

Wheels of a Dream

Handmade wooden toy makers look to help young victims of crime



By Anthony Welch

School bus drivers Jim King and Otis Moreland have turned their woodworking hobby into so much more.

The two men are behind Wheels on a Dream, a locally-based, 501(c)(3) organization comprised of volunteer woodworkers. The group makes uniquely individual wooden toys on wheels that it then distributes to hospitals throughout the Pikes Peak Region for children receiving long-term care. Since April, the group has manufactured and distributed more than 700 toys to children in need.

Members of Wheels of a Dream are Employees of School District 20's transportation department and their spouses. King, the founder of Wheels of a Dream, reached out to the Colorado Springs Police Department's Crimes Against Children Unit. His purpose was to become involved and provide toys to children in crisis that the unit comes in contact with. Wheels on a Dream has also partnered with children's advocacy center, Safe Passage. Colorado Springs Police Chief Pete Carey hosted a press conference on Nov. 28, where King and Moreland presented 150 toys.



Photo courtesy of wheelsofadream.org

Jim King is the founder of Wheels of a Dream, whose volunteers are employees of Academy School District 20's transportation department. The organization's mission is to handcraft unique wooden toys on "wheels" for distribution throughout hospitals in the Pikes Peak Region for children in long-term care.

The Crimes Against Children Unit works an estimated 800 cases a year that involve children either being the victim of abuse or have experienced a traumatic event, according to Carey.

"(Wheels of a Dream) is making it a better world for these kids," he mentioned.

King and Moreland have committed to donating 24 toys a month to the unit. King invited detectives from the unit to help build toys on Oct. 1. Teams were created and members from the unit and their family members participated as well.

Together 154 wooden toys were built and those were presented to the CSPD on Nov. 28.

"I challenged the detectives to come to our shops and work with us. What amazed me the most is they brought their families with them, and they actually sanded and worked on the toys with us," King said. "We're committed to a long-term relationship with detectives and this department."

Safe Passage Executive Director Mo Basenberg expressed her gratitude for not only the CSPD, but Wheels on a Dream as well.

"The care we provide for children can only go so far," she said. "We need community partnership. Entities like Wheels of a Dream really bring that to life."

Last week's Chattanooga, Tenn. bus crash that killed six children really got to King and Moreland. The two decided to send a package of toys that included ones with the names of the children who lost their lives. The duo also made an additional 31 to send to the survivors of the tragedy.

See TOYS, page 8

Fitness Over 50

Warding off exercise induced muscle soreness



See Page 12

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Deadline for news items and press releases is the 15th of the month prior to publication date. Deadline for classified advertising is the 22nd of the month prior to publication date.

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LIFE after 50 is available at no charge at more than 200 distribution sites in El Paso, Teller, Pueblo and Fremont Counties, and on the Internet at www.lifeafter50online.com. Mailed subscriptions are available, prepaid with order, at \$30 for one year.

LIFE after 50 welcomes letters to the editor and other comments. Please send to:

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From the Publisher's Desk

2017 Resource Handbook in this issue

I know you were expecting to see Jeanne Davant's usual column in this space. She has been a great resource for Life After 50 for several years.

I could always count on her stories being interesting, accurate as well as insightful. I know Jeanne was deeply involved in understanding the various needs of the senior community.



By **Bruce Schlabaugh**
LIFE after 50
Publisher

Unfortunately, Jeanne has advised me that she is leaving Life After 50 to pursue some other goals. I wish her well.

This is also the edition where we include our 2017 version of the Resource Handbook. Once again it is loaded with information that I know you will find helpful. We will distribute extra copies of the

Resource Handbook at various

locations throughout the year.

I also want to thank our readers for making Life After 50 the largest senior publication in the Pikes Peak area. We are printing 24,000 papers every month and reaching over 50,000 readers.

Finally, I can breathe a sigh of relief knowing the Resource Guide is done for another year.

I want to wish all our readers a festive and happy holiday season and a safe and prosperous new year.

Registration open for Colorado Gardener Certificate Training

Colorado State University Extension is now accepting registrations for the 2017 Colorado Gardener Certificate Training Program.

This training is ideal for landscape professionals and serious home gardeners. Graduates may proudly display the certificate in their business office and use the title in business marketing as well as include it on their resume.

Classes will be held from 9 a.m. to 4 p.m. on Thursdays from Jan. 12 through March 16 at the El Paso County Extension office, located at 17 N. Spruce St. (near I-25 and Bijou).

Classes include:

- January 12 - Botany
- January 19 - Soil, Fertilizers, and Soil Amendments
- January 26 - Plant Pathology
- February 2 - Entomology (with a focus on garden insects)
- February 16 - Turfgrass Management
- February 23 - Vegetables
- March 2 - Weed Management
- March 9 - The Science of

Planting Trees and The Care of Woody Plants

• March 16 - Integrated Pest Management, The Diagnostic Process, and Woody Plant Identification
Space is limited and available on a first-paid basis. Tuition is \$530 (textbook not included).

Register online at <http://epcExtension.eventbrite.com> or visit our Website for mail-in registration form.

Textbook is available online or in limited supplies at the Extension office.

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103-year-old survivor joins commissioners for Pearl Harbor Day proclamation

One of America's oldest living Pearl Harbor survivors, 103-year-old Jim Downing joined the Board of El Paso County Commissioners at its regular meeting on Nov. 22, as the Board approved a Proclamation commemorating Pearl Harbor Day and the surprise assault that launched the United States into World War II.

"The Empire of Japan suddenly and viciously attacked the Pacific Fleet of the United States of America while at Pearl Harbor in the United States' Territory of Hawaii," Commissioner Chair Sallie Clark said as she read the Proclamation into the record. "Dec. 7, 1941, a date that forever 'lives in infamy,' brought the United States out of isolation and into the Second World War to support the Allies, who had been fighting a bitter war in Europe for the two previous years."

The attack resulted in more than 2,350 deaths, 1,178 wounded and brought devastation to the United States Pacific Fleet and its Air Forces. One of those killed in the attack was Daniel T. Griffin, who enlisted in the U.S. Navy in El Paso County in 1930 and worked to become a Naval Aviation Pilot assigned Command of a PB5Y-5 amphibious aircraft at Kaneohe, Hawaii, Naval Air Station. On the morning of Dec. 7, 1941, Petty

Officer 1st Class Griffin recognized that aircraft overhead were not American, and swam to his moored aircraft and was killed in the attack as he attempted to takeoff.

Griffin is interred at Evergreen Cemetery in Colorado Springs, and was honored by having a naval destroyer escort, USS Daniel T Griffin DE-54, named after him in 1943.

"My message to this generation: You are the leaders, you are the taxpayers, you are the voters, you are the legislators. Weakness invites aggression; keep American strong," said 103-year-old Pearl Harbor survivor Jim Downing. "I want to

keep America so strong that no adversary will ever think of attacking us." Downing will attend the upcoming Pearl Harbor Day Ceremony in Hawaii.

"The attack on Pearl Harbor affected all branches of the military, and continues to have a lasting impact," said El Paso County Veterans Service Officer Carl McDaniel. "We thank everyone who served in the U.S. military."

Commissioners extended their thanks to Downing and to all veterans for their service and urged all citizens to set aside time on Dec. 7th to, "reflect on the bitter lessons learned, to honor the profound bravery of all those who served and to pay special

Pearl Harbor Day ceremony
11 a.m. Dec. 7 at the Pioneers Museum



Pearl Harbor survivor, 103-year-old Jim Downing, joined the Board of El Paso County Commissioners at its regular meeting on Nov. 22, as the Board approved a Proclamation commemorating Pearl Harbor Day.



Downing tribute to those who gave their last full measure of devotion on that fateful day 74 years ago," as stated in the Proclamation.

"I treasure the opportunity to hear a World War II veteran speak," said Commissioner Mark Waller. "It is one of the most significant parts of not just our history, but the world's history."

Commissioner Vice-Chair Darryl Glenn noted: "It is so important that we remember those who volunteered to serve this country and the sacrifices that are made. We have an obligation to not forget the blood that has been shed to enjoy our liberties. Our

freedoms rely on the ability to remain strong."

In other remarks, the ties between Colorado and the U.S. Navy continue. Local U.S. Navy League members Richard Cooper and Welling Clark, noted that the USS Colorado (SSN-788) is the 15th Virginia Class submarine and is currently under construction at Electric Boat shipyard in Groton, Conn. The USS Colorado will be christened on Dec. 3 and will be commissioned in late June 2017. The USS Colorado is the fourth vessel to carry the name. A battleship of the same name was in services during World War II.

There is a Pearl Harbor Day ceremony planned for 11 a.m. on Dec. 7 at the Pioneers Museum, 215 S. Tejon St.

Everyone is encouraged to attend. A video interview with Jim Downing 102 year old Pearl Harbor Survivor is on YouTube at: <http://www.youtube.com/watch?v=xAxLHJbG1Cw>

"I want to thank you for serving our country," Commissioner Chair Clark said.

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Stores team up to bring Thanksgiving cheer to Marian House

The Colorado Springs locations of Albertsons and Safeway delivered 936 complete Thanksgiving meals to the Marian House on Nov.

Each meal served a small family of 4-5 with a bone-in turkey breast, potatoes, stuffing and gravy. It is estimated that between 3,732 - 4,665 people were served through this effort.

Employees from Albertsons and Safeway, along with store management, will be at the Marian House to help unload these meals from a Safeway semi-truck.

Shortly thereafter, Catholic Charities Marian House staff delivered the meals to families in need throughout the Central Colorado area so struggling families can have a traditional Thanksgiving celebration.

Patrons of Albertsons and Safeway have been contributing towards the meals through Turkey Bucks donations for the past month during check-out when they were asked to support holiday meals at Marian House. This is the fourth year Albertsons has participated and the second year of participation for Safeway.

Additionally, Albertsons and Safeway will continue to ask their customers to support holiday meals through Santa Bucks donations to help



Photo courtesy of Catholic Charities of Central Colorado

families in need during the holiday season. Another delivery is expected in early December.

