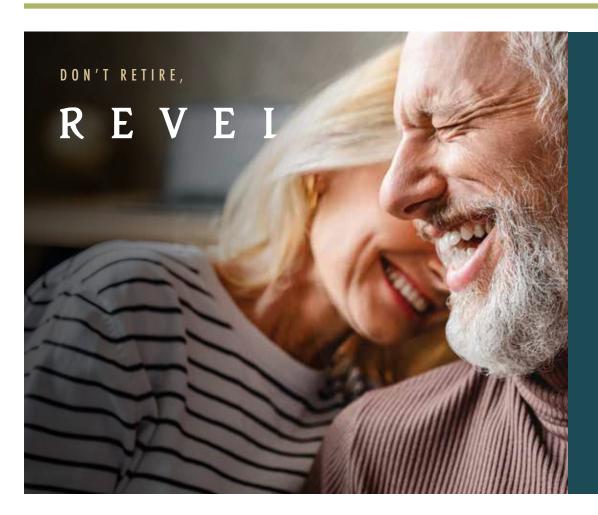
So for this holiday season I propose you take some time to appreciate the past. Maybe during one cold evening this winter, consider setting down your phone and turning on your favorite classic Christmas movie.

Sincerely,

Trevor Phipps,

Managing Editor,

Pikes Peak Senior News



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Tinseltown Talks: Claude Jarman Jr. Recalls a Family Classic: "The Yearling"

By Nick Thomas

Premiering in Los Angeles a few days before Christmas 75 years ago this year, "The Yearling" depicted the post-Civil War Baxter family struggling to survive in the backwoods of Florida. Notwithstanding fine performances from screen parents Gregory Peck and Jane Wyman, the film soon became a family favorite due in no small measure to Claude Jarman Jr. and his dramatic portrayal of their son, Jody.

Just 10-years-old when filming began in spring 1945, it was young Claude's first professional acting job. His powerful emotional performance was recognized with a Juvenile Academy Award.

"The only previous experience I had was in fourth and fifth-grade school plays and some community theater in Nashville where I grew up," said Jarman from his home north of San Francisco. "MGM conducted a national search and the director, Clarence Brown, wanted a boy who was totally natural and looked the part – a skinny blonde kid, which I was."

Location filming in Florida took several months and was especially challenging because the director required dozens of takes for almost every scene which often featured animals, notably wild deer.

"They are obviously unpredictable," explained Jarman. "In one scene I had to run up to a neighbor's house with the deer following me, but it

wouldn't. We had to do that probably 100 times before getting it right."

Jarman says several fawns were used in the film and each was named.

"My favorite was called Bambi and it grew into a yearling during the movie. Bambi was probably in 70% of the scenes where you see a deer and was the only one that would sit on my lap for hours with its legs folded which is usual because they normally want their legs down so they can quickly run from danger. I had a wonderful relationship with that fawn which, like me, grew up while making the movie."

Like Bambi, Claude also grew taller during production, but he actually lost weight as the grueling shooting progressed through the humid Floridan summer.

"In those days, we could shoot 7 days a week in Florida," he recalled. "I was 110-lbs at the beginning of filming but lost 10-lbs by the end and was totally spent."

Considering his limited previous acting experience, Jarman's moving performance is still impressive to watch, especially the final scenes with the deer.

"The cast and crew were together for many months, so as the filming progressed you really got into the part and lived it," he said. "It was emotional for me, but you just took it one day at a time."

Jarman's film career ended in the mid-50s, but not before working

with legends such as John Wayne in "Rio Grande" and Randolph Scott in "Hangman's Knot." "Intruder in the Dust," dealing with racial issues in the South, remains a personal favorite. He discusses his career in his 2018 autobiography, "My Life and the Final Days of Hollywood," available through Amazon and his Facebook page https://bit.ly/3oG83n6.

"I made 10 other films after 'The Yearling," says Jarman, "but nothing came close to being as difficult."

Nick Thomas has written features, columns, and interviews for numerous magazines and newspapers. See www.tinseltowntalks.com.







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LIVE EXTRAORDINARY

Enjoy Mountain Towns in the Winter with These Non-Skiing Options

Towns Known as Prime Spots for Skiers Have Plenty of Other Things to Do Besides Hitting the Slopes

By Trevor Phipps

In the wintertime, a good portion of the residents across Colorado get excited for the skiing season to start. Skiing and snowboarding buffs fill mountain towns across the state to glide down the steep cliffs on fresh powder after a good snowstorm.

However, not everyone who lives in the state is into the snowboarding or skiing scene. Since the sports are so physically demanding, many people choose to give up these hobbies once they enter their golden years.

Luckily, Colorado still has several fun activities to do in the winter that aren't skiing or snowboarding. Actually, the state is filled with other wintertime activities including snowshoeing, snowmobiling, snow tubing, and more relaxing options like enjoying spa treatments or practicing yoga.



Pretty much every ski resort town in Colorado is filled with options to entertain those who choose not to spend their days on the slopes. Most of the small towns in the high mountains offer unique dining options as well as luxurious places to stay.

Therefore, non-skiers can still feel welcome travelling to the well-known resort towns in the state when friends and family decide to take a skiing trip. While the skiers and snowboarders are out getting their adrenaline fix, non-skiers can check out the other things to see in the historic mountain towns.

Aspen, Vail, and Keystone are three of the most popular hubs for snowboarders and skiers once the snow starts flying. Below are some of the things to do in these three areas for those who wish to avoid the slopes.

Aspen

Aspen is probably one of the most famous small resort towns in Colorado's central mountains. Every year over a million people visit the four ski resorts in and around the city. According to the Aspen Times, in 2019 the four resorts broke a record with over 1.5 million visitors.

Celebrities and people from all across the world put Aspen on their list as places to see. And, the city also has many other things to offer besides their famous slopes.

For those who still want to enjoy the outdoors, they can take a snowcat tour up Aspen Highlands Mountain and feast on a four-course meal at the Cloud Nine Bistro on the mountaintop. At Snowmass, which is near Aspen, people can take their chances at snow tubing or an alpine coaster ride.

After a day adventuring around in the mountains, visitors can relax in one of the city's spa options. The Remede Spa at the St. Regis Aspen has a full range of treatments available including cold plunges, steam caves, hot tubs, and an oxygen lounge. Visitors can also choose

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to go the Auberge Spa inside Hotel Jerome or the Spa at Viceroy Snowmass.

If staying in the city for the day is preferred, Aspen has plenty of galleries to check out for art lovers. The most famous place for various types of artwork is the 33,000 square foot Aspen Art Museum. People can also choose to visit well-known galleries such as the Chacha Gallery or Boesky West.

After a day of visiting the city, Aspen has a large variety of places to eat. Visitors have the option of taking a horse drawn sleigh up the road from Aspen to dine at Pine Creek Cookhouse to enjoy a meal with mountain views. The J-Bar at Hotel Jerome is also a popular spot and it is known for their famous J-Bar burger. The Meat & Cheese Restaurant and Farm Shop offers farm fresh meals and specialty ingredients available for purchase.

Those who wish to stay the night in Aspen could stay at The Little Nell which is a favorite of regular visitors as it offers direct access to the slopes. People can also stay at Hotel Jerome right down the road that offers a luxurious Western vibe. The Gant Aspen, A Destination Hotel offers several amenities including two heated swimming pools, five tennis courts, multiple hot tubs and a fitness center.

Vail

Vail is also a very well-known town as the Vail Ski Resort is the largest ski mountain in Colorado. Like Aspen, Vail also sees over a million people visiting the city in the winter on average. Vail also sees many visitors in the summer time due to the large amount of other things to do besides skiing or snowboarding.

Outdoor enthusiasts might enjoy a free guided snowshoeing tour at the Nature Discovery Center in a yurt at the top of the mountain. Those visiting can also enjoy the scenic views while riding the Eagle Bahn Gondola up Vail Mountain. For people who prefer indoor winter sports, the Dobson Ice Arena offers open ice skating.

The city also offers several spa options. The RockResorts Spa at the Lodge at Vail offers full service massages after a day of adventures. Simple Massage in Vail has deep tissue massages that use a CBD salve.

For those wanting a more relaxing experience, they could take a private limo tour to check out all of the breweries and wineries in Vail Valley. For history lovers, the city has the Colorado Snowsports Museum Hall of Fame as an option. The city has hundreds of stores where visitors can shop and there are street art installations throughout Lionshead and Vail Village.

