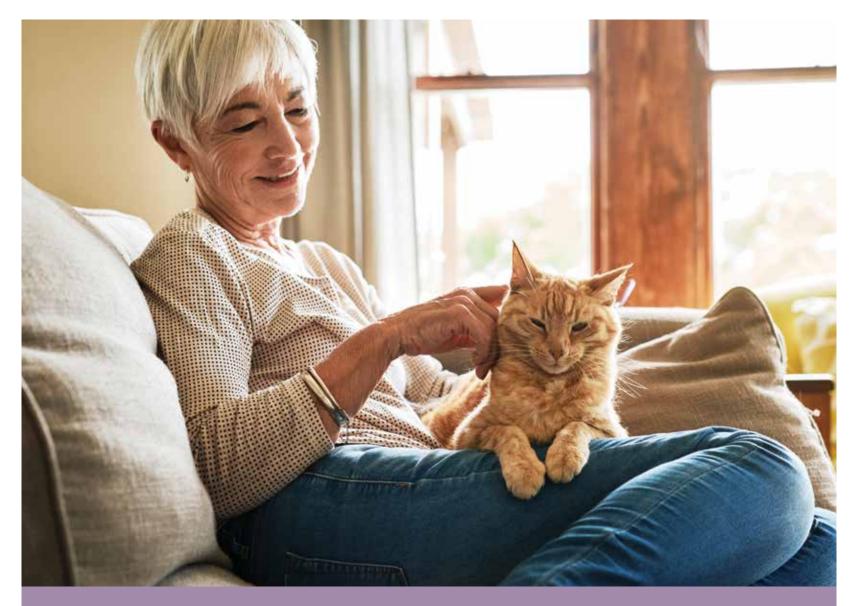


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Grand Opening of Rocky Mountain PACE at Explorer

By Summer Galceran

Rocky Mountain Pace Director of Marketing & Community Engagement

On October 4, 2023, Rocky Mountain Health Care Services, a nonprofit organization dedicated to enhancing the quality of life of seniors in the Pikes Peak Region, celebrated the grand opening of its second site. Located on Explorer Drive, Rocky Mountain PACE at Explorer is home to a state-of-the-art three-story, 59,100 sq. foot clinical site and office building.

Rocky Mountain Health Care Services' PACE (Program for All-Inclusive Care for the Elderly)participants in El Paso County receive primary and specialty care as well as dental, vision, hearing, rehabilitation services, medical transportation, meals, and social activities at their two locations.

Leadership and Board Members greeted over 250 guests with a Lodge-themed event, catered food, and team member guided tours. The tours included a scavenger hunt map highlighting activities and services experienced by



PACE participants. Members from the Colorado Springs and Tri-Lakes Chambers of Commerce were present for the joint ribbon-cutting, and CEO Nate Olson addressed the attendees.

"We are excited to open another much-needed location for the participants in the PACE program," says President and Chief Executive Officer Nate Olson. "When you think about why we do what we do, it's to help people who have been under served their entire lives. We provide medical services for people so they can stay in their own homes with the help and support of 433 amazing team members. We are blessed to serve in this community."

If you know a friend or family member you think could benefit from the Rocky Mountain PACE program, please get in touch with us at 719-314-2327 or visit rmpace.org.



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Niksen: The Dutch Art of Purposefully Doing Nothing

By Elisabeth Almekinder

Health Journalist, Registered Nurse, and Diabetes Educator for the Manos Unidas North Carolina Farmworker Health Program

Doing nothing, but with a purpose to do nothing or no purpose at all, may help to decrease anxiety, bring creativity to the surface, and boost productivity. The Dutch have perfected the practice of doing nothing, or "niksen" so well that they are some of the happiest people on earth.

I encourage you to loosen your concept of time and productivity and practice this simple exercise from the Netherlands. Allowing your brain to rewire from stress by doing nothing is a wellness practice worth implementing. If you are sitting in a cafe, you can indulge in some stress-busting niksen but sipping your coffee and looking out the window. Leave your phone in your pocket, and let your mind wander. It's not mindfulness; a better definition would be a short period of mindless relaxation.

What makes the Dutch happier than most people?

Dan Buettner has studied the practices of the happiest people on earth wherever they reside. In the blue zones, people find ways to downshift daily. They are not immune to stress, but they have routines that help them to minimize and shed that stress. In Ikaria they take daily naps, in Okinawa they find time to think of their ancestors, and in Sardinia they meet with friends and neighbors for daily happy hours. The Dutch have similar lifestyle habits, which helps keep them at the top of life satisfaction charts. We know Dutch children are some of the happiest in the world, and Holland also enjoys some of what our research shows builds the happiest societies: a shorter than average workday, national healthcare, and a reduced tuition university system.

