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Senior Lifestyle 4th of July Summer Spectacular Daytime Events and Firework Shows

By Trevor Phipps

As most Americans know, the Fourth of July celebration that takes place across the country every year commemorates the day July 4, 1776 when the 13 colonies declared their independence from Great Britain. Exactly one year later, the city of Philadelphia coined the day "Independence Day" and the congress adjourned so that people in the town could celebrate with ringing bells, having bonfires, and shooting off fireworks.

The custom then started to spread to other towns across the country with many celebrating the new holiday with picnics, processions, oratory, contests, games, military displays, and of course fireworks. At the end of the War of 1812 against Great Britain, celebrations during the holiday became even more common.

Ever since Colorado Springs officially became a city in the 1800s, many have come from around the state to celebrate the 4th of July holiday. Through the years, the celebrations have grown in numbers and attendance.

This year, the Pikes Peak Region has several events to choose from. No matter where people want to go, they can choose from watching sports games to hearing symphony music to experiencing paddle yoga. In fact, just about every town in the region has its own style of Independence Day celebrations.

For sports enthusiasts, both the local soccer and baseball franchises will be having special fireworks celebrations. For baseball fans, the Rocky Mountain Vibes will be playing a match starting at 6:30 p.m. against the Northern Colorado Owlz with fireworks after the game to put icing on the cake. For soccer fans, the Colorado Springs Switchbacks will be hosting the Monterey Bay FC at 7 p.m. and they will be having a fireworks show at the end of the game as well. For those who want to listen to music to get into the patriotic spirit, the Star Spangled Symphony and 4th of July Block party will take place 3:30 p.m. to 7 p.m. in downtown Colorado Springs. The event will include a free concert put on by the Colorado Springs Philharmonic at the Pikes Peak Center. The event will end with over 10 fireworks celebrations in different communities within the city.

If people want more of a historical experience, the Pikes Peak Region also has them covered. From 10 a.m. to 5 p.m. the Rock Ledge Ranch Historic Site will be hosting their "Family Fourth." People can experience what life in a Civil War encampment would have been like and enjoy some watermelon.

Those attending will also have the chance to listen to the Pikes Peak Brass Band or the "Strings and Things" dulcimer band, play carnival games with their kids and learn how to play "Chicken Bingo." They can also watch the Seven Falls Indian Dancers perform, go on a wagon ride around the Ranch, or enjoy some delicious ice cream and participate in a pie-eating contest.

People attending the event at Rock Ledge Ranch can also hear historic speeches by General Palmer, President Theodore Roosevelt, Susan B. Anthony and Katharine Lee Bates while refreshing themselves with old-fashioned soda and popcorn from the Pop Shed.

If Springs residents want to take a trip outside the city, Old Fashioned 4th of July Celebration in Woodland Park is a good choice. From 9 a.m. to 3 p.m. vendors will be set up around the city's Memorial Park where people can enjoy games, food, beer, and cocktails. The Woodland Park Wind Symphony will also be performing Patriotic music free of charge.







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Other 4th of July Events Around Colorado Springs

COLORADO SPRINGS

4th of July Picnic

What: Bring the family out for our annual 4th of July Picnic.

When: Tue, Jul 4, 12 PM

- Where: Cheyenne Mountain VFW Post 3917
- 4715 Clearview Dr, Colorado Springs, CO

Cost: \$7 for a plate of food, \$3 for children under 10

Paddle Yoga, Sound Bath & Brunch - Dragonfly Paddle Yoga

- What: This unique experience boasts a beautiful backdrop of Cheyenne Mountain and the Rocky Mountain Front Range. We'll be joined by native birds and dragonflies whizzing by. Class will be a blend of gentle flowing postures followed by a live sound bath of Native American flutes during Savasana. Next we'll savor a yummy brunch served to you on the lake.
 What
- When:
 Tuesday, July 4, 2023

 8:30-10:30am

 Where:
 Quail Lake

 Cost:
 \$50 (ages 12-17), \$55 (ages 18+)



4th of July Events

TRI-LAKES

Tri-Lakes 4th of July Celebration

What:	The Tri-Lakes 4th of July is a full-day celebration.
	Partake in the pancake breakfast, annual fun run,
	children's parade, main parade, street fair, beer garden and live music.
When:	Tuesday, July 4, 2023 All day
Where:	Varies (see details)
Cost:	Varies (see details)

Pancake Breakfast

- What: Hosted by St Peter's Knights of Columbus Council 11514
- When: 7 am 10 am tickets at the door. Proceeds support local charities
- Where: St. Peter Catholic Church 55 Jefferson St.

Palmer Lake 4th of July Virtual and In-Person Fun Run

What: Run, skip, gallop, walk, shuffle or hustle on July 4th with your friends and family to support Palmer Lake Elementary School at the 36th Annual July 4th Fun Run! Registration Open!

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Monument Hill Kiwanis 4th of July Parade

What: Children's parade and Main parade.

When: 9:30 AM

Where: throughout Downtown Monument







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TRI-LAKES (cont)

Tri-Lakes Chamber of Commerce Street Fair

What: The Chamber of Commerce will show case a variety of vendors, to include festival foods, arts, local businesses and non-profits. When: 10:00 AM

Where: on Second and Washington Streets

Family Friendly Beer Garden in Limbach Park

What: Beer Garden. Open to all ages, but must be 21 and older to purchase/consume alcohol. No outside alcoholic beverages will be allowed into Limbach Park.
 When: 10:00 am - 5:00 pm

Where: Limbach Park.

