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APRIL - MAY 2022

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Letter from the Editor

By Trevor Phipps



Dear Readers,

Now that the spring season has officially arrived, the weather should start to warm up and many will start planning their outdoor adventures. Anyone who has lived in the area for a decent period of time could laugh at that statement because everyone knows that the Southern Colorado region often sees major snowstorms in April and May.

Nonetheless, now is a good time to start planning those late spring/summer vacations because the weather will eventually warm up to the point where people can get out and enjoy the outdoors. However, there may be one setback to travel plans this year as Russia's war on Ukraine has made gas prices drastically increase.

With prices to fill up gas tanks reaching record numbers, it could affect summer travel plans for many. Some may have to change their plans to vacation closer to their homes to make the trip more affordable.

Luckily, those of us in Colorado have beautiful places that we can visit within close proximity. Changing travel plans to experience things nearby might become the theme of summer vacations this year.

Since many reading the Pikes Peak Senior News are on fixed budgets, I have decided to include some tips provided by NJ.com to save money as gas prices continue to climb across the country.

1. **Combine Your Trips:** Instead of leaving the house every day or more than once a day, it is wise to plan out your trips so that you go to multiple destination in one outing.
2. **Clean Out Junk from Your Car:** Many people like to keep anything they ever could need in their vehicles just in case. But, the more weight you have in your car the worse gas mileage you will get.
3. **Keep Your Tires Pumped Up:** AAA puts a lot of effort into emphasizing the benefits to keeping your tires at their maximum air pressure. Tires that don't have enough air in them will decrease mileage because it takes more power to move under-inflated tires.
4. **Shop Online for Cheap Gas:** Everyone knows that gas

prices can vary depending on which gas station in town you go to. GasBuddy.com is an app that lists gas prices at locations all over the country. It is a good tool to use to find the cheapest prices when you need to fill up your tank.

5. **Work from Home:** While there were several negative aspects that came about as a result of the COVID-19 pandemic, one positive thing that came about was the increased opportunities to work from home. Now there are more options than ever to make money without have to leave your house and drive across town.
6. **Clean or Replace Your Car's Air Filter:** When your vehicle's air filter gets clogged, your gas mileage decreases. Cleaning or replacing your air filter can allow your engine to get the right amount of air it needs to operate efficiently.
7. **Get Your Car a Tune-Up:** Over time your vehicle's spark plugs and ignition wires get worn out which can decrease your car's gas mileage. Staying up-to-date on tune-ups will allow your car to run properly and get the best mileage it can.
8. **Try Alternatives to Driving a Car:** Now is a good time to question whether you actually need to drive to make your trip or not. Walking and biking are good alternatives when gas prices are high, and you get the benefit of exercising at the same time.
9. **Utilize Public Transportation and Car Pools:** With high gas prices, public transportation options like buses and light rails prove to be beneficial. You can also find links for car pools and van pools in your community on the Department of Transportation website.

Even though travelling may be more expensive this year, it doesn't mean you should start cancelling your summer travel plans. Vacations are much needed to maintain happiness and sanity in your life, so you should still plan getaways in the few months when Colorado's weather is nice.

On the internet, you can find hundreds of sites that give information on all of the wonderful things to do that are close by. Therefore, this may be a good season to experience everything there is to offer right in our own backyards.

When taking a trip, budgeting ahead of time is key. If you notice that gas will become a large portion of your trip, then it could be wise to find other ways to save money. For example, instead of paying to go to places, you can do some research and find things to do around the state that are free.

It also might be a good idea to decrease what you spend on other aspects of your vacation. For instance, you could change your lodging accommodations and find cheaper places to stay while on vacation.

For some, camping could be a good affordable (or even free) option to stay the night while on a trip. Using websites like AirBnB.com or VRBO.com for your lodging could also help save you money. One perk to staying at one of these short term rental properties is that you can oftentimes prepare your own meals which can save you lots of dough since you don't have to go out to eat for every meal.

Overall, proper trip planning could make it so you can still enjoy a spring or summer trip without having to empty your wallet. We can all hope that the current climate of the world that is causing gas prices to skyrocket will only be temporary and that things will change for the better soon.

Sincerely,

Trevor Phipps, Managing Editor, Pikes Peak Senior News

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Tinseltown Talks:

Western Script Enticed Don Murray Back to the Big Screen

By Nick Thomas



Joe Cornet never initially considered now 92-year-old Don Murray for a role in his 2021 western film “Promise.”

“I wanted an iconic actor for one of the roles and approached two other veteran western stars, but for one reason or another neither worked out,” said Cornet, from Los Angeles, who wrote, directed, and co-produced the almost 2-hour-long western drama.

Already acquainted with Murray’s son, Cornet explained his dilemma to the younger Murray who proposed a simple solution: “Why don’t you get dad?”

“So, I sent Don the script but wasn’t really expecting to hear from him – I just didn’t think he would do it,” explained Cornet. “However, he called the following day to say he loved the story, calling it a classic, and asked when the shooting started!”

Murray’s previous big-screen appearances had been a pair of 2001 films two decades earlier, but he required little convincing to dude-up in cowboy gear for Cornet’s film which depicts a desperate search for lost gold and lost love, both linked to the Civil War.

“It has elements of the classic western but it’s also not cliché-

bound,” said Murray from his home in Santa Barbara. “It was just a great concept, very imaginative with good writing.”

Murray, on set for a week to shoot his scenes at a Southern Californian ranch, “was a gem” according to Cornet. “He has three large, important scenes, two with me. He added a lot of quirks and nuances to create an interesting character.” Currently available on Amazon Prime, “Promise” was entered in Tucson’s Wild Bunch Film Festival last October, receiving 11 awards including Best Picture.

Don Murray is no stranger to award ceremonies, having been nominated for a Best Supporting Actor Oscar for his first film role in 1956’s “Bus Stop,” co-starring Marilyn Monroe.

“It was a total surprise, I couldn’t believe it,” said Murray of his reaction when learning that the film’s director, Josh Logan, insisted the producers cast him as a rambunctious cowboy alongside the notoriously difficult Monroe.

“I was aware of her reputation, but didn’t let that bother me,” recalled Murray. “I didn’t pay any attention to what people thought of her. I was just involved with the work and



working with her which was a great experience. She was very supportive of me and we got along well, no problems ever."

Murray also remembers Logan going to great lengths to put Monroe at ease. "He was always very supportive and made her feel comfortable," he said. "He was very positive and didn't criticize what she was doing."

After "Bus Stop," Murray went on to work in numerous TV shows and appeared in some 40 films, often tackling challenging roles that portrayed compelling characters. He appeared in several westerns and believes the genre, though far less common today, can still attract audiences.

"There's always the classic theme of the western but there's also room for creative changes in the screenplay, giving a better sense of western reality," he says. "(Joe) actually took advantage of that and created a classic piece all its own and I was very proud to be part of it."

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



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Indoor Skydiving Makes Its Colorado Springs Debut

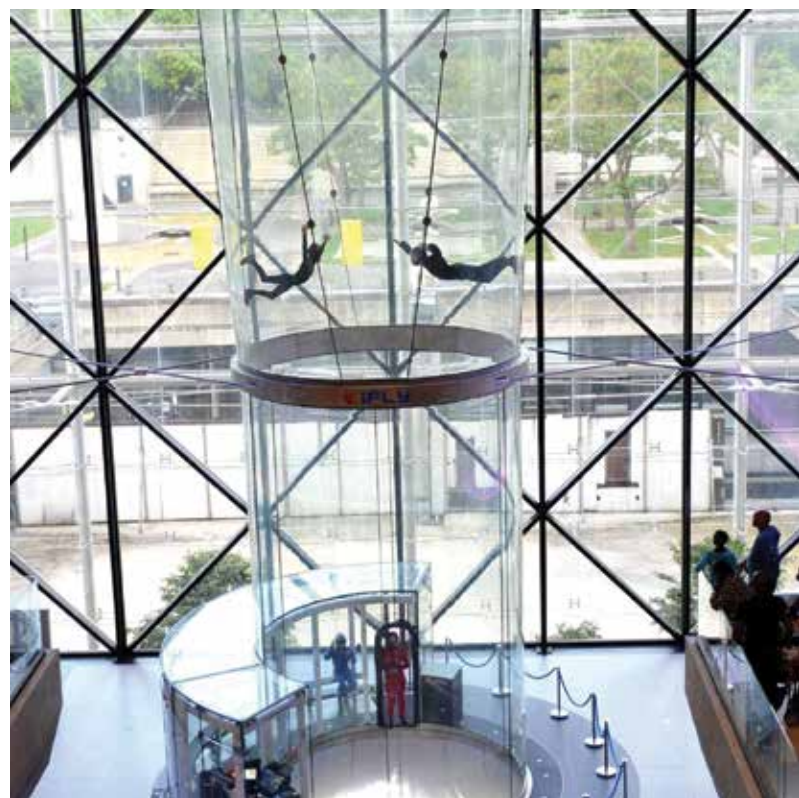


By Trevor Phipps

Imagine freefalling through the air with no cares in the world as your body floats around in the atmosphere's currents. The act of freefalling in the air is a feeling many seek after when they sign up to go jump out of a plane and skydive.

Some senior citizens choose to go skydiving in their golden years as a way to check an item off of their bucket list. However, skydiving can be dangerous and the landing part can be tough for elderly people. And for people who have a fear of heights, a skydiving adventure might not be the best choice for them.

In the last several years, technology has enabled engineers to create giant wind tunnels that can mimic the experience of flying through the air from a plane.



Indoor skydiving has leaped big bounds in recent years and is starting to become a favorite past time and competitive sport. And for senior citizens, indoor skydiving can be a great experience as people from all walks of life can enjoy the activity that is very safe.

The only set back is that wind tunnels are only found in certain select big cities, but there is a 12 foot octagonal tunnel in the Denver area. And, Colorado Springs just opened up a new 14 foot round wind tunnel late last month.

The new indoor skydiving spot is located on the north side of Colorado Springs directly across Interstate 25 from the Air Force Academy. The new facility was opened by three retired Air Force Generals in a fitting spot as the academy is known as the birthplace of "Modern" flight in the world. Due to its close proximity to the Air Force Academy, cadets will be able to use the facility to train for real skydiving.

There are four different positions that people can learn that come from jumping out of a plane. The first position people learn is flying on their stomach. With more experience they can then learn to fly on their backs, in a sitting position, or upside down.