“This is a tremendous effort from Albertsons, Safeway and their customers,” said Andy Barton, CEO of Catholic Charities which operates the Marian House. “We are humbled by the outpouring of support, which

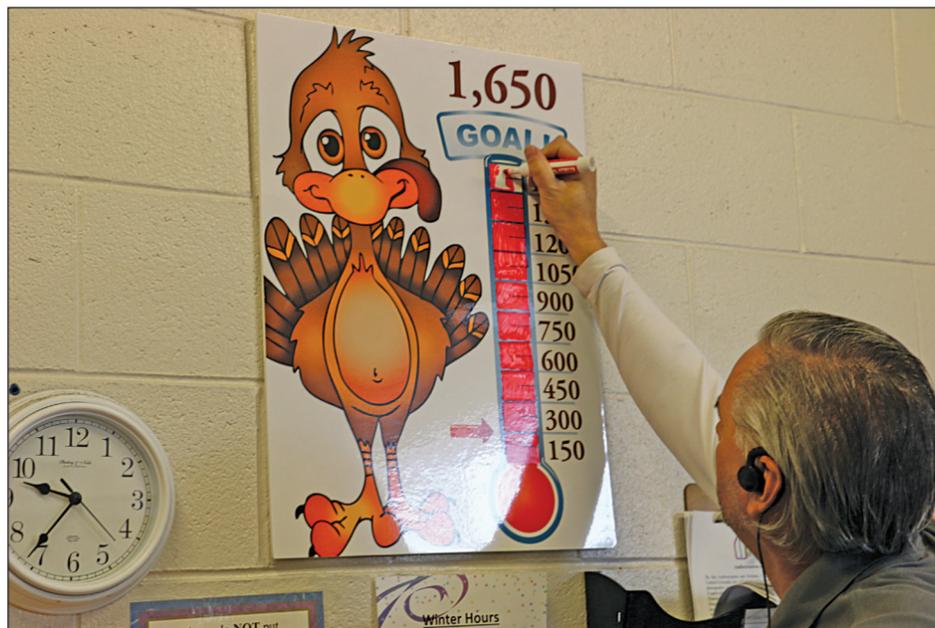
allows our community to directly help families and individuals in need.”

Since 1985, the Marian House Soup Kitchen has been serving people who are hungry in downtown Colorado Springs.

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served Monday-Saturday, 10:30 a.m. to 1 p.m. and Sundays, 8:45 to 10 a.m..

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Friends, musicians collaborate with Internet radio station

By Anthony Welch

It was while recovering from throat cancer in 2011 that Mark White decided to create the Facebook group Southern Colorado Musicians and Artists Cooperative.

Initially, he created it to share pictures he had taken as an avid photographer, and being a musician himself and having many musicians friends, wanted a page for everyone to share all things music and art. It quickly turned into much more for White, who retired from a 37-year career working as an acquisition executive for the Department of Defense.

Cancer treatments caused White to lose use of his voice for nearly three years, and he couldn't do his job, so he was bought out by the DoD.

"I couldn't talk above a whisper for three years," he said. "I had a lot of time to sit around."

The Southern Colorado Musicians and Artists Cooperative Facebook group now boasts 6,000 members, according to White. It's also expanded to include all of Colorado, as he often shoots photos at blues festivals in Greeley, Winter Park and Denver. White created a YouTube channel to go along with the page. It now has nearly 600 subscribers and has been watched by people worldwide in 187



We don't ask silly questions. We get to the core of what's important to them. We wouldn't exist if it wasn't for the musicians of this area.

- Mark White
Dr. Michael Roshon
Creator of KCOSdigitalmedia.com



countries, White added.

He stumbled upon an opportunity to host an Internet radio show a few years back. Little did he know it would be the start of what is now KCOS-digitalmedia.com.

"I really had no idea what to do about that," White said. "I just started interviewing friends that were musicians and bringing in bands."

Friends and musicians Laura Lear and Lisa Carns got word of what White was doing and immediately expressed interest in getting involved. The two are now co-hosts on the Thursday night "The Beat Goes on Global Internet Radio Show."

"It's just a direction I really wanted. When I met Mark and he was so easy to get along with, I was like, 'You want me. You want me to be your co-host,'" Carns said laughing.

In its second year, and having broadcasted its 100th episode, the show features White, Lear and Carns interviewing local musicians and bands. Acts even perform live on the show, which is usually broadcast in White's basement.

"We don't ask silly questions. We get to the core of what's important to them," White said. "We wouldn't exist if it wasn't for the musicians of this area. We want to make sure all genres of bands are represented and put out in our worldwide audience."

KCOS broadcasts 24 hours a day, seven days a week playing all genres of music from Colorado artists and bands. Sundays are dedicated to all blues music. The show has been listened to by people in

See RADIO, page 7

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RADIO / from page 6

the Philippines, Malaysia, South Africa and the U.K., according to White.

“I’ve always been into music stuff since I was a teenager being in garage bands in Fresno, California,” said White, who once auditioned for the hair band Tesla in 1985. “I have friends who are musicians and just have a love for music period.”

Rounding out White’s crew of volunteers is Ed “Shadowman” Estes, who produces the show; and Nate Lear, who White calls a “technical wizard.”

The group hopes to migrate into nonprofit status and reap the benefits that come with that, but most importantly, according to White, provide more community service and expand its arena.

“Everyone says the music in Southern Colorado and Colorado in general has a potential to be like another Austin, Texas for music,” he said.



The KCOS volunteer crew includes, from left, Laura Lear, Ed “Shadowman” Estes, Lisa Carns, Mark White and Nate Lear.

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TOYS/ from page 1

“When I saw the news the other night, I was touched immediately,” King said. “These are children. We’re in the same industry. We’re school bus drivers. We’re responsible for the safety of children. I called Otis, and Otis said, ‘Let’s do it.’”

The decision to partner with CSPD was an easy choice, but also gave King and Moreland a sobering dose of reality.

“We sat down with the detectives and started hearing their stories and both Otis and I left here with tears in our eyes,” King said. “Because we had no idea it was that bad.”

King and Moreland have a goal to make 1,400 toys a year and feel that would have a tremendous impact.

“I recently had a student on my bus who was in the Make-A-Wish Foundation program. We were able to give him a helicopter before he passed. It made a difference,” King said. “That’s what it’s all about - one child at a time.”

For more on Wheels of a Dream, visit www.wheelsofadream.org.



Photo courtesy of CSPD

Wheels of a Dream members began its partnership with the Colorado Springs Police Department back in August, when Jim King (front left) and Otis Moreland (front right) dropped off approximately two dozen handmade wooden toys that were given to victims of child abuse. Also pictured is (back row, from left) Det. Alan Van’t Land, Det. Chris Sandoval and Det. Sgt. Mark Chacon of the Crimes Against Children Unit.

Want to volunteer?

Woodworker, sander, wood burning and final assembler talents help Wheels of a Dream to keep up with requests. Call Jim King at 719-661-2546, if interested.

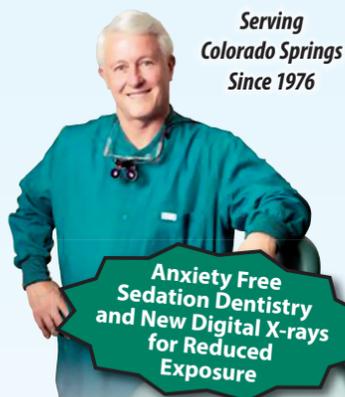
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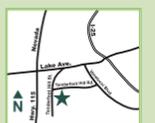
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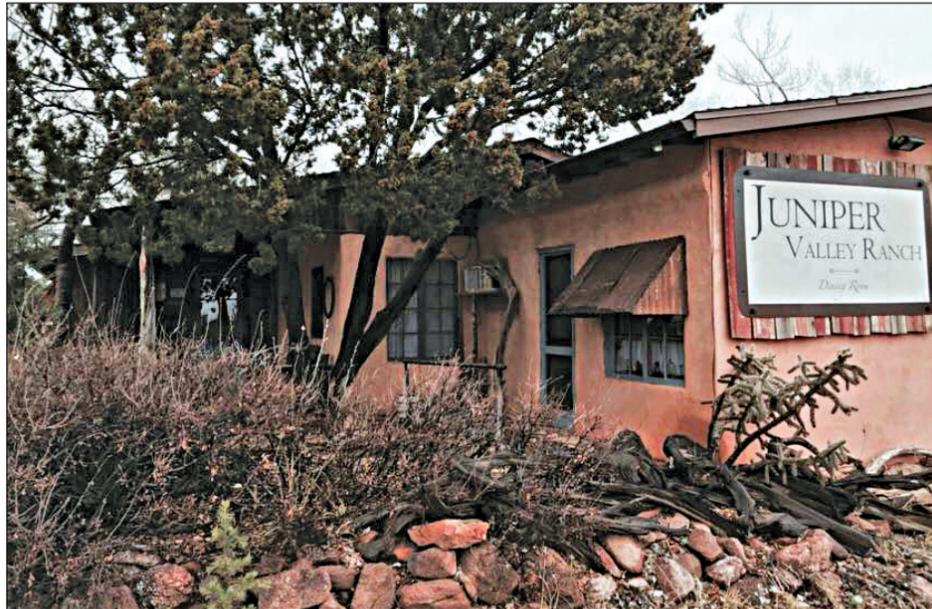
Home-cooked ranch recipes highlight Juniper Valley Ranch

By Becky Hurley

The list of Pikes Peak region restaurants in business for 50 years or more is a short one. To survive for decades, these legacy operations have managed to weather economic ups and downs, population shifts and food fads. They've found the magical ingredients — the savory recipes, ambience or great customer service — that continues to resonate with their communities. Only a few are still family-owned and have fascinating stories to tell.

Take the Juniper Valley Ranch, just south of Colorado Springs on Highway 115, for example. Just 19 miles from downtown, this third generation family-owned operation dates back to 1951. Fortunately, today the same recipes developed by these great ranch cooks remain intact.

It all began when two daughters of the Parker Ranch family — Ethel Shirola and Evelyn Ellis — decided to serve a family style dinner of fried chicken and baked ham with all the homemade fixings one warm summer evening. The women's parents, Guy and Bessie Parker, owned more than 300 acres that today includes a cattle operation to the west and the Juniper



The third generation family-owned Juniper Valley Ranch dates back to 1951.

Valley's immediate acreage east of Highway 115. The Parkers were longtime residents and had grown up nearby. As a young man, Guy guided visitors via mule to the top of Pikes Peak. The enterprising couple was pleased when their daughters open the family-style eatery close to home.