Live at Limbach! Live Bands at Limbach Park

What: Enjoy live music from Colorado musicians.

When: 11:30 am - 5:00 pm

Where: At the Limbach Park Bandshell.

CRIPPLE CREEK

Gold Camp 4th

What: Enjoy old fashion 4th of July fun and excitement throughout the city of Cripple Creek as we celebrate our Nation. The activities are planned for Tuesday, July 4th. Activities are provided by the American Legion Post 171 and include family fun activities, vendors, live music, donkeys and more! Activities will take place on Bennett Avenue (the exact location is still TBD). Of course, it is all wrapped up in a final patriotic celebration of fireworks on Tuesday night, at approximately 9:30 pm.

When: Tuesday, July 4, 2023 All day; fireworks approx. 9:30pm

Where: Bennett Avenue

Cost: Free

PALMER LAKE

July 4th Fun Run

What: Welcome to the July 4th Fun Run 41st Anniversary Race! We are thrilled to bring back In-Person and Virtual options this year! Please join us in our quaint town of Palmer Lake and Monument for all of the July 4th festivities! The race will go from Palmer Lake to Monument via the Santa Fe Trail! Feel free to run, jog, or walk and enjoy some dazzling outfits, encouraging signs and all around good time while supporting the local children! 4 miles on the 4th, 4 kids!

 When:
 Tuesday, July 4, 2023

 7:30am

 Where:
 Palmer Lake

 Cost:
 \$35-45









4th of July Events

Festival on the 4th

What: Spend your late afternoon and evening in beautiful Palmer Lake, and enjoy food, fun and frolic. Beer garden, wine booth, live music by UNITED STATES AIR FORCE ACADEMY BAND, Pikes Peak Highlanders Bagpipers and Mojo Filter Band, food & gift vendors. Enjoy entertainment from the Renaissance Festival Street performers throughout the festival grounds, face painting, corn hole stations, kids dance party, free gifts and much more. Don't miss the display of motorcycles Pike peak Harley Davidson has to offer and giveaways for the kids, be sure to stop by and meet Maverick the dog from Phil Long Ford and take a picture or enjoy a quick show from the Air Force Falcon and Falconer!
 When: Tuesday, July 4, 2023

4-10pm; Fireworks around 9:15pm Where: Palmer Lake Centennial Park Cost: Free

GREEN MOUNTAIN FALLS

Annual 4th of July Block Party

What: This event features poetry, dance and music performances. Located in Green Mountain Falls, Colorado at the Green Box Farm Stand. Following the concert, join us around Gazebo Lake as we celebrate the 4th of July, the Green Box Arts Festival and the power of light – as we launch water lanterns designed throughout the festival. A fitting end to Independence Day and the Green Box Arts Festival.
 When: Tuesday, July 4, 2023

公

5:30-9pm; Water lantern launch at 9:30pm

- Where: Green Box Farm Stand on Lake Street in Green Mountain Falls
- **Cost:** Free; Water lantern kits available for \$10

WOODLAND PARK

Symphony Above the Clouds

What: Taking place every July 5th in beautiful Woodland Park Colorado, the Symphony Above the Clouds has always been and remains our primary mission. 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, 5:00 PM - 8:00 PM
 Where: Woodland Park Middle School
 Web: https://www.symphonyabovetheclouds.org/



PIKES PEAK SENIOR NEW



Pikes Peak Senior News

would like to give a quick shout out to The Senior Resource Council and their amazing accolades committee for putting on a great event, The Henjum Senior Awards! The Henjum Senior Awards celebrates individuals and organizations who have demonstrated exemplary commitment to improving the quality of life for seniors in our Pikes Peak senior community. The SRC and notable Elite sponsors The Palisades, Beneficent, Beecan Health and, Gentle Shepherd hosted the awards to recognize and celebrate winners in the following categories: Volunteer Award, Professional Award, Small Business/Nonprofit, Large Business/Nonprofit and Lifetime Achievement Award. Pikes Peak /senior News congratulates all the 2023 Henjum Accolades recipients. The delicious food was served by Bird Dog and the event was well attended by many who serve our senior community. A fun night was had by all. Thank you again to all of the amazing people and companies that serve our senior community here in the Pikes Peak Region. If you want to learn more about what The Senior Resource Council supports in our community look to our activity page or go to info@seniorresourcecouncil.org.



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Tinseltown Talks:

Calling all Knuckleheads: Touring with new Three Stooges book

By Nick Thomas

Despite extensive on-screen credits throughout their long careers, the Three Stooges comedy team only spent about a month or two a year in front of the cameras, rarely producing more than 10 of their beloved comedy shorts a year. According to long-time Stooges fan Gary Lassin, the slapstick legends were on the road for up to 6 months a year, crisscrossing the country to perform largely vaudeville-like acts on stage.

Those journeys, from the 1920s to the 1960s are now recounted in exquisite detail in more than 750 pages of Lassin's new book, "A Tour De Farce: The Complete History of the Three Stooges on the Road."

