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JUNE - JULY 2022

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# Pikes Peak

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# *Tinseltown Talks:*

## 60s Pop Singer Donna Loren Traded Fame for Family

By Nick Thomas



When a top female British singer declined to appear on the premiere episode of the new American musical variety show “Shindig!” on September 16, 1964, the producer knew who to call - Donna Loren.

“Dusty Springfield couldn’t make the first show, so I was invited to sing her hit Wishin’ and Hopin’ and became a regular cast member for the rest of the series,” said Loren, who turned 75 in March, from her home in Bisbee, Arizona.

Loren had already impressed American television audiences six years earlier with stunning performances guest-starring as a child singing prodigy on “The Mickey Mouse Club.”

By 1963, she was also gaining nationwide recognition as the model and spokesperson for the Dr. Pepper Company, performing at promotional events across the country since the age of 16. In films, she appeared in two 1964 musical comedies, “Muscle Beach Party” and “Bikini Beach,” with a third, “Pajama Party,” released shortly after her first “Shindig!” appearance. All three films starred beloved former lead Mouseketeer, Annette Funicello.

With film, television, advertising, and song contracts before her, the dark-haired beauty with a killer voice seemed poised to take the 60s entertainment world by storm, even acting on popular shows

such as “Batman,” “The Monkees,” and “Gomer Pyle: USMC.” An additional beach film, “Beach Blanket Bingo,” was released in 1965 featuring Loren’s signature song, “It Only Hurts When I Cry.”

But by 1969, Donna had largely vanished from the entertainment scene.

“Privately, my life growing up had been difficult,” she admitted. “My mother had me out of wedlock and was mired in shame back in the 1940s. She didn’t want me and didn’t even like me which I’ve had to try to balance all my life.”

Loren married in 1968, at the age of 21, as her 5-year contract with Dr. Pepper was coming to an end. But then, tragedy struck her new family.

“Two months after the wedding my mother-in-law passed away suddenly,” she explained. “I’d had the contract with Dr. Pepper since I was 16 and on my 21st birthday they wanted me to fly to the company headquarters in Dallas to perform for the executives.”

Around this time, with all her earnings going straight to her parents, she also became pregnant.

“I knew the Dr. Pepper CEO, Fots Clements, so I called him to say I was getting out of the business,” she said. “I did not want to be used anymore and I needed my child to know who I was. I have absolutely no regrets about the decision.”

Loren went on to raise several children and remarried. After 40 years of private life and with her family grown, she began recording and performing again in the late 2000s.

With numerous singles and CDs released in the past decade, she even relearned 100 songs she had performed in the 60s, posting many online for fans. If Loren had any doubts about recording after a prolonged absence, the words of Mickey Mouse Club teen idol Funicello confirmed her self-confidence.

“I still remember my appearance on the show and Annette later sending me a Christmas card in which she wrote ‘I wish I could sing like you!’” recalled Loren, whose still-powerful vocal performances are cataloged on her website ( [www.donnaloren.com](http://www.donnaloren.com)).

Loren has been recounting her life and career recently on a series of weekly podcasts titled “Love is a Secret Weapon” co-hosted by Dr. Adam Gerace (see [www.anchor.fm/lovesasecretweaponpodcast](http://www.anchor.fm/lovesasecretweaponpodcast)).

“I love communicating with people,” she says. “Give me a minute and I’ll give you my all.”

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](http://www.tinseltowntalks.com).





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# Events Geared Towards Older Americans Make a Big Return

## Silver Key & Pikes Peak Senior News Partner Up for Inaugural Senior Summit in June

By Trevor Phipps

Before the coronavirus pandemic struck the nation, there were a large number of local events and expos that were geared towards providing information about all of the senior citizen services available in the region. But then since the virus targeted older populations, many of the events have gone away and have not yet come back.

But now that the new cases of the virus have slowed down, the world has steadily been opening back up and returning to normal. Now that the risks for older Americans have decreased, all events including ones aimed at seniors are making a return.

As it was unclear what (if any) other event would take place this year, Silver Key and Pikes Peak Senior News decided to team up and create an event bigger and better than ever! Instead of putting on another “senior expo” the two organizations have decided to put on a “Senior Summit” that will include much more than the expos previously held.

### Silver Key Senior Summit Schedule

The area’s first Senior Summit is slated to take place on June 15, 2022 from 10 a.m. to 3:30 p.m. at the Antler’s Hotel in Downtown Colorado Springs. The event will have several representatives for senior services as well as health screenings and informational presentations.

According to Silver Key’s Chief Strategy Officer Derek Wilson, the event will start with a special presentation and breakfast that is invite-only. The summit that starts at 10 a.m. is free to the public and has free parking, but registration is required.

Attendees are strongly encouraged to pre-register by going to <https://www.silverkey.org/senior-summit/>. There will also be a Lunch and Learn session featuring Silver Key’s President and CEO and motivational speaker Frank Sinclair with Dream Again.



During the session, there will be box lunches available to purchase for \$25. Those wanting the box lunch can buy it when they pre-register for the event.

The plan for the event is that it will be more than just an expo as it will have several information sessions starting at 10. “The information sessions will be put on by experts in their area talking about relevant and prevalent issues,” Wilson said. “We are going to have the topic of workforce development. More seniors that need or want to be in the workforce are in it. We have Dr. Judy Scott from UCCS that will be talking about that. We will also have a whole panel talking about mental health for seniors. The fact is far too many seniors deal with mental health problems and they need someone to talk to.”

A group will also be there to talk to seniors about how they can keep more of their money, but still be eligible for Medicare benefits and long term care. The AAA will also be there distributing their Yellow Book.

During the day, there will also be health screenings available like blood pressure and balance checks. Dr. Nichole Kovel with Elite Hearing will also be in a room giving hearing checks to attendees all day.

In total, there will be over 70 stations set up for local organizations in the area. According to Wilson, there will be companies there like health insurance providers, senior living communities, home health agencies, financial institutions, and more!

Wilson said that Silver Key chose to put on the summit this year because there has been a void of senior events for the last two years. “There was a demand and pent up energy from the community saying, ‘We need this,’” Wilson explained. “I can’t tell you how many organizations have said to us that they are so grateful and thankful for us doing this. There was a need, a demand, and a void and we are filling it.”



## About Silver Key

One of the main purposes of the event is to educate the public on everything the Silver Key organization does for the senior citizen community. "We want people to know if they are seniors or if they have a senior friend or loved one, they need to come to Silver Key and they need to ask us when they need help, assistance, or care," Wilson said. "Either we can provide it directly or we can get them to a resource who can." "We help ALL seniors, in ALL neighborhoods."

Silver Key has been in Colorado Springs helping the senior citizen community for just over 50 years. "One of the things we strive to do is to be a thought leader in the senior space here in the Pikes Peak region," Wilson said. "We are committed to making this the best community in the nation to age. We do that by preserving the dignity and independence of older adults so that they have the choice to age healthy and safely."

The organization completes their mission through four different realms of services. Silver Key offers transportation, nutrition, health and wellness, and housing services to senior citizens all over the Pikes Peak region.



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# Grow a Healthful Herb Garden.

## Small Space? No Problem

By Larry Stebbins, AKA: The Garden Father  
[www.thegardenfather.com](http://www.thegardenfather.com)

When we think of herbs, we think of cooking. However, there is another very important reason to grow fresh herbs. Many of the common culinary herbs are packed with health promoting properties. So now you can spice up your life and improve your health at the same time. A small herb garden may be just what the doctor ordered. They are easy to care for and you will be rewarded with bountiful bunches of delicious, aromatic and healthful herbs. Now let's look at some of best to grow in this area.

First you need a sunny location that is also convenient for harvesting. At least 6 hours of direct sun is best. Decide the space you want to designate for growing. You don't need a large area to grow what you need. Here a few suggestions. Remember, the smaller the container or pot, the more frequently you will need to water.

### The Garden Father's Nine Health Promoting Garden Herbs

**Parsley:** Whether you plant curly or flat-leaf parsley, both will reward you with taste and health benefits. Noted for assisting blood clotting due to its high content of vitamin K, it also is very high in vitamins A, C, and K.

**Cilantro:** Sometimes called Chinese parsley, this herb is gaining popularity in the U.S. It is known to reduce blood sugar levels, is an anti-microbial, and is high in vitamins A, C and K, folate, potassium and manganese. Use it fresh, not cooked, as a topping to many dishes.

**Rosemary:** This fast-growing plant has a very distinctive flavor. Many use it to flavor meats but it also is very healthful. It is a rich source of antioxidants and anti-inflammatory compounds. One variety, Arp Rosemary, is the hardiest for this area but I personally love the taste of Tuscan Blue Rosemary.

**Sage:** This relative to the mint family, is best known for giving that Thanksgiving turkey stuffing its distinct taste and aroma. It is very high in the anti-coagulant vitamin K and contains notable amounts of the antioxidant vitamins



A and C. Web M.D. states it has been *"linked to benefits such as lower cancer risk, memory improvement, and improved brain function."*

**German Chamomile:** This is an annual and will need to be planted each year, but it is worth it. The flower buds are harvested and can be used to make a soothing tea. Many drink a warm cup of this tea to settle an uneasy stomach.

**Basil:** This warm weather herb must be planted only after all danger of frost has passed. Although it is not a powerhouse of vitamins, except vitamin K, it has been noted to reduce stress, reduce blood pressure and help with hypertension. Use this fresh or dried to many cooked dishes. You will need to replant basil during the late summer since after it goes to flower it begins to decline. Just remove the old plant and buy a new plant from one of the many garden centers.

**English Thyme:** Like many of the herbs listed, it is a member of the mint family. Use it fresh or dried in cooked dishes. It has been noted to boost immunity, help lower blood pressure and is anti-inflammatory.