Today the restaurant is owned and managed by the Parkers' great-grandson Greg Dickey and his wife Cindi. "Juniper Valley [Ranch] -- started by my grandmother and my great aunt — was just across the gravel road

from the ranch," Greg Dickey says, adding that was before Highway 115 was paved. It also preceded Fort Carson's 1965 acquisition of 24,577 adjoining acres.

Business has succeeded thanks to loyal, happy customers and a beloved menu. Former cooking school owner and longtime local resident Fran Folsom remembers bringing her mother to sample Juniper Valley's famous skillet fried chicken.

"At my first dinner I discovered the menu included other items that

should be celebrated," she says. Among them: riced potatoes with cream gravy served family style along with okra casserole and homemade biscuits with apple butter. She also recalls that the appetizer, Cherry Cider, came from nearby orchards — and the Curry Consommé adds an international touch.

A few years ago, wine and beer were added to customers' drink options, though Dickey says the majority seem content with traditional iced tea, lemonade and non-alcoholic beverages.

And since the 1950s, a few local — even Hollywood — celebrities have stopped by, leaving autographs, now posted on the wall. "Most of our guests are regulars — a few are well-known like Pro Football Hall of Famer Forrest Gregg," he says, "And way back — before I was running it — Liberace stopped in."

The restaurant, itself, has seen a few updates and changes. "The original mud and adobe structure has had some additional room framed in, and in 1997 we added a new kitchen, an additional bathroom and 20 feet to the dining room," Dickey explains. He's also set up a small used car lot

See RANCH, page 16

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Sweet Shortcuts

EASY IDEAS FOR AWARD-WINNING DESSERTS

No matter the season or the reason, no party is complete without dessert. The trick to making the most out of your celebrations is finding ways to trim your kitchen time so you can enjoy the festivities, without sacrificing quality or flavor in your favorite sweet treats.

Many dessert recipes require multiple time-consuming steps, but using canned fruit can help cut down on prep work and provide you and your guests with a refreshing, delicious treat.

Fresh fruits are popular ingredients for desserts, but it can be difficult to know whether you're choosing a ripe, sweet fruit. For example, pineapples have several potential indicators of ripeness, such as a sweet smell coming from the bottom of the fruit, the rind yielding slightly to pressure or a yellow, golden color rising toward the crown. An alternative such as Dole Canned Pineapple lets you know you're getting pineapple that is at its sweetest, because the canning process locks in flavor when the fruit is perfectly ripe.

In addition to baked recipes, canned fruit is also well-suited for other desserts, such as fruit salads, baked muffins and breads, or even as a dessert topping. Whether you're creating a blue ribbon recipe for a local competition – such as one of the most famous award-winning desserts, Pineapple Upside Down Cake – or delivering a delicious

dessert to the family table, Dole Canned Fruit is the perfect ingredient.

Old-Fashioned Upside Down Cake

Prep time: 20 minutes

Total time: 35 minutes

Servings: 8

- 2/3 cup margarine, divided
- 2/3 cup packed brown sugar, divided
- 1 can (20 ounces) Dole Pineapple Slices
- 10 maraschino cherries
- 3/4 cup granulated sugar, divided
- 2 eggs, separated
- 1 teaspoon grated lemon peel
- 1 teaspoon lemon juice
- 1 teaspoon vanilla extract
- 1 1/2 cups all-purpose flour
- 1 3/4 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup sour cream

Heat oven to 350 F.

In 10-inch cast-iron skillet, melt 1/3 cup margarine. Remove from heat. Add brown sugar and stir until blended.

Drain pineapple slices; reserve 2 tablespoons syrup. Arrange pineapple slices in sugar mixture. Place cherry in center of each slice.

Beat remaining 1/3 cup margarine with 1/2 cup granulated sugar until light and fluffy. Beat in egg yolks, lemon peel, lemon juice and vanilla. Combine flour, baking powder and salt. Blend into creamed mixture alternately with sour cream and reserved pineapple syrup.

Beat egg whites to soft peaks. Gradually beat in remaining 1/4 cup granulated sugar to make stiff meringue. Fold into batter. Pour over pineapple in skillet.

Bake 35 minutes, or until toothpick inserted comes out clean. Let stand 10 minutes then invert onto serving plate. Serve warm or cold.



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Chocolate Mandarin Orange Cake

Prep time: 10 minutes

Total time: 45 minutes

Servings: 12

2 cans (15 ounces) Dole Mandarin Oranges, divided

1 box (2 layer) devil's food cake mix

3 eggs

1/2 cup vegetable oil

1 orange, peel grated (optional)

1 package (4-serving size) vanilla flavor instant pudding

2 cups frozen whipped topping, thawed

1 cup heavy whipping cream

1 cup semisweet chocolate

Heat oven to 350 F. Spray two (9-inch) cake pans with cooking spray. Drain mandarin oranges, keeping fruit and syrup reserved separately.

In large bowl, combine cake mix, juice from one can of mandarin oranges, eggs, oil and orange peel; beat 2 minutes.

Pour cake mix into prepared pans. Layer mandarin oranges from one can over each cake and gently submerge them into cake batter.

Bake 25-30 minutes, or until toothpick inserted in center comes out clean. Cool in pan 10 minutes. Remove from pan onto wire rack; cool completely.

Pour 1/2 cup reserved juice from second can of oranges in bowl with pudding mix; whisk 2 minutes, or until pudding mix is completely dissolved. Remove 12 orange slices from second can and dry with paper towel; set aside.

Fold in whipped topping and remaining mandarin oranges. Spread mandarin frosting on top of



first layer of cake and out to edges. Place second layer on top of first layer.

In small saucepan, heat cream until just beginning to steam, but do not boil. Remove from stove and stir in chocolate. Stir until well-blended. Pour chocolate mixture over cake and garnish with reserved mandarin oranges. Refrigerate half hour before serving.

Find more tips for your next gathering from the expert chefs at Dole Packaged Foods' test kitchen at dolesunshine.com.

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FITNESS OVER 50 EXERCISE INDUCED MUSCLE SORENESS

A New Year's resolution is a dangerous thing, because it's usually something you've waited too long to do. With a fitness-related resolution, now that you've made up your mind to do it, you're probably going to hit it with all the gusto possible, like beating up a bully that's been picking on you for a long time.

Like a teapot in a going to hire a personal trainer, take a step class, hula class or yoga class, or start fast-walking around the block ... and it's all going to hurt to some degree at first.

WHY THE MUSCLE PAIN?

It's called Delayed Onset Muscle Soreness (DOMS). It happens to most people 24 to 48 hours after exercise. Even the fittest person experiences some DOMS.

Whether you're beginning a new sport or challenging yourself as an athlete, small microscopic injuries occur within muscle fibers and surrounding connective tissue. This

results in a slow chain of biochemical events leading to inflammation and edema within the injured muscle.

The repair process is how the muscles get stronger. Muscles build themselves up and become denser as they repair.



By Vicki Morgan

NO PAIN / NO GAIN?

Although you probably won't avoid soreness altogether in the beginning, you do not need to experience pain to make "gains" in your overall health and strength.

You can get fit with relatively little soreness if you start light, go slow, use proper supported form, and get plenty of food and rest. Don't worry, your muscles won't always react this way ... just at a new activity level inception.

Next time I'll talk about supplements, foods and activities that can aid in muscle recovery.

Happy New Year! See you at the gym!



Vicki Morgan is a Strength Trainer at Flex Gym & Fitness and Victory Fitness Team Coach. Visit her at victoryfitnesssteam.com or call 719-237-9020.

Always consult your physician before beginning any exercise program, or a healthcare professional

to design an appropriate exercise prescription.

If you experience pain or difficulty with exercise, stop and consult your healthcare provider. This article is not meant to take the place of any treatment your physician has deemed necessary.



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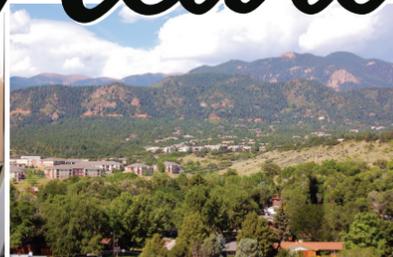
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Words of Life

Operation Golden Christmas

By Kay Owen-Larson

“Do not cast me off in the time of old age; do not forsake me when my strength fails.” - Psalm 71:9

Christmas is almost upon us once again. It is a time to reach out to those less fortunate than ourselves. It is a time to give love and hope.

One of the most forgotten segments of our society today is the elderly who resided in our communities care centers.

Crossroads Ministries will deliver between 10,000 and 15,000 gifts at Christmas time to the residents who live in in our communities care centers. So many of the residents are lonely and have no visitors. This task would be impossible without your

help.

There are several ways that you can be involved in “Operation Golden Christmas.” You can get together with your church, Sunday school class, Bible study or maybe just your family.

We can use your help with purchasing gifts, delivery of the gifts, as well as finances. We also have a gift wrapping party on Dec. 3 from 11 a.m. to 1:30 p.m. We would love for you to join us.

Please contact us at 719-635-5767 or kristi@crossroadsusa.org please check out our website at WWW.crossroadsusa.org for gift ideas.

You can be a blessing by giving of yourself this Christmas. We look forward to hearing from you.

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The Crossword

by Margie E. Burke

ACROSS

- 1 Part of a calyx
- 6 Caustic chemical
- 9 Bed board
- 13 Belief
- 14 Aquatic shocker
- 15 Tiresome task
- 16 Kansas City stadium
- 18 Company dodger
- 19 Cut (off)
- 20 Street musician's instrument
- 22 Depressing
- 24 Computer command
- 25 Number in a Kutcher TV title
- 26 Dull
- 28 Any doctrine
- 31 Sham argument
- 34 Hypnotic state
- 36 Pinocchio, at times
- 37 Go fish
- 39 Astronomer's sighting
- 40 Aim
- 42 Audio accessory
- 44 Casual attire
- 45 Before the due date
- 47 Witch's work
- 48 Joined the party
- 49 Mackerel's cousin
- 52 Power cable with extreme voltage
- 57 Arresting figure

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64						65			66		

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- 58 Model
- 59 Climate type
- 61 Like some vegetables
- 62 Horse-and-buggy
- 63 Carpenter's joint
- 64 Weight deduction
- 65 Electricity source
- 66 Accumulation of fluid
- 5 Uncultivated
- 6 Give the eye
- 7 Orbital period
- 8 Alec, among the Baldwin brothers
- 9 Driftwood site
- 10 Marathon
- 11 Environs
- 12 Fork-tailed flier
- 15 Shade of green
- 17 Cow chow
- 21 Not the former
- 23 Sentient
- 26 Word before and after "oh"
- 27 One of Charlie's trio
- 28 Inebriate
- 29 Glance over
- 30 Insignificant
- 31 Buttonhole
- 32 Fork part
- 33 Butterfly, e.g.
- 35 Pale with fright
- 38 Not of the cloth
- 41 In a tidy way
- 43 Unit of speech
- 46 Signed a lease
- 48 Irritate
- 49 Clobber
- 50 ___ pole
- 51 Verdi specialty
- 52 Sword handle
- 53 Creative spark
- 54 Spur or helical
- 55 Red Cross supplies
- 56 Muslim leader
- 60 Do away with

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Close Connections After 50 Stop helping for Christmas

What? Surely you don't mean that. Don't help for Christmas?