As president of the Three Stooges fan club and owner/ curator of a Three Stooges museum (The Stoogeum, see www.stoogeum.com) in Ambler, Penn., Lassin began assembling touring data over two decades ago.

"I just opened a blank Excel spreadsheet and began going through my Stooges memorabilia - playbills, programs, ticket stubs, photographs - to compile their travel history," said Lassin from his suburban Philadelphia home.

He also began searching newspaper archives back in the

day before online databases existed. "Twice a year I'd drive to the Library of Congress in Washington to search their archives of major newspapers stored on microfilm."

The book, currently available directly from the author (see www.tourdefarce.net), is also crammed with over 1,400 images mostly from Lassin's private collection, hundreds being published for the first time.





Comprising the two Howard brothers Moe and Curly (Curly being later replaced by third brother Shemp, followed by Joe Besser and Joe DeRita) and Larry Fine, the Stooges are famous for the 190 short films produced by Columbia Pictures from 1934-1959. The trio of turmoil were masters of vintage Hollywood madcap mayhem, famous for brutalizing each other with any heavy object at hand, initiating food fights, and flattening their surroundings faster than a professional demolition team.

So what would audiences attending their live stage shows have experienced?

"Nothing like their films, really," said Lassin. "They didn't have the benefit of movie special effects or other actors they could play off. So they usually did a 10-15 minute act consisting of two basic routines. There were skits where they'd play roles and act out a little and the other was called patter where they would go back and forth with silly jokes."

An example of the latter, says Lassin, is when one would ask, "You goin' fishing?" To which another would respond, "Yeah, you got worms?" followed by the punch line, "Yeah, but I'm going anyway."

Lassin estimates his book documents up to about 95% of live appearances by the Stooges. "We'll never come up with all of them," he said. "They also visited hospitals, military bases, and other places that weren't advertised to the public."

The author, who is related to Larry through marriage, has amassed over 100,000 pieces of Stooges memorabilia with thousands of items displayed



in his museum. Like many adult Stooges fans today, he originally became enamored by the comedy troupe as a child.

"We only had three TV channels to watch when we came home from school," he recalled. "So it was impossible for a kid not to see them and like them."

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

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Senior Lifestyle

Local Law Enforcement Agency Identifies Scams Targeting Seniors New Types of Scams Go After the Growing Senior Citizen Population



To end the month of April, the Woodland Park Senior Organization held a senior expo featuring vendors and information for local senior citizens. Teller County Commissioner Dan Williams started the event by telling personal stories of challenges his family has faced due to aging loved ones and talked about how life changes as people age.

Teller County Sheriff Commander Lad Sullivan then took the floor to talk about frauds and scams. The commander brought up examples of ways senior citizens have been scammed recently to help Older Americans be prepared.

Commissioner Williams started his introduction speech by giving statistics of how many seniors are in the country, state and county to emphasize the importance of senior citizen-related services. "Today in Colorado there are 5.8 million Coloradans," Williams said. "Out of the 5.8 million, 1.5 million or 30 percent of Colorado are over the age of 50. And about 17 percent is above the age of 65. The last 10 mortgages that were given in Woodland Park all went to people 65 and older. So it isn't a theory, it's the reality for Teller County. The average person moving to Teller County today is over 50 years old and he or she has a least two pre-existing medical conditions."





El Paso County has also seen a growing senior citizen population. During the 2010 Census, there were just over 65,000 residents over 65 years of age. And now in 2023, that number is estimated to be over 91,000.

Frauds and Scams that Target Seniors

Commander Sullivan took the floor after Williams to discuss frauds, scams, and exploitations. He said that with the new technology out there today, there are several ways people out there try to scam others.

Sullivan first talked about ways people try to scam others out of money using fraudulent e-mails. He gave examples of fake logos from companies like PayPal that look close to the real corporation's logo, but are not exactly the same.

"You will get an e-mail or a text saying that it is Wells Fargo asking you to validate a \$292 charge in San Antonio, Texas login here," Sullivan said. "But when you login there you are not going to Wells Fargo, you are going to some scam site where you put your information in. Well guess what? You just gave them your name, your date of birth, your social security number and bad guys now have it all."

He also talked about how companies take advantage of people when storms and natural disasters occur. "Don't ever believe anyone that comes to your door. They will want money up front without ever doing any work," Sullivan said. "You don't solicit them they start soliciting you. They want your information or your money. Don't ever give information or money to people like that."

Sullivan then talked about romance scams. He brought up a few stories he said he found with a quick search on the internet. One headline was about a 36 year old woman who stole \$2.8 million from a Holocaust survivor.

Sullivan said that if people want to get into a relationship over the internet they need to listen to what the other person is saying. He said some scammers will say they are stranded in another country and they will ask to get sent money.

He also talked about funeral scams where people will play off emotions and try to get money. He brought up

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a personal story of how a funeral home told him that his father wanted a \$10,000 casket.

"Really, that was a big rip-off, they were just trying to get money out of us," Sullivan stated. "Don't let people play on your emotions and your sadness."

The commander also brought up different types of telemarketing scams. He warned attendees to not answer their phone if it is a number they don't recognize.