Another buzzword "Hygge" comes from Denmark, and refers to being cozy and full of contentment. This tradition is carried down by generations when family members cuddle up in blankets and warm clothing from head to toe and gather by the fireside and candlelight together to enjoy simple pleasures. In Sweden, they value a healthy work-life balance. "Lagom" is their philosophy that everyone should have enough. It means "Not too little. Not too much. Just right." This term represents their slower-paced, simple life.

Although we often refer to these imported concepts as trends, they have never gone out of style in their native cultures. Just as we use the concept of "ikigai" to explain



the longevity culture in the blue zones region of Okinawa, Japan and "puravida" to understand the blue zones hotspot in Costa Rica, applying traditional wisdom to help cure the ailments of modern life.

Try doing nothing

If mindfulness exercises and meditation are leaving you wondering if you're doing them right, try niksen. Don't overthink. Set a time to sit and stare out a window. Allow your mind to wander aimlessly, and let yourself simply, "Be."

I find that nature helps me achieve niksen. My favorite spot to practice this non-mindfulness exercise is on my screened porch. It's quiet there, and I can concentrate on the nothingness of the crickets chirping or the frogs croaking.

My mind will wander until I lose track of time. Make sure to leave cell phones and other distractions behind. Focus on a cloud, a tree or a bird perched silently on a limb. Listen to the rain or concentrate on the cicadas buzzing.

What's the science behind the benefits of doing nothing?

Why will making sure you regularly do nothing increase your feelings of happiness? Unproductive time can make us healthier and happier, according to science. When we remain idle with no agenda, we turn on the creativity centers in the brain. People experiencing work stress and burnout at a coaching center in the Netherlands reported decreased feelings of stress and increased happiness when they practiced niksen versus when they didn't practice it regularly.

Why do we resist doing nothing?

Perhaps it attests to how busy our society has become in the United States that we think it "lazy" to practice niksen. When students were asked to practice niksen during their meditation and mindfulness practice for five short minutes, many felt they had "too much to do," felt like it was the lazy thing to do and didn't associate it with productivity increases, as the Dutch do.



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Experts Say Dogs Can Be More Than Just a Best Friend

Therapy Animals Provide Several Mental and Physical Health Benefits

By Trevor Phipps

Everyone has heard the saying "A dog is a man's best friend," but recent research shows that canines and other pets can offer more than just friendship. In fact, the unique relationship between humans and dogs is so sacred that dogs were the first animals people started domesticating over 30,000 years ago.

Dogs have almost always been the companions of humans and in the early days they helped greatly with tasks like hunting. But in the last century or so, people have realized that dogs can assist humans with a wide array of tasks.

During and after World War I, dogs were formally used as assistance animals to help people with visual impairments in Germany and the U.S. During World War II, dogs starting getting trained for other assistance roleslike helping with mobility and those with hearing impairments.

The term "pet therapy" first came about in the 1960s, but animals have been used to help humans heal for centuries. In the 1700s, dogs were used to help patients with psychiatric disorders. The first documented use of therapy pets in the country came in 1919 when they were used to assist psychiatric patients.

Today, dogs and other animals can be used as assistance or therapy animals. The main difference between assistance and therapy animals is that assistance dogs, for example, are trained specifically for the owner's needs and they can follow their handler wherever they go. Therapy animals on the other hand, can be trained to help several people and they are not allowed inside most businesses.

Just like with assistance animals, therapy animals can come in different forms. Some therapy animals are trained to go with their handlers to various places to assist with different types of therapy. For example, some hospitals and physical rehabilitation facilities have therapy animals that travel to patients' rooms to help cheer them up and assist with healing.

Other therapy animals stay at a facility and patients come on site for therapy. For instance, there are options where people can go to places to ride horses or swim with dolphins as therapy.

Mental Health Benefits

Recent research suggests that people can benefit greatly from having pets and using pet-assisted therapy. One main benefit pets and animals therapy can assist with is stress reduction.

According to the National Health Institute (NIH), dogs can play a vital role in reducing depression. Researchers believe that having a pet dog or therapy animal session can help reduce depression that could be caused by loneliness.

The NIH also states that dogs can help people who suffer from anxiety. "Studies have found that short-term, unstructured interactions with a therapy dog can significantly reduce self-reported anxiety and distress levels," an article published by the NIH reports.