You're right. I don't mean that literally. But this column is about the harm done by too much helping.

This is the story of Betty, mother of three girls, and her youngest daughter, Claire. Betty has been a loving mother to all three girls, but Claire is struggling despite her mother's help.

Claire had been depressed for a long time and had a hard time with school work. She wanted to get a job, but just couldn't seem to. Mother Betty was constantly worried about her and offered suggestions on how to get out of her depression and move on.

When Betty made suggestions, Claire seemed to get excited about doing some of them. But she never really followed through. Betty would then work harder to help.

Finally, they came to therapy



By Nancy Norman

together and this pattern of overhelping was identified.

In Family Systems theory there is a pattern called "overfunctioning-underfunctioning." If one person helps another too much, the one who's not doing well will continue

to not do well. The person overhelping then works harder with more solutions and the "helpless" one may become even less functional.

The person overhelping is usually the one who leads the change because the person not doing well doesn't want to turn away help. So I asked Betty to look at how her helping contributed to Claire's inability to take hold of her own life. Betty wasn't happy about that, of course, because she didn't know what to do with herself if she wasn't trying to fix someone else's problems.

She felt cruel if she cut down her

efforts to help Claire. What would happen to Claire, she worried, if she wasn't there to help?

But Betty gradually understood what was happening and did slow down her efforts "to save Claire." She did this with grace rather than harshness: "I'm sorry, Claire, I don't have time to help you right now" versus, "I won't be doing anything more for you til you get your life together!"

Tone of voice and loving intent are vital. If the message is too sharp, the underfunctioner will often raise the stakes by getting worse.

I helped Betty see her belief that if she helped others, they would return the favor, show her more love or get better and praise her for helping. She began to understand that she got a lot of her self-esteem from helping, and not helping triggered feelings of worthlessness.

Betty forced herself to look for things to do with her time rather than

focusing so much on Claire.

She began volunteering and taking classes. She continued to encourage Claire by telling her she believed in Claire's ability to figure things out.

Claire cried and wailed for awhile, but eventually was able to find some of her own solutions. Her depression gradually lifted, though she was still inclined to down times—which certainly tempted Betty.

It doesn't always work out as well as Betty and Claire's situation. This process takes a lot of time and effort. But it's so worth it when both people begin living a more fulfilling life.

Nancy Norman is a Licensed Clinical Social Worker, musician and former Intimacy columnist for the Wichita Eagle. Email her at nancy@pikespeakpublishing.com.

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Pikes Peak Posse of the Westerners to host Stock Show presentation

The Pikes Peak Posse of the Westerners will host its monthly historical presentation: "The National Western Stock Show, 111 Years Strong" by Keith Fessenden at 6 p.m. on Dec. 12.

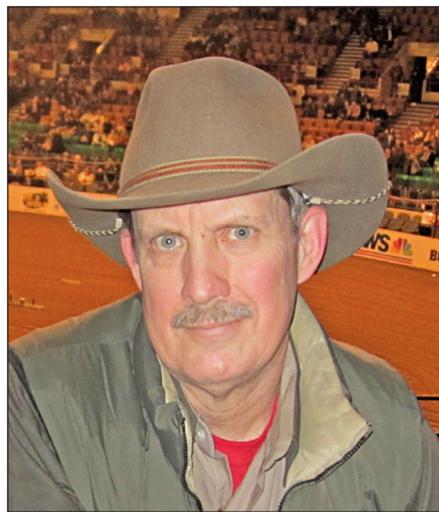
The presentation will take place at the Colorado Springs Masonic Center, 1150 Panorama Dr. in Colorado Springs.

Hear all about the history of the National Western Stock Show, Horse Show and Rodeo, a Colorado icon for more than a century.

In 1906, at the conclusion of the first six-day show, attendance was estimated at 15,000 and the Grand Champion steer sold for 33 cents a pound, 23 cents over the market price!

Today, the event draws nearly 700,000 people! Why is there a stock show in Denver? What was it like to attend the National Western some 70 years ago?

Keith Fessenden is a Colorado native who grew up in mining towns on Colorado's Western Slope and in northeastern Utah. He volunteers as archivist and historian for the National Western. Keith has presented



Keith Fessenden

programs to many historical groups and has been a member of the Denver Posse of Westerners for nearly 30 years.

Program format is in a casual, catered dinner setting at a cost of \$17, payable in advance. RSVP and pay via Credit Card online by Friday prior at noon.

Guests are welcome! Membership in the Pikes Peak Posse of the Westerners is open to all individuals with an interest in Western history.

City Council seeks volunteers to serve on boards and commissions

The City of Colorado Springs is seeking volunteers to serve on the following boards and commissions:

- **Liquor and Beer Licensing Board:** Conducts public hearings on all alcohol beverage license applications, transfers, change of location and modifications, alterations or expansion of the licensed premises, renewals, suspension and /or revocation hearings, including hearings to temporarily or summarily suspend an alcohol beverage license, and any other applications permitted by state law or local ordinance. Board members must be knowledgeable of City and State liquor laws, and have ample time to review agendas and attend meetings. The Board meets the first and third Friday of each month at 9 a.m. for approximately four hours or more.

- **Fire Board of Appeals:** Hears appeals on issues arising under the Uniform Fire Code requirements as well as interprets the code. Meeting are held the second Friday of every month, 8.30 a.m., Pikes Peak Regional Building Department Hearing Room, 2880 International Circle.

- **Human Relations Commission:**

Ensures equal treatment and equal opportunity for all city residents. Commissioners will have experience with advocacy and reconciliation, especially among less privileged and minority communities, and work well with conflicting groups and interests.

- **Parks, Recreation and Cultural Services Advisory Board (Alternate):** An alternate member's role is to gain experience by observing the Parks, Recreation and Cultural Services Advisory Board and will be considered for a regular member position when available. Members of the board advise City Council on matters pertaining to the planning, development, improvement, beautification, equipping, and maintaining of public parks, playgrounds, programs, urban forest, recreation facilities and resources including golf courses, cemeteries and Pikes Peak America's Mountain. Meetings are held the second Thursday of every month at 7:30 a.m.

For more information on the boards and commissions, visit www.coloradosprings.gov, click on City Hall – Boards and Committees. Please submit your application by Dec. 19.

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Shoshone Falls, known as the "Niagara of the West"; Total Solar Eclipse in Yellowstone National Park; Hell's Half Acre Lava Trail System created from multiple Hawaiian-type lava flows more than 2,000 years ago; Tour of Old Faithful Geyser; Rodeo night in Cody, Wyoming; 1,200-foot-deep Grand Canyon of Yellowstone; travel through Dunraven Pass and Tower Junction to the terraced formations of Mammoth Hot Springs; Norris Geyser Basin; Buffalo Bill Museum; Plains Indian Museum and the Whitney Western Art Museum; Pompey's Pillar Western Monument; Lewis and Clark Expedition Trail; and Little Bighorn Battlefield National Monument.

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PRICE INCLUDES: includes roundtrip airfare from Colorado Springs, all transfers, 7 nights elegant accommodations, 7 breakfasts, 6 dinners, 1 lunch, fully escorted tour as described, all taxes and surcharges.

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For more information contact Kris Monroe

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Solution to Crossword:

S	E	P	A	L	L	Y	E	S	L	A	T		
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ASK MARCI

Dear Marci,

I am turning 65 soon and am confused about supplemental health insurance. I see so much advertising about these plans, but what are they and do I need one? - **Lenna (Rio Rancho, NM)**

Dear Lenna,

You are in good company—many Americans becoming eligible for Medicare receive mail or see TV or newspaper ads for “Medicare supplements” or “supplemental health insurance.” Both of these terms usually refer to Medigap policies. A Medigap policy is a standardized supplemental health plan that pays for part or all of Medicare-related health care costs that you would otherwise pay out of pocket. Medigap policies only work with Original Medicare Parts A and B, which is Medicare coverage through the federal government.

If you plan to get your Medicare benefits through a private insurance company, called a Medicare Advantage Plan, then you cannot purchase a Medigap.

Medigaps supplement Original Medicare costs. These costs include deductibles, coinsurance charges, and copayments (copays). Medigaps do not usually pay for coverage gaps in Medicare, such as excluded services like

routine dental or vision care. However, some Medigaps cover emergency care received in foreign countries, which is typically not covered by Medicare.

Medigaps are regulated by each state, usually under a department of insurance or similar state agency. This means that some aspects of Medigaps work differently in each state. Medigaps are still subject to some federal regulations, but different states may have their own Medigap rules as well.

There are different types of Medigap policies that you can buy. Private insurance companies offer ten standardized Medigap policies in most states: Plans A, B, C, D, F, G, K, L, M, and N. Note that insurance companies do not have to offer all ten Medigap policies. Plans with the same letter offer the same benefits, but each insurance company may charge a different monthly premium.

For example, Medigap Plan A offered by Insurance Company 1 provides the same benefits as Medigap Plan A offered by Insurance Company 2, but the two companies may charge different premiums. This means that you can get the same coverage even if you choose a plan with a lower monthly premium.

– Marci

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questions?
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answers ...

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Sales Representative
Insurance Solutions

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marcia.marill@gmail.com
1412 N. Hancock Ave
Colorado Springs CO 80903

South

Bill Williamson
Sales Representative
Insurance Solutions

719.200.3779
carbwill@msn.com
1412 N. Hancock Ave
Colorado Springs CO 80903

North

AdriAnn Bossie
Sales Representative
Insurance Solutions

719.440.4242
adriann@adriannbossie.com
1412 N. Hancock Ave
Colorado Springs CO 80903

RANCH / from page 9

– a reflection of his early passion for racing. In addition, the owners have opened a small art gallery building and gift shop featuring pottery by local artist Tony Heslop.