"One of the big things they do out there right now is when you say 'hello' they say 'can you hear me?' And then what's your response? 'Yes," the commander explained. "Whatever scam that is, they now have your voice recorded saying 'yes.' So when they go to a website to charge something, it will pop up on the computer and say 'do you authorize this?' And there's your voice saying 'yes."" He then cautioned the senior citizen crowd to never give anyone personal information over the phone no matter what they may say. He brought up the grandparent scam where someone calls and claims to be a grandchild in need.

They will sometimes say that they are in jail in a state like Texas and that they need money sent to them for bail. The commander said that one way to tell if it is a scam is that the scammer will say things like, "Please don't tell my parents, they would kill me."

Scams Targeting Seniors are on the Rise

According to the National Council on Aging (NCOA), Older Americans are often targeted by financial scammers. The scammers think that since they are older that they have plenty of money in the bank, but that is not the case with all of the reported victims. And since financial scams often go unreported and are hard to prosecute, they are seen as "low-risk" crimes.

"According to the Federal Bureau of Investigation (FBI), in 2021 there were 92,371 older victims of fraud resulting in \$1.7 billion in losses. This was a 74% increase in losses compared to 2020," the NCOA website states. "In the five-year period ending December 31, 2020, the U.S. Senate Special Committee on Aging Fraud Hotline received more than 8,000 complaints nationwide."

The organization says that those who think they may be a victim of a crime should call the local police, their bank if money was taken from their account, and Adult Protective Services. To obtain the contact information for Adult Protective Services in the area, call the Eldercare Locator, a government sponsored national resource line, at: 1-800-677-1116, or visit their website.



Want to Be Rich?

By Money Coach Bill Stanley

Over the years as a Money Coach, I've learned many things from many people on how you should handle your money.My book, "Money Sense for Young Professionals," contains lessons from interviews as well as general advice to all such as, "Money Sense is applying Common Sense to your finances" and "Money Sense starts with responsibility and confidence and attitude." This article presents things to consider in your Money Life.

According to studies, most millionaires surveyed controlled their own destiny by working hard and saving early and regularly. How do you spot a millionaire? A millionaire shuts off the light when he/she leaves the room. It's not how much you make, it's how much you spend. I tell one and all to track all expenditures to the dollar for three months in order to find an average per category. Then compare those figures with your current and projected income and your immediate and long-term goals. The biggest challenge is to change the way you think about and manage your money. Change often is difficult, but it Is absolutely necessary. Husband and wife must work closely together to make the changes necessary for success. As a parent or grandparent, you must set the example for your family. Don't let them down.

When most people think about "rich," they think about money. But I say "healthy is better than wealthy" and "experiences far outweigh material things."Expand your definition of rich. Write down your top experiences. Put future experiences on you bucket list and start saving for them. Having a successful Money Life means you have more for Life's Priorities over and above daily expenses.

In my Money Coach High School classes, I make the kids say out loud: "My money is my responsibility." "I am the Captain of my Money Ship." I tell parents and grandparents the exact same thing.

It's how you live.Give up dangerous to your health items such as cigarettes and sugary foods. Always shop with a list. Putmoney saved into your travel bucket.Pay off credit cards each month. Not able to do that? Stop using the credit card; put the card in a cup of water and place the cup in your freezer.

Delay taking Social Security:You can start receiving your Social Security retirement benefits as early as age 62. However, you are entitled to full benefits when you reach your full retirement age (depends on birth year). If you delay taking your benefits from your full retirement age up to age 70, your benefit amount will increase.



Your retirement plans: The more you put into your retirement plan each month, the more "free money" you will receive if there is an employer match. Rule one is to put as much into your 401(k) in order to receive full employer match. Ask your employer if they offer a Roth retirement plan. In a Roth plan the money contributed is taxable that year, but you are never taxed again when you take it out. Over the years, this is a tremendous plus. Many of my clients convert regular retirement money to Roth retirement money. Some investment values are lower now because of the lower stock market, meaning you would pay less tax now compared to a few years ago. Consider conversion now.

A local retired gentleman and his houses:He bought his first home in the Washington DC area at age 29 after getting married. Cost \$46,000; saved money was used for 20% down. He had several overseas assignments; the house was rented. At age 36 he moved his family to California and rented the east coast house. That house was lived in 6 years, rented for 29 years; sold after 35 years for \$530,000. He never paid down the 7.5% mortgage at \$330 a month (a lot at first, but well covered by the rent). California home cost \$195,000 and was paid for with savings and a loan which was paid off after several years. That house was sold 18 years later for \$525,000. Then

Financial Fitness



he moved his family to Colorado Springs. With half the California house money, he bought a Springs' house twice the size. He downsized 8 years ago; moved into property he purchased 14 years ago(\$171,000 with cash savings) and then rented. The big house (now valued at \$700,000) is rented. Profit goes into the bank. Value of downsized house is \$350,000.

Best use of cash:Required Minimum Distribution (RMD) often is not needed by the retiree. One senior has been putting an average of \$18,000 after tax in an online bank account for 10 years. This amount is added to other cash in an online cash savings account. (I use Ally.com.) This account will earn \$7000 interest in the next 12 months at the current 3.4%. He then puts this interestplus \$3000 additional into his I-Bond account (max \$10,000 per year; current rate 6.89% thought May 2023). Goal is to have ready cash for Long Term Care costs. Your Money Coach suggests not putting all extra cash in the bank. Use some of that money for SFTs (Special Fun Things) and some for grandkids' 529 college savings plans. Think experiences; think legacy.