When wind tunnels first started gaining popularity in the early 2000s, it was a form of entertainment that was the closest way for people to experience skydiving without all of the risks involved. But now, the activity has evolved into a competitive sport that requires extensive training and expert body and muscle control.

In fact, the sport has been growing so much that proponents of it have been trying to get it approved as an Olympic sport. It has been considered, but unfortunately it did not make the cut to be a part of the 2024 games. But, many experts say that it could get approved for the 2028 Olympic Games.



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In the sport, there are multiple ways one can compete. During freestyle events, individuals do tricks and formations and it is judged similar to gymnastics. In dynamic competitions, there are 2-4 people in the tunnel at a time and they do planned routines as a group.

Colorado Native Breaks Records in the Sport as a Teenager

Colorado resident Andrew Kennett was an avid skydiver when he was younger, but he got out of the sport as he got older. Due to his passion for skydiving, he wanted to get his daughter Sydney Kennett involved in the sport, but in the United States people have to be 18 years of age to jump out of a plane.

So, when Sydney was four years old her dad decided to take her to the wind tunnel in Denver where she took her first indoor flight. By the time she was eight, her parents noticed her talents and got her into competing in the sport.

“When she was eight, they (indoor skydiving facility) had something called the kids’ club where they got to fly for about five minutes once a week,” Andrew Kennett said. “Five to ten minutes doesn’t seem like a lot but it is equivalent to five to ten jumps out of an airplane. After about a month we realized she had some pretty raw talents just from my skydiving experience. A couple of the coaches said, ‘You need to get her competing.’”

She is now known as one of the best indoor skydiving competitors in the world and she turns 16 this year. Her and her parents (who are her only coaches) now work for iFly (and indoor skydiving company) as ambassadors.

Sydney has been competing for about four years and she has already made some huge accomplishments in the sport. She is also one of the youngest competitors and she competes against children and adults.



She is a three time national champion as she took the country’s top spot in 2018, 2019, and 2020. She placed third place at the World championships in 2019 and qualified for the world competition in 2020, but it was postponed due to COVID-19.

Sydney is one of only a few competitors in the world that have competed in five different indoor skydiving events. At the Nationals in 2019, she won the best trick by pulling off a move she invented called the “scorpion” where she touches one leg to the back of her head while upside down. She also holds a Guinness World Record for the most split spins (68) in a vertical wind tunnel in one minute and has a few other Guinness records ready in the waiting.

Sydney has also made headlines across the country. She was featured in Wired Magazine in 2020 which became one of their most read articles. She has also been featured by 5280 Magazine, Costco Connections Magazine, and Fox 31 in Denver. And, at the World Championships in 2019 she was asked to present the athlete oath in front of about 10,000 people.

Overall Andrew Kennett is very proud of everything his daughter has accomplished. “It has been a crazy ride, and it was unexpected,” Sydney’s father said. “We have been all around the world with her numerous times. We are a pretty average Joe family, so it has been a great ride. We have been to Europe over 10 times because of this sport and I never saw any of that coming.”

To learn more about Sydney and Indoor skydiving as a whole watch the Wired Magazine’s report on her at <https://tinyurl.com/nm9jjean>.

Life Force, A New Book on Recent Medical Breakthroughs

By Rick Sheridan

There are many ideas in this book that might appeal to *Pikes Peak Senior News* readers. The full title is: *Life Force, How New Breakthroughs in Precision Medicine Can Transform the Quality of Your Life and Those You Love*, by Tony Robbins, Peter H. Diamandis, M.D., and Dr. Robert Hariri.

Tony Robbins is a well-known bestselling author and motivational coach. Peter Diamandis is a medical doctor and aerospace engineer, bestselling author, co-founder of Singularity University and founder of the XPRIZE, while Dr. Hariri is a surgeon and biotech entrepreneur who is currently CEO of Celularity, a stem cell company.

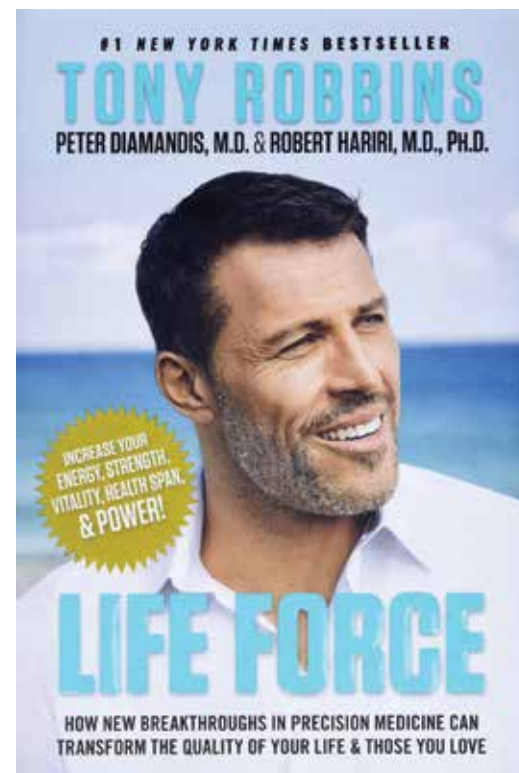
This book interviews or summarizes the work of 100 of the world's top medical experts and popularizes their latest research. Readers will be amazed at some of the recent advancements in precision medicine that you can get access to today to help extend the length and quality of your life.

Here are some other notes and ideas that I took while reading *Life Force*:

1. GRAIL had developed a blood-based screening test called Galleri which can detect more than 50 types of cancer. It looks for tiny fragments of DNA and

RNA that have been released into the bloodstream by a tumor. It currently costs \$949 but is expected to drop in price. This helps to catch them early, and the new breakthrough could potentially save many lives. Previously many types of cancer could not be easily detected until they had spread throughout the body and were hard to treat.

2. A new coronary CT angiography (called Cleerly) can detect warning signs of high plaque in the heart. It helps to distinguish between calcified cholesterol plaques, which are stable, or soft unstable (more dangerous) plaques. The test is guided by artificial intelligence (AI).
3. Tyto, a palm-sized handheld exam kit and app that lets you perform your own guided medical exam that your physician can see remotely in real time.
4. The authors recommend that people get tested for possible high levels of toxic metals and mercury poisoning. A company called Quicksilver Scientific and others can do this.
5. David Sinclair, one of the scientists interviewed, sees aging as a disease that is not inevitable. It is a single malady with many



manifestations (such as loss of hearing) that are treatable and even reversible.

6. eGenesis, a startup software from Harvard Lab and entrepreneur George Church, can speed up the FDA approval process on new medications. This will make new drugs safer and available to patients more rapidly.
7. Cryotherapy chamber- it is similar to a cold-water plunge, but the temperature can get low as -240 degrees. According to the authors, this can shock the system into a rapid recovery from some ailments. It is not for the faint-of-heart.
8. To increase physical strength and to help slow osteoporosis in women, Robbins recommends that you hold the maximum weight that you can handle over your head in a static position for a few seconds. Do this several times a week.
9. Mary Lou Jepsen whose company Openwater is using red laser light and holography to

measure the brain blood flow of a patient riding in an ambulance. This can result in a faster diagnosis and treatment for stroke patients.

10. Stroke recovery gloves- Dr. Thad Starner, professor at Georgia Tech's School of Interactive Computing, has developed new electronic gloves that help train a stroke victim with patterns of vibrations in the glove. The gloves also have the potential to teach blind people how to read braille, along with other applications in the near future.
11. REACT Neuro has digitized the entire neurological exam. It is now possible to do 20-plus digital exams in less than a minute. This will help a physician to check the full brain health and figure out someone's attention, memory, and mood.
12. Cancer drug failures- of the 36 approved by the FDA between 2008 and 2012, only five were shown to improve survival compared with existing treatments. Of 71 chemotherapy drugs for solid tumors, the median survival edge is only 2.1 months. Different approaches, such as improved diet and lifestyle are needed, according to the authors.
13. Alzheimer's Disease, possible breakthroughs: new drugs that prevent dangerous proteins from taking

root, along with a new system intended to clear toxins from the brain. There are also clinical trials for an Alzheimer's vaccine (Vaxxinity, code named UB-311) that are in progress.

14. The authors discuss the power of exponential technologies. Double something 30 times and you get a billion-fold increase. This model is happening to computer technology, genome sequencing, along with medical breakthroughs.
15. Startups projects: Insilico Medicine is also trying to significantly speed up the drug discovery process. Bionaut Labs is developing remote-controlled microbots that can travel through the body to deliver drug treatments more effectively.
16. The final chapter is written by Tony Robbins and focuses on living in a "beautiful state" that includes any high-energy state like love, joy, happiness, appreciation, gratitude, playfulness, fun, or driven. The most important decision that you can make is to decide that life is too short to suffer and that you're going to appreciate and enjoy this gift of life, no matter what happens.



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Eco Villages: Housing Options for Seniors

By Rick Sheridan



Eco-friendly adult living communities help protect the environment, and they can save you lots of money. These eco villages are often in beautiful locations surrounded by lots of vegetation and interesting architecture. Many are designed for seniors, or welcome them as part of the mix.

These active adult communities focus on designing homes with green technology like solar panels, energy efficient appliances, dual-pane windows, fresh air ventilation systems, energy-efficient LED lighting, programmable irrigation systems, and water-conserving appliances. Some of these communities run their electricity exclusively with solar, wind, or hydroelectric power to help reduce the carbon footprint.

One of the factors that makes a community “green” is its walkability. These retirement neighborhoods have attempted to reduce the presence of automobiles within the community by having central common areas that are close to residences. These common areas often have a large communal kitchen, a meeting or hangout area, along with mailboxes and a closet full of tools that residents can check out. Many of the eco villages also

have a community garden that provides some of the produce for the weekly (or daily) shared meals.

“Intentional living” is a key philosophy for most ecovillages. You’ll often find things like:

- Shared governance.
- Off-the-grid energy, such as solar or wind power.
- Bartering exchanges (optional)
- Shared work assignments- Common tasks that are assigned to everyone.

Colorado has several eco villages that welcome seniors into their mix. The closest one to the Pikes Peak region is Earth Art Village (EAV) in the San Luis Valley. EAV is organized as a cooperative association for land and building ownership, membership structure, decision-making (consensus) and infrastructure development (power, water, waste management, shared facilities, etc.) EAV includes full and part-time residents, non-resident members, and guests. This helps to achieve a diverse mix of people, and the skills and talents for cooperative activities.