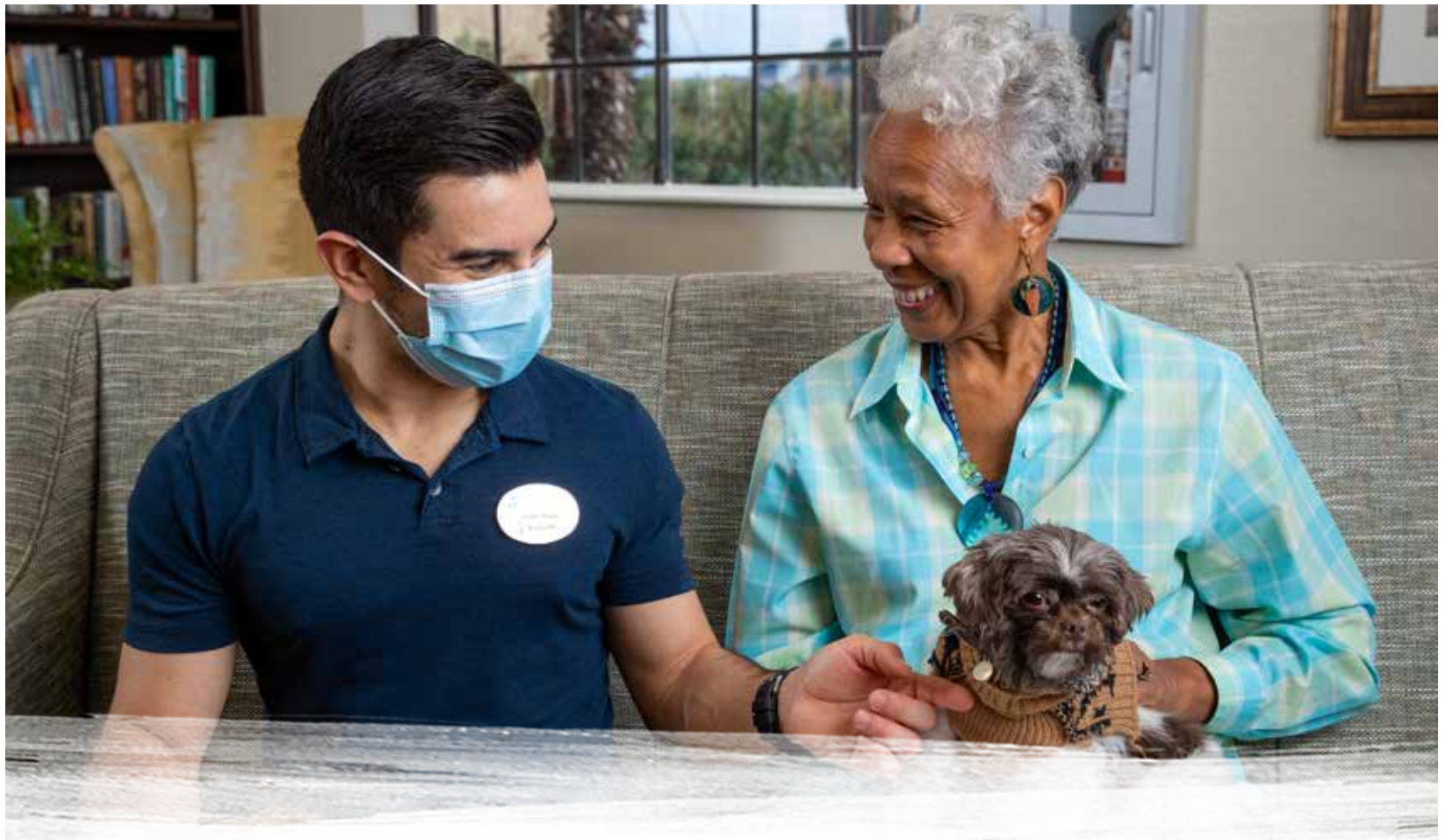
**Chives:** Who doesn't love a baked potato with a sprinkle of fresh cut chives. This herb is an excellent source of beta carotene and vitamin C. Just snip a few of the leaves and add to many dishes or salads. Don't worry, in a few weeks the plant will regrow new leaves.

**Lavender:** A versatile herb that is used sparingly to flavor salad dressing or to impart a sweet taste in desserts and even some meat dishes. The aromatic qualities of the lavender leaves and especially the flowers, have been used for centuries to help calm restlessness.

It is important to note, that with any herb, it is important to first consult with your physician before using any of these for medicinal purposes.

**Happy Gardening!**





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# Seniors in the Workplace

By Rick Sheridan

For many job openings, seniors and other mature workers are often the best choice. Large numbers of younger workers have left the job market as part of the Great Resignation, and the over 60 crowd is stepping back in, providing businesses and companies with the skills and work ethic that they need. There are some exciting trends related to senior workers that we will cover at the end of this article. For now, let's look at the reasons why seniors are often considered to be valuable employees.

Seniors are generally more stable. They have paid off their home mortgage and are probably not going to quit and move to some place with a better climate. Many seniors here in the Pikes Peak region are rooted in the community and they are less likely to begin sending out their resume a few days after starting a new job.

Senior workers often have good social skills. Even though they might not be as versatile on computer equipment, older workers often know how to communicate well, either face-to-face or through written documents. They are usually able to relate to their bosses well enough to avoid getting laid off through a general lack of understanding.



Older workers are generally good at problem solving. They have a good understanding of the "big picture," and know how to get a problem solved before it becomes a threat to the company or an embarrassment to them. They often have good critical thinking and common-sense abilities. These problem-solving skills were gained in their decades of experience. Studies by the U.S. Department of Labor Aging Worker Initiative reveal that older workers possess a high capacity to learn new processes and technologies, and knowledge gaps can be easily overcome.

They take pride in their work, and they enjoy getting a job done and doing it right. Older workers understand that their work reflects upon them, positively or negatively. For many of them, it's personal. Younger workers are sometimes accused of being more "flexible" with their values and commitment. According to the U.S. Department of Labor, senior workers are less likely to be doing their own projects on the company computer when they are supposed to be working on other things. They often have fewer child-raising demands along with similar distractions. Older workers tend to be dependable. Employer surveys show that senior workers are more punctual and take fewer days off than younger workers. According to *U.S. News and World Report*, 70 percent of human resource experts believe that older workers have a strong work ethic. Based on the number of adults over the age of 50 who are part of the workforce, this assessment seems accurate. For older Americans seeking

employment, the need many companies have for their skills and experience makes finding a job easier.

Aging Baby Boomers are already a significant part of the workforce. They make up more than 20% of the available talent pool. Approximately 49% of businesses report that they have spaces to fill, and seniors represent a talent pool that companies can't afford to overlook. While society pressures workers to give up their livelihoods around age 65, many of this group are still willing and able to put in some more productive years.

## The Trends and Outlook for Senior Workers:

The AARP has identified several trends that will impact people ages 50 and older who are in the workforce. Here is a summary of three of them:

**#1 Longevity-** As Americans live longer, many continue working past the traditional retirement age for multiple reasons: they need the money, enjoy the work, or enjoy the social connection that work provides. Employers will benefit from the qualities of senior workers that have been covered in this article.

**#2 Lifelong Learning-** Society has organized work life around the outdated model of education, then career, followed by retirement. Older workers are often able and willing to continue their training well past the typical retirement age. In fact, to remain viable, older workers need to add new skills to keep pace with changes. Employer and employees can both benefit with strategies such





as micro-credentialing, internships, apprenticeships, online learning incentives and job sharing.

**#3 Advances in Technology-** Rapidly evolving technology—automation, artificial intelligence, etc., comes with changes for the future of work: certain jobs will be eliminated, new jobs will be created, and the nature of work will change. These changes will cause disruptions to workers and employers, including longer spells of unemployment, worsening income inequality and racial and ethnic disparities. Older workers won't be the only ones needing to evolve. According to the AARP, employers need to rethink business processes to better pair technology with human skills.

As we have already mentioned, older workers are critical to a strong economy. As people live longer, many will either want or need to continue working. Some companies are even managing five different generations in the workforce. As a result, employers and policymakers should work together to develop and implement policies and practices that harness and support a multi generational workforce. It is possible to keep pace with rapid change by making accessible the skills and support systems that ensure the economy thrives.

According to the Milken Institute Center for the Future of Aging, another potential trend to be aware of is the potential long-term impact of COVID-19 on older workers and their careers. COVID-19 poses a risk to older adults, both economically and physically.

The Centers for Disease Control and Prevention has identified more than 95 percent of deaths from COVID-19 as occurring in people over 50. Even though the worst of the pandemic seems to be over, some older workers may not be inclined to look for work in order to lower their risk of contracting the virus.

Companies are hiring more senior workers and this trend is growing. Even before the Great Recession in 2008, more mature workers were working than in the past. This change opened the floodgates to older workers since it helped to reform hiring practices. As the number of older workers has increased, replacing them with workers who have the same level of skill and experience became more difficult. A shortage of qualified workers is continuing to grow, and estimates indicate this will continue in the years ahead. If the economic recovery does stall, those who have been out of work the longest might simply choose to retire early out of frustration or to avoid placing themselves in danger. At the same time, some employers might be reluctant to hire older workers because of perceived health risks.

We can and should encourage older adults to stay in the workforce. With over one-third of people over 55 working or looking for, this group can play a vital role in keeping the economic recovery moving.

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# Faith Through Older Eyes: *Expecting the Unexpected*

By Nancy Parker Brummett



Two categories of folks in our society need a bit of extra care and attention: the very young and the very old. If, like me, you are blessed to be in between these two groups on life's journey, you probably spend time caring for one or both. And as an "in between" you soon learn to expect the unexpected.

One day I was setting up the room for The Hope of Glory devotional hour I facilitated at an assisted living residence when a dear resident who had been coming to the group for weeks came into the room. She walked directly up to me, took both my hands in hers and said, "I will give you any amount of money to take me home." My heart was breaking as I explained to her that I really couldn't do that. Over her shoulder I saw the tears in the eyes of the caregiver assigned to her.

The next week I came braced for a similar difficult situation, but none occurred. In fact, one class attendee gave me a big hug as she was leaving and said, "I love you and I always have." Now whether she meant she'd loved me for the two years she'd been attending the class, or whether she momentarily thought I was a long lost daughter or granddaughter, I'll

never know. But does it really matter? That day I left with a much lighter heart and a bounce in my step.

At the end of each class session we always sing a familiar hymn and I hand out a copy of the words to each person. One day we

sang "The Battle Hymn of the Republic." Later, as we were in the middle of gathering prayer requests, one of the ladies happened to notice the words to the hymn on the handout in front of her. "Hey, we should sing this!" she said loudly. By the grace of the Holy Spirit I took a deep breath and said, "Sure, let's sing it!" Not only did we sing "Onward Christian soldiers..." more enthusiastically than the first time, but this time, at her suggestion, we also marched around the room—canes and walkers tapping out the rhythm! Would I have wanted to miss that by telling her we'd already sung our hymn for the day? Not on your life.

So whether you are caring for the very young or the very old go ahead and make a "to do" list for the day, but consider putting "be flexible" on the top of it. In the number two position I suggest adding "don't miss the blessings," because there are sure to be many of them. Prayer is still the best preparation, but expecting the unexpected definitely helps.