Open for dinner from 5 to 8 p.m. Thursday through Saturday and from 1 to 7 p.m. on Sundays from Memorial Day and Labor Day, the roadside establishment has built a regular clientele from surrounding

communities. Juniper Valley is also a frequently referred destination for tourists as well. Off season, hours remain the same, but the restaurant closes on Thursdays.

Today the family and friends on staff are working to stay current. Dickey, now in his 50s, says he plans to work in the business for another 20 years or so. His daughter, Olivia, has set up a Juniper Valley Ranch Facebook account – and the restaurant has been reviewed frequently on sites

like Trip Advisor and Yelp.

But for now, Dickey and his team are focused on making sure 100 people can be served on a busy night. And 66 years after its founding, Juniper Valley Ranch remains one of the Pikes Peak region’s tastiest, most traditional destinations.

Editor’s note: This is the first of a series of stories that Life After 50 will run about longtime restaurants in the Pikes Peak region.

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Happenings

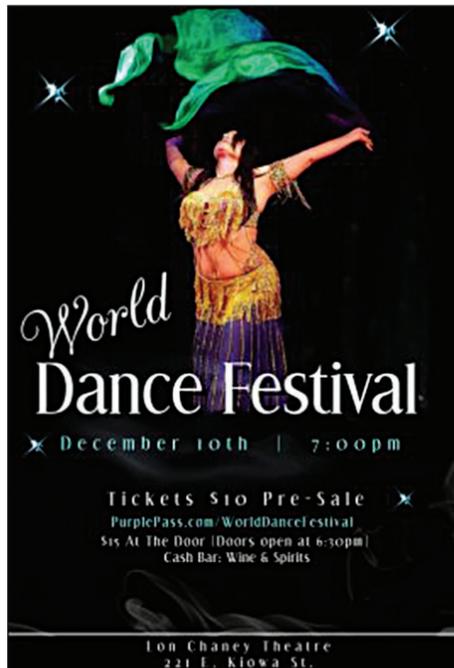
Thru Dec. 10: "Man of La Mancha" the classic musical retelling of Don Quixote's chivalry that dares us to dream the impossible dream! Damon Runyon Theater, 611 N. Main St. Pueblo, Thurs-Sundays, tickets \$10. 719-564-0579.

Thru Dec. 31: A Cripple Creek Christmas Carol and olio! Scrooge is a ruthless mine owner and the 3 ghosts are Bob Womack, Winfred Scott Stratton and Mollie Kathleen. Thin Air Theatre, 139 E. Bennett Ave, Cripple Creek. For showtimes & tickets: 719-689-3247.

Dec. 2-4: 17th Annual Bemis Fine Art Sale. Pottery, jewelry, paintings, hand-made cards, prints, textiles from local artists. Fri eve, Sat-Sun days, 818 Pelham Pl. off Cascade.

Dec. 3: Colorado Spirits Festival 1-6pm. Enjoy fine spirits from 5 of the best craft distillers and gourmet eats for \$20 at casinos in Cripple Creek, register 1pm at Century Casino, Bennett Ave.

Dec. 3: Scandinavian Christmas Tea, by Sons of Norway, 2 p.m. at Viking Hall, 1045 Ford St. CS,



World Dance Festival, an evening of traditionally costumed dance performances from around the world, will be celebrated at Lon Chaney Theatre at 7 p.m. on Dec. 10, 221 E. Kiowa St., Colorado Springs, tickets are \$10+, tejas-dancershakti@gmail.com.

\$16.50. Seating limited, RSVP to (719) 266-9592.

Dec. 3: Reflections Celebration & Tree Lighting. Sangre de Cristo

Hospice invites all to honor and remember the loved ones they have lost, 12-3pm, Family Worship Center, 3800 Parker Blvd, Pueblo. 719-542-0032.

Dec. 3-4: Bells of Christmas Arts and Crafts Sale, Sat 9-4, Sun 10-3, Colorado State Fairgrounds – Creative Arts Bldg, 1001 Beulah Ave, Pueblo. 719-948-4363.

Dec. 3-4: Handel's Messiah, presented by the Sanctuary Choir of Village Seven Presbyterian Church, 4040 Nonchalant Cir S. CS. Performances 6pm Sat & Sun. Free-will offering, bring canned goods for Mercy's Gate Food Pantry. 719-574-6700.

Dec. 4: Hanukkah Fair, presented by Temple Shalom, 1523 E. Monument St. CS. Many gift items, decorations, and baked goods will be for sale 9:30-12:30.

Dec. 4: Old Colorado City Holiday Tour, to benefit their Historical Society, 12-5pm, \$20, pick up tour sites map, shop and snack at the history center, 1 S. 24th St. RSVP: 719-636-1225.

Dec. 6-21: Massages to Relieve Holiday Stress! 30, 60, or 90 Min. sessions, Tues. & Weds 8a-4:15pm, Colo. Springs Senior Center, 1514 N. Hancock St. Call for appt & prices: 719-955-3400.

Dec. 7: Swing Dance at The Loft, 2506 W. Colorado Ave. CS, 8pm, R&B, swing and big band music, \$10. 719-445-9278.

Dec. 8-17: "The Nerd" a comedy classic by Larry Shue, presented by Funky Little Theater Co. Tickets: \$11-15, Thurs-Sat 7pm, 2109 Templeton Gap Rd. (719) 425-9509, funkylittletheater.org

Dec. 8-18: Holiday on Ice, a risqué wintry blend of comedy, circus and burlesque at the Millibo Art Theatre, 1626 S. Tejon St. CS, tickets \$18+, showtimes: 719-465-6321.

Thru Dec. 24: A Christmas Carol, the Charles Dickens classic, will be performed at UCCS Theatreworks, 3955 Regent Circle, east end of campus, tickets \$36+: 719-255-3232.

Dec. 7-28: Free Line Dance Lessons

See HAPPENINGS, page 18

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Happenings

start 6:30pm on Wednesdays at Anchors Country Bar, 606 S. Santa Fe Ave in Fountain.

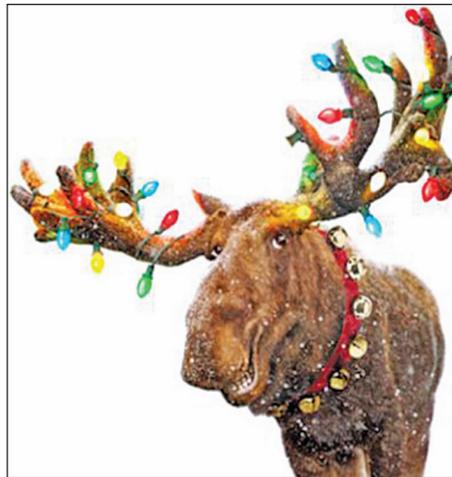
Dec. 9, 10 & 14: Holiday Tea, go back in history to Edwardian Era tea time at the Rock Ledge Ranch, 1 p.m., off 30th St, SE of Garden of the Gods, \$20 limited tickets, RSVP: 719-578-6777.

Dec. 9: "A Rocky Mountain Christmas" with the John Adams Band, featuring the music of John Denver, 7pm at Tri-Lakes Center for the Arts, 304 US-105, Palmer Lake, \$22+, 719-481-0475.

Dec. 9: Flying W Wranglers Holiday Show, always a treat! Stargazers Theatre, 10 S. Parkside Dr. CS, doors open 6pm, show at 7pm, tickets \$15+, 719-476-2200.

Dec. 9-10: Maker Fair Holiday Hoopla, Fri 4-8 (cocktails & tapas), Sat 10-4, all handcrafted artisan bazaar, free make & take crafts, free photo booth, free admission, City Auditorium, 221 E. Kiowa St. CS.

Dec. 9-10: "Text Me Merry Christmas" presented by Out Loud men's chorus, Fri 7:30, Sat. 2 & 7:30.



Have some Holiday Fun with your grandchildren (ages 4-6) at Bear Creek Nature Center's Reindeer, Elk and Moose event, 245 Bear Creek Rd. CS. Enjoy a short hike, plus hands-on crafts, and puppet stories. \$3/person. RSVP to 719-520-6387.

It's a very popular holiday show at First Congregational Church, 20 E. St. Vrain, downtown Colo. Spgs, tickets \$18 for seniors.

Dec. 10: Holly Paws Appreciation Celebration benefits Teller County Animal Shelter, 12-3 p.m. at 308 Weaverville Rd, Divide (behind Sheriff's office). Food, drinks, free

gifts and animals available for adoption. Free but donations are appreciated!

Dec. 10: Gold Camp Christmas Craft Fair & door prizes, 9a-3pm, 128 E. Bennett; 10:30am Butte Opera House free concert; Silent Auction (til 1:15) at Aspen Mine Center and 11:30-2pm Fundraiser Lunch, 166 E. Bennett Ave., Cripple Creek.

Dec. 10: Jim Gaffigan - Fully Dressed. This fantastic Grammy-nominated comedian will appear at the Broadmoor World Arena, 8pm, 3185 Venetucci Blvd. Tickets \$43+ (888) 929-7849.

Dec. 10-11: Holiday Fine Arts & Crafts Sale, 11-5, 2418 W. Colorado Ave. in Old Colorado City, featuring 10 local artists with fine art, jewelry, eclectic clothing and more!

Dec. 10 & 17: Horse Drawn Wagon Rides 11:30, 12 or 12:30pm, down the Regional Trail, \$7, RSVP to: 719-520-6745. Fountain Creek Nature Center, 320 Pepper Grass Ln in Fountain.

Dec. 11 & 18: Flamenco Dance Classes offered for beginners by

Natalia Perez del Villar from Spain, 11:25am, \$25, Ormao Dance Co., 10 S. Spruce St. CS 720-771-7223.

Dec. 11: "Christmas Joy Concert" brings music from a 150-voice choir, full orchestra, 17-piece band, Pikes Peak Ringers, and Children's Chorale, 2:30 & 6pm, Pikes Peak Center, 190 S. Cascade, \$14+, (719) 884-6144.

Dec. 12: "Midnight Special"- a sci-fi adventure where a man rescues his son from a religious cult. Enjoy free film & refreshments at 10:30am, Cheyenne Mtn Library, 1785 S. 8th.