EAV owns 400 acres in the Northeast San Luis Valley. All residences, including the common infrastructure, are planned on 160 acres of the land. A preservation program to maintain most of the land as open space, and for agricultural, recreational and wildlife use will be designed.

EarthArt Institute is a non-profit educational, scientific, charitable organization that leases land and facilities from the cooperative and offers educational programs and cultural activities within the living areas of EarthArt Village and online. You can reach them at: 64001 County Road DD, Moffat, CO, 81143. E-mail: info@earthart.org or call. Telephone: (719) 588-7828.



HERE are several of the varieties of shared housing.

Many welcome seniors:

Ecovillages – Look for the words ‘ecovillage’ or ‘eco-village’ in their listing. Ecovillages are generally communities with a strong ecological focus. As mentioned, some are designed entirely for seniors; others welcome all age groups.

Cohousing – Look for the words ‘cohousing’ or ‘co-housing’ in their listing. Cohousing communities generally incorporate both private homes and shared common facilities and encourage community interactions. I visited the Southside Park Cohousing in Sacramento, CA several times. They consist of about 20 homes owned by residents, with a common area, kitchen, community garden, and shared workload.

Student Co-ops – These types of

houses are often urban, shared housing communities. I lived at a student housing co-op for three summers at the University of California, Berkeley. Most of the residents are younger, but you find a few “young-at-heart” seniors.

Jewish Communities – These communities identify as spiritual or religious in nature and have Judaism as their religion.

Christian Communities – These communities identify as spiritual or religious in nature and often include the word ‘Christian’ in their listing. They range from devoted worshippers to those with a more secular focus.

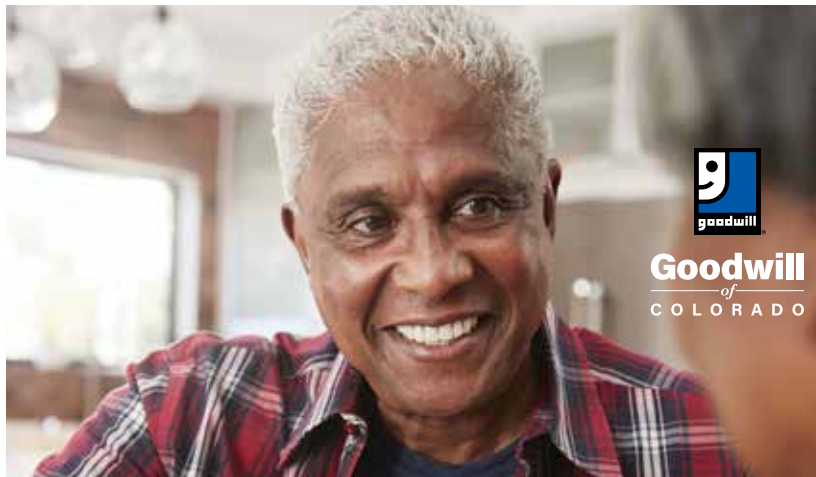
References:

Foundation for Intentional Community, has a directory of ecovillages and other options, <https://www.ic.org/>

Global Ecovillage Network, lots of resources and directories, <https://ecovillage.org/>

Top Eco-Friendly Communities, <https://tinyurl.com/5bwp3a34>.

Sustainable Senior Housing, etc., <https://tinyurl.com/2p8s9brk>.



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Adult DayBreak Founder Paula Levy Steps Down as Director of the Organization

By Trevor Phipps

Paula Levy has been recognized several times in the Woodland Park and Colorado Springs communities for her dedication to volunteering in the community. As a young adult, she found a passion for working with senior citizens and has made a career of caring for those who suffer from Alzheimer's and dementia.

After graduating from Pepperdine University, she worked as an Activities Therapist and a Nursing Home Administrator at Namaste Alzheimer Center in Colorado Springs. She also developed, implemented and managed Namaste's Adult Day Program at both the primary facility and a satellite branch.

When she moved to Woodland Park in 1999 (after her and her late husband Neil Levy purchased the Swiss Chalet Restaurant), she volunteered as facilitator of the Alzheimer's Association's Caregiver Support Groups in the Teller County area. Then in 2012, she received the Volunteer of the Year Award through her efforts.

In 2014, Levy came up with the idea of opening Adult Daybreak which is an adult day program in Woodland Park that emphasizes care for those with Alzheimer's and dementia.

The facility is not like any others in the area, and it officially opened its doors in May 2015.

Since then, DayBreak has served people all over the Southern Colorado region with many of their clients coming up to Woodland Park from Colorado Springs to utilize the organization's services. The program now offers transportation to and from the facility, and other perks such as a foot nurse and a hair stylist.

While she was staying busy as DayBreak's executive director and being involved in other organizations, a tragedy struck her family in 2020 during the time of COVID-19 lockdowns. In July 2020, Paula's husband Neil Levy (former Woodland Park Mayor) passed away from complications from renal cell carcinoma.

After her husband passed, Levy kept staying busy in her several roles in the community. "It just became real for our family that we really needed to acknowledge our grief and really live with it and sit with it," Levy said. "Because we all went right back to our normal lives quickly after his celebration of life. We all just threw ourselves back into what we were doing beforehand. None of



us have really taken time to grieve. So it has just been catching up with some of us more than others. It is just time to slow down and really help each other because it has been really hard for especially one of my boys. Life is too short to just keep going and going."

Earlier this year, Levy made the decision to step away from Adult DayBreak and the organization has since hired Elisa Santos as their new executive director. However, she is still involved with several organizations in the community and she has recently opened up her own caregiver consulting firm called Never Alone Consulting as a way to

stay involved with the senior citizen community.

Levy has been involved with the Pikes Peak Rotary Club for several years and when she opened Adult DayBreak she started the Golden Bridge Network which is a senior resource council in Teller County. "I started that (Golden Bridge Network) when I started DayBreak just because there was so many new programs starting for seniors that had never been here before," Levy said.

Levy also is the founder/administrator of three additional nonprofits including The Richard Dispenza Coach D Scholarship Foundation, The Neil Levy Memorial Baseball Field Foundation Fund, and Above the Clouds Toastmasters.

She also volunteers for other organizations in the area such as the Woodland Park and City of Divide Chamber of Commerce, Teller Business Builders, SOAR Nonprofit Collaborative, and she is the Founder/Treasurer of the Toastmasters Above the Clouds.

She also has worked as a former board member for the Teller Senior Coalition, Voices of Grief, City of Woodland Park Parks and Rec Advisory Board, and Keep Woodland Park Beautiful.

She is currently a board member of the Woodland Park Senior Organization and she has also held office in Teller County as a Commissioner for Commission on Aging since 2021.

She has received multiple recognitions throughout the years in addition to earning the Volunteer of the Year Award. In 2008, she won the Teller County Cares Award, and in 2021 she was given the Joe Henjum Senior Accolades Professional Award Extraordinary You accolades.

Most recently, Levy has spent much of her efforts on upgrading the high school baseball field at the Meadow Wood Sports Complex in Woodland Park in the name of her late husband Neil. Since Neil Levy spent many years coaching the high school baseball team, she decided to revamp the field and name it after her husband.

The process has been slowed due to the pandemic and skyrocketing prices for materials, but she presented plans to the Woodland Park Parks and Recreation Board last month.

The plan is not only to change the name to Neil Levy Field, but to also make some much needed improvements to the stadium including fixing the scoreboard, adding new bleachers, and building a concession stand close to the field.

To learn more about Levy's caregiver consulting services visit her website at NeverAloneConsulting.com.



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The Money World of Your Kids and Grandkids

By Money Coach Bill Stanley



One of our most difficult and frustrating tasks as parents and grandparents is to pass on advice to our adult children and grandchildren, especially when it comes to their “money lives.” Each generation grows up in its own unique times, yet we have more in common than generally thought. Our job is to identify the common ground and use it to the advantage of both. Generation X born 1965-1980; Millennials 1982-1986; (includes Generation Y, Next and Z); Postmillennial 1997-present.

We Baby Boomers (1946-1964) often believe Millennials are entitled and lazy, but this couldn't be further from the truth. Millennials enter a professional world where reality is wildly different from what boomers knew. Their environment has different demands. Boomers have different expectations of young employees based on their own experience.

So, what should we do? We should continue to set the example. We should remember that “change” is the key to most money issues. If they (or you) are not prepared to change, then the problem will continue. But instead of having a dictatorial family meeting (remembered by our offspring as punishment time), we must seek a different approach. That approach will vary depending on the situation. Flexibility is key.

One approach may be to explain how you have changed and define the benefits. “Your Mom and I have decided not to use credit cards anymore. We will use direct payment methods so we do not accumulate any debt. We want to be debt free.” To keep the conversation going, you can ask about other ways of

paying directly in addition to a debit card, like Apple Pay and Square. Express interest in understanding the different ways the younger generations pay for things, but emphasize you don't want fees for any new service. Asking them for advice and information is more likely to work than simply telling them to stop using credit cards. The setting for a discussion is important. Try to include your spouse as well as the spouse of your offspring. Let it be an exchange of useful information, not a demand that they must do better.

Another thing you can tell the married kids is the lesson you learned, be it recently or long ago, “Your Dad and I now always discuss these money issues during our regular monthly money talks. It has been a marriage saver.”

Try focusing on the younger grandchildren. I started a 529 college saving plan for each grandchild and grandniece. I put money in to open the plan, and then I match up to \$1000 a year on the parent contribution. Doesn't work for everyone, but, when it does, it encourages the adults to save for the future, to save for a purpose. The parents of two of my grandkids now automatically puts \$50 a month into the 529 for each.

At age 72 you must take out money from your regular IRA and 401(k) plans > RMD (Required Minimum Distribution). For many of us, the money is not needed, and we must pay tax on the entire amount. I allocate some of the RMD money for each child, but I require a written “plan” for the funds. Examples: special vacation trip (especially educational trips); soccer fees; etc. This again is a lesson in money planning. And, it emphasizes the wisdom of using non-taxed Roth accounts, another

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way of raising the topic of saving for retirement.