## Nancy Parker Brummett

*is the author of The Hope of Glory, A Devotional Guide for Older Adults (Volume Two now available), and Take My Hand Again, A Faith-based Guide for Helping Aging Parents. Learn more about her life and work at [www.nancyparkerbrummett.com](http://www.nancyparkerbrummett.com).*

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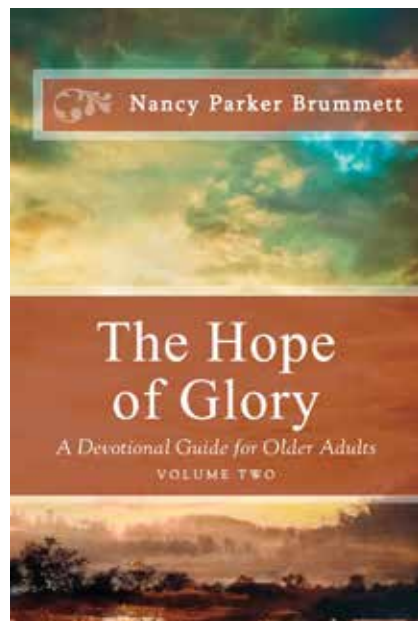
## The Hope of Glory

*A Devotional Guide for Older Adults*

VOLUME TWO

From Columnist

**Nancy Parker Brummett**







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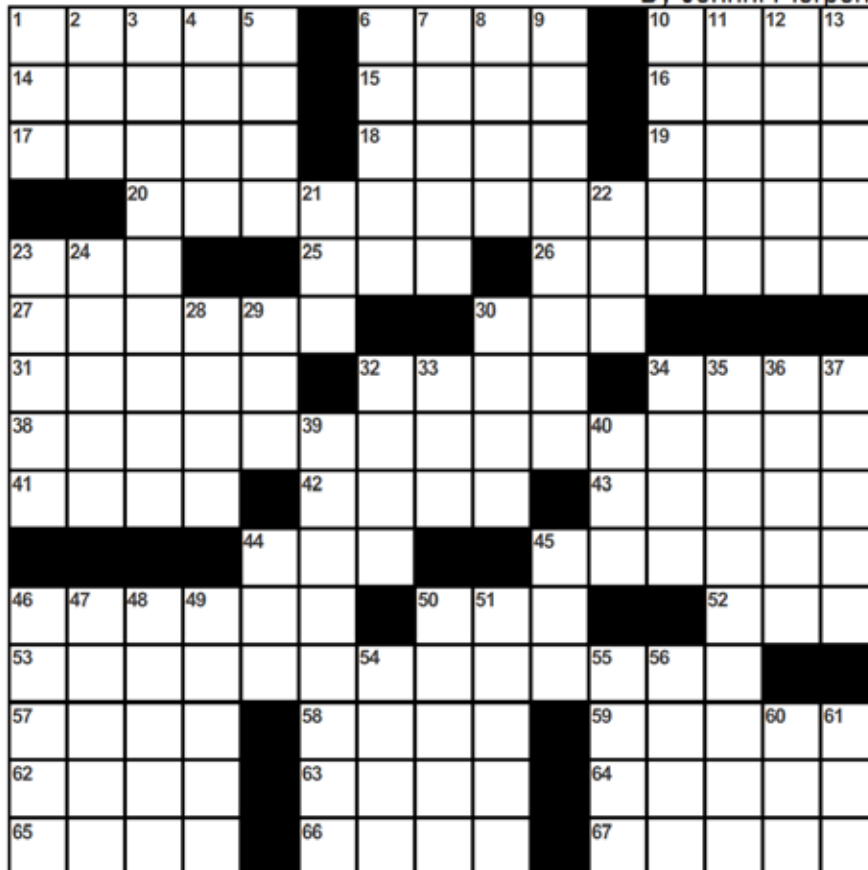
- 1) Bar mitzvah officiator
- 6) Alone at the prom
- 10) Light source
- 14) Shown on television
- 15) "The doctor \_\_\_\_ see you now"
- 16) The first "Mr. Shirley Temple"
- 17) Overdo it onstage
- 18) Napoleon's exile isle
- 19) "Half," "quarter" or "eighth" follower
- 20) Driving concern quip (Part 1)
- 23) Game piece, generically
- 25) Partook of
- 26) The eyes have them
- 27) Traitor Benedict
- 30) Hardly candid
- 31) Paw at
- 32) Clapping animal
- 34) Shopping bag
- 38) Driving concern quip (Part 2)
- 41) Inspires wonder in
- 42) "Batman" co-creator
- 43) Acetic and nitric
- 44) Funny Tina
- 45) Orbital high point
- 46) Bladed tool
- 50) Brooks the filmmaker
- 52) Admission requirements, sometimes
- 53) Driving concern quip (Part 3)
- 57) Part of ABM
- 58) Alveoli site
- 59) Make a new law
- 62) Leer
- 63) "If all \_\_\_\_ fails ..."
- 64) Person in a cast
- 65) Tournament ranking
- 66) Football blockers' practice device
- 67) In the poorhouse

## DOWN

- 1) "The Facts of Life" co-star Charlotte
- 2) Prepare to fire
- 3) Be a suck-up
- 4) A March girl
- 5) Creative morsel
- 6) It pours from pores
- 7) Spanish diacritic
- 8) Jessica of "Fantastic Four"
- 9) Bloom with sword-shaped leaves
- 10) Luau locale
- 11) Ancient Greek athletic competitions
- 12) Photo finish?
- 13) Bench exercise
- 21) Little bit
- 22) Like some senses of humor
- 23) Subterranean molten rock
- 24) Object in a quiver
- 28) Makes a decision
- 29) Feline zodiac sign
- 30) Sidewalk eatery
- 32) Reprieve from the governor
- 33) Many, many moons
- 34) Crunchy munchie
- 35) Stem (from)
- 36) Momentarily eased, with "over"
- 37) Abbreviations for weekend days
- 39) Small four-stringed guitars
- 40) Bit of toy ammo
- 44) Finder's take
- 45) Brewed drink
- 46) Pandemonium
- 47) Gate pivot
- 48) Fiber used in carpets
- 49) Confined to a pen
- 50) Cleric's quarters
- 51) Goaded (with "on")
- 54) Without value
- 55) "The Tree of Life" star Penn
- 56) Storybook beginning
- 60) Cape \_\_\_\_, Mass.
- 61) Make the effort

## AUTOMOTIVE CARE

By Johnni Pierpont



Key on page 50.





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Connections for Living by MBK™ supports those living with Alzheimer's or dementia by offering an avenue for physical wellness, a secure environment, enriching activities and meaningful involvement for families. By acknowledging needs that may not be voiced as dementia progressed, our program goes beyond care to reconnect residents with the world around them—preserving each individual's uniqueness and enhancing the quality of life for residents, families and caregivers alike.



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± Annual amount based on possible monthly or quarterly amounts.

† Throughout Part D coverage phases, including gap coverage and excluding catastrophic coverage.

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# Investing in These Troubled Times

By Money Coach Bill Stanley

The value of our irreplaceable invested money has been very volatile of late. We have saved for decades and will need these dollars someday. What should we do?

There are many issues behind this volatility: short term (Russia invades Ukraine; stocks and bonds fall in tandem at a pace not seen in decades); medium term (COVID, job disruption, supply chain problems, inflation, trade barriers, sanctions); long term (gradual failure of “liberal democracy,” rise of “populism”).

First, you need a plan for your investments. Each family must know exactly what the family spends now. Looking ahead to retirement and through retirement, you must estimate what expenses will be at each stage in life and where the money will come from – investments, cash, Social Security, pensions, property sales.

Second, you must continue to invest for the future. And, cut back your spending in areas that are not top priority.

**Let's focus on the good news, not the bad:**

Unemployment is 3.6%, 2.4 points lower than March 2021. The nation has recouped 20.8 million, or 95%, of the 22 million jobs lost early in the health crisis. The deficit could be closed by summer. Increased

spending is one reason the Fed recently raised interest rates to help control inflation.

The value of your house is increasing; your mortgage payment stays the same. Once the mortgage payment is gone, you have more for expenses. One important expense to consider is medical and long-term care costs. If you must move from your home to a nursing home, you can sell the house to pay for many years of high nursing home costs. Mortgage rates now are 5.27%, a 13-year high. Not to worry, your Money Coach bought his first home with a 7.5% mortgage. Lived in it seven years, rented the place 28 years. Paid \$46,000; sold \$525,000. Property is your best investment.

Inflation is hiking prices, but it also is raising savings rates. The government I-Bond rate May-October 2022 is 9.62%. The “I” is inflation; inflation goes up, the rate goes up. I-Bonds are a must for safe savings. Max per year is \$10,000 per person; you cannot withdraw money in year one; withdrawal in less than five years is a 3-month interest penalty. Rate changes every six months based on inflation. It could go to zero but you never lose principle. Online purchase only at TreasuryDirect.gov; account is connected to your personal bank account. Social Security payments are up 5.9% for 2022. Online bank account interest rates should be



moving higher soon. Don't leave much cash in your local bank at zero percent.

You have been forced to save during COVID. The miles you drove in 2020 and 2021 most probably were less because of COVID. Don't complain about higher gas prices, use the money you saved. You ate out fewer times during COVID. Don't complain about high restaurant prices, use the money you saved. And remember eating out is a want, eating at home is a need. Needs before wants!

**Here's what to know about investing:**

**Inflation** – Your cash will buy few products and services in the future. That's why you need investments.

**Diversify** – Have a balance of stocks, corporate and government bonds, cash, property, and other things of value. Buy U.S. and foreign stocks and bonds, but evaluate carefully because the demise of globalization will hurt both U.S. and foreign industries. I recommend no more than 50% in stocks for most. Don't have money in stocks you will need within five years; give the market time to recover. Spend cash first, then bonds, then stocks. Keep moving stocks to bonds and bonds to cash and use the cash for expenses. Don't concentrate on individual stocks, use Exchange



Traded Funds and Mutual Funds which hold many companies. Most of us are not good individual stock pickers. You only need 3 or 4 funds, not 40.

Know your investment risk - When the market goes down, you must be mentally prepared to hold on for the future. When I first started investing, I watched Wall Street Week with Luis Rukeyser. When the Dow Jones average was 940, a guest said it would go to 1400. I said, "no way." Now it is 32,200 down 4000 from last December. Lesson learned. Let your investments grow without worrying about them.

**Keep Investing** – It is best to invest the same amount on a regular basis. The idea is to buy low, sell high. But that can be a challenge. Lately, I have been buying more after the market dips, but what I buy keeps going down. I now am buying at six-month intervals independent of what the market did the day before. You cannot time the markets.

**Investment Advice** – Never buy a product from a financial person who makes a commission on the sale. Use a Fiduciary, a financial person who, by law, must put the client first. Best is to learn about investing, then make your own decisions.

**Roth Accounts** – If you are still working, consider contributing the max to a Roth retirement account rather than a regular retirement account. Regular retirement accounts have a small tax break in the year of donation; Roth accounts have a huge tax break decades later when you take the money out. Some companies have Roth 401(k)s, and there always is the Roth IRA.