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Travel and Leisure



At the end of the day, the city has more than enough options for gourmet dining. Bol offers 10 bowling lanes with entrees like edamame with wasabi aioli or lamb lollipops with an anchochile marinade. La Bottega offers an upscale Italian cuisine with entrees like Wagyu beef and black truffle ravioli with mushroom ragu or a truffle pizza with duck egg, bufala mozzarella, arugula, and white alba truffles. Matsuhisa offers Japanese dishes such as a soft shell crab spring roll with ponzu mayo or broiled black cod with miso.

The town also has many options for staying the night including five star accomodations like the condos at the Four Seasons Vail Resort. Arrabelle at Vail Square is located at the base of the Eagle Bahn Gondola and it offers a spa, tavern, rooftop hot tubs, and a lap pool. The Lodge at Vail is the town's first hotel and pool that has two hot tubs with fire pits and a full bar.

Keystone

Keystone is one place in Colorado that definitely caters to the skiing and snowboarding crowd. However, there are a few things to do at Keystone that aren't related to the slopes, and there are other things to do in the towns located nearby.

Like other skiing hubs, the Keystone Resort offers beautiful gondola rides up the mountains for non-skiers. People can also tour the Erikson and Bergman Bowls in a snow cat by taking the Mountaintop Family Adventure. There are also two different ice skating rinks near the resort at Keystone Lake and Dercum Square.

For those wishing to stay indoors, they could take a yoga class at the resort's Studio K which is a yoga and fitness studio. Afterwards, visitors can enjoy a variety of massages and facial and body treatments at the resort.

For the shoppers out there, the River Run on the Keystone Resort property offers several stores to choose from. Those who want to venture away from the resort can check the outlet malls in nearby Silverthorne. The city of Frisco also offers various shopping options.

The Keystone Resort is also the home to several dining

options. Der Fondue Chessel offers a four-course dining experience and it requires riding two gondolas to get to it. Those seeking an adventure could enjoy a sleigh ride dinner by taking a horse drawn sleigh to a remote homestead for a three course meal. The resort also has a soup bistro and the Alpenglow Stube which offers fine dining experiences.

Those wishing to be close to the resort could stay at one of the lodging options at Keystone. People who want to check out surrounding areas could also choose one of several hotels in the nearby cities of Dillon, Frisco, or Silverthorne.

Before Going Home Visit a Real Gold Mine

History buffs and longtime residents alike know that Colorado is known for being mining country. Some of the first settlers came to the state in search of precious metals including but not limited to gold.

For those wanting to learn all about gold mining operations, they can visit the Capital Prize Gold Mine located in Georgetown, Colorado which is east of Vail, Keystone and Aspen on Interstate 70. The mine offers tours year round due to the fact that the mines are warm and dry once inside them.

Visitors have the chance to venture over 1,000 feet into a real gold mine to experience what is was like to be a hard rock miner over 100 years ago. People can see actual working tools for mining and a number of gold and silver ore specimens.

The tour includes 17 gold/silver veins that have been discovered over the years. Visitors also can find their own gold and silver ore while inside the mine and then learn how to break the rock and see what's inside it once outside of the mine.

References

What to do in Colorado if you don't ski? https://bit.ly/3Ctjmnx

A non-skier's guide to Aspen https://cnn.it/3Huwdtf

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The Best Things To Do In Aspen Besides Skiing https://bit.ly/3oxDr6Y

10 Wonderful Things To Do In Vail Besides Skiing https://bit.ly/30z4SVE

Top 19 Cool & Unusual Hotels in Vail https://bit.ly/3DvWVza

Things to Do in Keystone CO Off the Slopes https://bit.ly/3FoXKdN

Capital Prize Gold Mine Tours https://bit.ly/2YY27wN

Christmas Meals, A Time for Giving and Receiving



By Rick Sheridan

Most Pikes Peak Senior News readers are probably planning a large Christmas meal with friends and family this year. Although there are still some limitations from the Covid-19 pandemic, this year's Christmas will be more relaxed and festive than what most people experienced last year.

For lonely seniors who have lost their spouse or live a long way from family, there are a variety of free Christmas meals to enjoy. Some of these gatherings started out as being primarily for the homeless in our community. This has expanded in recent years to include lonely individuals along with anyone who wants to get out and try something different.

This article has two parts. The first is a basic list of places in the Pikes Peak region that are planning to host free community meals on Christmas. The second part of the article is a call to action to any seniors who would like to make a difference by supporting meals programs, food banks and other community pantries. As someone who is relatively affluent, I feel a twinge of guilt when attending these meals, and I always try and give at least as much as I receive.

Pt. 1- Here are some of the Christmas meal programs:

The Sanctuary Church's Ragamuffin Cafe will be serving a Christmas meal on December 19th (9:00am) which is the Sunday before Christmas. Located at 1930 W Colorado Ave, Colorado Springs, CO 80904 (Served in the gym behind the church).

Catholic Charities of Central Colorado - Christmas meal will be served at the Marian House from 10:30 a.m. -1:00 p.m. with the last seating being at 12:45.

228 North Cascade Ave., Colorado Springs.

(719) 866-6443 / (719) 200-8505.

Silver Key's Giving Tree program. This includes some food items along with crossword puzzle books, mittens, etc. To receive you need to be a SilverKey client. (719) 884-2300.

Springs Rescue Mission 5 W. Las Vegas St., Colorado Springs.(719) 632-1822

They are planning to have a community meal the day before. Please call to confirm.

Care and Share Food Bank, 2605 Preamble Point, Colorado Springs, CO 80915, (719) 528-1247, www. careandshare.org (Pickup supplies before Christmas).

The Salvation Army Colorado Springs Corps, 910 Yuma St, Colorado Springs.

They are planning to have a community meal on Christmas day. Please call to confirm. (719) 636-3891 or (719) 635-1287.

Fishes and Loves 2221 N Wahsatch Ave., Colorado Springs. (817) 966-7939 Fishes and Loves will be giving out take-home bags of groceries the weekend before Christmas. Please call for more information.

Hillside Community Center 925 South Institute Street, Colorado Springs. (719) 385-7900. Food pantry will provide basket around Christmas. Please call for the exact times.

Woodland Park Community Church 800 Valley View Dr, Woodland Park, CO (719) 687-9444 Call for more information about the Salvation Army meals.

Pt. 2- Volunteer at the Christmas Meal or at a Local Food Bank:

- Most of the Christmas meal programs welcome walkon help. Call early if you can.
- You could also donate food to the Christmas meal program.
- If you are busy on Christmas, please consider volunteering at a local food bank later.
- You could also deliver food boxes through a local meals-on-wheels program.

Help With the Fundraising. Here are Several Possibilities:

- Hold a bake sale. Sell your crafts. Set up a lemonade stand with the kids.
- Organize a fundraiser at work.
- Ask your friends to donate money to local food banks instead of gifts to you for your birthday. This can be done through Facebook or other social media. Or, you can ask friends informally.

All of us at the *Pikes Peak Senior News* wish you a Merry Christmas!



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An Interview with Derek Wilson of Silver Key



By Rick Sheridan

Silver Key was founded in 1970 here in Colorado Springs by a group of concerned citizens who wanted to improve the quality of life for older individuals. Since then, services, programs, staff, and volunteers have continued to expand to address the rapidly growing needs among older adults.

Each year, Silver Key serves more than 11,000 seniors in the Pikes Peak region with a wide variety of needs. For example, nearly 2,000 seniors use Silver Key's food pantry every month. Silver Key employs 80-plus staff and is supported by more than 600-plus volunteers.

Pikes Peak Senior News reached out to Derek Wilson, MEd, the Chief Strategy Officer for Silver Key. Here is a summary of what Derek told us.

Pikes Peak Senior News (PPSN): How is the new housing project coming along? Any other new projects that our readers should be aware of?

Derek Wilson (DW): Our Housing Initiative continues to gain momentum and community interest. We held an invitation community conversation and support launch event at the end of September. This well attended event helped us to gain even greater clarity on this important community health issue. Social Determinants of Health start with safe and stable housing. Silver Key serves seniors who face unique challenges and barriers that we are distinctly best suited to lead and serve on making a difference. Silver Key plans to submit a LIHTC (Low-Income Housing Tax Credit) application to CHFA (Colorado Housing Finance Authority) in February 2022. Current building projections are to begin in late 2022 or early 2023. We are proud of our 50-unit housing complex, the Senior Heritage Plaza, near the Patty Jewett neighborhood. For decades we've been providing housing navigation, assistance, and we're collaborating on a returning home modification service.