Everyone needs a survivor file, even your young adult offspring. A good way to raise this topic is to discuss your survivor plan with your children. It will lead to discussions of emergency funds, money management, spending and saving priorities, wants vs. needs, and much more. The goal is to have them create survivor plans.

The key to success on money issues with children and grandchildren is not criticizing. The key is setting the right example and encouraging good money behavior.

Money Coach Bill Stanley is a Registered Investment Adviser, a fiduciary who does not sell financial products. He educates; 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 Foundation and help get the word out. See "William Stanley Foundation" Facebook page.

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Simple Ways You Can Halt Osteoporosis Today

By Bonnie Yost



Have you ever considered the similarities between a house and your body? Houses need care to prevent damage. Homes need protection from weather and hazards like termites. And our bodies need care and protection. Osteoporosis acts on your bones much in the same way termites destroy wood.

Let's explore that process, the ill effects, prevention, and a few activities to halt osteoporosis today.

Most of the time osteoporosis can be prevented. Your propensity for osteoporosis increases from genetic factors, learned bad postural habits, and poor self-care.

Emily, 64, came to me for help with her back pain. She had trouble sleeping, driving, and even standing. She couldn't enjoy activities with her family and friends. She also reported abdominal discomfort and fatigue. She had been diagnosed with osteoporosis and gastroesophageal reflux disease (GERD) and was using medications for both.

During evaluation, Emily shared that she loved to crochet, read, and watch TV. She wasn't active and felt tired daily. It was clear that Emily lived in a C-position, with forward head and shoulders. She hunched forward at her desk and computer. Her bottom curled under her and her back curved into her soft lounge chair. She had no idea she was constantly in poor posture—or

how that impacted her bones and compressed her internal organs.

Bones depend on aligned position and weight-bearing activity to strengthen, allow joints to work well, and prevent pain. I taught Emily proper postural alignment and she practiced. (See the five steps below.)

It was a challenge to change her sitting posture and replace her soft lounge chair with a comfy one that better supported her back. Emily learned to set a timer to remind her to walk around and get water at least every 2 hours. With treatment and training, Emily quickly started to feel better. Within a year, her constant back pain had stopped. Her good posture improved her breathing and energy, resolved her GERD, and she was off all medications.

Emily thought she was stuck with her conditions. With treatment, she learned that she could make good changes to stay independent and enjoy activities with her family and friends.

Aligned, proper posture is the foundation for strong bones, balanced muscle strength, smooth joint movement, and proper room for lungs and internal organs to function well.

Wolff's law states that bone density changes according to the stresses placed upon the bone. This means that bones will remodel to handle the stresses (or lack of demand)

placed on them. Sedentary living weakens bones and muscles, and promotes osteoporosis and pain.

In excellent postural alignment, your muscles and gravity put balanced stresses on your spine and skeleton to strengthen your bones. Practicing proper posture and weight-bearing activities strengthen your bones. Proper alignment prevents pain, arthritic conditions, osteoporosis, and keeps you strong, independent, and active.

So where to start?

First, correct your posture. Practice these five steps. It will take time and consistency so make a point to correct your posture throughout your day—while sitting, standing, or driving. If you have concerns or questions contact a healthcare professional.

1. Stand tall through the top and back of your head. Imagine a straight string running up through your spine up through the crown of your head.
2. Pull your chin backward until your ear lobe aligns over the point of your shoulder.
3. Pull your shoulders down and back.
4. Open your chest. Lift your heart upward.
5. Suck your belly button toward your mid-back to support your spine. AND remember to breathe!

In about three weeks to three months, you will become comfortable with your new, corrected postural habits. The time needed to improve depends on how consistent you are with your correction and the severity of your problem. As your bones and muscle become stronger in balance and alignment:

1. Pain diminishes,
2. Good posture becomes habitual,
3. Lung capacity and internal organ function improve
4. Movement and activity increases your energy,
5. Confidence in your abilities build
6. Your mental and emotional health improve.

Bone and core (trunk) strength improve most quickly by combining dietary calcium intake with exercise. Activities (in proper posture) such as walking, dancing, bouncing on a gym ball, or jogging on a mini-trampoline are great ways to increase bone density and halt or reverse osteoporosis.

Stand tall. At any age you can strengthen your bones and halt osteoporosis.

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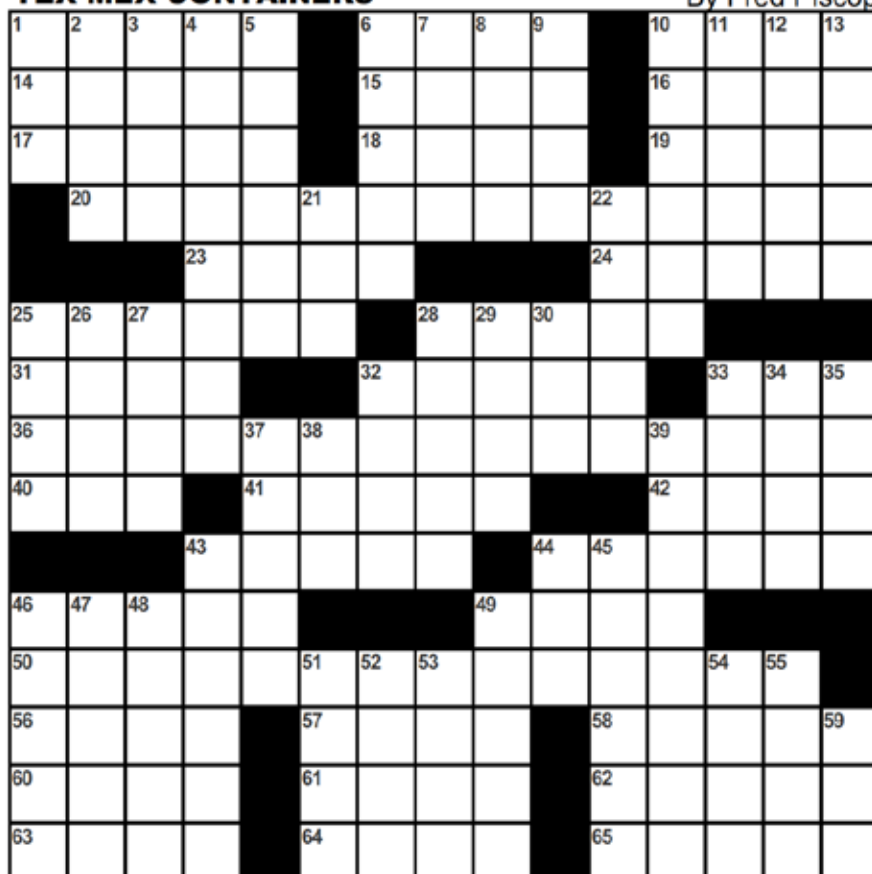
- 1) Hindu wise man
- 6) Jerseys, e.g.
- 10) Lad's partner
- 14) Dress designer Donna
- 15) Cookie since 1912
- 16) Camp Swampy pooch
- 17) Hard to combine
- 18) Don't raise
- 19) Curling implement
- 20) Researcher's task
- 23) Its product names may contain umlauts
- 24) Intoxicating, as a brew
- 25) Orville Redenbacher's unit
- 28) Less hampered
- 31) Skin lotion additive
- 32) Holey utensil
- 33) Easily fooled sort
- 36) Allied summit of February 1945
- 40) Futbol fan's cheer
- 41) Partners of hills
- 42) Like unassisted triple plays
- 43) Malta money
- 44) Chris Kyle, notably
- 46) Place to cyber-shop
- 49) In vogue
- 50) South American capital
- 56) TV serial, perhaps
- 57) Basalt source
- 58) Cookie trayful
- 60) Russian-born Deco designer
- 61) Word of agreement
- 62) Wed, say
- 63) Basic requirement
- 64) Karaoke delivery
- 65) Smart-alecky

DOWN

- 1) Snowmobile part
- 2) Harry Potter accessory
- 3) Part of BART
- 4) Taskmaster
- 5) What's consumed
- 6) Apres-ski treat
- 7) Paperless, in a way
- 8) Drawing place
- 9) __ amandine
- 10) Hang around
- 11) Skylit areas
- 12) Awaited the anthem
- 13) The hotheaded Corleone
- 21) Animated film unit
- 22) Pep rally sound
- 25) Fight ender, informally
- 26) Carrier whose name means "skyward"
- 27) Thespian's resume item
- 28) Kangaroo court penalties
- 29) Sports officials, briefly
- 30) Poetic time
- 32) Like some home runs
- 33) Start of a grid play
- 34) Ranch unit
- 35) Use a spyglass
- 37) Imago, in the insect world
- 38) Caboose, for one
- 39) "Hulk" star
- 43) Split to 62-Across
- 44) HBO alternative
- 45) Rain cloud
- 46) Clampett player
- 47) "Sicko" director
- 48) Shooting marble
- 49) Trolley sound
- 51) "A pity!"
- 52) 44-Across garb, for short
- 53) Place to use a mitt
- 54) Answer to "That so?"
- 55) Performs a 27-Down
- 59) "You there!"

TEX-MEX CONTAINERS

By Fred Piscop

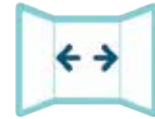


Key on page 42.

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Honey Proves to Be More than Just a Healthier Sugar Substitute

By Trevor Phipps

In the 21st century, people are now more concerned about their health than they have been in previous generations. There is now a plethora of information available out there that informs people about steps they can take to live a more healthy life.

From fitness influencers to nutritionists, there are plenty of people who make a living helping others figure out the best workout routines and diets for them personally. As more and more scientists take it upon themselves to conduct research on human health, there are several methods now available that people can choose to take to better their health.

Those who are in the senior citizen demographic often find themselves looking for more healthy ways to live their lives. There are personal trainers, nutritionists, and dieticians that work specifically with older adults to show them ways to make themselves healthier in their golden years.

With more research being conducted in the 21st century on health, many scientists are now finding several health benefits to consuming everyday items that most people stock in their kitchen. Honey is one of these ingredients that does not get enough credit for

the health benefits that it can offer.

Unique Health Benefits of Honey

In this day and age, honey is seen as a staple that can be found in just about every household. Some use it as a sugar substitute in teas and others cook with it due to its sweet flavor.

According to an article in DailyHistory.org, the earliest use of honey traces back to Spain about 8,000 to 9,000 years ago. But, it is expected that humans consumed honey well before that and it is believed that the Neanderthals gathered it as a part of their diet.