**Emergency Fund** – You must have a substantial amount of cash set aside for unexpected expenses.

**Your Money** – Remember, your money is your responsibility. Do not turn over this responsibility to anyone else.

*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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# Kaizen-

## *The Japanese Art of Small Steps for Growth and Success*

By Anne Jensen

What is Kaizen? Kaizen is a life and work philosophy that originated in the post war Japanese auto industry. The Japanese word for Kai (change), and Zen (good philosophy) combined, translates to good change. Through incorporating the principles of Kaizen, Toyota became one of the most efficient and reliable car manufacturing companies on the globe. In hopes of replicating the same success, other companies started implementing the same principles into their own businesses. Misakimai wrote a bestselling book titled Kaizen, Japanese Spirit of Improvement in 1985 and founded the Kaizen Institute.

The core philosophy of Kaizen is that we can always improve upon the processes of making and doing things better, and that all problems can be viewed as growth opportunities. The Kaizen way of thinking is considered a foundational pillar of long-term competitive strategies. Rather than promoting large, radical changes to achieve desired outcomes, Kaizen encourages small, incremental improvements, preferably ones that can be accomplished in the same day.

Although Kaizen was introduced as a business model, many of the same principles can also be used towards personal development and achievement. Kaizen teaches one to navigate through life with a more open mind and willingness to learn. It challenges us to question traditional rules and norms to see if there may be a better way to do things.

**There are ten principles to the Kaizen philosophy;**

**1. Start Questioning best practices.** Is the status quo really the best way to accomplish goals? Sometimes the most accepted



way of doing things is not changed due to keeping societal norms and rules, but if old methods start to impede progress it is often better to challenge the old traditional ways- this is especially true in modern society where we have so many resources available and advances in technology that serve to benefit members of society.

**2. Discard Fixed Ideas.** We can all stand to improve if we questioned what would transpire if we began to see things differently. If we examined the reasons for why we value certain things and ask ourselves how our lives could change, we may have a different outlook.

**3. See Waste and problems as opportunities.** Often times, as we apply new ideas and methods, we are able to find creative ways to improve our present situation. An example would be spending too much time watching television each day- what could we do if we cut back only 30 minutes and applied that time to learning a new skill or exercising? Over time we would see new growth and improvement.

**4. Wisdom is gained when faced with hardship.** Wisdom is the ability to think and act with knowledge, experience, and understanding. Sometimes wisdom is a result of having made poor choices in the past. We can move forward with a new perspective if we learn valuable life lessons from previous situations.

**5. Maintain a positive attitude.** By keeping a positive outlook, we start to become aware of new possibilities and become more motivated and determined to make necessary





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Project

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- Physical Therapy (PT) – addresses cardiovascular health, strength and conditioning to improve mobility and range of motion.
- Speech Therapy (ST) – addresses speech impairments to improve communication skills, cognition, and memory recall, and strengthens muscles used for swallowing and/or speaking.



### Healing Heroes Program

Healing Heroes is a NTSOC therapeutic program that provides all elements of physical therapy, occupational therapy and speech pathology therapy for individuals seeking additional support and care. Healing Heroes forms a support bridge for veterans and first responders from hospitalization to homecare and beyond in their treatment needs.

Phone: 719.574.5562 | 1130 W. Woodmen Road Colorado Springs, CO 80919 | [www.ntsoc.com](http://www.ntsoc.com)

## Healthy Mindset

changes. We also attract positive people who will work with us to inspire positive change and accomplish goals.

### 6. Do not make excuses and eliminate can't.

The same energy used for making excuses can be redirected to innovate change. Rather than finding reasons why something can't be done, we can visualize how much better things could be if the present problem were to be solved.

**7. Creativity before spending more money.** Always start by considering the most simple and economical approach. It often turns out to be the best one. There are many creative solutions to our problems that don't require a lot of professional advice and large monetary investments. Unless there is creativity and motivation to foster the needed changes, the improvements will not be sustained long term.

**8. Seek the Advice of Trusted Counselors.** Standard teachings and advice are commonly available from many sources. Be careful to select advisors who can see your situation objectively and help you to develop creative solutions. There is much to be gained from the wisdom and knowledge of a few good sources.

**9. Measure results-be data driven!** Once changes are produced, there should be an effective way to measure success. Use charts, graphs, or other scientific ways to

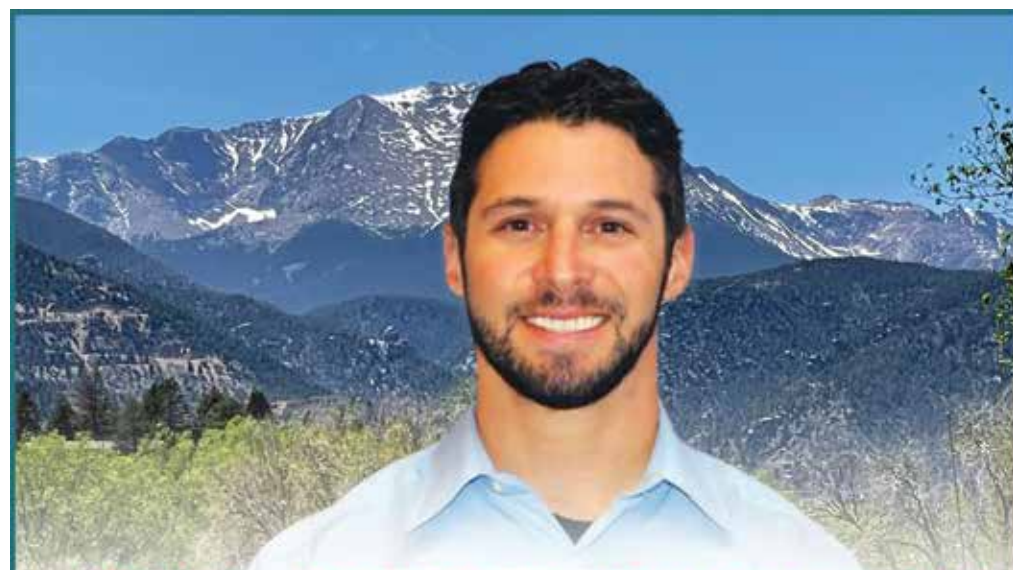
measure the data and results. Only then will you be able to analyze what positive outcomes have been achieved.

**10. Learn by doing and gaining experience.** Not only is it imperative to gain knowledge through academic learning, it is just as important to have the authentic experience through which you increase your understanding and gain additional insights. Prepare to take action!

Kaizen has established proven success as a business model- it has also been effective in implementing personal change. As we are able to take small steps and make gradual changes in the daily lives and over time, those small steps can add up and provide tremendous benefits to our growth and development.

Many motivational coaches in current times promote radical, revolutionary changes. These techniques often do not last as people are driven by emotions and are often resistant to extreme changes as it requires extra amounts of self-discipline and energy to make the changes permanent. People are inclined to return to old habits and patterns under intense pressure during times of emotional stress and pressure.

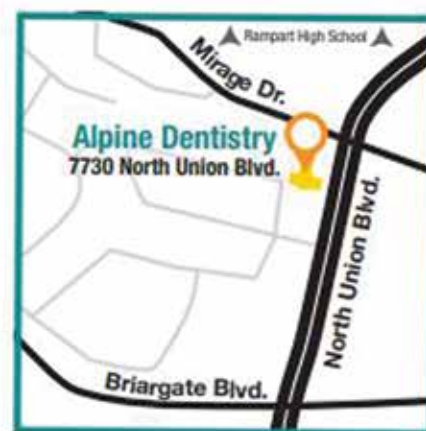

If we practice the principles of kaizen in our lives, we begin to see lasting improvement over time and new creative ways of doing things as we keep an open mind and become aware of new opportunities.



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# Farmers' Markets in the Pikes Peak Region this Summer

## Monday Farmers Markets

- Mining Museum Farm Stand Market  
Western Museum of Mining - 225 North Gate Blvd.,  
9 am - 4 pm June - October 2022 (Mon and Wed.)

## Tuesday Farmers Markets

- Canon City Farmer's Market  
211 S. 3rd St. Canon City  
8am-1pm July-Sept 2022

## Wednesday Farmers Markets

- The Briargate Market  
7610 N. Union Blvd.,  
9 - 2 pm, May 18th through October 5th, 2022
- Farm & Art Market, Downtown, Colorado Springs  
Pioneers Museum - 215 S. Tejon St., 3 - 7 pm  
June 8th through October 5th, 2022

## Thursday Farmers Markets

- Banning Lewis Ranch, North Powers  
8833 Vista del Pico Blvd., 3 - 7 pm  
June 2nd through August 25th, 2022

## Friday Farmers Markets

- Woodland Park Farmers Market,  
Henrietta Avenue at Center Street,  
8 - 1 pm June 3rd through September 30th, 2022

## Saturday Farmers Markets

- Old Colorado City Farmers Market,  
Bancroft Park on West Colorado Ave & 24th Street  
7 - 1 pm June 12th through October 22, 2022

- Farm & Art Market, Rockrimmon,  
Margarita at Pine Creek - 7350 Pine Creek Road,  
9 - 1 pm June 8th through October 5th, 2022
- Monument Hill Farmers Market,  
66 S. Jefferson Street,  
8 - 2 pm, May 21st to early October 8th, 2022
- Backyard Market in Black Forest  
12530 Black Forest Road  
9 am - 1 pm May 21st - October 22nd
- Fountain City Hall  
618 E. Ohio Ave, Fountain  
June 4th through October 29th, 8 am - 2 pm

## Sunday Farmers Markets

- Backyard Market in The Farm  
11631 Ridgeline Dr.  
June 12th through Sep, 10 am - 2 pm
- Cordera  
11894 Grandlawn Cir  
May 22nd to September 4th, 2022 from 10 am - 2 pm

**Other helpful links to get information on farmers markets in the Pikes Peak region as well as around the state.**

<https://www.springsfarmersmarkets.com/>

<https://www.colorado.com/co/food-wine-beer/farmorchardsfarmers-markets>

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# SPEAKERS & SEMINARS



**JASON DEABUENO**  
President and CEO-Silver Key

**Bio:** MBA, LCSW, Serves on Multiple Community Boards

**Topic:** *Stand Up for Senior Care!*  
Silver Key is available to ALL older adults regardless of location, income, or situation – people with resources have many of the same challenges as those who do not in terms of social determinants of health – the human condition exists, regardless.



**FRANK SINCLAIR**  
Chief Encouragement Officer-  
Dream Again LLC

**Bio:** Chief Encouragement Officer for Dream Again LLC, Coach, Keynote Speaker

**Topic:** *Bridging the Gap Between Discouragement and Hope*

After eight years in the Air Force, Frank has made Colorado Springs home. Born into abject poverty and a self-described saboteur, creating an unhealthy pattern he struggled into his forties. Inspired by his children's success, he created Dream Again LLC.