Rich Dad, Poor Dad "If you want to be rich, you need to be financially intelligent." That's why my passion is Financial Literacy for all. Push for financial literacy in our public schools. Colorado is NOT one of the 20 states that require financial literacy classes.

Who controls your richness factor? Look in the mirror. It's all up to you!

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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Skin and the Climate We Inhabit

By Mary Smolik Brown RN, MSN

One Thing We All Have in Common:

Colorado Springs is home to 6,035 feet of low humidity, increased exposure to ultraviolet light, decreased quantity of oxygen, and high wind velocity (can you say Sahara dry?) Who inhabits such extreme environments? The species who have adapted here are wonders of nature. Including Coloradans.

While our views of the mountain range and its outlying foothills is astonishing, (often breathtaking with intertwining sun, snow, and storms) this is a harsh environment for our skin. As the largest barrier and first line of defense from this climate, our skin, the largest organ on humans, takes a beating in Colorado. Read on to learn skin facts, recommendations for Vitamin D, and rationale for thinning skin.

Thinning Skin

Who: As with all other aging processes beyond our control, thinning skin is a noticeable and frequent complaint among people over 50. Who knew there were so many veins and tendons hiding under the tops of our hands? They were there all along, however as the top layer of skin—called epidermis, succumbs to weather, washing, working, and overall living, it becomes thin. Loss of fatty skin layers under the epidermis is part of the natural aging process.

Why: The loss of elastin and collagen are key contributors to supporting the top layer of skin. As a normal part of aging, we lose the ability to produce the same components, just like hormones and other body chemicals. Shrinkage of cells making up the layers of skin are key contributors as well. Menopause causes decrease in production of estrogen, a hormone responsible for a large number of bodily changes in women, including skin.

- <u>Genetics</u> did your parents have extra fine thin skin?
- <u>Long term exposure to sunlight</u> did you forget to put sunscreen on tops of hands?
- <u>Mobility impairment</u> lack of movement decreases blood flow to all tissues/skin
- <u>Diet and hydration</u> the building blocks of all healthy skin both cosmetically and functionality
- <u>Long term use of certain medications</u> think steroids, especially topical creams

What: Now? knowing causes, there are measures to take.

- **Cover up** that skin!! Sun exposure is the number one preventable measure for skin related disorders, especially avoiding sunburns, which cause irreversible damage to underlying cells. Use at least SPF of 30 to all exposed body parts, ears and hands.
- Add extra oils to your diet: nuts, avocados, olive oil (in place of butter), legumes, fish oils from wild caught fish or supplements.
- Hydration goes a long way for skin and altitude related issues (A measure used in hospitals is: urinating every 3-5 hours with clear, pale urine is a sign of excellent hydration status).
- **Moisturize** According to *Medical News Today* (2022), the best and most affordable moisturizers include: CeraVe, Aveeno, Eucerin, and Vanicream

Health and Wellness

Vitamin D

It is difficult to talk about skin without mentioning Vitamin D as this vital nutrient is produced through sunlight penetrating through our skin. **Science speak:** During exposure to sunlight 7-dehydrocholesterol in the skin absorbs UV B radiation and is converted to previtamin D3 which then isomerizes into Vitamin D3. There is a renewed appreciation for the benefit of sunlight in medical studies, due to information related to certain health conditions precipitated by Vitamin D deficiency. Research has shown increased risk of common cancers, autoimmune diseases, infectious diseases and cardiovascular disease.

There is a misconception that foods contain enough Vitamin D, but actually the American diet (unless you consume wild caught salmon twice a week) does not provide enough Vitamin D. Vitamin D deficiency causes growth retardation and rickets in children and will precipitate and exacerbate osteopenia, osteoporosis and increase risk of fracture in adults. The recommended daily amount is 600 IU to 800 IU taken as a supplement. Sunlight is our friend when it comes to getting enough Vitamin D. The overall consensus post research is 10-30 minutes without sunscreen to at least 30 % of your skin three times a week is enough to maintain proper levels of Vitamin D. Keep in mind, at an altitude of 6035 ft, we live closer to the sun, and get UVB rays guicker than those living farther from the equator or sea level. Therefore, Coloradans need less time in the sun, so shaving sun exposure here to 10-15 min three times a week is adequate. Also, people with dark skin have more melanin, which produces skin pigment. Melanin requires more UV light to convert to Vitamin D. Therefore, darker skin requires more time in the sun to make the same amount of Vitamin D, which explains why there is more deficiency in this

population. Without sunscreen or clothing, more than 10-30 min three times a week gets dermatologists concerned about UV rays and the C-word---Cancer. Apply sunscreen after 10-30 minutes based on your skin pigment and sensitivity. Hats and sunglasses to protect face and eyes are appropriate since the head is a small part of the body and produces small amounts of Vitamin D. Read more at Healthline with link below and verify with your doctor what is best in your health plan, supplement vs. direct sunlight. https://tinyurl.com/w5jmhp8h

Skin Facts:

- Skin plays a crucial role in thermic regulation, based on exposure to heat and cold. It also it weighs between 3.5 and 10kg (7 to 22.2 pounds) with a surface area of about 21 sq feet for the average sized adult.
- 2. Skin is composed of an intricate network of cells and barriers which protect us from elements, skin pathogens as well as ultraviolet radiation.
- 3. Consider skin spots of any shape, color or form guilty until declared non-cancerous by a physician.
- 4. Skin contains more than 11 miles of blood vessels.
- 5. The average person has 300 million skin cells.