Another exciting project is our two new Service

Extensions! With funding from El Paso County (CDBG grant) and in a unique partnership with the Pikes Peak Library District. Silver Key is initiating two "popup" service extension sites in the Falcon/Peyton and Calhan communities. These sites allow for expanded and extended services to better meet the needs of our growing eastern community! With this initiative we will better serve the needs of a growing area and bringing needed services to diverse seniors with innovative methods. We are filling in service gaps from our current meals delivery grant by reaching additional COVID-19 impacted seniors who are living in rural El Paso County. Additional select services will be added in the coming weeks. These pop-ups will last as long as financing is available and as long as the need is there.

PPSN: How successful has Silver Key's approach to the Five Wishes legacy planning and informed organizations been? Any current examples that you would like to share?

DW: It's been a tremendous success. We've held nearly 200 sessions (seminars) with nearly 1,700 individuals in attendance. There's been a number of takeaways, but the single biggest one has been the use of this easy to use and easy to understand tool for starting conversations around end-of-life care and planning. As one of our services, we offer a full medical power of attorney service (both pro-bono and for fee). We've incorporated the Five Wishes document as part of that service. We recently had a husband and wife complete their Five Wishes document and discuss legacy giving. They were so relieved to have this process completed so that they could get back to life without the "worry" and know that with legacy gift planning their cherished values would live on. This story isn't an isolated one, and we are building upon this so that even more can testify to the benefits of this type of proactive preparation. We have had more people (clients, staff/volunteers, and

community members) share with us that this program and our promotion of it has had a profoundly positive impact on their life. Specifically, they almost universally express feelings of "relief" and a reduction in anxiety/stress. Moreover, there's been tremendous interest in the program and with that our gift planning program has also seen an increase in interest. The long-term impact of this will likely not be felt for years, but as the quote goes: "Wise is the person who plants trees whose shade they know they shall never sit in."

PPSN: Tell us more about Silver Key's Porchlight Technology.

DW: Silver Key is elated to have partnered with Porchlight! Porchlight's unique combination of technology and services creates solutions that enable all seniors to stay connected with family, friends, and community and healthcare resources. All from the convenience of their home. Porchlight comes standard with our Reassurance+ service, and this allows us to provide enhanced contact with family and friends through the Porchlight digital platform. It's HIPAA

compliant, and cutting-edge technology to better serve today's senior community. Lastly, with the need to pivot during the pandemic, and Porchlight brings the opportunity for telehealth options to our clients.

PPSN: Finally, tell us about your Reassurance+ program.

DW: Reassurance+ provides a sense of social connectedness. This really helps the seniors' cognitive abilities to remain high. The pandemic was so insidious to seniors because it cut off many of the typical social interactions that were going on before. As part of the Reassurance+ program, we provide an hour or two visit and bring along a nutrient rich meal. We also help with light daily tasks quick errands to the store, a safety check of their house or apartment, including observations about the senior's change-of-condition. We check in by telephone periodically, provide nutrition education through handouts and monthly newsletters, and we bring unmet needs to the attention of community services and/or Silver Key staff.



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silverkey.org/reassurance or call our

Silver Line: 719-884-2300

Rocky Mountain PACE Announces New Chief Experience and Chief Medical Officers

By Summer Galceran, Director of Marketing & Community Engagement

Rocky Mountain PACE, a healthcare provider for seniors, announced today that it is adding to its leadership team with the appointment of Melissa Kerr as Chief Experience Officer (CXO) and Amy McDowell, M.D., as Chief Medical Officer (CMO).

"We are very excited to add Melissa and Amy to our leadership team," said Nate Olson, President and Chief Executive Officer. "As we continue to grow and provide services to more seniors in the Pikes Peak region, the most important piece of our growth is focusing on participants and our team members. Our goal is to elevate our participants' quality of life and become the one of the best places to work in Colorado Springs. I look forward to seeing Melissa and Amy help us achieve this vision."

Melissa Kerr brings a wealth of expertise in finance and strategic

leadership, most recently having served as a Corporate Lending Officer for Ent Credit Union. She also values lending her expertise to community organizations and served on numerous boards, to include the Pikes Peak Chapter of Credit Unions and Rocky Mountain Options for Long Term Care. As the firstever CXO at Rocky Mountain PACE, Kerr will focus on continuing to provide and further enhance the positive experience for all senior participants, as well as PACE's own team members.

Dr. Amy McDowell joined PACE in 2019. She obtained her M.D. from the University of Colorado Denver and completed residency training in rural family medicine at North Colorado Family Medicine in Greeley. In this role, Dr. McDowell will oversee senior participant care. Her practice philosophy is to build relationships

with her patients so they can work together to achieve personalized health goals.

About Rocky Mountain PACE Rocky Mountain PACE, which stands for Program of All-Inclusive Care for the Elderly, is a unique model of care that provides coordinated medical services to adults ages 55 and older. The nonprofit aims to help seniors live better by focusing on independence, health and mental wellbeing. The health care provided includes primary and specialty care, rehabilitation and medical transportation, as well as socialization and activities through the Day Center. Rocky Mountain PACE currently offers care in the Pikes Peak region. If you have a family member or friend that you think could benefit from Rocky Mountain PACE, please reach out to us at 719-314-2327 or visit rmpace.org.

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Happy Cats Haven Celebrates 10 Years of Fulfilling a Unique Need

The Cat Only Shelter Works Towards Providing Cats and Kittens Their Forever Home

By Trevor Phipps

Over the last few decades, the need for places that house pets with no owners has drastically increased. All over the country there are several dogs and cats that find themselves without a home, which has created thousands of organizations that work towards taking care of and rehoming pets.

Most shelters take in both dogs and cats and provide everything they need until a new home is found. However, 10 years ago director Sara Ferguson decided to help out homeless felines when she established the Happy Cats Haven based out of Manitou Springs.

According to Ferguson, after working in other animal shelters, she realized a need for one focused solely on cats. "I worked at another shelter and I saw the need for cats," Ferguson said. "There is a lot of focus on dogs in the world both in research and products and a lot of



PIKES PEAK SENIOR NEWS · 18

things. Cats seem to get overlooked especially in shelters. When we first started, two out of three cats surrendered to shelters did not make it out alive. But, the statistics are much better in Colorado now than they were then."

According to the organization's website, the shelter guarantees a safe haven for all of the felines they take in. The shelter has a policy that no healthy or treatable cat will get euthanized. This means that the shelter qualifies under the definition of a No-Kill Organization which exceeds the requirements of a Socially Conscious Sheltering organization.

After opening the doors at Happy Cats Haven, Ferguson quickly realized the need for a cats-only shelter. "This is our tenth anniversary year," Ferguson explained. "We started in 2011 and by the end of the year we will have placed 5,000 cats and kittens with their 'forever families.' We work really hard for the cats here in our region. We consistently provide 11 to 12 percent of all shelter cat adoptions in the Pikes Peak Region. So we do a lot with a little."

The shelter also provides behavioral support to all of the cats in the shelter to help them find a new home. In addition, Happy Cats Haven offers behavioral support to cats that are on the waiting list to go into the shelter in an effort to prevent them from being given away.



Ferguson said that the cats going into the shelter come from different walks of life and people choose to shelter their pet felines for a wide variety of reasons. She said that since cats can live 15 to 20 years, they can sometimes be difficult for people to keep as their lives change over the years.

The shelter director emphasized the fact that the shelter puts much effort into adopting out adult cats as well as kittens. "We work just as hard for our more vulnerable adults and seniors as we do for kittens," Ferguson stated. "Kittens are pretty easy to adopt. One cute kitten video and that kitten is out the door. But, adults can take a little more work to place them in the right family so that they stay adopted. We generally run about 55 percent kittens and 45 percent adults by the end of the year. In the beginning of the year, it's usually all adults because kitten







season hasn't started up yet. Once kitten season hits, they are a lot of our focus."