Studies have also found that pet therapy and dog ownership can help increase happiness and overall well-being. Dogs can also provide motivation for people who struggle with completing daily tasks.



Dog ownership and pet therapy has also been known to help those who suffer from various disabilities. For example, people who suffer from Post-Traumatic Stress Disorder (PTSD) have shown fewer symptoms and lower stress levels if they engage in animal therapy or have a service dog.

Children who suffer from autism spectrum disorder (ASD) or attention-deficit/hyperactivity disorder (ADHD) can also benefit from pet therapy. "For some children with ASD, dogs may provide a calming and positive presence and may both reduce anxiety and improve problematic behaviors," states the NIH.

Along with helping improve psychological health, therapy animals can also help improve cognition and learning. "Among children, emerging research suggests shortterm interactions with a therapy dog may lead to improvements in specific aspects of learning and cognition," the NIH article reports."A recent systematic review of research on therapy dog reading programs indicated that reading to a dog has a number of beneficial effects including improved reading performance. Studies suggest that interacting with a therapy dog may also improve speed and accuracy on cognitive (e.g., memory, categorization, adherence to instructions) and motor skills tasks among preschool-aged children compared to interacting with a stuffed dog or human."

Studies have also shown that pet therapy can help young adults improve cognition and learning. Some colleges and universities now offer interactions

Animals We Love

with therapy pets during high stress times like before major exams. College students who have short interactions with therapy pets have reported lower stress levels and an increase in perceived happiness.

According to an article published by Husson University, the presence of animals helps the human body release hormones like serotonin, prolactin and oxytocin that increase relaxation and reduce stress. Pets can provide distractions during challenging times and the hormones released can help people relax during treatment or therapy sessions.

Animals can also reduce mental health blocks and can help "break the ice" between a therapist and a patient. Therapy animals can also help patients with dementia reduce agitation.

Physical Health Benefits

Researchers have linked several physical health benefits to therapy animals and pet ownership, which mostly correlate with lower stress levels. Dogs are also proven to help people stay more physically active which can provide several health benefits in itself.

According to Medical News Today, animal therapy can help people with various physical conditions. People who suffer from epilepsy, heart failure or pain from cancer treatment can benefit from forms of pet therapy. Pet therapy can also help with postoperative recovery and "recovery after a major stroke or another condition that causes a person to lose motor skills."

"In a 2007 study published in the American Journal of Critical Care, researchers found that visits with therapy dogs improved cardiovascular health in heart patients, precipitating lowered blood pressure and lowered stress hormone levels," the Husson University article states. "The American Heart Association has found that working with therapy animals improves the health of heart failure patients in the hospital."

Regular visits with therapy animals can also help reduce the amount of medication needed to manage certain medical conditions. "Some researchers have found an increase in salivatory immunoglobulin A, which indicates a healthy immune system function, after people spend time petting a dog for less than 20 minutes," the Husson University article reports. "The release of oxytocin impacts the immune system and increases the pain threshold, helping people heal more quickly."

Social Benefits

The NIH also discusses how dogs specifically can help with overall human health and well-being through the social realm. For example, dog owners found that they helped with loneliness and isolation through the COVID-19 pandemic.

Dogs can also help facilitate social interactions with other people. "For example, observational studies have found that being accompanied by a dog in public increases the frequency of received social interactions and social



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acknowledgments (e.g., friendly glances, smiles)," the NIH states. "The research of Wood and colleagues suggests that dogs can function as facilitators for social contact and interaction, with pet owners reporting higher perceptions of suburb friendliness and more social interactions with neighbors compared to non-pet owners."

Animal Therapy Options in Colorado Springs

With a quick Google search, Colorado Springs residents can find several options for animal therapy services. Jenny Ventker the Animal Assisted Therapy Program Director with the Shandy Clinic can provide group therapy session or therapy geared towards children by visiting https://www.shandyclinic.com/services/animal-assisted-therapy.

Animal Assisted Therapy Programs of Colorado (C.A.A.T.) based out of Arvada offers animal-assisted psychotherapy for all ages and the training of dogs for professionals. "Through our counseling and training programs, we provide and promote animal assisted psychotherapy with rescued animals to facilitate healing for all people in need," the C.A.A.T. mission states.

Some organizations provide therapy dogs to specific people like those with PTSD or first responders. For example, Healing Hounds of Colorado offers certified therapists along with therapy dogs to first responders "for the purpose of reducing job related stress by capturing the health and wellness benefits of the human-animal bond."

Animals We Love

Other organizations specialize in training dogs to be used as therapy animals. Go Team Therapy Dogs can provide therapy animals to be used for comfort during a crisis and help people train their own dogs.