Davenport, S., (2022). 10 of the best lotions for dry skin of 2022. *Medical News Today*. Retrieved from https://tinyurl.com/5bt3yaha

Holick M.F., (2014). Sunlight, ultraviolet radiation, vitamin D and skin cancer: how much sunlight do we need? *Adv Exp Med Biol*.810:1-16. PMID: 25207357.



Animals We Love

Harley's Hope Provides Assistance to Pet Owners

Non-Profit Named After a Former Pet

By Trevor Phipps

Most people know someone who has had an emergency or a sudden sickness affect their pets. Depending upon the emergency, some pet owners are given the horrible decision to euthanize their pets due to the veterinarian bills being more than they can afford. And in some cases, people may be forced to give their pets up for adoption.

Harley's Hope was a local nonprofit founded specifically for this problem. Pet owners who live in Colorado and qualify as being low income can receive assistance for vet bills and other costs associated with taking care of pets. The organization's main goal is to help owners keep their pets when things beyond their control occurs.

The organization's founder Cynthia Bullock said that she and her husband started Harley's Hope in 2010 after they had a sad experience with one of their rescue dogs. Their dog Harley was diagnosed with cancer and their vet told them that their beloved pet only

had one week to live.

Bullock then did some research and started giving Harley special cancer treatments and they were able to extend the dog's life by another three months. But, she said that they knew going into it that they unfortunately were going to lose her.

"We considered ourselves fortunate because we had the means to pay for specialty care and we had a way to get her up to Englewood for treatment," Bullock said. "We knew that for so many people, especially for our older pet parents, that something as basic as a broken leg or bladder stone could be the reason their animal's life came to a quick end. Or they would be forced to



give their animal up in the hopes that someone else could save their life."

When the Bullock family brought home Harley's ashes she said her husband made the mistake of telling her that she needed to get back into working with animals. Bullock had previously worked with animal rescues for around 25 years prior to Harley's passing.

"I knew from working in rescue that we needed a lot more support services to help people that didn't want to give up their pets," Bullock explained. "So that was the start of Harley's Hope. Fortunately I had worked in non-profits and I had my masters' degree in non-profit management, so I knew exactly how to start the process and how to get it up and running."

After being in existence for over a decade now, Harley's Hope offers a variety of services for pet owners. "We have an older pet parent services program for Coloradans over the age of 50," Bullock stated. "We also have a veterans' support program for veterans with companion animals, and then we have a service animal support program. What they all offer is financial assistance with major and emergency veterinary care. We also offer some assistance with



PIKES PEAK SENIOR NEWS · 18

Animals We Love



emergency boarding or foster. So, if someone needs to go to the hospital and they don't have a support network, they can contact us and see if we are in a position to help them get that animal fostered or boarded while they are there. We desperately need more of those crisis foster homes."

The organization also offers a pet food support program that they started during the coronavirus pandemic in March 2020. During that time, they delivered pet food to people across three counties that were at risk.

They then started doing monthly pet pantries, but those had to get discontinued last August due to supply chain issues causing pet food shortages. However, the organization was able to resurrect the program on March 25, by doing a drive thru pet pantry every other month at the Holy Cross Lutheran Church.

"We have a program called Harley's Hope Chest where we will take unexpired, non-narcotic veterinary medicines and unexpired veterinary prescription food," Bullock said. "We then work with local veterinary clinics to get those items to them and they in turn will share them free of charge with their low income clients who may need that help."

She said that the organization's overall goal is to keep pets and people together. "We are constantly looking at different ways and needs in the community that we may be able to step in and assist with in order to reduce the number of animals that are either being euthanized for treatable conditions that the person cannot afford. Or, reducing the number of animals that are being given up for that reason," Bullock said.

They just recently held a special fundraiser for Easter and now they are working on their next big event that comes up in October. Harley's Hope partners up with Safe Place for Pets to put on the "Murder on the Titanic" event at the Antler's Hotel.

To donate to their cause, people can visit their website at www.harleys-hopefoundation.org.

Bullock said that they are also always looking for volunteers to be board members or help with other sectors of the organization. The organization also takes donations for their pet food pantry.



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Key on page 23.



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Location

Briargate Business Center 2430 Research Pkwy · Suite 200 Colorado Springs, CO 80920



Colorado Recipes

American Flag Caprese Salad

- 18 small purple potatoes (about 1 pound) Kosher salt
- 1 pound herbed cheese spread, at room temperature
- 1/4 cup extra-virgin olive oil
- 1/3 cup fresh basil leaves, roughly chopped
- 26 cherry tomatoes, halved (about 2 pounds)
- 24 1-inch mozzarella balls in brine, drained well and halved
- 1. Cook the potatoes in generously salted boiling water until fork-tender but not falling apart, about 20 minutes. Drain well and allow to cool completely. Cut in half crosswise.
- 2. Fill a pastry bag, fitted with a small star tip, with the herbed cheese spread. Cut a piece of parchment large enough to fit a 12-by-17 1/2-inch wooden cutting board. Put a dab of cheesespread on the underside of each corner of the parchment to help it adhere to the cutting board.
- 3. Pipe and spread a thin layer of cheese spread in to a 6 1/2-by-9 1/2-inch rectangle in the upper left corner of the parchment. Arrange the potatoes in rows, cut-side-up, on top of the cheese. Pipe the remaining cheese in between the potatoes to make stars for the flag.
- 4. Drizzle the remaining empty portion of parchment with half of the oil then sprinkle all over with the basil. Starting from the top, make a line of tomato halves, cut-side-up, followed by a line of mozzarella halves, cut-side-down. Repeat with the remaining tomatoes and mozzarella. Drizzle everything with the remaining olive oil and sprinkle with salt.