Happy Cats Haven qualified this year for the Colorado Springs Independent Newspaper's "Give!" Campaign as they have for the past several years. Anyone who wishes to donate to the cause can do so by visiting https://indygive.com/nonprofit/happy-cats-haven/ or the organization's website at https://happycatshaven.org/.





rossword

ACROSS -

- 1) Flat-topped hills
- 6) Lavished affection (on)
- 11) "El ____" (Heston film)
- 14) Type of coffee or whiskey
- 15) 1960s boxer Griffith
- 16) Type of poem
- 17) Strolls in the wilderness
- Mai (cocktail variety)
- 20) Making no sounds
- 21) Trails
- 23) Appallingly
- 26) Additionally
- 27) Stretches of shallow water
- 28) Himalayan kingdom
- 30) "Herzog" author Bellow
- 31) Excuse for the police
- 32) Cranberry locale
- 35) "That's ____, folks!"
- 36) Chopper to the ER

PLAY BALL

- 38) Belt piercer
- 39) Archery wood
- 40) Tsar's edict
- 41) Earthenware crock
- 42) Cafeteria customers
- 44) Syrup sources
- 46) Arts and
- 48) People who revel in cruelty
- 49) Coffee, the milky way
- 50) Spring or winter, e.g.
- 52) Ordinal number ending, sometimes
- 53) Nightmares for landlords
- 58) "Fee ___ foe fum"
- 59) "Dynasty" actress Linda
- 60) Western "necktie"
- 61) High, rocky hill
- 62) Satisfy, as a debt
- 63) Attack from a concealed place

By Tim Burr

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DOWN

- 1) 1/60th of an hr.
- Stat for pitchers
- 3) Create a lap
- 4) "Just like always ..."
- 5) Piercing, as a sound
- 6) Decimal system deviser
- 7) Arab League member
- 8) Arcade failure
- Yellowstone beast
- 10) Tyrannical
- 11) Nurse's office supply
- 12) 43rd U.S. state
- Thomas Jefferson, religiously
- 18) Angled annexes
- 22) Litigator's org.
- 23) Test, as ore
- Moby Dick, for one
- Cold and sideways rain, e.g.
- 26) "Oompah" instrument
- 28) "God America"
- 29) Bee's home
- 31) Jewish month
- 33) Apprentice night-stalker
- 34) Bottle material
- 36) One who can hardly be made out
- out a living
- 41) Feature of an editorial
- Back, on board
- 44) Rigging support
- 45) Embellishes
- 46) Chin crease
- 47) 3:1, e.g.
- 48) Verbally disrespectful
- 50) Fastener for pajamas
- 51) Europe's tallest active volcano
- 54) The day before
- 55) Showy garden-pond fish
- Sixth sense
- 57) Visualize



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Favorite toys probably top the list of fond childhood Christmas memories for many adults. What were yours? Some of my favorites are listed below:

Bubble Solution: I blew my first bubbles one joyous Christmas around the age 7. You've got to applaud the guy who came up with this idea. "Hey, I know," he said to himself one day. "I'll put soapy water in a bottle and sell it to kids." Genius.

Hula Hoop: My favorite trick was flicking the hoop along the ground with a backspin causing it to roll back towards me. But I never developed any interest in its traditional use. Watching friends frantically wrenching their necks and backs to twirl the hoop around their spines merely convinced me these colorful rings of plastic were invented by a chiropractor.

Pogo Stick: While kids today must dress like gladiators in protective gear before engaging in physical activities with some outdoor toys, we bounded unprotected over rockhard concrete for hours on these spring-loaded metal sticks, blissfully unaware we were potentially just one

bounce away from a trip to the ER.

Chemistry Set: Got mine at the age of 10 and it inspired me to get a Ph.D. in chemistry some two decades later. Sure, I performed some incredibly dangerous experiments, once ending up in hospital as a teenager, but burning a hole in your shoe (and, subsequently, foot) with molten zinc built character.

Gumby: While I generally took care of my toys, only one bendable green Gumby figure made it to adulthood (mine and his), the others falling victim to fiendish experimentation from a curious kid armed with a chemistry set. In one ill-conceived experiment, I attempted to create a 'silver' Gumby by dipping in the aforementioned molten metal, only to discover that rubber toys (and shoes) did not survive at 787 degrees Fahrenheit.

Mouse Trap: This board game involved assembling some 2-dozen mostly plastic pieces which, when perfectly aligned, would set in motion a chain-reaction to trap an opponent's game piece. Delightful

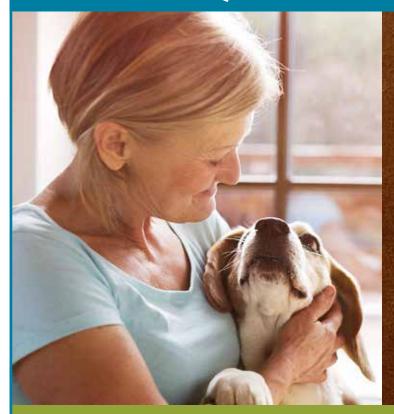
when it worked but infuriating when the mechanism malfunctioned. I still have mine from the 60s with all pieces intact – rather amazing considering threats of adjusting the unreliable mechanism with a hammer were not uncommon amongst frustrated young players.

Tin toys: First made in the mid-1800s, these colorfully painted metal figures and vehicles fell out of favor after the emergence of cheap plastic toys... My favorite, a Northwest Airlines DC-7C from the 60s, still works and always delighted my mother, too, who had been an air hostess on similar prop aircraft a decade earlier (see photo and/or video: youtu.be/kJVOS0fFR8o

It's no surprise, therefore, that favorite old toys can evoke distant but fond memories of family Christmases past.

Nick Thomas teaches at Auburn University at Montgomery in Alabama, and has written features, columns, and interviews for many newspapers and magazines. http://www.getnickt.org

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Presidential Christmas Messages in our Lifetime

By Rick Sheridan

U.S. Presidents have provided the nation with an inspirational Christmas message for over 100 years. These broadcasts began by radio and now are often heard on both radio and television. The messages typically range from short, general messages to more specific descriptions of the upcoming political and policy decisions. These broadcasts often have a large listening audience and are offered during prime time. Many of the themes of generosity would fit right in with the Christmas meals listed later in this issue (especially the one offered by President Truman below). Here are some samples of U.S. Presidential broadcasts during the last eighty years.

President Franklin Roosevelt-

"Here, at home, we will celebrate this Christmas Day in our traditional American way-because of its deep spiritual meaning to us; because the teachings of Christ are fundamental in our lives; and because we want our voungest generation to grow up knowing the significance of this tradition and the story of the coming of the immortal Prince of Peace and Good Will. But, in perhaps every home in the United States, sad and anxious thoughts will be continually with the millions of our loved ones who are suffering hardships and misery, and who are risking their very lives to preserve for us and for all mankind the fruits of His teachings and the foundations of civilization itself."

President Harry Truman- "Down the ages from the first Christmas through all the years of nineteen centuries, mankind in its weary pilgrimage through a changing world has been cheered and strengthened by the message of Christmas. The angels sang for joy at the first Christmas in faraway Bethlehem. Their song has echoed through the corridors of time and will continue to sustain the heart of man through eternity. Let us not forget that the first Christmas was a homeless one. A humble man and woman had gone up from Galilee out of the City of Nazareth to Bethlehem. There is a sense of desolation in St. Luke's brief chronicle that Mary "brought forth her firstborn son, wrapped Him in swaddling clothes, and laid Him in a manger; because there was no room for them in the inn."

President Dwight Eisenhower-

"This is the President of the United States speaking. Through the marvels of scientific advance, my voice is coming to you via a satellite circling in outer space. My message is a simple one: Through this unique means I convey to you and all mankind, America's wish for peace on Earth and goodwill toward men everywhere."

President John Kennedy- "For uncounted millions, Christmas expresses the deepest hopes for a world of peace where love rather than mistrust will flourish between



neighbors. America's veterans know only too well the frightful cost of war. This Nation, and indeed the world, are fortunate in these troubled days to have such a body of citizens fully committed to seeking the path to a more peaceful world. I am confident that we will find that path."

President Lyndon Johnson- "Now that the holy day itself has come, I wish each of you a full measure of happiness. I hope that all of you may remember, this Christmas, the brave young men who celebrate the holy season far from their homes, some in trailers, some in rice paddies and foxholes, but all of them serving their country--serving their loved onesserving each of us. I hope, too, that your hearts may be filled with peace within, as your country so earnestly seeks peace in the world. Our country has known many wartime Christmases. It may seem difficult, at such times, to even say Merry Christmas. But when you think of the bravery of the human spirit, and the compassion of the human heart, and the power of life to triumph over pain and darkness, you are properly thankful. Your own spirits are lifted higher; and you say it--and mean it-as I do now. Merry Christmas."