According to Healthline.com, honey has a large number of potential health benefits that many people may not know about. Due to its unique properties, honey is often used in home remedies and alternative medicine treatments.

Honey is basically a pure sugar that does not contain any fat and it has only small, trace amounts of



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6. Fatigue
7. Anemia
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9. Ringworm
10. Eczema

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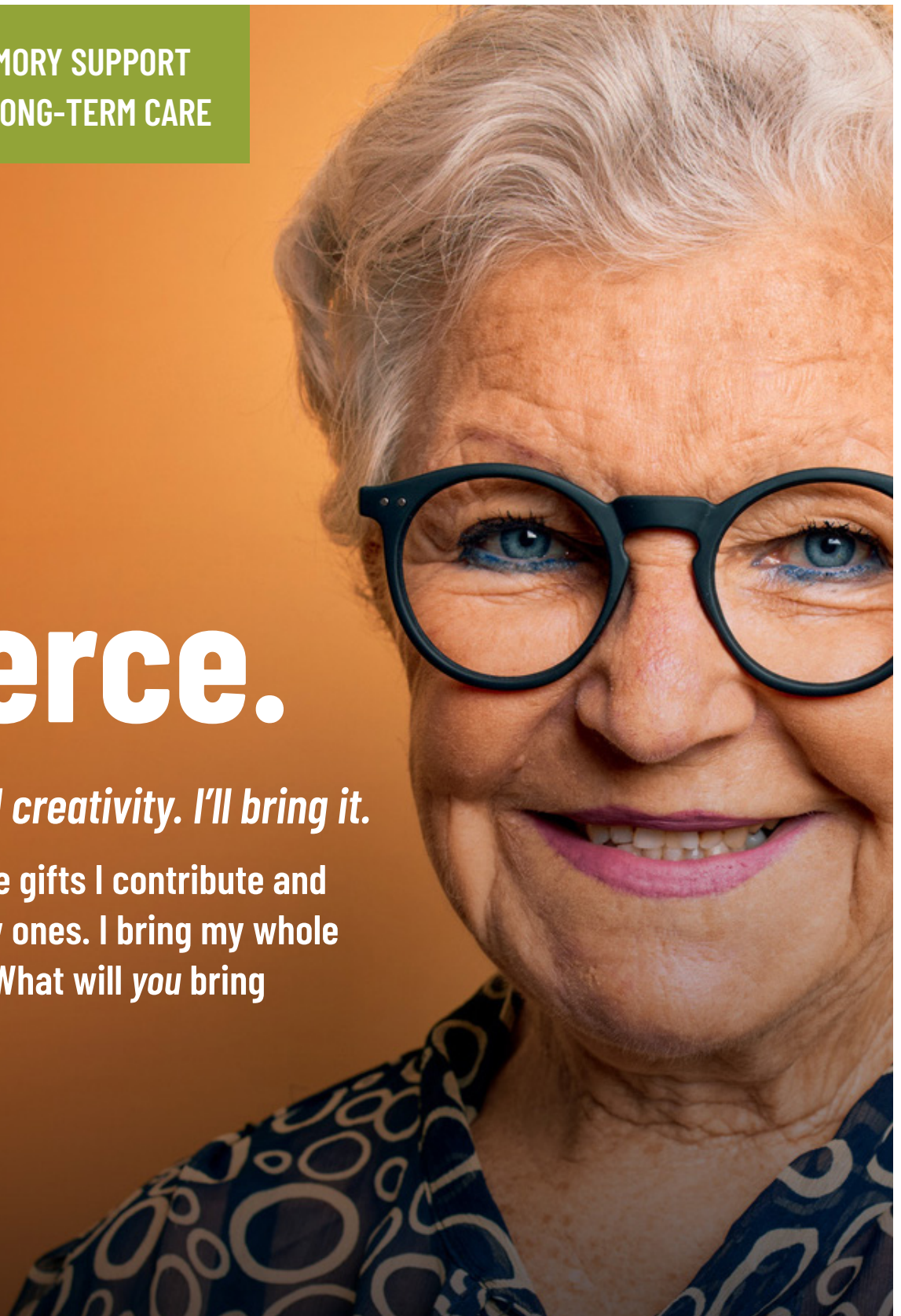
1. Vitamin B6
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10. Zinc

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fiber and protein. Honey does contain some nutrients such as riboflavin and copper but most people do not usually consume enough of it to be a significant source of vitamins and minerals. Honey does though, contain health-promoting plant compounds called polyphenols.

However, even though honey does not have a large amount of vitamins and nutrients, it is known to be rich in antioxidants. High quality honey contains many important plant compounds and antioxidants such as flavonoids and phenolic acids. Antioxidants help the human body neutralize reactive oxygen species (ROS) that can build up and cause issues like premature aging, heart disease, and type 2 diabetes.

Another benefit to honey is that the sugar it contains is better for blood sugar levels than regular sugar. The sugars in honey can raise people's blood sugar levels in the same way as normal sugar, but the antioxidants in it can help protect against type 2 diabetes and metabolic syndrome. However, people with type 2 diabetes should still only consume honey in moderation so that no further blood sugar level issues are caused.

According to Healthline.com, a study was conducted with over 4,000 people over the age of 40 that showed moderate honey intake could reduce the risk of high blood pressure among women. Therefore, there is some information that suggests that consuming honey can help people prevent heart disease. There has been research done that shows honey may be able to help lower blood pressure, regulate a person's heartbeat, improve blood fat levels, and prevent the death of healthy cells.

Being high in antioxidants, honey has also been known to help promote burn and wound healing. Honey has been used by people to heal burns and wounds topically since the days of ancient Egypt. There is also information that suggests honey can be effective when treating diabetes-related foot ulcers which can lead to amputation if not treated.

Honey is also known to help suppress coughing especially with children. There is evidence that suggests that honey can be more effective to help both children and adults with upper respiratory infections than cough syrups. Honey is also a good alternative than many cough medicines because it does not contain any side effects.

Another benefit to honey is that it is very easy to add to a person's diet. Those who want to enjoy the benefits of the antioxidants in honey can easily add it to items like coffee, tea, or yogurt in the place of sugar. Honey is also

easy to administer to wounds and to use to suppress coughs related to upper respiratory infections.

Dozens of Local Honey Products Available

In present times, consuming honey is very common but many don't know about the different types of honey products that are available. In Black Forest, Honey Tea and Me is a gift shop that specializes in making all sorts of different types of products with locally sourced honey. The store also carries over 200 types of loose leaf teas.

According to shop owner Shawndel Sievert (also known as the Colorado Honey Lady), many people are amazed at the different types of products available. "We do a whole line of chocolate honeys and many people say, 'I have never heard of that,' and it is actually amazing," Sievert said. "We have a salted caramel honey that once you try it you're addicted. And then we carry several different creamed honeys. We are about to bring back our fall line with our pumpkin spice creamed honey. And I already got an order of 12 from one lady."

Honey Tea and Me started out as a small business that sold at local farmer's markets. Now they have a store front located at 6755 Shoup Road in Black Forest and they sell on their website at coloradohoneylady.com.

They also plan on opening a sit down tea shop next door to their store sometime this year. People can also go to their Facebook page to find out which locals farmers' markets they will be at.

Why Consume Local Honey?

One of the major advantages of consuming honey that is locally harvested is the unique way it helps with allergies. According to local beekeeper Lazarus Fields, the closer to a person that the honey is produced the better it will be in helping with allergies.





“The further you go out from your state for honey the less effective it will be from preventing allergies,” Fields said. “The reason why that works is because the flower’s nectar and pollen is what causes allergies to go crazy. So if you find honey from the areas that have the same flowers and nectar and pollen that’s getting your allergies going, part of that plant and the pollen particles are in that honey. So instead of the particles harming you, the honey will make you less allergic to the pollen in the area that you are in.”

Sievert also agreed that honey can be used for a variety of things. “Honey definitely helps with local allergies,” the Colorado Honey Lady said. “Honey is anti-everything. It’s anti-fungal, anti-bacterial, and anti-microbial. We don’t even use Neosporin in our house when you get a cut we put raw honey on it.”

Health Benefits of Bee Stings?

When asked how many times he had been stung as a beekeeper, Fields replied “a day?” “Fairly regularly, it’s part of the trade unfortunately,” the beekeeper said. “Some people

use stings for things that ail them like arthritis or Lyme disease. Some people are actually looking to get stung.”

In fact, bee venom therapy is a thing that has gained more popularity in recent years even though people have been using bee venom in traditional medical practices for thousands of years. Some people try to get stung to help them treat certain ailments, but others use bee venom in products such as supplements, moisturizers, extracts, and lotions.

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According to WebMD, bee venom is the most effective when treating people with bee sting allergies. After someone who is allergic to bees gets stung, a series of bee venom shots under the skin seems to be effective for reducing allergic reactions to the bee sting. There are other ailments that some people think bee venom could be effective to treat, but WebMD says that these claims do not have sufficient evidence to back them up.

However, by conducting a quick search on the internet several sites can be found that discuss the health benefits to bee venom and bee stings including an article on Healthline.com. The author Jillian Kubala, MS, RD discusses potential benefits to consuming products containing bee venom and going through treatments such as live bee acupuncture or bee sting therapy. According to Kubala, bee venom therapy has been used for thousands of years and substances found in the venom like melittin and apamin may have medicinal properties.

For one, bee venom (or melittin in particular) has anti-inflammatory properties. Even though melittin can cause itching and pain when delivered in high doses, small amounts can have potent anti-inflammatory effects as it has been shown to suppress inflammatory pathways and reduce inflammatory markers.

The anti-inflammatory effects of bee venom have been shown to be effective to treat people with rheumatoid arthritis (RA). Many studies have shown that bee sting therapy or bee venom acupuncture can be more effective in reducing pain and joint swelling than traditional medication.

Bee venom could also help benefit skin health. More and more skincare companies now put bee venom in serums and moisturizers due to evidence suggesting it can reduce inflammation, provide antibacterial effects and reduce wrinkles. There have also been studies conducted that show that bee venom can help improve acne and fight against acne-causing bacteria.