**BARB KUNKEL**  
Academy of Life & Leadership  
Taekwondo President/Olympian

**Bio:** Taekwondo Olympian, International Coach, Stage 3 Breast Cancer Survivor

**Topic:** *Staying Healthy in our Golden Years*

Training does not stop at a specific age; it is a continuous goal. Choose and create your healthy living plan today, while also preparing for life's challenges and the plan to overcome them.  
"Dream Big and Never Stop Dreaming!!"



**LEIGHANN STONEFIELD**  
Director of Clinical Services -NTSOC

**Bio:** MSN, RN, & Nurse Educator

**Topic:** *In-Home Adult Care for Seniors*

-Nurse and Therapy Services of Colorado present their at-home and out-patient for seniors that consist of therapeutic Physical, Occupational & Speech Therapy including Certified Nursing Aide Services within the client's home.



**KIRBY PATTERSON**  
Licensed Agent-UnitedHealthcare

**Bio:** Designated Premier Agent, UHC Agent for 6 years.

**Topic:** *Renew Active® is the gold standard in Medicare fitness programs for body and mind.*

Renew Active is focused on helping the Medicare population maintain functional mobility and cognitive health.



**MIKE CALDWELL**  
Licensed Agent- UnitedHealthcare

**Bio:** Premier Platinum level agent, UHC Agent for 10 years.



TERESA GILBERT  
Senior Director-Brookdale

**Bio:** Senior Director, Dementia Care Field Services

**Topic:** *When to Consider Specialized Dementia Care- It is more than Memory Care*

Benefits of specialized programming through a continuum of care and what it offers to residents living with dementia.



KIM SEARLES  
Director of Education - Beneficent

**Bio:** BA, Certified Senior Advisor (CSA), SRC Board Member

**Topic:** *How are you going to pay for that? Strategies to pay for long-term care*  
Beneficent connects seniors and disabled individuals to funds that pay for high-quality care. We have 100% application success rate for the programs covering the costs of assisted living, adult daycare, non-medical home care, assisted living, and skilled nursing facilities.



STACY OSBORNE  
Owner of Beneficent

**Bio:** CEO, MBA, CMP Certified Medicaid Planner



NORMA DEJESUS  
Companionship Specialist-Silver Key

**Bio:** 20 years of Mental Health Advocacy, POA Specialist

**Topic:** *The Art of Guardianship*

Concerned about what happens when someone is no longer able to make sound decisions regarding their living situation and healthcare decisions? Many times, the legal system must declare them incapacitated to manage the affairs of life and will appoint them a guardian. Guardianship is a growing need in El Paso County. From this distinguished panel, you will learn what guardianship is, how it works, and what you can look for in the future.



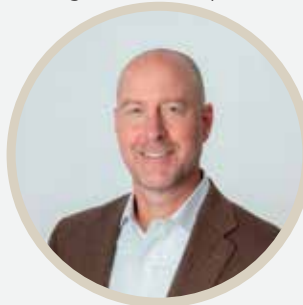
SOPHIA ALVAREZ  
Colorado Office of Public Guardianship

**Bio:** JD, MS, NCG



VINCE RAHAMAN  
El Paso District Magistrate

**Bio:** BA, MBA, Law Degree



STEVE PETERCHMIDT  
Founder & CEO-Porchlight Health

**Bio:** Technology & Senior Healthcare Expert, Entrepreneur

**Topic:** *The Future of Health is in the Home*  
This session shows how older adults in the Pikes Peak region are thriving at home through an innovative new approach that combines in-person support and technology to build a smart ecosystem of support from family, local community based organizations and healthcare providers.



JOSH WELLER  
Social Security Administration - Area Agency on Aging

**Bio:** Public Affairs Specialist, Missouri Field Office, Claims Representative

**Topic:** *Social Security 101*  
Public Affairs Specialist for the Social Security Administration, will provide a general overview of all programs and services Social Security administration has to offer.



DR. SARA QUALLS  
Clinical Psychologist

**Bio:** Ph.D, Professor of Aging Studies & Psychology

**Topic:** *Caregiving with Compassion - the Give and Take*  
Family caregiving involves major changes in the relationships that existed before care needs required big changes. We will consider the give and take that is needed to transition those relationships into meaningful new ways of support within the family.





LEE PATKE  
Executive Director at  
Greccio Housing

**Bio:** BA, MS, Serves on Multiple Community Boards

**Topic:** *Housing for Older Adults*

Our mission is to be the voice and action entity for attainable/workforce housing in El Paso County, Colorado, unifying residents and organizations who want to advocate, increase, and or maintain the supply of affordable units.



STEVE POSEY  
Community Development Manager  
for the City of Colorado Springs

**Bio:** Community Development Manager for the City of Colorado Springs



GAIL NEHLS  
CEO at Envida

**Bio:** CEO, Disability Services Inc., dba Envida

**Topic:** *Transportation: Make the Connections for Seniors*

Working Together for Access: Looking at resources in our community to get us where we need to go and to best use them to keep us independent and in our homes.



JODY BARKER  
Director of the Pikes Peak  
Area Agency on Aging

**Bio:** 24+ Years in Senior Service, Serves on Multiple Community Boards

**Topic:** *Funding for Seniors: Making the Case and Securing Resources*

Learn how funding for senior services funnels into Colorado and into our region, to assist with seniors staying at home; well, healthy and living as independently as possible.

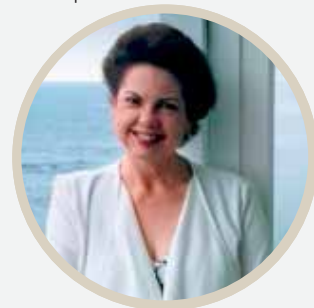


JANINE VANDERBERG  
Director and Chief Catalyst-  
Changing the Narrative

**Bio:** Social Change Strategist, Community Organizer, Speaker

**Topic:** *Changing the Narrative about Older Workers*

Demographic change is here to stay. As people live longer and mostly healthier lives, we intend to work longer. This can be a tremendous benefit to older adults, workplaces, and the larger community, if we don't allow prejudices and stereotypes about age get in the way. Our current paradox? Help wanted signs abound at the same time that older jobseekers are often ignored.



CAROLYN WILSON  
Public Relations Specialist-Pace

**Bio:** MA, Caregiver, and Senior Resource Council Board

**Topic:** *An Introduction to the PACE Program*

Learn more about Rocky Mountain PACE. PACE stands for the Program of All-Inclusive Care for the Elderly, and it means all-inclusive. We provide innovative, coordinated care for individuals 55 and older. Our goal is to help people live enjoyable and independent lives.



DR. CRISTI BUNDUKAMARA  
Creator of The Mentally  
STRONG Method

**Bio:** Ed.D, PMHNP-BC. & US Navy Reserves

**Topic:** *Mental Health for Seniors*

An interactive panel of experts will discuss the mental and behavioral health challenges facing seniors.



JULIA BROWNFIELD  
Director of Programs- Springs  
Recovery Connection

**Bio:** MPHE, Substance Abuse Prevention Education, Workforce Development



ERIN MILLIKEN  
Chief Clinical Officer- Peak  
View Behavioral Health

**Bio:** MC, LPC, 15 Years of Experience



EMILY BRADY  
Director of Community  
Engagement and Initiatives - NAMI

**Bio:** MSW, LCSW, Certification in Gerontology  
**Topic:** *Mental Health for Seniors*  
An interactive panel of experts will discuss the mental and behavioral health challenges facing seniors.



MICHELE MEREDITH  
Community Outreach Liaison-Aetna

**Bio:** Community Outreach Coordinator  
**Topic:** *Benefits CheckUp*  
Access to find and enroll in public and private benefits programs. Service comes at no charge and all services are based in your local area. Programs include: medication benefits, housing and utilities, employment, income assistance, and many more.



ANDREA ENSICH  
Licensed Agent- Humana

**Bio:** Medicare Health & Life Insurance Guru  
**Topic:** *Decompress From Stress*  
How to implement healthy habits in managing stress.



PENNY WHITNEY  
Direct Care Workforce  
Collaborative

**Bio:** MA, Founder & President, Aponi Partners, Inc.

**Topic:** *Workforce-JAWS*

In 2022, the continuing presence of COVID-19 resulted in a LTCC workforce state of emergency with high turnover rates for certified nursing assistants, licensed practical nurses, and registered nurses in all long-term care work environments. JAWS (Jumpstart the Aging Workforce) is a 2-year project with El Paso County and UCCS designed to address recruitment, retention, and healthy workplace strategies while engaging with diverse partners across the county.



DR. LYNN PHILLIPS  
The Beth-El College of  
Nursing at UCCS

**Bio:** PhD, RN



DR. JUDY SCOTT  
Beth-El College of Nursing at UCCS

**Bio:** PhD, RN, board member of Innovations in Aging



KELLY PETERSCHMIDT  
Manager of Companionship  
-Silver Key

**Bio:** 20 years of working with volunteers  
**Topic:** *Silver Key Programs and Services*

Think you know Silver Key Senior Services? Think Again. Come learn all aspects of Silver Key Services from our distinguished panel of Silver Key staff. You will learn about the keys to the health, safety, and independence of ALL seniors in ALL neighborhoods. All our senior neighbors deserve access to the high-quality services we have provided for more than 51 years. Come learn about all the new services we provide and how you can access them.



CINDY CARVELL  
Director of Community Based  
Services -Silver Key

**Bio:** 20+ in Project Management



JAYME HOLLIGAN  
Director of Volunteer Engagement, Events  
and Community Relations - Silver Key

**Bio:** MSM-PM





**LAURIE WOOD**  
Chief Operations Officer  
- Silver Key

**Bio:** MA, 35 years in Human Services and Non-profits, Educator

**Topic:** *Silver Key Programs and Services*

Think you know Silver Key Senior Services? Think Again. Come learn all aspects of Silver Key Services from our distinguished panel of Silver Key Staff. You will learn about the keys to the health, safety and independence of ALL seniors in All neighborhoods for All Seniors. Because all our senior neighbors deserve access to the high-quality services we have provided for more than 51 years, come learn about all the new services we provide and how you can access them.



**WILLIAM ESKEW**  
Manager of Volunteer Engagement-  
Pikes Peak Hospice

**Bio:** Chaplain, CNA, Manager of Volunteers & Bereavement

**Topic:** *Celebrating Moments of Life During a Serious Illness*

Life can be a whirlwind when dealing with a serious illness or entering the final stages of life. Many people want to focus on comfort and moments of joy at this stage of life. Join us and learn how to recognize and celebrate moments of life while we support you in navigating important life transitions.



**DAVID LORD**  
Innovations in Aging Collaborative-  
Co Chair

**Bio:** Civic Leader, Non-profit Champion, SK Board Member & Volunteer

**Topic:** *Creating a Plan for Making the Pikes Peak Region an Age-Friendly Community*

As the demographics change for the community, it is important to create a strategic plan that has goals and actions that are welcoming and open to citizens of all ages and encourages a maximum quality of life. The age-friendly designation is based on a program developed by AARP that develops action plans based on the 8 domains of livability.