Local businesses like My Life Unleashed or Southern Colorado Animal Assisted Therapy and Training specialize in service dog training and animal assisted therapy. The companies can help others find or train service dogs, therapy dogs, or emotional support dogs.

In addition to local businesses, several local assisted living centers, rehabilitation facilities and hospitals offer animal therapy session for patients.

For those wanting a different experience than therapy dogs, there are also equine-assisted therapy options in the Southern Colorado Region. The Colorado Springs Therapeutic Riding Center at the Mark Reyner Stables offers therapy session for children and people with disabilities.

But unfortunately for those who wish to benefit from the therapeutic effects of swimming with dolphins, there are no options for dolphin-assisted therapy in Colorado and only a few cities in the U.S. offer it. The Sea STAR Program at Dolphinaris in Scottsdale, Arizona is one option and the Island Dolphin Care in Key Largo, Florida is another choice for those willing to travel.

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The Healing Power Of Animals: Benefits Of Animal-Assisted Therapy http://tinyurl.com/ytrjb7dj

The benefits of pet therapy http://tinyurl.com/yknxzebh

What to know about animal therapy http://tinyurl.com/mvum9hfx

Animal Assisted Therapy & What Science Says http://tinyurl.com/43r9zn9j

Animal Assisted Therapy http://tinyurl.com/4pwhs5us

Welcome to Barking C.A.A.T. Ranch

https://www.animalassistedtherapyprograms.org/

Healing Hounds of Colorado https://healinghoundsinc.org/

Go Team Therapy Dogs https://goteamdogs.org/

My Life Unleashed https://www.mylifeunleashed.biz/

SOCO Pawsitive Dog Training

https://www.socoaatandtraining.com/

Colorado Springs Therapeutic Riding Center at the Mark Reyner Stables https://www.cstrc.org/



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Health and Wellness

Lower Prescription Drugs Costs are on Here

(and More Are on the Way)!

By Lily Griego

As a regional director at the U.S. Department of Health and Human Services (HHS), I have traveled all over Colorado hearing from residents struggling to afford medicines they need to remain healthy, thriving members of their communities. Throughout my time in this role, I remember hearing stories from concerned Coloradans whose health suffered because they had to choose to pay for rent and groceries instead of needed medications. No one should have to make choices like that.

That's why I am proud to have made 14 trips throughout Colorado in 2023 discussing the President's new lower cost prescription drug law, which is already putting money back in the pockets of seniors and other people on Medicare by making recommended, preventive vaccines available free of charge and capping costs at \$35 per covered insulin product for over 220,000 people with Medicare Part D in Colorado. These benefits are just the first parts of the law to be implemented, there are more savings on the way this January.

I know the new year can often bring overwhelming financial challenges to families who face high deductibles or other up-front health costs, which is why I want to make sure Coloradoans know about two new benefits that can provide more breathing room to the over 220,000 Coloradans with Medicare Part D, the prescription drug

(Make it easier to get generics.	91%	95%	95%
	Let Medicare negotiate with drug makers for lower prices.	90%	93%	95%
R	Require drug companies to disclose how prices are set.	88%	86%	90%
THE CASE THE	Let states negotiate with drug companies for lower prices.	86%	90%	90%
1702	Cap out-of-pocket costs.	84%	80%	80%

benefit for Medicare enrollees. First, this January, Medicare is expanding its Extra Help program for Part D, which means millions more people on Medicare may be eligible for \$0 premium, a \$0 deductible, and drug copays as low as roughly \$4.

Nearly 300,000 low-income people with Medicare currently enrolled in the Extra Help program will benefit from the program's expansion and up to 3 million seniors and people with disabilities could benefit from the Extra Help program now but aren't currently enrolled. Some people who already receive help paying for their Medicare costs are automatically enrolled in Extra Help, but that's not true for everyone. Applying is easy. Go to Medicare.gov/extrahelp or call 1-800-772-1213 to see if you are eligible.

For some with conditions like cancer, a single medication can cost thousands of dollars. Until now, these costs have not been limited in Medicare Part D, with some patients reaching tens of thousands of dollars in annual drug costs. But beginning on January 1, for the first time ever, patients with high costs will no longer be required to pay out of pocket costs once they reach a certain level of spending known as the catastrophic phase of Medicare Part D. That means more money back in the pockets of Coloradans, helping to ensure that all Coloradans can retire with peace of mind and still have money to live a comfortable life.