President Richard Nixon- "As the Apollo astronauts flew over the moon's gray surface on Christmas Eve, they spoke to us of the beauty of earth-and in that voice so clear across the lunar distance, we heard

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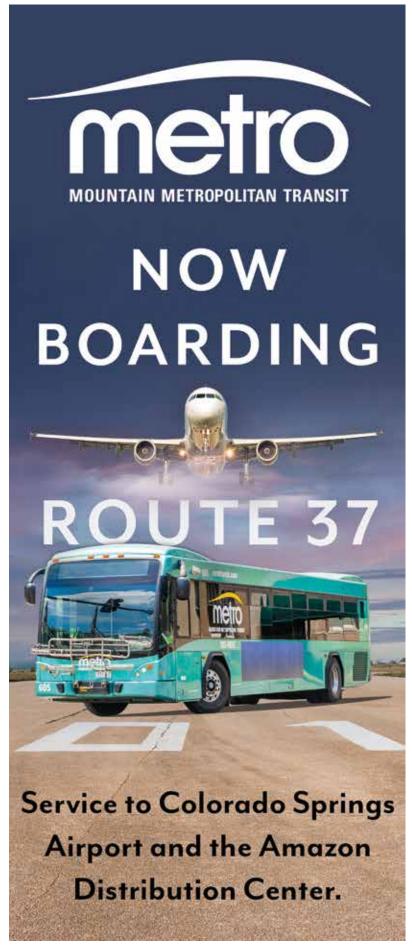
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them invoke God's blessing on its goodness. In that moment, their view from the moon moved poet Archibald MacLeish to write: "To see the earth as it truly is, small and blue and beautiful in that eternal silence where it floats, is to see ourselves as riders on the earth together, brothers on that bright loveliness in the eternal cold--brothers who know now they are truly brothers."In that moment of surpassing technological triumph, men turned their thoughts toward home and humanity-seeing in that far perspective that man's destiny on earth is not divisible; telling us that however far we reach into the cosmos, our destiny lies not in the stars but on earth itself, in our own hands, in our own hearts."

President Gerald Ford- "MERRY CHRISTMAS! These two words conjure up all of the good feelings that mankind has ever held for itself and its creator: reverence, tenderness, humility, generosity, tolerance--love. These are the stars we try to follow. These are the most enduring treasures we can bring to our world. I can remember a few Christmases in my own youth when just about the only thing we had to offer each other as a family was the love we shared, and the faith that together we could see things through to a better future. And it did. It made us work harder, study harder, try harder--and it brought out qualities and depths of strength and character that none of us in those days thought we had. The spirit of Christmas is ageless, irresistible and knows no barriers. It reaches out to add a glow to the humblest of homes and the stateliest of mansions. It catches up saint and sinner alike in its warm embrace. It is the season to be jolly--but to be silent and prayerful as well."

President Jimmy Carter- "At this joyous season, Rosalynn and I extend our warmest wishes to all of our fellow citizens who celebrate Christmas. This is a very special Christmas for us and our family. We are deeply grateful for all the help and affection the American people have given us during this challenging and rewarding year. Our country has been especially blessed throughout our history. In this season of hope we seek, as individuals and as a nation, to serve as instruments to bring the ancient promises of peace and good will be closer to fulfillment for all the peoples of the earth. May you have a merry Christmas and very satisfying and happy New Year."

President Ronald Reagan- "One of my favorite pieces of Christmas mail came early this year, a sort of modern American Christmas story that took place not in our country's heartland, but on the troubled waters of the South China Sea last October. To me, it sums up so much of what is best about the Christmas spirit, the American character, and what this beloved land of ours stands for -- not only to ourselves but to millions of less fortunate people around the globe. I want to thank Mr. Gary Kemp PIKES PEAK SENIOR NEWS · 26

of Neenah, Wisconsin, for bringing it to my attention. It's a letter from Ordnance Man, First Class, John Mooney, written to his parents from aboard the aircraft carrier Midway on October 15th. But it's a true Christmas story in the best sense. "Dear Mom and Dad," he wrote, "today we spotted a boat in the water, and we rendered assistance. We picked up 65 Vietnamese refugees. It was about a two-hour job getting everyone aboard, and then they had to get screened by intelligence and checked out by medical and fed and clothed and all that."

President George H.W Bush- "By His words and by His example, Christ has called us to share our many blessings with others. As individuals and as a Nation, in our homes and in our communities, there are countless ways that we can extend to others the same love and mercy that God showed humankind when He gave us His only Son. During this holy season and throughout the year, let us look to the selfless spirit of giving that Jesus embodied as inspiration in our own lives -- giving thanks for what God has done for us and abiding by Christ's teaching to do for others as we would do for ourselves. Barbara joins me in wishing all of our fellow Americans a Merry Christmas. God bless you."

President Bill Clinton- "Warm greetings to everyone celebrating Christmas. Saint Matthew's Gospel tells us that, on the first Christmas 2,000 years ago, a bright star shone vividly in the eastern sky, heralding the birth of Jesus and the beginning of His hallowed mission as teacher, healer, servant, and savior. Jesus' birth in poverty proclaimed the intrinsic dignity and brotherhood of all humanity, and His luminous teachings have brought hope and joy to generations of believers. Today, as the world stands at the dawn of a new millennium, His timeless message of God's enduring and unconditional love for each and every person continues to strengthen and inspire us."

President George W. Bush- "Christmas is a time of wonder and joy, of generosity and peace, that brings



family and friends together in celebration and song. We sing old hymns and familiar carols; we show love for others in the giving of gifts and we observe the hallowed traditions that make the season special. This year in the midst of extraordinary times, our nation has shown the world that though there is great evil, there is a greater good. Americans have given of themselves, sacrificing to help others and showing the spirit of love and sharing that is so much a part of the Christmas season."

President Barack Obama- "The holidays also offer us a time for reflection and perspective. Over these next few weeks, as we celebrate the birth of our Savior, as we retell the story of weary travelers, a star, shepherds, Magi, I hope that we also focus ourselves on the message that this child brought to this Earth some 2,000 years ago -- a message that says we have to be our brother's keepers, our sister's keepers; that we have to reach out to each other, to forgive each other. To let the light of our good deeds shine for all. To care for the sick, and the hungry, and the downtrodden, and of course, to love one another, even our enemies, and treat one another the way we would want to be treated ourselves. It's a message that grounds not just my family's Christian faith but that of Jewish Americans, Muslim Americans, non-believers -- Americans of all backgrounds. It's a message of unity and a message of decency and a message of hope that never goes out of style. And, it's one that we all need very much today."

President Donald Trump- "While our gatherings might look different than in years past, this Christmas, like every Christmas, is an opportunity for us to celebrate the birth of our Savior, Jesus Christ, and show our heartfelt gratitude for the abundant blessings God has bestowed upon our lives and country. In this season of peace, we cherish the warmth, generosity, and faith that breathe life into our holiday gatherings. The love we share with our family and friends fills our hearts with joy, just as the story of Christ's birth inspires people all over the world."







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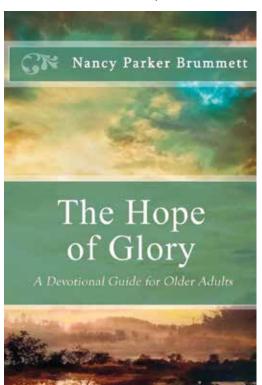
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Faith Through Older Eyes: Christmas Firsts

By Nancy Parker Brummett

Every Christmas season should include a solemn remembrance of the first Christmas. What is Christmas if not the time to focus on the greatest gift of all? It was then that God decided to send His Son to earth that whoever believes in Him shall not perish but have eternal life (John 3:16). The first Christmas changed the world forever.

So when it comes to celebrating Christmas with the elders you love, be sure to include a reading of the account of the first Christmas in Luke 2. Take time to worship the Savior who came to redeem us. But then, add some



joy to your seniors' season by moving on from the first Christmas to some Christmas firsts.

The more elderly among us, especially those who now reside in care facilities, have had more than their fair share of lasts. The last time they dried their own dishes or turned off the front porch light at their home. The last time they drove a car. The last time they held the hand of a dearly loved spouse. There are many lasts. Maybe the best gift you can give them is to bring some firsts into their lives this Christmas.

Your mom may have made snow ice cream for you many times as you were growing up, but has anyone come into her care facility with a huge bowl of snow and a bottle of vanilla to make her this treat? That could be a first. Has your dad ever been the grand marshal of a parade? Gather up the grandkids, dress everyone in warm Christmas garb, and go outside for a Christmas parade with grandpa in the lead. Even if he's wheelchair bound, just put a warm hat on his head and wrap him in blankets. If snow is falling, so much the better. Even a short parade could be a first!