Barbecued Shrimp & Peach Kabobs

- Ingredients 1 tablespoon packed brown sugar
 - 1 teaspoon paprika
 - 1/2 to 1 teaspoon ground ancho chile pepper
 - 1/2 teaspoon ground cumin
 - 1/4 teaspoon salt
 - 1/4 teaspoon freshly ground pepper
 - 1/8 to 1/4 teaspoon cayenne pepper
 - 1 pound uncooked shrimp (16-20 per pound), peeled and deveined 3 medium peaches, each cut into 8 wedges 8 green onions (light green and white portion only), cut into 2-inch pieces Olive oil-flavored cooking spray
 - Lime wedges



- Mix brown sugar and seasonings. Place shrimp, peaches and green onions in a large bowl; sprinkle with brown sugar mixture and toss to coat. On four or eight metal or soaked woodenskewers, alternately thread shrimp, peaches and green onions.
- Lightly spritz both sides of kabobs with cooking spray. Grill, covered, over medium heat or broil 4 in. from heat 3-4 minutes on each side or until shrimp turn pink. Squeeze lime wedges overkabobs.



Directions



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Calender of Events

June 2023 Events

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

When: June & July - on selected Friday evenings at 7 pm

Summer Music Festival 39th Season: Colorado College

What:	Five Festival Artists Concerts
	Two Festival Orchestra Concerts
\mathbf{M}	Seven Chamber Music At Midday Concerts
¥ _	Children's Orchestra Concert with Peter and the Wolf Extravaganza
	Outreach Concerts
When:	The 39th SMF Season: June 4 - 23, 2023
Where:	Colorado College- Packard Hall
5	14 E. Cache La Poudre St. Colorado Springs 80903
Web:	https://www.coloradocollege.edu/other/summermusicfestival/

Email: If you have any questions, please contact us at jazz@gssepiscopal.org



Jazz in the Garden

Cost: 100% free to all.

TREO



What: TREO is a jazz-fusion trio that blurs the styles of traditional jazz, fusion, rock, blues, and progressive funk. With eclectic arrangements of classic rock tunes, TREO pushes the boundaries into a new genre of jazz. When: June 9th

Hennessy 6

What: 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. When: June 23rd

Gregory Goodloe and the Light Years Ahead Band

What: Gregory Goodloe's appearances have been a crowd favorite, and we are thrilled to have him on the schedule. You'll be dancing in the aisles as the Light Years Ahead band brings their unique sound and audience rapport back to Jazz in the Garden.

When: July 7th

Mike Van Arsdale Project

What: Mike Van Arsdale has a long history with jazz in Colorado Springs, including performing and arranging with the Air Force Academy Band's Falconaires. Mike and his guartet of local all-stars perform original music from their debut CD, "That One Time" and more! When: July 21rst

Summer Concert Series At First & Main Town Center

What: Join First & Main Town Center for live music, drinks and a good time! A long list of local bands will play, including The SofaKillers, Martini Shot and Wirewood Station.

When: Fridays in June and July, 5:00-7:00pm

Classic Tuesdays Summer Concerts In Old Colorado City

- What: Enjoy free outdoors concerts in Bancroft Park from 6:00-8:00pm! Upcoming performances include Tidal Breeze Hot Club Trio, The Moldy Figs, The 719 Band, Manitou Strings, and more.
- When: Tuesday Nights June-October 2023
- Where: Bancroft Park, Old Colorado Clty



Business Directory



100 word story Cooking for One

by Tom Baldwin

He peeled the potatoes and put them in boiling water, then chopped the onions and began frying them with the mince.

Soon the kitchen was filled with the aromas of cooking. When the mince was ready he poured it into a dish, mashed the potatoes, spooned them on top, then put the dish under the grill to brown.

He looked down at his wife's drawn face and sparse hair, and she smiled.

'Very good,' she said. 'We've got three months to make you into a cook. I think we're going to do it.'

Calender of Events

 Σ

Summer Festivals in June

Top of the World Rodeo

What: Come enjoy rodeo at its best! Great venue, beautiful views, and elite competition. The Top of the World Rodeo is a Colorado Pro Rodeo Association (CPRA) sanctioned event. Events include Bareback Riding, Barrel Racing, Breakaway Roping, Bull Riding, Mixed Team Roping, Saddle Bronc Riding, Steer Wrestling, Team Roping, Tie Down Roping and a crowd favorite, Mutton Busting. Additional activities include a street dance, beer garden, food vendors, and more.