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2 Bananas 1/4 cup Walnuts 1/4 cup Rolled oats 1/2 tsp Cinnamon

2 Dates

1 Banana

2 Apples

2 tbsps. Flax meal

1/4 cup Canned coconut milk

1 cup Unsweetened Plant-Based Milk

2 cups Unsweetened Plant-Based Milk

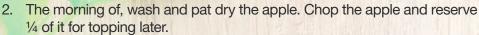
- 1. The night before, peel and freeze the banana.
- 2. The morning of, blend all the ingredients until smooth.

Apple Cobbler Smoothie

1/4 cup Sunflower seeds 1 pinch Ground Anise Seed 1/4 tsp Nutmeg

1/4 tsp Cinnamon

1. The night before, peel and freeze the banana.



Blend the milk, flax, spices, sunflower seeds, ¾ apple and banana until smooth. Taste and adjust seasoning. Add extra banana for more sweetness and creaminess.

Pour the smoothie into a glass and stir in the remaining apple.



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Keepin' It Flexible

By Will Winsborrow

Stretching every day can have numerous benefits for your overall well-being. Here are some advantages of incorporating daily stretching into your routine:

- 1. Flexibility Improvement: Regular stretching helps improve flexibility by increasing the range of motion in your joints. This can enhance your performance in physical activities and reduce the risk of injuries.
- 2. Reduced Muscle Tension: Stretching helps alleviate muscle tension and tightness. It promotes better blood circulation, which can contribute to muscle relaxation.
- 3. Improved Posture: Stretching can help improve your posture by releasing tension in muscles that may be pulling your body out of alignment. This is particularly important if you have a sedentary lifestyle or spend long hours at a desk.
- **4. Enhanced Blood Circulation:** Stretching increases blood flow to the muscles, delivering more nutrients and oxygen. This can contribute to better overall cardiovascular health.
- 5. Stress Relief: Stretching can have a calming effect on both the body and mind. It helps reduce stress by promoting relaxation and releasing endorphins, the body's natural feel-good chemicals.
- 6. Better Joint Health: Regular stretching can help maintain the health of your joints by improving their flexibility and reducing the risk of joint-related issues.

- 7. Increased Energy Levels: Stretching can help boost your energy levels by increasing blood flow and oxygen to your muscles. It can also help alleviate feelings of fatigue.
- 8. Enhanced Athletic Performance: For athletes, a flexible body is often associated with improved performance. Stretching before and after workouts can enhance athletic performance and reduce the risk of injuries.

When incorporating stretching into your daily routine, keep the following tips in mind:

- Warm-up: Always warm up your body before engaging in stretching exercises to prevent injuries.
- Consistency: Consistency is key. Stretching daily, even if it's just for a few minutes, can yield better results than occasional, intense stretching sessions.
- Listen to Your Body: Pay attention to how your body feels during stretching. Stretch to the point of tension, not pain, and avoid bouncing, which can lead to injuries.

Remember that individual needs and capabilities vary, so it's essential to tailor your stretching routine to your own body and any specific conditions or concerns you may have. If you have any existing health issues or concerns, it's a good idea to consult with a healthcare professional or a qualified fitness trainer before starting a new stretching routine.

Are you a beginner at stretching? No problem! Contact us! contactus@khronologyfit.com





For more events or to post a senior event, please join our Facebook Group SOCO Senior Resource Center: A 411 for the 719 Network Group

Pikes Peak Region Winter Events in February 2024

Beginning and Intermediate Yoga

What: Yoga class for beginners and intermediate level practitioners with local yoga instructor Svetlana. Please bring a water bottle and wear comfortable clothes. (Yoga blanket, yoga strap, and two yoga blocks recommended; limited gear available at the library.) Ages 14 years old and older. Registration is recommended for this free class. Class begins promptly at the posted time. Please do not enter if you are late (late arrivals disturb the rest of the class.)

When: Fri, Feb 9, 10:30–11:30am(Mon, Feb 12, 3:30–4:30 PM),(Fri, Feb 16, 10:30–11:30am), (Mon Feb 19, 3:30–4:30 PM)

Where: PPLD Rockrimmon Library 832 Village Center Dr, Colorado Springs, CO



Valentines gift market handmade w/ love Free Family Friendly two day event

What: Join us for HANDMADE with LOVE valentine's market. We will be holding space with 10+ local makers each day carrying handmade wares from

candles and self-care to jewelry, apparel, plants and more!

When: Sate, Feb10th, 2-5pm and Sun, Feb 11th, 2-6pm

Where: The Painter's Pot Colorado 3720 Constitution Ave, Colorado Springs

The Springs Home Show

What: Save BIG on all your home improvement projects and meet face to face with local and national vendors!