Dec. 13: All Russian Concert features works of Kabalevsky, Arensky and Liadov, performed by Colorado College Chamber Orchestra at Packard Hall 7:30pm, 5 W. Cache La Poudre St. CS, free and open to the public.

Dec. 13: Mental Health Colorado Unmasked, celebrating 5th anniversary offering mental health services, tickets \$50 each. Enjoy heavy appetizers, free drink, wine

See HAPPENINGS, page 19



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Happenings

tasting and silent auction starting 5:30 p.m. at The River's Edge, 102 Oneida St. Pueblo. (719) 289-0361.

Dec. 14: "Ben Hur" Movie, Lunch and You, free at Sand Creek Library, 1821 S. Academy Blvd CS starting at Noon. Bring lunch and we'll provide movie, beverage and popcorn!

Thru Dec. 31: "The Soul of San Luis", Tues-Sat. 10-5, Cottonwood Center for the Arts, 427 E. Colorado Ave. CS, features works of artists with ties to the state's historic San Luis valley, free.

Dec 16: Hazel Miller Band: A Very Soulful Christmas. Don't miss it! She'll sing sacred and secular songs in the style of blues, jazz and soul. Tickets \$15+. Stargazer Theatre, 10 S. Parkside Dr. (719) 476-2200. Doors open 7pm, show at 8.

Dec. 17: "Pride and Prejudice", a humorous and touching original adaptation of Jane Austin's famous novel performed by actors from Teller and Park Counties. Free (but donations accepted) at 2pm or 7pm, Ute Pass Cultural Center, 210 E. Midland Ave. in Woodland Park.

Dec. 17: Modbo Ho Ho 2016: Christmas Cabaret for Grown-Ups only! Irreverent, festive romp, with tawdry songs and odd skits. The Modbo, \$15 suggested donation, 17-C East Bijou, downtown CS. (719) 633-4240.

Dec. 18: Christmas Social at the oldest and friendliest VFW Post in

See HAPPENINGS, page 20



Meryl Streep and Hugh Grant star in the hilarious film "Florence Foster Jenkins" – the story of a New York heiress (Streep) who longs to become an opera star in the 1940's. See it for free at Senior Lunch and A Movie at East Library, 5550 N. Union CS, Dec. 21st at Noon. Bring your lunch! (719) 531-6333.

Colorado Springs (101). Come enjoy pot luck, door prizes, white elephant exchange, football game, more! 1300 Hrs, 702 S. Tejon St. CS (719) 632-2776.

Dec 18: Big Band Sundays with New Century Big Band, 3-5pm, \$8/

person, the Senior Center, 1514 N. Hancock Ave.

Dec 24: Christmas Eve Candlelight Services. First United Methodist Church invites you to Christmas service at 5:00, 7:00, 9:00 or 11:00 pm in the Sanctuary, 420 N. Nevada

Ave. CS. Services offer a stirring message of hope, and traditional Christmas hymns and anthems will be performed.

Dec. 25: Denver Broncos take on the Kansas City Chiefs, watch it 6:30 p.m. on NBC. An extra holiday gift for all you Bronco fans!

Dec. 27: The Beach Boys will perform with the same bold imagination and style that marked their great music over 50 years ago! They'll be right here in Colorado Springs for a 7pm concert at the Pikes Peak Center, 190 S. Cascade Ave. CS. For tickets (\$61.75+) call (719) 576-2626.

Dec. 31: New Year's Eve Show 7pm. Ring in 2017 with the magnificent Colorado Springs Philharmonic and terrific vocalists who'll light up the night with Broadway hits and classic American songs! Call the Pikes Peak Center for tickets (719) 575-9632.

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Commissioners present county staff members with life saving awards

The Board of El Paso County Commissioners at its regular meeting on Nov. 17, recognized and honored the heroic and highly professional lifesaving actions of six individuals.

In two separate incidents, County staff worked together to save the lives of two individuals who experienced medical emergencies. One individual had a seizure while in the Terri R. Harris Judicial Building. The second individual collapsed while in the Citizens Service Center employee Wellness Center.

“I’m humbled to stand before these heroes. Thank you for what you do,” said Jim Reid, Department Of Public Works executive director. “They jumped in and did what they had to do and because of that, two people are alive today.”

Late last year, Security Officer Ariel Nestegard was monitoring cameras in the Terri R. Harris Judicial Building when she saw a woman who was apparently having a seizure in the South Tower. Officer Nestegard took immediate action, notifying on-duty security officers and calling 9-1-1. Security Supervisor Roy Blackburn and Corporal Ken Myers responded. When the seizures stopped, the woman was not breathing and did not have a pulse.

Myers began CPR while Blackburn provided status updates to Nestegard who relayed the information to responding medical teams. The woman was breathing on her own as she was taken



to the hospital by ambulance.

This past July, a County employee collapsed during an exercise class. Health Department epidemiologist Robyn Weber and Wellness Center Manager Jenny Best responded, and very quickly began cardiopulmonary resuscitation (CPR). Security Officer Travis McCarthy brought the automated external defibrillator (AED) while other County staff in the gym called 911 and went outside to direct first responders.

Weber, Best and McCarthy worked together to get the AED positions and successfully restarted the woman’s heart. The fire department soon arrived along with the paramedics and took over her care.

“It’s really important to be prepared and have that knowledge so when something happens you can step in and it’s almost automatic,” Weber said. The experience encouraged others to pursue CPR training, even though their jobs do not require it, she added.

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 2007 Cadillac Escalade \$20,500 <small>6.2 V8, Leather, Sunroof, Loaded! SH7020*</small>	 2009 GMC Yukon Hybrid \$21,900 <small>Leather, 7 Passenger, Loaded! SH7054*</small>	 2016 Nissan Rogue AWD \$22,600 <small>Loaded, 13K, SG6274</small>
 2015 Chevy Traverse LT \$25,900 <small>7 Passenger, Loaded! 35K, SH7040*</small>	 2013 BMW 535i xDrive \$25,900 <small>Leather, Sunroof, Loaded, SG1084</small>	 2016 Nissan Pathfinder SV \$27,700 <small>4x4, Loaded, 15K, SH7014</small>

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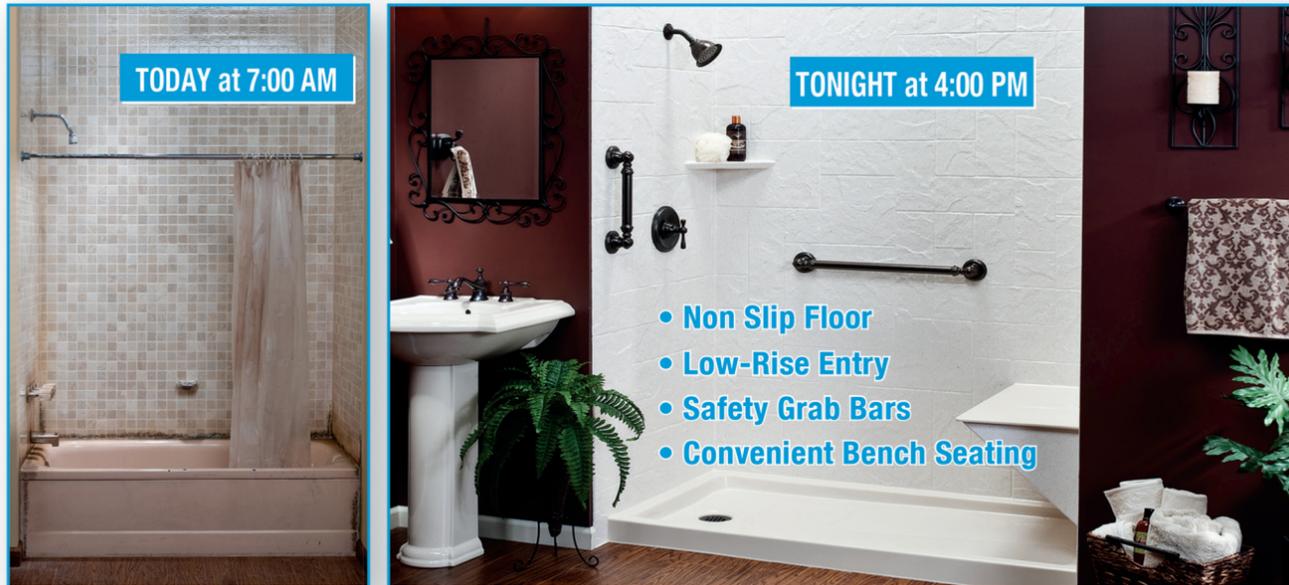
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GATHERINGS, CLUBS & ORGANIZATIONS

21st Century Toastmasters meets every Friday, at 21C Library, 1175 Chapel Hills Dr, ENT conference center. Call (719) 591-8045

AARP Black Forest Chapter meets on 2nd Wed. noon, Black Forest Lutheran Church, 12455 Black Forest Rd. 749-9227.

American Legion Post 5, Downtown Colo. Spgs, meets every 3rd Thurs. 7 p.m., 15 Platte Rd. Info: 632-0960.

American Legion Post 209 meets 10 a.m. 2nd Sat. of month, breakfast 9 a.m., 3613 Jeannine Dr. 719-599-8624

American Legion Post 2008, meets 4th Thursday of month, 7 p.m. at the Falcon Firehouse, off Meridian Ranch Rd. Call (719) 495-8171.

American Legion Tri-Lakes Post 9-11 meets 1st Tues./month 6:30pm Depot Restaurant 11 Primrose St., Palmer Lake. 719-481-8668.

Austin Bluffs Sertoma meets 2nd & 4th Wed. at 7:15 a.m. for breakfast, Caddie Shack Café, Valley Hi Golf Course, 610 Chelton Rd. 719-632-6806.

Austrian-American Enzian Club, German speaking. Meeting info: 719-495-4150 or 599-8832

Bill's Senior Lunch Bunch for widows and widowers meets last Friday/mo. 11:30 a.m. for good food & fun. 596-3159

Bridge Players' List: Duplicate Bridge Club 634-7250; CS Senior Center Wed+Fri.12:15pm 465-1653; First Presbyterian Tues 6:30pm 105 N Weber 578-0474; Westside Center 1628 W Bijou 12:30 Mon. 385-7920

Broadmoor Area Christian Women's Club, meets on the second Wednesday of each month at The Broadmoor for lunch (\$35), RSVP: 719-597-8099.