There is also evidence that suggests that bee venom could benefit immune health. The venom has been shown to have beneficial effects on immune cells that mediate allergic and inflammatory responses. Evidence from studies conducted on animals show that bee venom therapy can help reduce symptoms of autoimmune conditions like encephalomyelitis and lupus. Other animal studies show that bee venom can also be effective to treat allergic conditions such as asthma.

Bee venom could also help people with neurological

diseases like Parkinson's disease by reducing their symptoms. But, research is limited when it comes to using bee venom to treat neurological diseases.

A study has also shown that bee venom therapies can help reduce pain. According to Healthline.com, "One study showed that bee-venom acupuncture, along with traditional medication, significantly reduced pain and improved functional status in 54 patients with chronic lower back pain, compared with the placebo group." There is also some research that suggest bee stings can be effective to treat Lyme disease due to the fact that the venom could have antimicrobial effects against the bacteria that causes the ailment.

Beekeeping as a Hobby and Career

Fields first started getting into beekeeping when he got interested in homesteading several years ago. He is now the swarm coordinator for the Pikes Peak Beekeeper Association (PPBA).

If anyone finds a bee swarm somewhere in the outdoors, Fields will come out and contain the swarm and then give it to a member in the club that wants to add it to their beekeeping setup. Fields also owns a business where he removes bees from structures and has over 50 hives himself.

According to Fields, ever since the pandemic struck, the interest for beekeeping as a business and hobby has sky rocketed. Fields said that the best way to start beekeeping is to first join a local club such as the PPBA that has several resources.

He said that it is wise for those interested in beekeeping to talk to different people in the club and see what kind of setup will work best for them. Once they decide on a setup style, equipment can be purchased locally at Rocky Mountain Bee Supply or Buckley's Homestead Supply.

Then after the desired equipment is purchased, the new beekeeper will then need to get bees. "Most people order their bees believe it or not," Fields said. "And that is a whole decision too because you can buy a package of bees, or you can buy a nucleus colony which is an already functioning hive. The queen is starting to lay eggs and they already have workers. It is just a smaller version of a hive that you can transfer to your own equipment."



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Editor Note: Parts of this article and interviews for it were first published on The Maverick Observer.

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Faith Through Older Eyes: *Vintage Volunteers*

By Nancy Parker Brummett



Virginia scoots around in her wheelchair from table to table in the assisted living facility's dining room. She volunteered to keep the holders for the sugar packets on each table refilled each day, and she takes her volunteer responsibilities seriously.

Lois comes to my *The Hope of Glory* class with her knitting in a tote. Each week she shows us the progress she's making on the next cozy hat she's knitting for a baby in the hospital. How grateful new parents must be to receive this handmade gift, and even if Lois never gets to see their delighted faces or see the hat on a tiny head, she keeps knitting. She also regularly reads to fellow residents with vision problems, including Joanne.

Joanne always assumed that she would spend her golden years tutoring students and reading to others, but macular degeneration derailed her plans. "I asked the Lord what He would have me do instead," she explained to our group, "and He told me to pray for the younger generation because they need to be lifted up in prayer. So now that's my volunteer assignment."

It's a privilege to know older adults who still have the heart to volunteer at a time in their lives when they could so easily sit back and say, "Been there, done that. It's someone else's turn to volunteer now." Rather than be complacent, they see a need and rise up to meet it. They say like Isaiah in Isaiah 6:8, "*Here am I. Send me!*"

Recently I was asked to address a group of volunteers at the Ronald McDonald House of Southern Colorado, and I identified what all volunteers need to succeed: passion, commitment, and hope.

Our passion may be whatever makes us extremely happy or extremely angry. Whatever consumes our thoughts and inspires us to sign up or write a check. Once we identify a passion for some cause, we are more likely to volunteer.

And every volunteer needs commitment. It's commitment that makes us show up for our volunteer shift even when it would be easier to call and cancel. And it's commitment that moves us to complete any task we see that needs doing, even if it's not in our volunteer job description.

Without hope, we wouldn't volunteer at all, would we? We volunteer our time and resources because we hope our involvement will make a difference. And we hope because we care.

If you have elders in your life with time on their hands, help them recall a passion that motivated them in the past. If possible, identify some task, however small, that they can do to feed that passion. Encourage them to be committed to this volunteer effort and instill them with hope that what they do will make a difference. Vintage volunteers have so much to offer, and volunteering in any way adds purpose to their days.

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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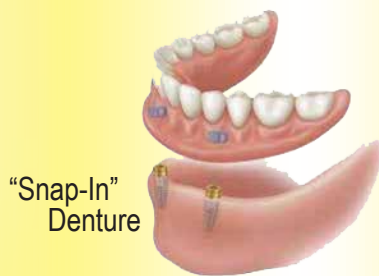
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Airport Chapels Help Stressed Travelers

By Rick Sheridan

Airports throughout the U.S. offer quiet areas for spiritual reflection or simply to calm hectic nerves after a flight with lots of turbulence. These airport chapels can help to ease the stress of a chaotic airport environment.

The first U.S. airport chapel, Our Lady of the Airways at Boston's Logan International Airport, was opened in 1951. Today, this primarily Catholic chapel seats up to 250 people, offers mass daily and is open around-the-clock for passengers, and airline employees. Non-Catholics are also welcome.

According to the International Association of Civil Aviation Chaplains, over half of the nation's busiest airports now have interfaith chapels or prayer rooms that reflect the ever-changing religious makeup of America. It is common to see the Christian Bible in the same room as an Islamic Koran, a Buddhist book of meditations and along with books from other faith traditions.

The airport chapel in Charlotte, North Carolina has several religious texts along with prayer rugs, rosary beads and displays of quotes from the world's major religions. Pamphlets on topics ranging from grief to forgiveness are available for visitors to take when they leave the chapel. This chapel is sponsored by Airport Chaplaincy an interfaith, non-profit organization founded in 1988.

A place to visit while at the San Francisco International Airport is known as the Berman Reflection Room in honor of Jewish philanthropist Henry Berman, a former president of the San Francisco Airport Commission. The room is full of plants and there are no obvious religious symbols on display.

These airport chapels are often somewhat hard to find. They are usually listed on airport maps as the symbol of a person bent in prayer. About half of the existing chapels in the U.S. are available for use on the pre-screening side of the airport, with the others being more accessible to passengers who have already passed through security.

According to Pew Research, four of the 18 major airports with chapels offer no formal services, and the others (14) offer at least one type of organized worship. Many of them have more than one type of denominational service. For instance, New York City's John F. Kennedy International Airport, Washington Dulles International and Ronald

Reagan Washington National each offer an Islamic center, a Jewish synagogue, and a Catholic church and all serve as a spiritual retreat for travelers and airline employees. The Dallas/Fort Worth International Airport has chapels in each of its five terminals. All are open 24/7.

Unfortunately, the Orlando International Airport recently canceled religious services at their Reflection Rooms due to violence threatened against Jewish and Muslim worshippers. Travelers are still allowed to pray or meditate in these rooms, but organized church services are no longer permitted.

I have visited three airport chapels here in the United States. My first experience was the Interfaith Chapel at the Chicago O'Hare Airport. This large chapel was outside of the check-in area, so I had to leave and check back in later. The few minutes of peaceful reflection made the efforts worthwhile.

While living in the Dayton, Ohio area, I visited the airport chapel at the Dayton International Airport several times. It was the smallest of the three that I have visited but is easy-to-find and offered a welcoming atmosphere.

My most recent airport chapel experience was at the Newark Liberty International Airport. I was on my way from Colorado Springs to St. Thomas in the United States Virgin Islands. The nonstop flight from Denver to Newark was on time and arrived in the middle of the night. The next airplane, from Denver to San Juan, Puerto Rico was waiting at the gate, and most passengers probably assumed that it would be on time. At the last-minute, the United crew decided that there were some mechanical problems. The next official flight to Puerto Rico would not be for 24 hours. After exchanging hard luck stories with fellow passengers, I located the airport's Meditation Room and Interfaith Chapel. It was just what I needed at the time. Fortunately, United replaced the defective airplane and we were on our way after "only" a four-hour delay.

Anyone reading this far is probably wondering if we have an airport chapel at the Colorado Springs Airport. Yes, we do! The Interfaith Chapel at the Colorado Springs Airport is open 24 hours a day for quiet meditation. This chapel is in the main terminal building. Follow the east corridor between the gift store and men's restroom. Everybody's welcome!



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Key on page 42.

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Favorite Challah Bread Recipe

Ingredients

1 ½ packages active dry yeast (about 3 1/2 teaspoons)
 1 tablespoon plus 1/2 cup sugar
 ½ cup vegetable oil, more for greasing bowl
 5 large eggs
 1 tablespoon salt
 8 to 8 ½ cups all-purpose flour
 Poppy or sesame seeds for sprinkling



In a large bowl, dissolve yeast and 1 tablespoon sugar in 1 ¾ cups lukewarm water. Whisk oil into yeast, then beat in 4 eggs, one at a time, with remaining sugar and salt. Gradually add flour. When dough holds together, it is ready for kneading. (You can also use a mixer with a dough hook for both mixing and kneading.) Turn dough onto a floured surface and knead until smooth. Clean out bowl and grease it, then return dough to bowl. Cover with plastic wrap, and let rise in a warm place for 1 hour, until almost doubled in size. Dough may also rise in an oven that has been warmed to 150 degrees then turned off. Punch down dough, cover and let rise again in a warm place for another half-hour.

To make a 6-braid challah, either straight or circular, take half the dough and form it into 6 balls. With your hands, roll each ball into a strand about 12 inches long and 1 1/2 inches wide. Place the 6 in a row, parallel to one another. Pinch the tops of the strands together. Move the outside right strand over 2 strands. Then take the second strand from the left and move it to the far right. Take the outside left strand and move it over 2. Move second strand from the right over to the far left. Start over with the outside right strand. Continue this until all strands are braided. For a straight loaf, tuck ends underneath. For a circular loaf, twist into a circle, pinching ends together. Make a second loaf the same way. Place braided loaves on a greased cookie sheet with at least 2 inches in between.

Beat remaining egg and brush it on loaves. Either freeze breads or let rise another hour.

If baking immediately, preheat oven to 375 degrees and brush loaves again. If freezing, remove from freezer 5 hours before baking. Then dip your index finger in the egg wash, then into poppy or sesame seeds and then onto a mound of bread. Continue until bread is decorated with seeds.

Bake in middle of oven for 35 to 40 minutes, or until golden. Cool loaves on a rack.