When: Fri, Feb 16, 12 PM-Sun, Feb 18, 6 PM

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



2024 Game Expo

What: El Paso County Game Expo is a 1-day event for everyone who loves gaming. We open our doors to people of all

ages to share their passion for gaming. Our vendor marketplace, free play area, and learn to play set-up will have opportunities for everyone. Check out some of t

he old favorites and new releases.

When: Sat, Feb 17, 10 AM

Where: El Paso County Fair and Events Complex 366 10th St, Calhan, CO

Cost: Admission is free.



Bingo and Grilled Cheese

What: SINGO MUSIC BINGO! The category will be 90's Party Vol. 4!

Grilled Cheese will be here from 3-7 pm

When: Thu, Feb 22, 3-7 PM

Where: Colorado Springs Brewery Goat Patch Brewing Company - 2727 N Cascade Ave #123, Colorado Springs, CO

Cost: Free to play!



AHA BLS Renewal For Healthcare Providers

What: AHA Basic Life Support Certification (BLS) Renewal Course

When: Thu, Feb 22, 10 AM-1 PM

Where: Saving American Hearts, Inc 6165 Lehman Dr #202, Colorado Springs

Free Initial Session in Spanish

What: Meet others, have fun, learn some Spanish. We will all get the essentials to go as far as you want to go in Spanish. Space is limited. There is only room for six

total people for this event.

When:Sat, Feb 24, 2-3 PM

Where: Peak Language Institute - 3806 E Pikes Peak Ave #104, Colorado Springs, CO



Calender of Events

Water by the Spoonful

What: Somewhere in Philadelphia, Elliot has returned from Iraq and is struggling to find his place in the world. Somewhere in a

chat room, recovering addicts keep each other alive, hour by hour, day by day. The boundaries of family and community

are stretched across continents and cyberspace as birth families splinter and online families collide.

WATER BY THE SPOONFUL is a heartfelt meditation on lives on the brink of redemption.

When: Varies, Feb 15-Mar 3

Where: Fine Arts Center 30 W Dale St, Colorado Springs, CO



Clothing Giveaway

What: We will have donated clothing to give to you! Browse and select free clothing to take home. Bring a bag!

Please no food or drinks.

When: Sun, Feb 25, 6–8 PM

Where: 301 E Platte Ave, Colorado Springs, CO



Jackson Creek Senior Living Dementia Support Group

What: The new dementia support group will meet on the second Tuesday of every month. Dena Mackey of Optimal Home Care, Inc. will facilitate the 60-minute sessions.

When: Tue, Feb 27, 3–4 PM (Meets 2nd Tuesday of each month)

Where: Jackson Creek Senior Living 16601 Jackson Creek Parkway, Monument Cost: The support groups are free and open to the public, but space is limited.

Phone: To RSVP, call Laura Hale at (719) 259-1331.

Statewide Winter Events in February 2024

Snowdown

What: Now in its 45th year, this winter celebration features a costume party, follies, parade, and an annually changing theme.

When: Fri-Sun, January 26 – February 4, 2024

Where: Durango



High Plains Snow Goose Festival

What: Held in February during the annual migration, this festival is the perfect place to brush up on your birding knowledge with fellow enthusiasts.

When: Fri-Sun, February 2-4, 2024

Where: Lamar

Lake City Ice Climbing Festival

What: Men's and women's top-roped and lead speed competitions in secluded Lake City. Enjoy an escape to a

secluded winter wonderland, with a few other activities lined up for the weekend.

When: Saturday, February 3, 2024

Where: Lake City Ice Park



Steamboat Winter Carnival

What: In its 111th year, Steamboat's Winter Carnival is a widely popular event complete with ski races, ski jumping,

ice sculptures, fireworks, a shovel race, and street events.

When: Wed-Sun, February 7-11, 2024
Where: Downtown Steamboat Springs





Audi Power of Four Ski Mountaineering Race

What: Winter edition of the Power of Four series, featuring a team of two

mountaineers conquering more than 25 miles and 11,000 feet of vertical climb to traverse Buttermilk, Aspen Highlands,

Highland Bowl, and Aspen Mountain.

When: Saturday, February 10, 2024

Where: Aspen

Colorado Pond Hockey Tournament

What: All are welcome to enter this ice hockey

tournament sponsored by Pabst Blue Ribbon,

with over \$10,000 in cash prizes. It's followed by the Apres Ice Party.