When: June 9-11th

- Friday Mutton Bustin qualification @ 6 PM.
- Live Music by Sandy Wells at the Teller County Fairgrounds @ 7 PM.
- Saturday-Parade begins @ 11:00 AM on Bennett Avenue.
- Mutton Bustin Finalist Group Ride @ 12:30 PM.
- Rodeo begins at 1:00 PM and ends at 3:30 PM.
- Street dance at The District Museum @ 6 PM-Music by Exit West.
 - Sunday Mutton Bustin Finalist Group Ride @ 12:30 PM.
- Rodeo begins at 1 PM and ends at 3:30 PM.

Cost: \$5-\$10

Feast of Saint Arnold

- What: With a huge selection of craft beers and activities for all ages, the Feast of Saint Arnold bills itself as "Colorado's Family Friendly Beer Festival." Sample some of the best local brews on the Pilgrimage of Pints pre-festival beer tour. Hang out in the Family Fun Zone. Listen to live music by local artists, including Roma Ransom. And meet St. Arnold, the patron saint of beer. Plus, all proceeds benefit Westside Cares.
 Where: Chapel of Our Saviour Episcopal Church 8 4th St, Colorado Springs, 80906
- When: June 10th 6am to 4:30pm
- Web: feastofsaintarnold.com

Pikes Peak Celtic Festival- Western Museum of Mining & Industry

- What: The Pikes Peak Celtic Festival celebrates all things Celtic. You'll find music and dance from Celtic rock to of course traditional bagpipes by a large band gathered by the Western United States Pipe Band Association. Enjoy authentic fish and chips and Irish and Scotch whisky. Put on your kilt, and don't miss the Highland games and more.
- When: June 16-18
- Fri 4pm-9pm, Sat 9am-8pm, Sun 9am-4pm
- Where: Western Museum on Mining and Industry at I25 and Northgate 80921
- Web: pikespeakcelticfestival.com
- Web: FREE

Front Range Makers Market

- What: Join us for our annual summer market in Monument one day only on Saturday, June 17th! With 100 artists, makers, and creative small business owners this market offers something for everyone's style and budget. Shop countless handcrafted good & treasures from local makers & artists.
- When: Saturday, June 17th 8:30am to 3pm
- Where: Northwest parking lot Lewis Palmer HS / 1300 Higby Rd. Monument, CO 80132

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 17th-18th

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







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Colorado Springs Western Street Breakfast June 21st, 2023

What: The Colorado Springs Western Street Breakfast is one of Colorado Springs' most iconic celebrations of its deep-rooted western heritage. The Street Breakfast has also become an annual fundraising event that supports our local military and their families. Mark your calendar and set your alarm for early morning so you can join us for this fun, festive and family-friendly event. The morning includes: Delicious hot pancake breakfast for-Pikes Peak Range Riders and Rangerettes depart

on horseback at 8 a.m.-Western Dress-Up Contest-Kids Corral with a petting zoo, roping the hay bale, gunslinger and trick ropers. When: June 21rst 5:30am-9am

Where: Downtown Colorado Springs on TejonSt.

Cost: just \$5 (kids 5 and under eat free

Pikes Peak International Hill Climb Fan Fest

 What:
 Rain or shine, Pikes Peak International Hill Climb fans flood the streets of downtown Colorado

 Springs for a 10-block street party. You can meet the drivers, witness high-flying stunts during the

 Colorado Springs Powersports freestyle motocross show, visit the Michelob Ultra Beer Garden

 and more.

 June 23rd

Where: Downtown Colorado Springs Web: ppihc.org/fan-fest

Parade of Ponds & Waterfalls

What: Purely Ponds & Waterfalls would like to announce the 17th Annual Purely Ponds Parade of Ponds & Waterfalls. The Parade of Ponds and Waterfalls will tour 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 & Waterfalls. The Parade of Ponds and Waterfalls ticket, complete with tour map, addresses, driving directions and descriptions are just five dollars per ticket and will be available online by June 1st. This is a self-guided tour; attendees are responsible for their own transportation.

When: June 24th-25th 9am to 5pm

Phone: 719.896.0026

Email: contact Jessica at jessica@purelyponds.com.

Web: purelyponds.com

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, The Pikes Peak International Hill Climb has revealed the date for the 101st Running of the Race to the Clouds. On Sunday, June 25, 2023, drivers and fans will converge on Pikes Peak – America's Mountain as the racing world focuses on following the action up the 12.42-mile course, through 156 turns to the 14,115' summit.

When: Sunday June 25th

- Where: 5089 Pikes Peak Hwy, Cascade 8099
- Email: Lisa Haight lisa@ppihc.org
- Web: ppihc.org

Green Box Arts Festival

When: June 30th- July 15th Where: Green Mountain Falls Web: greenboxarts.org

What: Each summer the tiny hamlet of Green Mountain Falls comes alive with world-class art, and this year's Green Box Festival will be bigger than ever as it celebrates 15 years. On day one, three artists-in-residence will unveil new outdoor installations as well as a new sculpture by Brian Wall and a new mural on the Lake Street Display by Brenda Biondo. New York's celebrated Paul Taylor Dance Company will perform multiple times as part of the two-week event's 50-plus performances, events, concerts and classes. And you don't want to miss shows in the James TurrellSkyspace.





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Key on page 30.

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

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