Directions

Apple Coffee Cake with Crumble Topping and Brown Sugar Glaze

Ingredients

Cake:

1 stick plus 2 teaspoons unsalted butter
 1 1/2 cups packed light brown sugar
 2 large eggs
 2 cups all purpose flour
 1 teaspoon baking soda
 1 teaspoon ground cinnamon
 1/2 teaspoon salt
 1 cup sour cream
 1 teaspoon pure vanilla extract

2 cups peeled, cored and chopped apples

Crumble Topping:

1/2 cup packed light brown sugar
 1/2 cup all purpose flour
 1/2 teaspoon ground cinnamon
 4 tablespoons unsalted butter, softened

Brown Sugar Glaze:

1/2 cup packed light brown sugar
 1/2 teaspoon vanilla extract
 2 tablespoons water



Directions

Preheat the oven to 350 degrees F. Lightly grease a 13 by 9-inch glass baking dish with 2 teaspoons of the butter. In a large bowl, cream together the remaining stick of butter and sugar until light and fluffy. Add the eggs 1 at a time, beating after the addition of each. In a separate bowl or on a piece of parchment, sift together the flour, baking soda, cinnamon, and salt. Add to the wet ingredients, alternating with the sour cream and vanilla. Fold in the apples. Pour into the prepared baking dish, spreading out to the edges.

To make the topping, in a bowl, combine the sugar, flour, cinnamon, and butter, and mix until it resembles coarse crumbs. Sprinkle the topping over the cake and bake until golden brown and set, 35 to 40 minutes. Remove from the oven and let cool on a wire rack for at least 10 minutes.

To make the glaze, in a bowl, combine the sugar, vanilla, and water and mix until smooth. Drizzle the cake with the glaze and let harden slightly. Serve warm.

Smoked Salmon Frittata

Ingredients

- 1 leek cleaned with white and light green parts diced
- 1 shallot diced
- 3 scallions thinly sliced
- 3 tbsp olive oil divided
- 10 large eggs
- 1 cup yogurt or dairy-free yogurt
- 1 bunch fresh parsley roughly chopped
- 1 bunch fresh dill roughly chopped
- 8 oz smoked salmon torn into small pieces
- 4 oz goat cheese
- salt and pepper to taste



Heat one tablespoon of olive oil in a 10-inch cast iron skillet over medium heat. Add the leek, shallot and scallions and saute for 1-2 minutes, or until slightly translucent. Then, remove the vegetables to a plate and set aside. In a large mixing bowl, add the eggs and yogurt and whisk together. Stir in the herbs, smoked salmon, goat cheese, sauteed leek, shallot and scallions, salt and pepper.

Directions

Once your skillet has cooled, clean it (or use a paper towel to quickly wipe it clean). Over low heat, add two tablespoons of olive oil to the skillet and ensure that the bottom is full coated.

Pour the frittata egg mixture into the skillet and cook for 8-10 minutes, or until the sides are just starting to set.

Transfer the frittata to the oven (on a middle shelf) and turn the top broiler on. Continue cooking for another 8-10 minutes, checking on it every few minutes to ensure the top isn't browning too much. If the top cooks faster than the inside of the frittata, turn the broiler off and let it continue cooking in the oven.

Serve the frittata with extra herbs.

? Brain Teasers ?

Q1: Cannibals in the jungle capture three men. The men are given one chance to escape with their lives. The men are lined up and bound to stakes such that one man can see the backs of the other two, the middle man can see the back of the front man, and the front man cannot see anybody. The men are shown five hats, three of which are black and two of which are white. Then the men are blindfolded, and one of the five hats is placed on each man's head. The remaining two hats are hidden away.

The blindfolds are removed. The men are told that if just one

of the men can guess what hat he is wearing, they may all go free. Time passes. Finally, the front man, who cannot see anyone, correctly guesses the color of his hat. What color was it, and how did he guess correctly?

Q2: A man is headed to a mountain along with a lion, a goat, and a basket of vegetables. On the way, he needs to cross a river and the boat can only carry two things at a time. If he takes the vegetables, the lion will eat the goat. If he takes the lion, the goat will eat the vegetables. How does he cross the river?

Answers on page 42

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100 word story

Hope

By Alyce Clark

Explosions. Loss of life. Everyday citizens make Molotov cocktails. Sirens blare. A brave, lone president sends video messages of encouragement. Blue and yellow flags are tweeted around the world followed by heart emojis. His adversary eliminates communications from the outside, giving sponsored updates on "special military operations." His people protest, facing 15 years in prison for doing so. An elderly woman grabbed by police; another protester ruffed up- baby strapped to her chest. Frightened people huddle in a bomb shelter as a little girl sings "Let It Go." Everyone quiets to listen. They clap. She smiles shyly... There is hope.

Senior Education and Learning

Fun Opportunity For Continuous Learning

- What:** Lecture by UCCS Professor Joshua Dunn, Ph.d., Political Science, "Can We Speak Freely? Contemporary Challenges to Free Inquiry on College Campuses"
- When:** April 8, 2022, 10 a.m. (Friday)
- Where:** Ent Center for the Arts, N. Nevada Ave., Chapman Foundations Recital Hall (free parking)
- Phone:** 719-633-5627
- Web:** www.uccs.edu/curiosity
- Cost:** Free, guests & non-members, welcome. MASKS REQUIRED



PILLAR Institute Everybody Welcome: Fannie Mae Duncan and the Cotton Club of Colorado Springs

- What:** Instructor: Steven Antonuccio
Fannie Mae Duncan was an African American Colorado Springs entrepreneur and businesswoman in Colorado Springs in the 1950's and 1960's. She began her career with the Duncan's restaurant and eventually created the nightclub she called "The Cotton Club." Some of the finest African American musicians performed in her club at a time when segregation was practiced in Colorado Springs and they could not perform in any of the hotels in the area. Her club was open to a mixed clientele and she let her white customers know by putting up a sign that said "Everybody Welcome" in her window. The G.I.'s at Fort Carson and the students at Colorado College would patronize her club to see the finest musicians of the 50's and 60's. This program is presented by Steve Antonuccio who produced a documentary on Fannie Mae Duncan in 1991. A PowerPoint program will feature unique photographs of the Cotton Club shot in the 1950's and clips from his documentary. He will talk about his personal friendship with Fannie Mae Duncan and her amazing energy and enthusiasm that was a key to her successful business career.
- Web:** Register at www.pillarinstitute.org
- When:** Wednesday, April 13, 10am
- Cost:** In-Person \$25 Member/\$35 Nonmember
Zoom \$30 Member/\$40 Nonmember



PILLAR Institute Special Event: Australian Silo Art with Moderator Aaron Casey

- What:** Initially we explore the genesis of this community-building idea in one remote town – and then we pivot to a panel on the ground in Australia. The movement has inspired the creation of a silo-art trail around which you can build an epic road trip on your next visit Down Under: www.AustralianSiloArtTrail.com. This presentation is coming to you directly from Australia. Due to the time difference, the class will start at 2pm. Classroom, Zoom, and Video
- Cost:** This class is offered in our classroom and via Zoom and videotape. \$35 nonmember / \$25 member
- Web:** Register at www.pillarinstitute.org
- Where:** PILLAR Institute for Lifelong Learning Located in Chapel Hills Mall
- When:** Tuesday, May 3, 2pm



Fun Opportunity For Continuous Learning

- What:** Lunch and lecture by UCCS Professor Kevin Landis, Ph.D., M.F.A., Theatre & Dance, Visual & Performing Arts, "The Inner Clown: Teaching & Appreciating Our Need to Be Silly.."
- Where:** Colorado Springs County Club
- When:** May 6, 2022, 11 a.m. (Friday)
- Phone:** 719-633-5627 (Call for reservations & address to forward check)
- Web:** www.uccs.edu/curiosity
- Cost:** To be determined: guests & non-members, welcome



Calendar of Events for April 2022

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

Rock Identification in the Wild: Mineral ID

What: Presented by Garden of the Gods Visitor & Nature Center at Garden of the Gods Visitor and Nature Center All rocks are made up of minerals, they are like the ingredients in each rock. We will learn the various traits that all minerals share and how to differentiate between them! For the walk portion of the class, be sure to bring water, a backpack, and a sweatshirt for the weather!

When: Apr 5, 2022 at 02:00 pm - 04:00 pm (Tues)

Where: Garden of the Gods Visitor and Nature Center
1805 N 30th St, Colorado Springs, CO 80904

Phone: (719) 219-0111

Email: mbideau@gardenofgods.com

Cost: Pre-Registration is required. \$5 per person

World Dance Festival

What: Presented by Shakti Dance Troupe at Fritz's, Colorado Springs CO
Vibrant Traditional & Cultural Dances from around the World performed by an incredible line up of artists! Including Polynesian Dance, Spanish Flamenco, Brazilian Samba, Egyptian & Tribal Belly Dance, Odissi East Indian Classical, Ballet, Modern, & Break Dance! Venue offers Drinks & Food. Fritz's is on the corner of Wasatch and Colorado Downtown Colorado Springs downstairs from the Triple Nickel.

When: Apr 8, 2022 at 08:00 pm - 10:00 pm (Fri) Doors open at 7 p.m.

Where: Fritz's, 103 S. Wahsatch Ave., Colorado Springs 80903

Phone: (719) 425-7596

Email: tejasdancershakti@gmail.com

Cost: Tickets are \$20 at the door.



The Kingsleys in 1870 Colorado

What: Presented by Old Colorado City Historical Society at Old Colorado City History Center, Colorado Springs CO. Join us at the Old Colorado Historical Society for the true story of one of the English families that helped settle Colorado Springs.

When: Apr 8, at 11:00 am - 12:00 pm (Fri)

Where: Old Colorado City History Center
1 South 24th Street, Colorado Springs, CO 80904

Phone: (719) 636-1225

Email: Info@occhs.org

Cost: General Admission: \$5



Sustainability Series: Egg Dyeing with Natural Dyes

What: Presented by Bear Creek Nature Center at Bear Creek Nature Center

We will use the bounty of nature's color to dye eggs with plant materials. Dye and design your own take-home eggs and gain the knowledge to continue creating at home. All materials included.