When: Fri-Sun, February 16-18, 2024 **Where:** Lake Dillon, Silverthorne

Carnivale & Mumbo Jumbo

Gumbo Cook-Off

What: Carnivàle kicks off with the Cajun Gumbo

Cook-Off followed by a parade downtown.

When: Saturday, February 10, 2024

Where: Manitou Springs

Silverton Ski Joring

What: The annual Silverton Skijoring event touts itself as the city's

biggest winter party. A lesser-known Nordic sport that combines water skiing, horse racing, and snow skiing, Skijoring is when a horse (or motorcycle) tows a person on skis through a set of

obstacles while the clock ticks down.

When: Sat-Sun, February 17-18, 2024

Where: Silverton

Cripple Creek Ice Fest

When: Sat-Sun, February 17-25, 2024
Where: Downtown Cripple Creek

What: Annual ice sculpture carving challenge in casino-friendly Wild

West Cripple Creek.

Denver Mardi Gras

When: TBD 2024

Where: Expo Event Center, 1399 35th St, Denver What: Annual festival with live music, DJs, games,

and free beads on Bourbon Street in the Mile High City.

Boulder International Film Festival

When: Thurs-Sun, February 29-March 4, 2024

Where: Boulder

What: Film fanatics won't want to miss the 20th annual Boulder

International Film Festival. Quickly becoming an internationally acknowledged talent hub for theater, this soiree features film screenings, panels, workshops, and theme after-parties.

Statewide Winter Events in March 2024

WinterWonderGrass

When: Fri-Sun, March 1-3, 2024 Where: Steamboat Springs

What: Festival showcasing national, regional, and local

bluegrass & acoustic roots music.

303 Day

When: Sunday, March 3, 2024

Where: Denver

What: Every March, Denverites celebrate the town's original area code,

known as 303 Day. Celebrate with a live music performance by 30H!3 along with various vendors around the city hosting events

to observe the day.

Leadville Ski Joring

When: TBD 2024
Where: Leadville

What: Annual winter sports event on Harrison Ave that involves a

cowboy and horse pulling a skier through obstacles.

Denver Restaurant Week

When: TBD 2024 Where: Denver

What: Hundreds of Denver restaurants come

together for a ten-day culinary celebration boasting delicious

multi-course menus for a fixed price.

Monte Vista Crane Festival

When: Fri-Sun, March 8-10, 2024

Where: Monte Vista

What: The annual Crane Fest, celebrates the annual migration of cranes

that has been going on for years.

Bud Light Rocks the Boat

When: Saturdays, March 9 – April 14, 2024 Where: Gondola Square, Steamboat Springs

What: Free concert series now in its 25th season that is held at the base

of the mountain. Enjoy several concerts over the course of the ski season. The series features a mix of music genres with many big-

name acts having performed in previous years.

Denver's St. Patrick's Day Parade

When: Saturday, March 16, 2024

Where: Denver

What: Denver's St. Patrick's Day Parade is one of the largest in the country. Running for over 60 years, you can expect to see floats, dancing, live bands, charities, and local celebrities.

Colorado Springs

St. Patrick's Day Parade

When: Saturday, March 16, 2024

Where: Colorado Springs

What: Grab your kilts and get ready for a day full of fun

at the Colorado Springs' St. Patrick's Day Parade. Starting at noon, you can watch the floats, bands, dancers, and performers

drive by in celebration of St. Paddy along Tejon Street

Frozen Dead Guy Days

When: TBD 2024
Where: Estes Park

What: After 20 years of FDGD in Nederland,

the event has relocated its crazy contests, competitions, live music, great food

parades, and parties to Estes Park





Tinseltown Talks:

Carole Wells remembers Ann Sheridan

By Nick Thomas

Born 109 years ago this February, glamorous actress Ann Sheridan (1915-1967) was destined for branding as the "Oomph Girl" following a mock contest organized by the Warner Brothers publicity department in 1939.

Stunning on-screen and becoming a favorite pin-up girl of World War II troops, Sheridan could play any character - tough or tender, funny or flirty, sassy or seductive. She delighted audiences with her witty wisecracks and clever comebacks. While she certainly possessed an abundance of entertainment oomph, her feelings were mixed about the public label throughout her life.

The Texas native starred in some memorable films of the 40s such as "The Man Who Came to Dinner," "Angels with Dirty Faces," and "I Was a Male War Bride," but never really landed a lead role in a true Hollywood blockbuster in her more than 80 feature films.