Chess at 21C, Fridays 2-5pm, ENT Center Library 21C, 1175 Chapel Hills Dr. 719-884-8900 ext 6704.

Cheyenne Mountain Poets meets 1st & 3rd Fridays, 2p.m. at the Senior Center, 1514 N. Hancock. Bob 719-578-9332.

Colorado Natives Club meets 5:45 p.m. the 4th Thursday of the month at Inn at Garden Plaza, 2520 International Circle, 719-632-8117 or 632-6806.

Colorado Native Plant Society meets the 2nd Wed./month the East Library, 5550 N. Union Blvd. 719-357-9427.

Colorado Rockies Cribbage meets Wed. 6 p.m. at Elks Club, Fillmore & Nevada. Learn cribbage at 4 p.m..

Colorado Springs Button Club,

meets quarterly. For date, location and time: 719-633-6026.

Colorado Spgs Breakfast Club for Singles 50+ meets the first Sat./month at Elks Lodge, 3400 N. Nevada Ave CS. Sign in 8:30 a.m., buffet breakfast 9 a.m. www.tbc50plus.org , 719-260-0651.

Colorado Springs Chess Club meets Weds 6pm at Pikes Perk, 5965 N. Academy 522-1432.

Colorado Springs Horseshoe Club at Memorial Park CS is looking for horsepitchers, 12 wk season is starting on May 18th. 719-210-3712.

Colorado Springs Numismatic Society meets 2pm the 2nd Sunday of month, Police Dept, 955 W. Moreno Ave.

Colorado Springs Scrabble Club meets every Monday 6-9 p.m. at Jason's Deli, 7455 N. Academy Blvd. 332-5141

Colorado Springs Stamp Club meets 7:30 p.m. the 1st Tuesday of month at Penrose Library, 20 N. Cascade, Story Rm. For information, call 598-2670.

Colorado Springs Toastmasters Club 555 meets Mons. 6-7:30 p.m in the Old City Hall, Kiowa & Nevada Ave. 719-244-2465, 303-647-0405.

Curiosity Unlimited meets 9:30am, 2nd Fri. of month, UCCS Univ Center, Rm 116, lectures on relevant issues. 598-5367.

Downtown Toastmasters Club 5158 meets Fridays 12:05 p.m., Academy Rm. Old City Hall, 107 N. Nevada. 630-0783.

Doll Dreamers Club. Meetings 1st Thurs. of month at 10:30 a.m., Brookdale Village, 2365 Patriot Heights Dr. 599-7513 or 390-8098.

DSC BINGO is held Thursdays 12:30 p.m. at TREA, The Retired Enlisted Assn., 834 Emory Cir. Doors open at 11 a.m. Call 719-574-9002.

El Paso County Dems meet 2nd Thursday of month, 5-7 pm at Southside Johnny's, 528 S. Tejon. 719-473-8713, peakdems.org

Falcon Lions Club meets at Old Falcon Middle School, Hwy 24 & Meridian Rd, 4th Tues. of month, 6:30 p.m. 495-6540.

Gold Camp Victorian Society meets 2 p.m. the second Sunday of month, Cripple Creek Heritage Center, 719-689-0907.

Grow for Vets provides veterans with free cannibis as a safe alternative to Rx meds. See growforvetscolorado.org for schedule of events.

High Country Newcomers Club for

women, meets 3rd Mon of month 10am at East Library, 5550 N. Union CS, DK0224@aol.com

Korean War Veterans-Dutch Nelson Chapt. meets noon the 3rd Sat. of month Elks Lodge, 3400 N. Nevada 237-4461

Ladies Tea, 3rd Tues./month 1-3pm, Tri-Lakes Senior Ctr, 1300 Higby Rd, Monument. Bring a salad, side dish or dessert to share.

Mineralogical Society meets on the third Thurs. of month, 7 p.m. at the Senior Center, 1514 N. Hancock, CS. 719-649-2652.

Military Order of the Purple Heart meets for coffee & donuts 9 a.m. the 2nd Sat. of month, 2 Carson Cir., Fountain. Info: 391-7794. BINGO: Fridays 12:30 p.m. at TREA, 834 Emory Cir.

Photography Club meets at Cheyenne Mtn Library, 1785 S. 8th St CS, on 2nd Tuesday 2-4 p.m.. Tips, techniques, digital photos, and take field trips.

Pikes Peak Computer Application Society PC user group meets first Sat. monthly at 9-noon at Springs Community Church, Lexington & Woodmen Rd. All skill levels welcome. <http://ppcompas.apcug.org>.

Pikes Peak Genealogical Society meets 7 p.m. the 2nd Wed. at Penrose Library, 20 N. Cascade Ave. Visit: www.ppgs.org

Pikes Peak Herb Assn. meets the 2nd Wed/month, 1900 E Pikes Peak, 6:30 p.m. (719) 533-0707

Pikes Peak Miniaturists meets 3rd Thurs. of each month at 2:30 p.m., focus on dollhouse miniatures. Mary 719-331-8556 for location.

Pikes Peak Neighbors women's social group meets the 2nd Wed. for lunch. For location call Marva 719-634-1476.

Pikes Peak Whittlers Woodcarving Club meets at the Senior Center, 1514 N. Hancock on 2nd Sat. of each month, 9-11:30 a.m. (719) 577-9282

Pikes Peak Woodturners meets at Bemis School of Arts, 818 Pelham Pl. 1st Fri. 6 p.m. ppwoodturners@gmail.com

Pikes Peak Posse of the Westerners holds a social & dinner on the 2nd Mon. of month, Masonic Hall, 1150 Panorama Dr., Colo. Springs. Social 6 p.m., dinner (\$17) 6:30. RSVP Bob 473-0330.

Pueblo Kiwanis Club meets every Wed.11:45 a.m. at Pueblo Country Club, 3200 8th Ave. 719-250-9315, 719-214-1331.

Pueblo Shrine Club meets the first Friday of each month, 6 p.m., at 1501

W. McCulloch Blvd., Pueblo. (719) 547-3184

Pueblo Toastmasters Club, meets 2nd & 4th Thurs. 6:15 p.m., Security Service CU, 310 E. Abriendo Ave, 2nd flr.

Rampart Range Blue Star Mothers (of children serving in the military), meets 2-4pm on 1st Sun. of month, Falcon Police Dept, 7850 Goddard St.

Senior Center Book Group meets the 2nd Thurs. of month 1:30-3 p.m., 1514 N. Hancock Ave. Call (719) 531-6333, ext. 1314 for book selection.

Senior Chats at Rockrimmon, informal gatherings to share info, networking, discussions. Rockrimmon Library, 832 Village Center Dr. Tuesdays 10-11:30am

Senior Pilots of Central Colo. meets 4th Tues., 3-4:30 p.m., Stetson Hills Police Dept., 4110 Tutt Blvd. 719-590-8810

Sertoma Clubs (9 clubs) meet in Colo. Springs, Monument and Ellicott. For a club near you: Eddie 719-481-2750.

Senior Social Group meets at the Retired Enlisted Assn., 535 Emory Cir., Colo. Springs, every Tuesday at 9 a.m. for rolls and coffee. There's a restaurant lunch following the meeting. Call Bonnie: 719-550-0669.

Sons of Italy, for people of Italian descent, meets 6:30 p.m. on the first Tuesday of the month at VFW Post 101, 702 S. Tejon St.

Socrates Cafe meets 1-3 p.m. Tuesdays, Monument Library, 1706 Lake Woodmoor Dr. We discuss philosophy, religion, and morality.

Sons of Norway meetings. Second Wed. of each month from 7-9 p.m. at Viking Hall, 1045 Ford St., 719-351-3554. or go to: sonsofnorwaycs.com

Stammtisch German conversation group meets 2nd Wed. of month 6:30 p.m., Edelweiss, 34 E. Ramona Ave., 719-633-2220.

Study the Spiritual Wisdom of Edgar Cayce. Meets at 7 p.m. Mondays at Ruth Holley Library. Free. Call 719-634-2945.

TREA - The Retired Enlisted Assn. meets the 4th Sat./mo. 9 a.m. Clubhouse, 834 Emory Cir. Open to honorably discharged vets, enlisted retirees & active duty enlisted personnel. Breakfast 8am. Info: 596-0927.

Tri-Lakes Lions Club meets the first Thursday of each month at Monument Country Club. For information email: GordonReichal@aol.com.

Black Forest AARP Chapter 1100 honors veterans

The November meeting of Black Forest AARP Chapter 1100 honored all veterans and the widows of veterans.

Those who are members and guests of the chapter at the meeting were especially identified.

The meeting also featured an update on Veteran's Affairs by Mr. Carl McDaniel, a veteran from the El Paso Veteran's Affairs Office.

McDaniel brought the chapter up to date on recent changes to veteran's benefits and affairs and suggested that vets visit his office to review their eligibility for disabilities compensation and to possibly receive assistance for medical prescriptions. He also answered questions from the membership.

After a catered lunch the business meeting featured the award of the AARP Colorado Chapter Cup for Community Service to Chapter 1100. This is the eighth consecutive year that the Black Forest Chapter has been designated the best in the state of Colorado in this category.

Award of the Chapter Cup comes with a \$250 cash award to be used by the chapter as it sees fit.

Drawing for door prizes an enjoyable afternoon of socializing followed the formal aspects of the meeting.

Individuals interested in visiting or joining the chapter should contact Chuck at 749.9227 or Stan at 596.6787. Information on Chapter 1100 and what it does and has done can be found at <http://aarpchapter-1100blackforest.weebly.com/index.html>.

All are welcome regardless of age.



Pictured are chapter veterans, back row from left, Denny Wilson, Ray Rozak, Jim Belk, Scotty Scott, John Laurance, Carl McDaniel, Chuck Karlstrum, front row from left, Ethel Santti, Electa Beckner, Carol Billiard, Don Dinwoodie, Herb Guild, Ted Lunacek, Waldo Pendleton and Lou Schwarzman.



Pictured are chapter widows, from left, Carol Billiard, Gwen Burk, Rosemary O'Connell, Rita Fitzpatrick, Pat Dix, Beverly Schaab, Carolyn Jaworski, Lavonne Hidy and Anna Skinner.

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Helen's Divine Discounts FOR SENIORS

You must ASK for your Discount, or use Coupon!