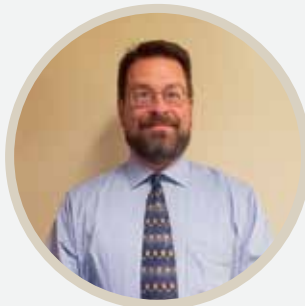


**SEAN DANA**  
Senior Manager of Business and  
Donor Relations-Silver Key

**Bio:** BA ,BS

**Topic:** *Five Wishes*

Have you made your wishes known? Do you know what you want your legacy to be? Silver Key is committed to whole person care-- we are offering the priceless gift of peace of mind by planning for the future today.



**CHRIS DAHL**  
Director of Rehabilitation-NTSOC

**Bio:** DPT, Army, Air Force

**Topic:** *In-Home Adult Care for Seniors Military & First Responders Physical therapy*

Nurse & Therapy Services of Colorado (NTSOC) presents an Out-Patient therapeutic treatment program concentrated on the special needs of military veterans and first responders for optimal and successful physical, occupational and speech therapy treatment.



**SUSAN EDMONDSON**  
Downtown Partnership of  
Colorado Springs

**Bio:** President & CEO of Downtown Partnership, MBA,

**Topic:** *Active Seniors/ Great City!*

From live music to walking tours, public art to tasty treats -- there is so much to do in Downtown Colorado Springs. Get insider tips on things to see and do, places to simply linger and ways to get around easily for all abilities. This session also will include a very short walking tour.

**Thank you to all our speakers for sharing their wisdom and knowledge!  
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# Senior Summit Seminar Schedule

Visit Our Website for Regular Updates

*Schedule Subject to Change Without Notice*

Room	9:45AM-10:45AM	11AM-11:45AM	12:00PM- 1:00PM	1:15PM-2:15PM	2:30PM-3:45PM
Fremont	<b>Staying Healthy in our Golden Years</b> Barb Kunkel- Olympic Athlete	<b>Mental Health for Seniors</b> Collaboration Including: Dr. Cristi Bundukamara, Julie Brownfield & Erin Milliken		<b>Future of Health is in the Home- Porchlight</b> Steve Peterschmidt	<b>Transportation: Make the Connections for Seniors</b> Gail Nehls
Carson	<b>Changing the Narrative about Older Workers</b> Janine VanDenBerg	<b>Housing for Older Adults</b> Collaboration Including: Lee Patkee, Steve Posey & Angela Roberts		<b>Caregiving with Compassion - the Give and Take</b> Dr. Sara Qualls	<b>Silver Key Programs and Services</b> Collaborative Including: Laurie Wood, Cindy Carvel, Kelly Peterschmidt & Jayme Holligan
Hayden	<b>An Introduction to the Pace Program- Pace</b> Carolyn Wilson	<b>How are you going to pay for that? Strategies to pay for long-term care- Beneficent</b> Collaboration Including: Stacy Osborne & Kim Searles		<b>Celebrating Moments of Life During a Serious Illness -Pikes Peak Hospice</b> William Eskew	<b>Social Security 101- Area Agency on Aging</b> Josh Weller
Jackson	<b>JAWS Senior Workforce Development</b> Collaboration Including: Dr. Judith Scott, Penny Whitney & Dr. Lynn Phillips	<b>When to Consider Specialized Dementia Care- It is more than Memory Care- Brookdale</b> Teresa Gilbert		<b>Funding for Seniors: Making the Case and Securing Resources</b> Jody Barker	<b>Active Seniors/Great City!</b> Susan Edmondson
Cameron	<b>Decompress From Stress- Humana</b> Andrea Ensch	<b>Silver Key Programs and Services</b> Collaborative Including: Laurie Wood, Cindy Carvel, Kelly Peterschmidt and Jayme Holligan		<b>Renew Active® is the Gold Standard in Medicare Fitness Programs for Body and Mind- United Healthcare</b> Collaborative Including: Mike Caldwell & Kirby Patterson	<b>Five Wishes</b> Sean Dana and Be a Tree
Stratton	<b>In-Home Adult Care for Seniors-NTSOC</b> Leighann Stonefield	<b>The Art of Guardianship</b> Collaboration Including: Norma DeJesus, , Magistrate Vincent Rahamen & Sophia Alvarez		<b>Military &amp; First Responders Physical Therapy -NTSOC</b> Chris Dahl	<b>Creating a Plan for Making the Pikes Peak Region an Age Friendly Community</b> Claire Anderson
Learning Center	<b>Elite Hearing-Hearing Checks</b> Dr. Nichole Kovel, AuD	<b>Elite Hearing-Hearing Checks</b> Dr. Nichole Kovel, AuD	<b>Elite Hearing-Hearing Checks</b> Dr. Nichole Kovel, AuD	<b>Elite Hearing-Hearing Checks</b> Dr. Nichole Kovel, AuD	<b>Elite Hearing-Hearing Checks</b> Dr. Nichole Kovel, AuD
Heritage Ballroom			<b>Lunch and Learn</b> Jason DeaBueno- President /CEO & Frank Sinclair- Dream Again LLC		



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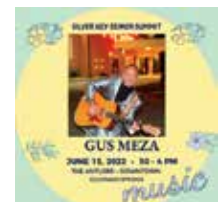
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# Over 100 Horses Die While in Holding Facility in Cañon City

## Relocated “Wild Horses” Die Due to Equine Flu

By Trevor Phipps

In the past, PPSN covered a story of about how several horses living in the wild were rounded up and removed from their habitats. According to officials from the Bureau of Land Management (BLM), the wild horse populations had grown too much and several herds across Colorado needed to be minimized.

But then earlier this year, it was reported that horses who were taken from the wild and being temporarily held at a facility in Cañon City, started to die. In early May, it was confirmed that 142 horses passed away from equine flu while being held in the state-funded housing camp.

When the BLM first started its

operation of relocating horses, several people including Colorado Governor Polis stepped in and tried to get the officials to use more humane ways to transport them. The BLM often used helicopters to relocate the horses and many said that there were more humane methods available.

The wild horses were originally moved due to the fact that they are considered an evasive species. The horses that are in the wild are not native to the country and they are actually the descendants of horses who migrated from Europe.

According to the BLM, the horses' populations can grow 15 to 20 percent when they are left in the wild. Contrary to popular belief,



the officials argue that unmanaged herds of wild horses can cause damage to the environment.

“Chronic wild horse overpopulation in desert and sagebrush ecosystems that tend to have scarce resources like forage and water puts the overall health of the land and herd at risk, with the possibility of permanent, irrecoverable damage,” BLM spokesman Brian Hires said. “As climate change drives more frequent and extreme drought events across the West, the impacts of overpopulation on rangeland and animal health will be amplified. The damaging impacts of drought will further reduce availability of water and forage for wild horses and wildlife, especially in areas of public lands where wild horses and burros are severely overpopulated.”

For the past few summers, the BLM has held extensive operations to relocate thousands of horses across the country. In fact, this summer they plan on relocating another 22,000 wild mustangs.

Now the data shows that over 60,000 horses who used to roam





in the wild are now held in captivity. This number has jumped up from around 51,000 10 years ago. The overall cost to taxpayers of managing wild horses has increased from \$71 million a year in 2013 to \$137 million this year.

## Housing Practices Put Into Question

After the horses get moved by the BLM officials, they get sent to be held temporarily at one of the BLM's 28 sanctioned holding facilities. The horses stay at the facility until they get relocated to another facility, or they get adopted by someone through the BLM's adoption program. Most of the horses stay at the first facility they go to for at least nine months.

One of the facilities in the BLM's network is located in Cañon City. The facility in Southern Colorado is run in partnership with the Colorado Department of Corrections and it uses inmates to feed and care for the wild horses.

The facility opened up in 1985 and it can now hold nearly 3,000 horses. Four state employees and an inmate workforce of 22 handle the horses under BLM supervision.

In April, the facility started seeing numerous horses contract the equine flu, get sick and pass away. According to an article written in the Denver Post, BLM officials said that they were going to investigate why 445 horses hauled from northwestern Colorado to Cañon City last summer weren't fully vaccinated against equine flu.

When the horses started to die, animal rights groups started pointing their fingers at the holding facility. Many said that the facility itself should be held responsible for causing the deaths of the 142 horses housed there because the caretakers failed to vaccinate the horses.

The deaths of the horses also concerned Governor Polis and prompted him to weigh in on the subject once again. "I am deeply concerned about the tragic death of these iconic animals," Polis said. "We have long advocated for the health, safety, and wellbeing of



Colorado's wild horses, and will continue to do so as we seek a humane future for our mustangs."

Others have blamed the horses' deaths on the fact that they live too close together. The Cañon City facility holds a total of 2,550 horses and the ones that died were part of the population that did not get vaccinated.

Cañon City veterinarian Pam Rose (who has made visits to the Cañon City facility) told the Denver Post that concentrating 2,550 horses in fenced pens "is not natural." "It is like kids in daycare. If one kid gets sick, they all get it. The virus has to go through anyone who's not immune," Rose said.

As soon as the outbreak occurred last April, the infected horses were quarantined so that they would not infect any of the domestic horses in the Cañon City area. However, veterinarians have said that not much can be done to prevent more deaths as flu and bacterial infections take their course.

In reality, the only real way to prevent more mustang casualties is to make sure these horses in captivity get taken care of properly and receive adequate living quarters while they are being held. According to several state officials, investigations are being conducted to find out what has been happening at several BLM facilities and further measures will be taken in the future to ensure horses held in BLM-ran housing units get the proper care and vaccinations they need.





# Sweet Chili Chicken Quesadillas with Peach Salsa

### Ingredients

#### Peach Salsa

- 4 peaches - ripe
- 1 lime - juiced
- 2 tablespoons cilantro
- 1 tablespoon shallot - minced
- 1 jalapeño - minced  
(add the seeds and membrane to make it hotter!)

#### Quesadillas

- 2 cups slow cooker sweet chili chicken (see below)
- 1 1/3 cups mozzarella cheese - Shredded
- 4 tortillas - large (12 inch)
- Greek yogurt

#### Slow Cooker Sweet Chili Chicken

- 2 lbs boneless skinless chicken breasts
- 1/2 cup sweet chili sauce
- 1 cup chicken stock
- 1/4 teaspoon salt
- 1/4 cup soy sauce

#### After Cooking:

- 1/4 cup water
- 2 tablespoons cornstarch (or arrowroot powder)
- Cilantro to garnish



#### Peach Salsa

1. Stir together all peach salsa ingredients and set aside.
2. Heat a large non-stick pan over medium heat. Spray with spray oil.
3. Working in batches of two tortillas at a time, assemble the quesadillas by topping 1/2 cup of slow cooker sweet chili chicken with 1/3 cup shredded mozzarella cheese.
4. Press the opposite side of the tortilla down firmly and cook for 2-3 minutes per side, until golden brown.
5. Repeat with remaining quesadillas.
6. Serve immediately topped with peach salsa and Greek yogurt.