See where this is going? Anything out of the ordinary could be a Christmas first that delights not only the elders you are honoring but anyone who secretly dreaded a repeat of previous, less celebratory visits. Why not have a Christmas barbecue with all grandpa's favorite foods from the Fourth of July? Why not have a sleepover at grandma's house if she's still in her home? With adult children in charge, let the grandkids fall asleep in sleeping bags on the floor after feasting on Christmas cookies, making a popcorn garland for a small Christmas tree, and watching grandma's favorite Christmas movie with her.

This year, let your imagination take you wherever it needs to go to create a Christmas first that will bring joy to the elders you love. And have a very blessed and merry Christmas!

Nancy Parker Brummett is the author of The Hope of Glory, A Devotional Guide for Older Adults, and Take My Hand Again, A Faith-based Guide for Helping Aging Parents. Learn more about her life and work at www.nancyparkerbrummett.com.



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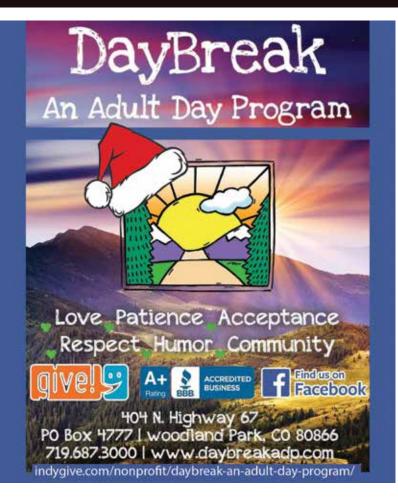
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Change: Why Is It So Hard And What Can We Do To Make It Easier?

By Brad Poulson

We all know it. Change is inevitable. It's evolutionary. Then why is it so hard? Because, behavioral psychologists tell us, routine is also evolutionary.

Consciousness takes a tremendous amount of energy. Although it makes up only 2% of our body weight, scientist's estimate that the brain accounts for about 20% of our body's energy use. Consequently, we develop routines that become unconscious to save energy. Psychologists have labeled this type of behavior as heuristic thinking. In other words: a mental shortcut, or "Rule of Thumb" decision making.

Since rule of thumb behaviors are efficient they become comfortable, and are generally perceived by us as positive. When change happens, it requires us to think - requiring more energy, and creating what scientists call cognitive dissonance. This can make us feel uncomfortable, which we can perceive as a negative emotion. That's one reason why change can be so hard, but here is what we can do about it.

Since we know change is inevitable, we can try to make it easier by planning for change. Especially for those things that we expect. Things like: a change in our family, a move, retirement, or even travel.

When we know something is going to change, the first thing we can do is slow down and manage the change. If you search the internet you'll see there is a whole industry with advice on the Change Management Process. If you do this search, it will provide you with additional tools that may help with your change. For now, these four steps will help make change easier.

- 1. Recognize the real change. Change can seem fairly obvious because it's usually identified at the macro, or "big picture", level. But remember: psychologists tell us that difficulties come when we change the routines that support the big picture. Take some time and visualize how the change is going to affect all the things you do, as well as the people you do them with. This should be an iterative process where you keep asking yourself: What else will be different because of this change, and who will it affect?
- 2. Communication. Once you've identified the routines that will change, and who will be affected, make the time to talk about them. Not only the specifics of the change, but just as important, the emotions involved as well. Remember - routines provide us with positive feelings by making life easier and we become attached to them! Understand that a change can create cognitive dissonance, and cause negative feelings. Invest the time it takes to discuss everyone's feelings

in a safe environment. This too, will likely require an iterative process. Plan on having multiple communication sessions until everyone feels they have been heard and knows the change will happen.

- 3. Assess Resources. During the recognition and communication steps, be sure to identify and articulate what resources are available to help make the change a success. We've gotten used to the routine and know what to expect. If we know what new resources are available, we might give up our attachments more easily, and even get excited about something new!
- 4. Implement the change. But be as flexible as possible... repeating steps 1-3 as needed as you discover all the routines that you, or those around you, have established.

Change is inevitable, but negative emotions don't have to be. Best wishes in managing your change!

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	9							



with America the Beautiful Chorus and rimson & Slate Choir



Page 34 Brain Teaser Answers:

AI: S, O, N. The sequence is the first letter of the months of the year. September, October, and November are the next in the sequence.

A2: Mt. Everest. It was still the highest in the world. It just had not been discovered yet!

A3: Whatever color your hair is! Remember, you are the bus driver! A4: Stop imagining! A5: A secret.

A6: Your breath!

Key on page 42.



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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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LEFT TO RIGHT, TOP TO BOTTOM: Mike Kenny, PsyD, 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

Earl Grey Infused Lavender "Cheesecake"

1/2 cup unsweetened coconut flakes

2 1/4 cups raw cashews, soaked overnight, rinsed and drained

1/3 cup + 1 Tbsp coconut oil, lightly packed

1 Tbsp earl grey tea leaves

1/2 cup maple syrup

1/3 cup fresh lemon juice (about 2 1/2 lemons)

1 Tbsp dried lavender leaves

1/4 vanilla bean pod, cut lengthwise, seeds scraped

A good pinch of Himalayan rock salt



Combine all four ingredients together in a food processor. Process until well blended + the crust holds together when pinched.

Press crust into the bottom of an 8-inch spring-form pan. Set aside

Filling: Melt coconut oil in a small saucepan over low-medium heat.

Stir in earl grey tea leaves.

Let infuse over low-medium heat for about 7 minutes.

Remove from heat and let cool for 5 - 10 minutes.

Add drained cashews, maple syrup, lemon juice, lavender, vanilla seeds, salt + coconut oil tea infusion to high powered blender. Blend until smooth.

Spoon the filling onto the crust.

Refrigerate for minimum 3 hours to let the cake set.

Note: If you're pressed for time you can soak the cashews for 3 hours (minimum). I do find the consistency comes out better when the cashews have been soaked overnight. You can also freeze the cheesecake (minimum 30 minutes) to set.

Paleo Sweet Potato Cranberry Stuffing

6 pound sweet potatoes, cut into 1/2 inch cubes 1 large onion, diced

8 ounces (2 sticks) grass-fed butter or extra virgin coconut oil

1 teaspoon kosher salt

2 pound mild Italian sausage

5 cloves garlic, peeled and smashed

1 head of celery, diced

1 tablespoon Italian seasoning

12 ounces fresh cranberries curly parsley for garnish (optional)

Preheat oven to 350 F and line baking sheets with parchment paper. Melt half the butter and pour over the cubed sweet potatoes. Lay the sweet potato cubes on the baking sheets in a single layer. Dust with half the kosher salt. Bake at 350 F for 30 minutes, stir, then bake for an additional 25 minutes. Add or subtract baking time in order to get slightly crisped, but not burnt sweet potato croutons.

In a large frying pan, break up and brown the Italian sausage. When it's brown and crispy, drain in a colander and then set aside.

Add the other half of the butter (4 ounces) to a large sauce pan over low/medium heat. Add the cloves of garlic and let it simmer and infuse for about 5 minutes. When the garlic starts

to brown, remove and discard. Add the diced onions and stir. Add the diced celery, ½ teaspoon of the kosher salt, and the Italian seasoning. Stir and let simmer for about 5 minutes, or until the onions are translucent.

Pour the finished sweet potato croutons, Italian sausage, and cooked onion, celery, and garlic mixture into a large mixing bowl. Add the raw cranberries and fold until evenly combined.

Pour the mixture into a large baking dish, cover with aluminum foil, and bake at 350 F for 20 minutes. Remove the foil then bake for an additional 10 minutes uncovered.

Remove from oven, serve, and enjoy!





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? Brain Teasers ?

Q1: What are the next three letters in the following sequence? J, F, M, A, M, J, J,

Q2: Before Mt. Everest was discovered. what was the highest mountain in the world?

Q3: You are driving a bus. At the first

stop, two women get on. At the second stop, three men get on, and one woman gets off. At the third stop, three kids and their mom get on, and a man gets off. The bus is grey, and it is raining outside. What color is the bus driver's hair?

Q4: Imagine that you are in a boat, in the middle of the sea. Suddenly, you are surrounded by hungry sharks, just waiting to feed on you. How can you put an end to this?

Q5: When you have me, you immediately feel like sharing me. But, if you do share me, you do not have me.

Q6: What can you hold without ever touching or using your hands?