When: Apr 9, 2022 at 10:00 am - 12:00 pm (Sat)

Where: Bear Creek Nature Center 245 Bear Creek Road, Colorado Springs, 80906

Cost: \$8 per member \$10 non-member

Phone: (719) 520-6387

Email: maryjolewis@elpasoco.com

Cheyenne Mountain Newcomers Club

- What:** Women's Social Club. Refreshments, Mix & Mingle, sign up for an Activity Fashion Show -Thrift Shop ~ Come wearing your best thrift shop finds! Speaker Shaunda Sims: Get ready for spring cleaning and downsizing!
- When:** Wednesday, April 13th at 9:30am
- Where:** Broadmoor Community Church, 315 Lake Avenue
- Web:** [www: cmncos.org](http://www.cmncos.org)
- Cost:** CMNC Annual Membership Dues: \$30.



Women's Army Corps Veterans' Association

- What:** Army Women United meets monthly at the Sand Creek Library on the 4th Saturday of the month starting at 10:15 a.m. Chapter 75 welcomes women veterans from the Air Force, Navy, Marines and Coast Guard as well as the Army. We are a 501(3c) organization. We participate in various fundraising activities throughout the year.
- Phone:** For more information, please contact Susan at (719) 466-3227.



Shorts Night

- What:** Presented by Rocky Mountain Women's Film at Stargazers Theatre & Event Center Be part of this entertaining evening of quirky, amusing, provocative, and insightful films while enjoying complimentary popcorn and candy. In addition, dinner items and cocktails are available for purchase. Whether you are a devoted fan of short films or just have a short attention span, this is the place to be for a great evening of entertainment!
- When:** Apr 22, 2022 at 07:00 pm (Fri) Doors open at 6 p.m.
- Where:** Stargazers Theatre & Event Center
10 S. Parkside Drive, Colorado Springs, CO 80910
- Phone:** (719) 226-0450
- Email:** info@rmwfilm.org
- Cost:** General Admission: \$40 Reserved Seating: \$55



2022 Culinary Passport

- What:** Presented by American Culinary Federation of the Pikes Peak Region at Skills Academy Vocational Center, Colorado Springs. The 2022 Culinary Passport will be on 23 April at the Skills Academy Vocational Center. Chef set up will be at 4:30. Global Savory taste will be presented from Chefs representing: USA, ITALY, JAMAICA, SICILY, CHILE, SWEDEN, GREECE, ROMANIA, SPAIN, COLOMBIA, IVORY COAST, and FRANCE. Wines and Beer will be available for tasting along with Sweet Ending Bites and Coffee. Be ready for very active bidding on many great Silent Auction items including a Dinner and an Overnight Stay for 2 at The Broadmoor.
- When:** Apr 23, 2022 at 05:30 pm - 08:00 pm (Sat)
- Where:** Skills Academy Vocational Center, 4435 N Chestnut St., Colorado Springs, 80907
- Email:** info@pikespeakchefs.com
- Cost:** \$50



Requiem for the Living

What: Presented by Colorado Springs Chorale and Chamber Orchestra of the Springs at First United Methodist Church, Colorado Springs CO. The Colorado Springs Chorale presents Dan Forrest's emotional 'Requiem for the Living' and selections from their performances as the official choir of the D-Day Commemorative Ceremonies in Normandy, France.

When: Apr 29, 2022 at 07:30 pm (Fri)

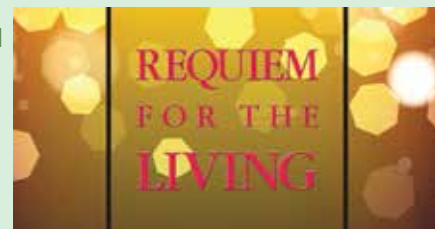
Where: First United Methodist Church 420 North Nevada Avenue, Colorado Springs, 80903

Phone: (719) 360-5231

Email: jamie@cschorale.org

Cost: General Admission Tickets: \$25 Student Tickets: \$10

Web: <https://www.cschorale.org/requiem-for-the-living>



May Events

Music & Blossom Festival

What: The Cañon City Blossom Festival is four days full of a variety of events and fun featuring music, rodeo, 5K run and much more! The festival is the city's largest and continues to grow in popularity every year. Held on the first weekend in May, the Blossom Festival provides nationally recognized competitions for elementary, junior high and high school bands in marching, jazz band, and orchestral music. A two-hour parade on Saturday through downtown Cañon City provides a great time for everyone, while the carnival, craft fairs, rodeo, free concerts and other community events fill the weekend with fun.

When: May 4 - 8, 2022

Where: Cañon City, CO

Cost: Free



RGAA Spring Blossom Arts & Crafts Festival

What: 48th annual arts & crafts show. Handmade by vendor items only. Fund raiser for the Royal Gorge Artists' Association for student scholarships to further studies in arts. Other Activities: parade, art displays, live music, food, face painting

When: May 7-8 Hours Open: Sat 9am-5pm, Sun 9am-4pm

Where: Depot Park

S. 9th Street & Royal Gorge Boulevard, Cañon City, CO 81212

Cost: FREE



Birding & Nature Festival

- What:** Celebrate spring migration in Colorado Springs. This is a special event for novice and lifetime bird enthusiasts. Spring migration in the Rockies is a sight to behold and often brings delightful surprises. Fountain Creek offers essential rest and food areas for resident birds as well as those migrating through the region. Learn to identify birds you'll find throughout the region and take a quiz to hone your skills.
- When:** May 13-15, 2022
- Where:** Field trips will meet and depart from various locations and at various times; registration required for field trips
Fountain Creek Nature Center; 320 Peppergrass Lane, Fountain CO 80817
- Cost:** Free



Territory Days

- What:** Enjoy over 180 food and craft booths, live music, a kids' play area, a petting zoo, and so much more. See live performances by Native American dancers, Wild West gunfight re-enactments, and incredible blacksmith demonstrations. Territory Days offers plenty of food and entertainment options for the entire family, so make sure you don't miss it!
- When:** May 28-30, 2022 All day
- Where:** Colorado Avenue in Old Colorado City
- Cost:** FREE



Artwalks In Old Colorado City

- What:** Browse the local art galleries and art studios along W. Colorado Avenue in Historic Old Colorado City. The event is free to the public and the beautiful art pieces are available for purchase. Make it a night out and eat at one of the Old Colorado City restaurants. Find more information about the ArtWalk in Old Colorado City or research additional art galleries in Colorado Springs.
- When:** very first Friday from April through December 5 PM – 8 PM
- Where:** W. Colorado Ave between 23 St. and 27 St. in Old Colorado City
- Cost:** Free



Colorado Pet Expo & Conference

- What:** The Colorado Pet Expo is perfect for anyone who loves pets. The event is family AND pet-friendly and there are tons of activities for children as well as adults. If you're interested in learning more about your furry, feathered, or scaly friend, we'll also have panels and expert advice. PLUS we'll have dozens of local rescue organizations ready to answer your questions or introduce you to your next best friend!
- When:** May 6th, 1 pm to 7 pm, May 7th, 10 am to 6 pm May 8th, 10 am to 4 pm
- Where:** Colorado Springs Event Center - 3960 Palmer Park Blvd, Colorado Springs, CO 80909
- Phone:** (719) 301-5842
- Email:** Info@coloradopetexpo.com



The History Of The El Paso Canal

- What:** General Palmer, Colorado Springs founder and first "developer" of Colorado Springs, sought to sell lots and create a lush resort on ground that was nothing more than dry desert. To this end, he constructed the El Paso Canal. The presentation will show how the canal contributed to the city's early growth and development and what it is used for in today's world. Presenter: John Haney
- When:** May 13, 2022 11:00 a.m.
- Where:** Old Colorado City History Center, 1 South 24th Street, 80904





Iron Springs Chateau

Colorado's Fun Melodrama

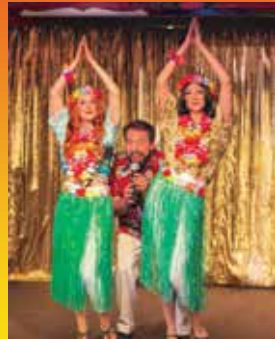
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Check our website for upcoming shows and auditions
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SUDUKO KEY

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

Page 35 Brain Teaser Answers:

A1: The back man can see the hats worn by the two men in front of him. So, if both of those hats were white, he would know that the hat he wore was black. However, since he does not answer, he must see at least one black hat ahead of him. After it becomes apparent to the middle man that the back man cannot figure out what he is wearing, he knows that there is at least one black hat worn by himself and the front man. Knowing this, if the middle man saw a white hat in front of him, he would know that his own hat was black, and could answer the question correctly. But, since he does not answer, he must see a black hat on the front man. After it becomes apparent to the front man that neither of the men behind him can answer the question, he realizes the middle man saw a black hat in front of him. So he says, correctly, "My hat is black."

A2: Trip 1: He takes the goat with him, leaving the lion and the vegetables behind. On reaching the other riverbank, he drops off the goat. Trip 2: He then comes back for the lion, leaving the vegetables behind. On reaching the bank this time, he drops the lion, and again takes the goat along. Trip 3: He drops off the goat again and takes the vegetables with him to the other shore.

Trip 4: Lastly, he comes back alone for the goat.

Crossword Puzzle Solution

1	S	W	A	M	I	6	C	O	W	S	10	L	A	S	S
14	K	A	R	A	N	15	O	R	E	O	16	O	T	T	O
17	I	N	E	R	T	18	C	A	L	L	19	I	R	O	N
20	D	A	T	A	C	21	O	L	L	E	22	C	T	I	O
23	I	K	E	A	24	H	E	A	D	Y					
25	K	E	R	N	E	L	28	F	R	E	E				
31	A	L	O	E		32	S	I	E	V	E	33	S	A	P
36	Y	A	L	T	A	C	O	N	F	E	R	E	N	C	E
40	O	L	E		41	D	A	L	E	S		42	R	A	R
43	E	U	R	O	S		44	S	N	I	P	E	R		
46	E	M	A	L	L		49	C	H	I	C				
50	B	O	G	O	T	51	A	C	O	L	O	M	B	I	A
56	S	O	A	P		57	L	A	V	A		58	B	A	T
60	E	R	T	E		61	A	M	E	N		62	U	N	I
63	N	E	E	D		64	S	O	N	G		65	S	A	S

\$75 monthly allowance for groceries



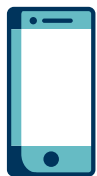
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