#### Chicken

1. Stir together the sweet chili sauce, chicken stock, salt and soy sauce in the insert of a 5-6 quart slow cooker.
2. Add the chicken and toss to coat. Cook on low for 2 1/2-3 1/2 hours.
3. 30 minutes before serving, stir together the water & cornstarch. Add to the slow cooker and stir. Do this quickly and get the lid back on as soon as possible.
4. Turn the slow cooker to high and cook for 20-30 minutes until slightly thickened (keep an eye on it so it doesn't burn).
5. Pull the chicken out of the slow cooker and shred using two forks.
6. Pour as much sauce as you'd like over the shredded chicken (I used just over half), and stir to coat.
7. Garnish with cilantro.

### Directions

# Sopapilla Cheesecake

### Ingredients

- 2 (8 ounce) packages cream cheese, softened
- 1 3/4 cups white sugar, divided
- 1 teaspoon Mexican vanilla extract
- 2 (8 ounce) cans refrigerated crescent rolls
- 1 teaspoon ground cinnamon
- 1/2 cup butter, room temperature
- 1/4 cup honey



### Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Prepare a 9x13 inch baking dish with cooking spray.
2. Beat the cream cheese with 1 cup of sugar and the vanilla extract in a bowl until smooth.
3. Unroll the cans of crescent roll dough, and use a rolling pin to shape each piece into 9x13 inch rectangles. Press one piece into the bottom of a 9x13 inch baking dish. Evenly spread the cream cheese mixture into the baking dish, then cover with the remaining piece of crescent dough. Stir together 3/4 cup of sugar, cinnamon, and butter. Dot the mixture over the top of the cheesecake.
4. Bake in the preheated oven until the crescent dough has puffed and turned golden brown, about 30 minutes. Remove from the oven and drizzle with honey. Cool completely in the pan before cutting into 12 squares.

Healthy Tip: An optional version of this recipe uses 1 1/2 cups sugar and 1/3 cup butter.



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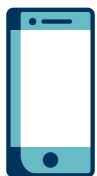
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## 100 word story If Kissed by a Dragon Fish

By Tania Hershman

If kissed by a dragonfish, do not bite. If kissed by a dragonfish, make sure you are sitting. Do not worry during the kiss, before the kiss, or after. Do not worry about a scale or two between your teeth. The dragonfish's skin is armoured but its heart beats loud and soft. You will not forget the kiss. You will not forget the coolness of the dragonfish's breath inside your lungs. You will look down through the floor of glass and see nothing, swimming. You will part, like an ocean, and on your sea bed you will pearl.





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## Page 50 Brain Teaser Answers:

A1: The woman was a photographer. She shot a picture of her husband, developed it, and hung it up to dry.

A2: The river was frozen

A3: Heroine

A4: A violin

A5: A windmill

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## Calendar of Events for June 2022

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

### Summer Music Festival 38th Season

**What:** The Colorado College Summer Music Festival, now in its 38th season, provides the highest caliber, inclusive educational experience for pre-professional musicians, connecting them with preeminent performance faculty from around the country.

**When:** June 5 - June 24, 2022

**Where:** Colorado College - Packard Hall, 14 East Cache la Poudre St. - Colorado Springs, CO, 80903

**Web:** <https://www.coloradocollege.edu/other/summermusicfestival/>

### Jazz in the Garden

**What:** Jazz in the Garden returns in 2022 with some all-time favorites and some soon-to-be favorites beginning on Fri., May 27. Join us on selected Friday evenings at 7 pm in the garden at the corner of N. Tejon and Monument Sts., just blocks north of downtown. Bring something to sit on, something to eat and your dancin' shoes. We're excited to share that beverages will be available (for donation) again this summer. Concerts take place rain or shine (we move indoors in the case of weather). And are 100% free to all.

#### Mango fan Django

Fri., June 10 at 7 pm

Inspired by a Gypsy jazz style invented in the 1930's by guitarist Django Reinhardt and the Hot Club of France, Mango fan Django's sound also sends a wink and a nod to jump swing hepcats of the 40's, the sassy Caribbean and Latin bands of the 50's, 60's and beyond, and contemporary musicians from today's Gypsy jazz scene.

#### Hennessy 6

Fri., June 24 at 7 pm

Bringing its unique jazz voice to the bandstand as well as the orchestra, the original music of the Hennessy 6 spans the gamut seamlessly through intricate arrangements and orchestrations that showcase the band's versatility and virtuosity.

#### Henrique de Almeida & The Truth Project Band

Fri., July 8 at 7 pm

Horns, strings and drums come together in unique and energizing ways to fill the air and your ears with the vital sounds of Afro-Cuban jazz. Spice up the summer evening and get ready to dance.

#### Tony Exum, Jr.

Fri., July 22 at 7 pm

Local favorite and national recording artist, we're thrilled to welcome back this saxophonist, songwriter and performer with a sultry and soulful sound. Join us for a special evening filled with his signature sound of contemporary jazz, R&B and funk.

**Email:** [jazz@gssepiscopal.org](mailto:jazz@gssepiscopal.org)

**Web:** <https://www.gssepiscopal.org/jazz-in-the-garden>



### Apple Club Meeting @Virtual Zoom

**What:** 1st hour Q&A: Imagine asking any question you have on Apple tech, or other related tech, and having a dialog with a friendly expert to give you your answer explained.

2nd hour Presentation: June presentation is on Apple's Notes app and others note apps: Evernote, One, Note, Mem, Craft, and Obsidian. A different topic every month.

**When:** June 13

**Time:** 6 pm - 8 pm

**Email:** [jeffj@smmug.org](mailto:jeffj@smmug.org) for Zoom meeting credentials

**Web:** [www.smmug.org](http://www.smmug.org)

**Cost:** Free



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## Manitou Springs Colorado Wine Festival

**What:** We call it the "Colorado" wine festival, because all you'll find here is wine made in the state of Colorado! We celebrate local wineries and vendors with the great day in the park, complete with 3 live music artists and a bevy of food trucks and tasty treats to pair with your wine samples. Be sure to grab your ticket to sample all the delicious Colorado wines, meads, and glögg that will be offered!

**Where:** 502 Manitou Ave (Memorial Park)

**When:** June 4, 2022

**Web:** <https://manitousprings.org/manitou-springs-colorado-wine-festival/>



## Beer Bonnets and Brews Fest

**What:** This family-friendly event will offer a smorgasbord of activity for people of all ages! History will mix with modern times at the Rock ledge Ranch historic site where guests can enjoy beverage tasting, live music, games from 1800's, living history, competitions for best beard or bonnet.

**When:** Saturday, June 12

**Time:** Noon - 8 p.m.

**Where:** Rock Ledge Ranch Historic Site - 3105 Gateway Road, Colorado Springs, CO 80904

**Phone:** 719-578-6777



## Pikes Peak Celtic Fest

**What:** The Festival field will be filled with the sound of Bagpipes, the smell of fish & chips, the sight of world champion Irish dancers, and events/activities for every age. Come out to see the massed bagpipe bands of the Western United States Pipe Band Association. Come see world renowned Celtic Rock groups. See and learn tradition Irish and Highland dancing. Taste the best in Irish and Scottish cuisine. The Pikes Peak Celtic Festival will be the main attraction of the year.

**When:** June 17-19th 2022

**Where:** Western Museum on Mining and Industry at I25 and Northgate

**Web:** <https://pikespeakcelticfestival.com/festival-info/>

## June Jubilee

**What:** The June Jubilee is a great way to kick off summer with a celebration of Fine Visual Arts and Handcrafted goods in the Center of Downtown Colorado Springs. This annual artisan showcase features the works of 85 juried artists with a vast array of media including paintings, sculptures, glasswork, photography, ceramics, and woodwork, a huge selection of handcrafted goods, as well as some great live music, and community fun. This family friendly fee event is the place to be for both locals and visitors in the heart of Colorado's 2nd biggest city. This well attended event happens right before Father's Day and the Summer Solstice. In addition to the art, the festival offers food, entertainment, art demos, and a very popular splash fountain.

**When:** June 25th and 26th

**Where:** Acacia Park in Downtown Colorado Springs - 115 E Platte Ave.



## 16th Annual Purely Ponds Parade

**What:** The Parade of Ponds and Waterfalls is a self-guided tour of several water feature exhibits throughout Colorado Springs, Monument, and the surrounding area. Proceeds from ticket sales benefit The Boys & Girls Club of the Pikes Peak Region with a matching donation from Purely Ponds Fine Landscapes.

**When:** June 25 and 26

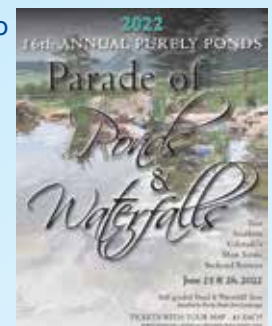
**Time:** 9am-5pm

**Email:** [jessica@purelyponds.com](mailto:jessica@purelyponds.com)

**Phone:** 719-896-0038

**Web:** [www.purelyponds.com](http://www.purelyponds.com)

**Cost:** Ticket book, complete with tour map, addresses, driving directions and descriptions are just five dollars per ticket and will be available online by June 1st at <http://purelyponds.com/parade-of-ponds>.





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## PIKES PEAK INTERNATIONAL HILL CLIMB

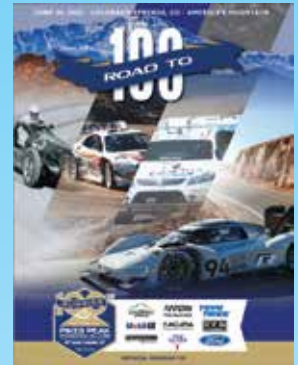
**What:** First staged in 1916, the Pikes Peak International Hill Climb is the second oldest race in America. The invitation-only event, often referred to as the Race to the Clouds is held annually on Pikes Peak – America's Mountain, near Colorado Springs, Colorado, USA. The famous 12.42-mile course consists of 156 turns, boasts an elevation gain of 4,725 feet, and reaches a finish line at 14,115 feet above sea level. The PPIHC's automobile categories feature a wide variety of vehicles representing multiple forms of motorsport; everything from production-based Time Attack challengers to purpose-built Open Wheel racers and state-of-the-art Unlimited vehicles take on America's Mountain pursuing victory.

**When:** Sunday, June 26, 2022.

**Where:** 5089 Pikes Peak Highway - Cascade, CO 80809

**Email:** Lisa Haightlisa@ppihc.org

**Web:** www.ppihc.org



## Calendar of Events for July 2022

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

### Pikes Peak Or Bust Rodeo Days

**What:** The best in PRORODEO are coming to Colorado Springs as the 81st Cinch Pikes Peak Or Bust Rodeo welcomes the 2022 NFR Open.