Answers on page 31

Calendar of Events for December 2021

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

Skate In The Park, Downtown Colorado Springs

What: Some of the best shopping around is in Downtown Colorado Springs. Plan a day out with your family to shop, eat at one of the many local restaurants, grab hot cocoa at the Storybook Coffee Co., and ice skate among the Christmas lights.

A perfect way to make lasting memories with those you love. When: November 12 (continues through the winter) Where: Acacia Park off of Tejon Street and Platte Ave

Santa Express Train, Royal Gorge

What: Join us for a journey to the North Pole in Colorado's Royal Gorge and meet Santa Claus himself.

The Santa Express Train is a winter wonderland, where children of all ages gather to make

memories you'll treasure year after year.

When: November 19-December 30, 2021. Up to four times daily: 9:15 a.m.,

12:30 p.m., 4 p.m. and 7 p.m.

Web: https://www.royalgorgeroute.com/santa-express-train/

The Nutcracker, Pikes Peak Center

What: The Christmas season is not complete without Tchaikovsky's The Nutcracker! Delight your children, or your inner child, with this

traditional Christmas ballet. Every year the Oklahoma City Ballet visits to delight us with this Thanksgiving tradition. You can dress up or go casual. This year they are featuring a "Short & Sweet" version of this holiday classic at just 60 minutes-perfect for families

with young children.

When: November 26-28, 2021

Where: Pikes Peak Center for the Performing Arts 190 South Cascade Avenue, 80903

Web: For tickets: https://csphilharmonic.org/event/the-nutcracker/

Victorian Christmas At Miramont Castle

What: Enjoy the wonders of a true Victorian holiday experience! Miramont Castle is lavishly

decorated, homemade refreshments abound, and there is delightful entertainment for

your pleasure.

Where: 9 Capitol Hill Avenue Manitou Springs CO 80829

When: 2021 info TBD

Web: www.miramontcastle.org

Chevenne Mountain Zoo's Electric Safari

What: 'Tis the season for lights, animals and holiday spirit at America's only mountain zoo. Take in nearly

one million sparkling lights illuminating the crisp winter night, warm up at one of the fires throughout

the Zoo, then stop in and see Santa (through Dec. 23).

When: Dec. 3-5, 10-23, 25-Jan. 1, 2022, 5:20-8:30pm, 4:20pm early entry with zoo membership

Where: 4250 Cheyenne Mountain Zoo Rd., Colorado Springs

Web: Cmzoo.org

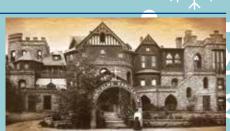
Holiday Market At Commonwheel Artists Co-Op

What: A handcrafted holiday market awaits with ornaments, clay art, photography, glass, cards, soap, fiber, sculpture, jewelry and wall art. As you browse through the various offerings, you'll find something unique enough for everyone on your gift list.

When: November 5 - December 31 10 am - 6 pm store hours









Film Screening of Red Horizon

What: Learn about a new generation of aviators who are dedicated to continuing the legacy of the historic Tuskegee Airmen. These young African-American men and women are pursuing their dream of becoming pilots and aircraft technicians.

When: December 6 Doors open at 5:30 p. m., the event starts at 6:30 p. m.

Where: Stargazers Theatre, 10 S. Parkside Drive

Web: Register at https://www.eventbrite.com/e/red-horizon-tickets-210326962607

Cost: \$5.00 (kids 18 and under free)

Opportunities For Continuous Learning

What: "Curiosity Unlimited" lecture by UCCS Chancellor Venkat Reddy, Ph.D.,:"Navigation the Campus During a Pandemic."

When: December 10 11 a.m.

Where: Briarhurst Manor, Manitou Springs

Phone: 719-574-1449

Web: www.uccs.edu/curiosity. Guests/non-members welcome!

Christmas At Glen Eyrie

What: Celebrate the Christmas of your dreams at one of the several events hosted at the magnificent Glen Eyrie Castle. If Old English is your cup of tea, you will be

delighted to participate in any one of these events:

Madrigal Banquet: Set in the grandeur of The Great Hall of The Castle, the 16th century-style banquet is sure to fill you with awe this Christmas season. Make it

a romantic getaway with an overnight stay in the castle! **Handel's Messiah:** An abbreviated version of this beloved musical piece will be

performed by the Colorado Vocal Arts Ensemble and the Parish House Baroque.

Make it a full evening by purchasing a ticket for the optional dinner

in between shows.

When: (Various Dates)

Where: Glen Eyrie Castle, 3820 North 30th Street, Colorado Springs

Web: https://gleneyrie.org/our-event/handels-messiah



Christmas Concert

What: A musical and dramatic Christmas offering for our church and the community featuring selections from the Messiah, favorite carols, modern and traditional Chorale ensemble arrangements, and original compositions.

When: Saturday, December 11 - 6:00 P.M. Sunday, December 12 - 7:00pm

Where: Village Seven Presbyterian Church, 4040 Nonchalant Circle South, Colorado Springs, CO 80917

Web: https://www.v7pc.org/concert

Cost: Free.

Nature Walks With Santa

What: Take a hike with Saint Nick and enjoy an interactive reading of "Twas the Night before Christmas." Make paper snowflakes and enjoy

live music after the hike. Duration: 1 hr 30 min

When: December 11 & 18, 2021

Where: Bear Creek Nature Center & Fountain Creek Nature Center, 320 Pepper Grass Ln, Fountain, CO 80817-2801, United States

Christmas At The Ranch

What: The Cowboy Christmas Jubilee, set in a festival of twinkling white lights at the stunning, well-lit rock formations at the Flying W Ranch, will leave you with memories that will last a lifetime. Featuring a mouth-watering dinner and spectacular musical performance.

When: Dec 3-19, 2021

Where: 3330 Chuckwagon Road, Colorado Springs
Web: https://www.flyingw.com/christmasattheranch

Cost: \$30-60

Photos with Santa

What: Bring the whole family for photos with Santa! Jolly ol' Saint Nick will

be greeting folks with Christmas cheer

every Saturday and Sunday from Thanksgiving through Christmas!

When: Weekends in December

Where: 2408 W. Colorado Ave - Bancroft Park Colorado Springs

Holiday Chocolate Festival - Colorado Springs

When: Saturday, December 11, 2021 11am – 5pm

What: With more than 100,000 chocolates to taste, savor and purchase, there is no more indulgent

way to spend a Saturday afternoon leading up to the holiday season. On Saturday, December 11th, 2021, locals and visitors will make their way to the Colorado Springs Events Center for

the chocolate but stay for Santa, crafts, holiday gift booths, face painting, and more. For an additional cost, you can enjoy VIP perks such as more chocolate, no lines,

and early admission.

Cost: Tickets for purchase | Kids 12 and under FREE

Where: 3960 Palmer Park Blvd, Colorado Springs, CO 80909

Phone: 719-637-3960

Web: Website: cochocolatefests.com

Cost: Tickets for purchase | Kids 12 and under FREE

Manitou Christmas Parade

What: The parade starts at 6 PM, but we encourage parade go-ers to arrive early to get good parking and do some holiday shopping. Stay after the parade and get dinner in one of the many restaurants in Manitou Springs. Cars can park on Manitou Avenue, but will be blocked in during the parade. The parade should last about an hour.

When: Dec 11, 2021 at 06:00 pm - 07:00 pm (Sat) Where: Ruxton to El Paso Blvd., Manitou Springs

Christmas Brass in Downtown Colorado Springs

When: Sat Dec 11 2021 at 07:00 pm to 09:00 pm Where: 111 S Tejon St UNIT 703, Colorado Springs, CO

Crafting For A Clause

What: Food - entertainment - crafts - and more. All proceeds benefit Lupus Foundation of America

When: December 11th 10am-4pm

Where: Meridian Ranch Recreation Center 10301 Angeles Road Inside

Email: info@socolupus.org

Cost: Free

The Original Colorado Springs Food Tour | Rocky Mountain Food Tours

What: This established and popular tour highlights five distinctive local destinations that are the best in their class. You'll visit some of the most loved restaurants in downtown Colorado Springs while hearing local history and fun facts. Each locale has a unique flavor with food that is both delicious and approachable.