In declining health at just 50, Sheridan ended her career in the little-remembered TV comedy western "Pistols 'n' Petticoats" that ran for one season in the 1960s. Co-starring with Carole Wells, the former "National Velvet" series actress was one of the last to work with Sheridan and played her daughter in the CBS show.

"I'd never met her before that," Wells told me in 2020. "In fact, I didn't really know who she was - she had been a star before I was born."

The two first met the first day on set.

"We sat around a big table and read the script with the producers, writers, and director, and she was very charming but rather quiet," recalled Wells. "We would do this every week before filming and she was always just a down-to-earth sort of person."

Wells says the two chatted often but never became very close during the months they worked together.

"I'd see her in the mornings in the make-up department and give her a hug and say, 'How ya doin' Annie?' And she'd say something like 'wish I felt as good as you sweetie' - she called everyone sweetheart or sweetie. She was never well from the beginning of the series."

In the mornings Sheridan was usually okay, according to Wells, but by noon usually couldn't work.

"It took a lot out of her and she would have to go back to her dressing room," said Wells who would spend lunch hour learning Sheridan's lines that would be rewritten for Wells to work into the script if Sheridan couldn't make it back to the set. "But I didn't care because I knew she was ill."

Wells also remembers Sheridan as a chronic smoker.

"As sick as she was with cancer and

emphysema, she was never without a cigarette in her mouth except while filming," said Wells. "She was very frail and thin and kept getting thinner as the series progressed. Basically, I watched her die in front of me. But with all she was going through, I never heard her complain and she was always very kind and respectful to me."

Sheridan struggled through most of the series but was too ill for the final half-dozen episodes.

"I knew she wasn't going to be around much longer," said Wells. "One day she was on the set, then the next day she wasn't and we never saw her again. When we heard she had passed away, the cast had a lunch to memorialize her.."

Wells believes doing the show was good for Sheridan who still bravely displayed plenty of 'oomph' despite her failing health.

"Before the series started, she had a facelift and got herself together," says Wells. "I think being part of the show might have helped her live a little longer."

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and writes about classic film, television, and music for numerous magazines and newspapers. See www.getnickt.org.



Crossword Puzzle Solution





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rossword

ACROSS

- 1) Above
- Kermit's cousin
- Something staked
- 14) Hindi equivalent of Mr.
- 15) Southwest stewpot
- 16) Artist Matisse
- 17) Sign over a door
- 18) Come closer to
- 19) Follow, as an impulse
- 20) Just a bit, if that
- 23) Bread, for gravy
- 24) Didn't play
- Sharable ride
- 28) Ending for "theater" or "church"
- 31) Shoulder cape with hanging 71) A lot of sass? ends
- Fairy-tale villain
- 38) Not odd
- no stone unturned
- 41) What a forgetful one has

- 44) Siberian forest
- Powdery starch
- Young 'uns
- 47) Not level
- 49) Game with sticks
- 51) Peggy or Spike
- Geneva-based UN org.
- 54) What some caddies carry
- 56) Littlest pup, e.g.
- 65) Asimov of science fiction
- 66) Ready the machete
- British title of rank
- 68) Raymond's sitcom wife
- 69) Time going backward?
- 70) Minuscule lake organism
- 72) Many wines
- Witnessed

WEE SHALL OVERCOME By Richard Auer														
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68	+	+	+	+		69	+	+	+		70	+	T	+
71	+	+	+	+		72	+	+	+		73	+	+	+

DOWN

- 1) Cain's victim
- 2) Prepare to take off
- Memorial column
- 4) Short golf strokes
- 5) Orchestral composition based on literature
- 6) Stick in the fridge?
- 7) Withdrawn orchard spray
- 8) Sews socks
- 9) In a talkative manner
- Polish labor leader Walesa
- Prefix with "lock" or "knock"
- Former Monopoly token
- 13) Type of expensive vase
- 21) The captain may keep it
- 22) Nibble for a horse
- 25) Mesa, California
- Turkish leaders
- Toaster oven setting
- 29) Times in classifieds
- Update, as a 55-Down
- Annoying person
- 33) Pertaining to the Holy See
- 34) Sidestep
- Nervous
- Therefore
- NASA failure
- 42) Some puddings
- 43) Small plant outgrowths
- 48) Santa's helper
- 50) Hawaiian souvenir
- 53) Turn the cheek
- 55) World book?
- 56) Amusement park attraction
- 57) Operates, as a computer
- 58) Collars
- Shipping weight deduction
- 60) Where the heart is?
- 61) "National Velvet" author Bagnold
- 62) Raconteur's offering
- Outer boundary
- 64) O'Neal of "Love Story"

Key on page 19.

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