**When:** July 13-16, 2022

**Time:** All evening performances begin at 6:45 p.m., Saturday matinee begins at 12:15 p.m. Grounds open at 4:00 p.m. for evening performances and at 10:00 a.m. for the Saturday matinee, and parking is FREE!!

**Where:** Norris Penrose Event Center - 1045 Lower Gold Camp Rd, Colorado Springs, CO 80905

**Web:** PikesPeakOrBust.org



### Rocky Mountain State Games

**What:** The Rocky Mountain State Games (RMSG) is Colorado's largest multi-sport festival for athletes of all ages and athletic abilities, including those with physical disabilities or visual impairment. The 2022 Rocky Mountain State Games will be held July 22-24 & 29-31\*, primarily in Colorado Springs, Colorado at premier venues in the Pikes Peak region.

**When:** July 22-24, and July 29-31

**Where:** Western Museum Of Mining And Industry - 225 N Gate Blvd, Colorado Springs, CO 80921

**Web:** VisitRockyMountainStateGames.org



### BroncDay

**What:** Bronc Day is fun! It began on July 1, 1939. It continued unabated as an annual tradition—the women of the town kept it going through the tumultuous years of the 2nd World War—until today's 84th celebration. As it does today, the first celebration was highlighted by a parade including horses, clowns, and parade dignitaries. As the years rolled by and the celebration gained momentum, businesses entered the parade. Then came food vendors, artisans and craftsmen, children's games, trophy contests, musicians, and other friends were added to the fun. Join an 84-year family-friendly annual tradition.

**When:** July 30th

**Where:** Gazebo Park in Green Mountain Falls Colorado

**Phone:** 720-272-7467

**Web:** https://www.discoverutepass.com/bronc-day





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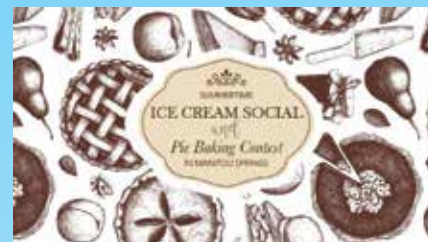
## Women's Army Corps Veterans' Association

**What:** Army Women United meets monthly at the Sand Creek Police Dept  
**When:** the 4th Saturday of the month  
**Time:** 10:00 a.m.  
**Where:** 950 Academy Park Loop  
**Email:** Cindy at (719) 660-3641

## The Ice Cream Social And Pie Baking Contest

**What:** Old Fashioned Pie baking in Manitou Springs is serious businesses. Community members can gather together the first Monday in August to compete for fame, glory and bragging rights. (The rest of us just show up to eat pie!)

**When:** August 1st  
**Time:** 5:30 pm  
**Where:** Soda Springs Park Pavilion, Manitou Springs  
**Cost:** \$1 ice cream + \$2 pie



# July 4th Events In and Around Colorado Springs

## Freedom Fest

**What:** Come Celebrate Independence! Fort Carson Freedom Fest includes live entertainment, food and beverages for purchase, and fun activities for the whole family! Bounce House \$5 per person Sales at Outdoor Recreation starting June 01, Credit cards accepted. We highly encourage pre-purchasing wristbands to avoid long lines at the event. Wristbands will also be sold at the Outdoor Recreation booth at Freedom Fest, starting at 4:30 p.m.

**When:** July 1 2022  
**Time:** 5 pm - 10 pm - Parking open at 4:30 p.m., Festival begins at 5 p.m. Concert from 5:30-10:00 p.m.  
**Where:** Iron Horse Park, Fort Carson.  
**Web:** <https://carson.armymwr.com/calendar/event/67698>



## Triple Crown Colorado Sparkler

**What:** Over 10,000 athletes will travel to the state of Colorado to bring athletes, locals, and families together for an unforgettable event. The Colorado Sparkler is a baseball tournament taking place in 28 baseball diamonds across Colorado Springs. And the best part? It's open to the public!

**Web:** Check the website a few days before the event for any new changes. <https://www.cosparkfire.com/>



## Old Colorado City 4th of July Community Picnic in Bancroft Park

**What:** Join in on the Independence Day celebrations in Old Colorado City in Bancroft Park for the community 4th of July festivities! Bring the whole family to enjoy an afternoon celebration in your neighborhood park.

**Time:** 11am  
**Where:** Westbound Colorado Ave at 18th Street





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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,

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## Rock Ledge Ranch Family Fourth

**What:** The historic homes will be open. Witness a re-enactment of a Revolutionary War encampment and hear the Declaration of Independence. Visitors can meet General William Jackson Palmer and Teddy Roosevelt while patriotic music resonates throughout the site. Honest Abe will read the Gettysburg Address. Carnival games are available in the Barn. Bring a picnic or support a local food truck on-site! Pie, lemonade and cold watermelon will be available for sale in the Carriage House. The general store is the perfect place to buy an old-fashioned soda, a bag of popcorn, and a souvenir!

**Time:** 10:00 a.m. – 5:00 p.m.

**Web:** <https://rockledgeranch.com/events/>



## The Tri-Lakes 4th of July celebration

**What:** The Tri-Lakes Chamber of Commerce, Economic Development, and Visitor Center hosts a street fair from 8:00 am to 3:00 pm. It showcases vendors on both Second and Washington Streets. There are favorite festival foods, arts and crafts merchants, local businesses, non-profit organizations, and more. The Chamber also hosts a family-friendly beer garden in Limbach Park from 10:00 am until 5:00 pm. Musicians perform in the park from the time the parade ends till 5:00 pm. The day begins with a pancake breakfast at 7:00 am at St. Peter Catholic Church. A 4-mile Fun Run starts at 7:00 am at the Palmer Lake Santa Fe Trailhead and ends in Monument in time for the parades. A children's parade begins at 9:30 am followed by the main parade at 10:00 am. Both parades are hosted by the Monument Hill Kiwanis Club. Parking in Downtown Monument is extremely limited due to road closures. Spectators are encouraged to come early, park at Lewis-Palmer High School, 1300 Higby Road, and ride the bus to and from downtown. Inbound shuttle runs from 7:30 am - 9:45 am. Outbound shuttle runs from 11:00 am - 3:30 pm



## Rocky Mountain Vibes vs Billings Mustangs: 4th of July Fireworks

**What:** There's no better way to spend celebrating our great country than with baseball and fireworks! Join us at the ballpark for a game with your Rocky Mountain Vibes vs the Billings Mustangs!

**Time:** 6:30 PM – 8:30 PM

**Where:** 4385 Tutt Blvd. | Colorado Springs, CO | 80922

**Web:** <https://www.vibesbaseball.com>

**Cost:** \$2 - \$50



## Woodland Park's 'Old Fashioned 4th of July'

**What:** The Old-Fashioned 4th of July Celebration in Woodland Park's Memorial Park is a small town tradition! A fun-filled day of entertainment, vendors, food and games.

**Time:** 9 a.m. - 3 p.m. Fireworks can be viewed from anywhere within the City starting approximately 9:15 p.m.

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





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## PLAY SUDUKO

Key on page 50.

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

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## Cripple Creek July 4th Celebration & Fireworks

**What:** Since 1900, Cripple Creek's 4th of July Celebration has been recognized as one of the best 4th of July events in Colorado. This year's 4th of July Celebration will feature live entertainment in the Brass Ass parking lot at the corner of Bennett Avenue and 3rd Street.

**Time:** Starting at noon, live bands will be providing your favorite hits till 4 p.m. From 6-10 p.m., another great live band will play you into the evening with fireworks at 9:30 p.m.

**Where:** Presented by City of Cripple Creek at Brass Ass Parking Lot, Cripple Creek CO



## Celebration at Memorial Park 2022

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

## 4th of July Symphony on Your Porch 2022

**What:** Get ready for the largest 4th of July event with fireworks erupting across the Pikes Peak Region. Enjoy a patriotic concert broadcast from your favorite radio station – all from your porch! In partnership with the Colorado Springs Philharmonic, 4th of July Symphony on Your Porch is a 4th of July celebration where the Colorado Springs Sports Corp provides fireworks displays at more than 10 locations across the city of Colorado Springs. There will be several locations available for public attendance, and locations across the rest of the city so every Colorado Springs resident can see the fireworks displays from the comfort of their own home.

Partnering with the following locations: Banning Lewis Ranch, The Broadmoor, The Club at Flying Horse, City of Colorado Springs Fire Department Complex, Colorado Springs Switchbacks FC, Country Club of Colorado at CMR, Falcon Freedom Days at Meridian Ranch, Fort Carson, Garden of the Gods Resort and Club, Patty Jewett Golf Course, Rampart High School, and Rocky Mountain Vibes.

**Web:** For full map of locations and other information visit [COS4thofjuly.org](https://COS4thofjuly.org).



## Symphony Above the Clouds

**What:** Combining live symphony music, fireworks, and the cannons of Fort Carson, Symphony Above the Clouds is about providing family friendly, cost free entertainment, which brings business to Teller County and connects residents of the Ute Pass region in a very positive environment.

**When:** July 5th

**Time:** 5:00 PM - 8:00 PM

**Where:** Woodland Park Middle School

**Web:** <https://www.symphonyabovetheclouds.org/>







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## ? Brain Teasers ?

Q1: A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

Q2: A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?

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

Q4: My voice is tender, my waist is slender and I'm often invited to play. Yet wherever I go I must take my bow or else I have nothing to say. What am I?

Q5: I have four wings, but cannot fly, I never laugh and never cry; On the same spot I'm always found, toiling away with little sound. What am I?

Answers on page 37

## SUDUKO KEY

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

## Crossword Puzzle Solution

1	R	A	B	B	I	6	S	T	A	G	10	L	A	M	P
14	A	I	R	E	D	15	W	I	L	L	16	A	G	A	R
17	E	M	O	T	E	18	E	L	B	A	19	N	O	T	E
20	W	H	A	T	A	D	A	D	22	W	A	N	T	S	
23	M	A	N		25	A	T	E	26	I	R	I	S	E	S
27	A	R	N	O	L	D		30	C	O	Y				
31	G	R	O	P	E		32	S	E	A	L		34	T	O
38	M	O	S	T	O	U	T	O	F	A	C	A	R	I	S
41	A	W	E	S		42	K	A	N	E		43	A	C	I
						44	F	E	Y			45	A	P	O
46	C	H	I	S	E	L		50	M	E	L		52	I	D
53	H	I	S	T	E	E	N	A	G	E	S	56	S	O	N
57	A	N	T	I		58	L	U	N	G		59	E	N	A
62	O	G	L	E		63	E	L	S	E		64	A	C	T
65	S	E	E	D		66	S	L	E	D		67	N	E	E



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