When: Thurs-Sat December 16th-18th 2021 (1:45 PM - 4:45 PM)

Where: Downtown Colorado Springs Tejon Street 80903

Web: http://www.rockymountainfoodtours.com/tour/original-colorado-springs-food-tour/

Cost: \$58.99 *Advance Ticket Purchase Required*

Cheyenne Mountain Newcomers Club

What: Women's Social Club - Guest Speaker will be Phoenix Sagen, Colorado Springs Travel Agent. "Be Prepared, Not Scared, to Travel Travel is fun and travel planning should be fun - not stressful! Refreshments, Social and Activities Time

When: January 12, 2022 Meeting at 9:30 a.m.

Where: Broadmoor Community Church, 315 Lake Avenue

Web: www:CMNCCOS.ORG

Cost: Annual Membership Dues: \$30.







Events outside of Colorado Springs

Holiday Fun in Colorado

What: CCM Holiday Craft Show and Mini Market, Castle Rock. 100+ artisans and crafters

When: December 11 & 12 Saturday, 8 a.m. to 4 p.m. Sunday, 8 a.m. to 2 p.m. Where: Douglas County Fairgrounds, 500 Fairgrounds Dr., Castle Rock

Denver Botanic Gardens Blossoms of Light

What: A stroll through the Denver Botanic Gardens is a delightful way to celebrate the holiday season. The Blossoms of

Light extravaganza is a twinkling and breathtaking way to spend a December evening amongst the most festive lights, blossoms, and pathways in Colorado.

When: November 19 – January 8 (closed December 25)

Where: 1007 York Street, Denver, CO 80206

Phone: 720-865-3500
Web: botanicgardens.org



Georgetown Christmas Market

What: Every December sleepy town in Clear Creek County transforms into a sparkling Christmas wonderland. For two weekends

Georgetown, Colorado hosts their annual Christmas Market, now in its 51st year.

When: Saturday-Sunday, December 4-5, 2021 and December 11-12, 2021 Hours: 10am-5pm

Where: 6th Street, Georgetown, CO 80444

Web: georgetown-colorado.org/event/61st-annual-christmas-market

Denver Christkindl Market

What: Experience an Old World Christmas at the annual Denver Christkindl Market.

Let's downtown's favorite free holiday celebration, back for another month of festivities and holidays crafts. The market brings German and European

flare to the Mile High City.

When: Friday - Wednesday | November 19 - December 23, 2021

Sunday – Wednesday | 11am – 7pm Thursday – Saturday | 11am – 9pm Thanksgiving Day | 11 am – 4 pm December 17 – 23 | 11 am – 9 pm

Where: Broadway and Colfax. Civic Center Park, 101 14th Ave, Denver, CO 80204

Cost: Free

Web: christkindlmarketdenver.com

Butterfly Pavilion's Living Lights

When: Dec 17, 2021 - Jan 2, 2022

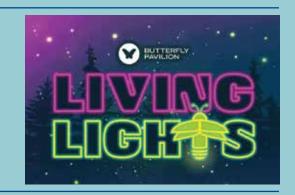
Where: Butterfly Pavilion

6252 West 104th Avenue, Westminster, CO 80200 Cost: Member Adults: \$15,

Children: \$10, Seniors: \$11

Non-Member Adults \$20, Children \$12, Seniors \$13 Email: visitorservices@butterflies.org





Woodland Park Calender of Events for December 2021

A Cripple Creek Christmas Carol

What: Cripple Creek history meets the classic Dickens' Christmas Carol in this holiday season is a perfect past, present and future holiday experience. This show is a

great holiday outing for the entire family as its plot is based on the classic tale - with a Cripple Creek twist that relies on Bob Womack (who in 1890, discovered the gold that made Cripple Creek famous) to rescue the

Scrooge-like Gooch from his selfish ways.

December 2-31 1pm on Sundays; 7pm on Wednesdays, Thursdays, Fridays

and 1pm & 7pm on Saturdays (No shows on Christmas Eve or Christmas Day)

Where: Butte Theater 139 E Bennett Ave Cripple Creek, CO 80813

Mel Moser phone: (719) 689-6402)

Web: https://buttetheater.com/

Cost: \$22



Gold Camp Christmas Holiday Head Frame Lighting

What: Come and tour the greatest gold camp in U.S. history. Bring the whole family and pack the hot chocolate. Take a drive through the remnants of the booming gold rush, and experience one of the largest working gold mines in the world. Now is the best time to come because it's holiday season and many of the standing mining head frames are decorated with giant lighted decorations. Remain cozy and warm in your vehicle as you tour the lights. The displays are lit weekend evenings November 27th-January 1st,

and nightly Christmas Eve through New Year's Day, weather allowing. Happy golden holidays to you and your loved ones!!!!

When: 12/1/2021-1/1/2022 4:30 p.m.

Where: Various locations in Cripple Creek and Victor, CO

Web: https://www.visitcripplecreek.com/event/gold-camp-christmas

For a map of the self-guided tour visit www.stcfg.com.

Swing Factory/French Horn Ensemble Concert

What: Woodland Park Wind Symphony's Concert. When: 12/5/2021 6:00 PM - 8:30 PM Mountain

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

Phone: Bev Harms 719-687-3361

Heart of Christmas Performance

What: The Heart of Christmas is a story within a story. Ruth, a young girl who escapes World War II

in Europe, finds a new home and family in America. She learns about Christmas for the first time as her new grandmother reads her a story-The Servant King, a family favorite passed

down from generation to generation.

When: Friday, December 10—7:00 p.m. (doors open at 5:30 p.m.)

Saturday, December 11-2:00 p.m. (doors open at 12:30 p.m.) Sunday, December 12—4:00 p.m. (doors open at 2:30 p.m.)

Where: Charis Bible College 800 Gospel Truth Way Woodland Park, CO 80863

Cost: Adults (ages 13+): \$35 Children (ages 5-12): \$20 Children (ages 0-4): free if sitting on guardian's lap

Christmas Market

What: We're excited to announce that our Christmas Market will be back this year during the weekend of The Heart of Christmas musical!

Take advantage of this wonderful opportunity to get some Christmas shopping done while attending the festive show. You'll find

unique, locally handcrafted Christmas gifts for your family and friends.

When: Friday, December 10 5:30-10:30 p.m.

Saturday, December 11 11:30 a.m.-5:30 p.m.

Sunday, December 12 2:30-8:30 p.m.

Where: Charis Bible College Banquet Hall Cost: Free and open to the public





Calender of Events

Holiday Craft Fair

What: Our annual Holiday Craft Fair falls on December 11th this year. Come sell or come shop. We've always had great vendors in the past so come by and get your last minute

Christmas gift. You may even find that special something for yourself. Entry into the event is free for all shoppers.

When: Dec 11, 2021 at 09:00 am - 03:00 pm (Sat)

Where: Cripple Creek Parks and Recreation 128 E Bennett Ave.,

Cripple Creek, CO 80813

Phone: (719) 689-3514

Email: cdodrill@cripple-creek.co.us

Free Photos with Santa

What: Come enjoy cookies and visit with Santa, and help us

stock the Community Cupboard Food Bank! Please bring a

non-perishable food item or a cash donation.

When: 12/11/2021 9:00 AM - 12:00 PM Mountain

Where: Coldwell Banker 1st Choice Realty

18401 E Highway 24 Suite 100, Woodland Park, CO 80863

Phone: Shaye McCoy (719-687-0900)

Woodland Park Wind Symphony Christmas Concert

What: Woodland Park Wind Symphony's Concert.
When: 12/12/2021 6:00 PM - 8:30 PM Mountain
Where: Ute Pass Cultural Center 210 E. Midland Ave.

Woodland Park, CO 80866 **Phone:** Bev Harms (719-687-3361)

Kiwanis Ugly Sweater Bingo

What: Ho,ho,ho! Show us your ugliest Christmas sweater and

you could win a prize! \$20 gets you a night of fun and helps support the children of Teller County. Come early and get a good seat and purchase something to eat and

drink before the games begin.
There are lots of opportunities to win!

When: 12/15/2021 6:30 PM - 9:00 PM Mountain
Where: Ute Pass Cultural Center 210 E. Midland Ave.

Woodland Park, CO 80863

Phone: Zanya Rodabough (719-315-5004)

Winter Wonderland With The Wolves

What: Spend some times with the wolves in their wonderland

retreat in Divide, CO. Festivities include breakfast burritos

with the wolves.

When: December 19, 2021

9 - 11 am

Phone: Space is limited.

Please call for reservations.

(719) 687-9742

Web: Wolfeducation.org

Cost: Adults \$40,

Kids 11 & under \$20





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Y0040 GHHK4UHEN21 C

SUDUKO KEY

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

Crossword Puzzle Solution

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