- Ace Hardware:** Tuesdays 10% off regularly priced items, ages 55+
- ♥ **Albertson's:** 10% off on first Wed of month
- ♥ **Arby's:** 10% off food & 50¢ coffee
- ♥ **ARC:** (19th & Uintah or 7207 N. Academy): 50% Off most items Tues & Sat
- ♥ **Big Train Restaurant:** 10% off Meal Purchase for Seniors on Tuesdays
- ♥ **Bronco Billy's:** \$69 Stay & Play- hotel & dinner deal (see ad)
- ♥ **Carmike Chapel Hills:** Senior movieticket \$7
- ♥ **Carmike 10:** Seniors pay \$4.50-\$5/tkt
- ♥ **Cinemark Theaters:** \$5.75/tkt Tickets Tuesday; Senior Day Monday any show \$6.25
- ♥ **Colorado Springs Airport:** \$1 per day long-term parking Nov+Dec. Claim coupon at www.fly-cos.com
- ♥ **Colorado Springs Philharmonic:** \$3 off ticket to any performance for ages 65+
- ♥ **Crystal Park Cantina:** Happy Hour daily from 2 - 5pm
- ♥ **Culvers:** 5% off for 60+
- ♥ **Einstein's Bagels:** 10% off everyday or Mondays \$6 Baker's Dozen (13) Bagels
- ♥ **Front Range Barbeque:** Happy Hour 3-6 Mon-Fri.
- ♥ **Goodwill -** Wednesday 10% off entire purchase for 55+
- ♥ **Greyhound Bus -** Ages 62+ get 5% off fares
- ♥ **Joseph's** on S. 8th St. M-F, 5-7 Happy Hour with great bar menu
- ♥ **Josh & John's Ice Cream:** 10% Senior Discount
- ♥ **Kimball's Peak 3 Theater:** Any show \$7, ages 65+
- ♥ **Kohl's:** 15% Discount Wednesday for 60+
- ♥ **La Baguette, Downtown -** \$1.20 coffee for seniors
- ♥ **Metro Bus -** 85¢ Senior Fare
- ♥ **National Parks and Monuments Pass** only \$10 Lifetime!
- ♥ **Omelette Parlor & O'Furry's** on Fillmore - Buy 1 entree, get 2nd half off (clip coupon)
- ♥ **The Pantry, Green Mtn Falls:** Buy 1 meal, get 1 half off! (clip coupon)
- ♥ **Ross Dress for Less -** 10% off Tuesday for 55+
- ♥ **Savelli's in Manitou:** Buy 1 specialty pizza, get 2nd half price (cut coupon)
- ♥ **Wade's Café:** Every day seniors get 10% off
- ♥ **Walgreen's:** First Tues. of month 15-20% off for seniors & military
- ♥ **Wendy's:** Free Beverage for seniors with any purchase.

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Serving the Pikes Peak Region since 1990

COMMUNITY CENTERS

Hillside Community Center

925 S. Institute - 385-7900

Golden Circle Nutrition Program – Tuesday through Thursday from 11:30 a.m.-noon. Reservations required 24 hours in advance at (719) 884-2304. \$2.25 per meal suggested donation.

Games at Hillside - Tuesday-Thursday, 10 a.m.-1 p.m. Billiards cost is \$1.

Ceramics – Please call for schedule. Learn how to clean green-ware and paint ceramic pieces. Use of under-glazes, decals and mother-of-pearl will be demonstrated. Please bring your own supplies. Registration required; \$10 per month (no adjusted fee available).

Table Tennis - Wednesdays, 1-3 p.m. Free to play, donations welcome

Line Dancing – Wednesdays and Thursdays, 9-10:30 a.m. Learn basic as well as more challenging steps and line dances. Cost is \$2 per session.

Seniors on Saturday - Third Saturday, 1:30-4:30 p.m. Iota Beta Omega Chapter Alpha Sorority, Inc. Come enjoy activities, refreshments, games, music and prizes.

Seniors Enjoying Exercise - Tuesdays, 9:30-10:30 a.m. Free. Seniors enjoy exercise and strength conditioning.

Fountain Valley Senior Center

5745 Southmoor Drive - 520-6470

Hot Noon Meal - Mondays-Fridays, noon. Suggested donation \$2.25.

Home Delivered Meals (Rural Area Meal Program) Frozen meals delivered to homebound seniors age 60 or older and those not served by Meals on Wheels. Phone 520-6471. Suggested Donation \$10 for seven frozen meals, \$2.50 each for shelf-stable meals, thaw and serve sandwiches, and "Pic-Nik" Meal Baskets.

Transportation - By reservation for medical appointments, grocery shopping, to Senior Center, and to conduct personal business. Transportation's number is 520-6472. Two working day advance notice is required. Vehicles can accommodate wheelchairs. Donations accepted.

Clinics and Services

Grocery Shopping - Mondays by appointment only. Call 520-6472.

Medical Equipment Loan Closet - Monday-Friday, 8 a.m.-3:30 p.m. Free.

Classes and Activities

Basic Computer Class: Tuesdays, 10 a.m. Call 520-6470.

Breakfast Corner - Monday-Friday, 8:30-11 a.m.

Birthday Bingo - Fourth Thursdays, 1-2 p.m. Four cards for \$2.

Crochet/Knitting Class - Fridays, 10 a.m. Free.

Dancing For Fun and Fitness - Wednesdays, 7 p.m. No charge (donations are accepted).

Rubber Stamp Greeting Cards - Thursdays 10-11:30 a.m. Cost is \$2 per class, all supplies included.

"Harmonizers" Singing Group - Meeting and rehearsal Wednesdays at 2:30 p.m. Call Sandy Franklin, 392-9202 for info.

Interpretive Dance Class - Mondays, 10:30 a.m. Free.

Let's Play Cards - Monday-Friday, 1-4 p.m. Free.

Line Dancing Classes - Tuesdays (Intermediate), 1 p.m.; Fridays (All Levels), 1 p.m. \$2 per class.

Oil Painting Class - Wednesdays, 8:30 a.m.

Porcelain Class - Tuesdays: Classes 9:30 a.m. or 12:30 p.m.

Senior Bowling at Valley Bowl - Mondays and Wednesdays, noon.

Tai-Chi and Chi Kung Classes - Wednesdays, 9:30-11 a.m. Cost: \$2. Fridays, 10-11 a.m. Cost: \$1.

Travel Club, meets 2nd Tuesday of each month at 1 p.m. To sign-up for trips call 520-6470.

"We Care" Bingo - First Thursdays, 1-2 p.m. Four cards for \$2.

Otis Park Community Center

731 North Iowa Ave. - 385-6860

Dominoes - Mondays-Fridays, 10-11:30 a.m.

Golden Circle Nutrition Program - Mondays-Fridays, 11:45 a.m.-12:15 p.m. Reservations must be made 24 hours in advance. Call 387-6758.

Birthday Party - Last Friday of each month, noon-1 p.m. Call the Center if you would like to recognize a senior on their special day, includes anniversaries or any

special day.

S.E.T. of Colorado Springs (Service Empowerment Transformation) - Well Being Clinic is held the third Wednesday of each month.

Basic Exercise - This program combines breathing, slow movement, stretching, and meditation to help reduce stress and increase flexibility. Meets every Tuesday.

Westside Community Center

1628 W. Bijou St. - 385-7920

Bridge - Mondays, 1-4 p.m. Men, women, amateurs, old pros and masters are all welcome.

Crafts Unlimited - Fridays, 9-11 a.m. No registration fee. Bring materials for the project you are working on, enjoy a beverage, good conversation, and share creative ideas with other crafters.

Golden Circle Nutrition Program - Mondays-Fridays, 11:30 a.m.-noon. Reservations must be made 24 hours in advance by calling 387-6758 or 385-7920. The suggested donation is \$2.25.

Lively Discussion Book Club - 2nd Thursdays, 12:30-2 p.m.

SilverSneakers Classic - Wednesdays and Fridays, 9-10 a.m. This fitness class is designed for seniors who want to improve their general health and well-being and

... it's fun! For more information, please call 385-7920 ext. 100. \$5 per class if your insurance does not cover it.

VNA Foot Care Clinic - third Wednesday and last Tuesday of each month by appointment only. The Visiting Nurse Association performs foot care services including: toenail clipping/trimming/filing, callous and corn buffing, foot care education, blood pressure checks, follow-up with physician as needed. Services are offered in the east building at 1616 W. Bijou St. Appointments are required and can be made by calling 385-7920 ext. 100. Cost is \$45 for first visit, \$35 thereafter. Payments can be made at time of appointment of service.

Golden Circle Meal Sites

This program serves nutritious meals in a social group setting to eligible diners. You are eligible if: you are 60+ years old or married to someone age 60+, or disabled and residing in a facility listed below. Meal donation is \$2.25 but no eligible person is denied lunch because they can't pay. Guest lunch is \$6.50. Call the number (listed below) for your meal location one day in advance before 2 p.m. No reservations are necessary for Acacia Park Apartments, the Senior Center or Fountain Valley Center. Questions? Call Golden Circle offices at 719-884-2304.

CENTRAL

Colorado Springs Senior Center

719-955-3400

1514 N. Hancock Ave. 80903

Serving Lunch 11:30-12:15 weekdays

Otis Park

719-385-6860

731 N. Iowa Ave. 80909

Serving Lunch 11:30-12:00 weekdays

Temple Shalom

719-634-5311

1523 E. Monument St. 80909

Kosher meals 12:00-12:30 Mon&Wed

DOWNTOWN

Acacia Park Apartments

719-884-2304

104 E. Platte Ave. 80903

Serving Lunch 11:30-12:15 weekdays

Centennial Plaza Apartments

719-884-2304

516 E. Kiowa St. 80903

Serving Lunch 11:30-12:00 weekdays

EASTSIDE

Sunny Vista

719-635-9595

2480 E. Dale St. 80909

Serving Lunch 11:00-11:45 weekdays

NORTH

Crestview Apartments

719-884-2304

3880 Van Teylingen Dr. 80917

Serving Lunch 12:00-12:30 weekdays

Mountain Comm. Mennonite Church

643 Hwy 105 Palmer Lake 884-2304

Serving Lunch 12:00-12:30 weekdays

SOUTH

Hillside Community Center

385-7900

925 S. Institute St. 80903

Serving Lunch 11:30-12:00 weekdays

Fountain Valley Senior Center

5745 Southmoor Dr. 719-520-6470

Serving Lunch 11:45-12:45 weekdays

Grinde Manor 719-382-7690

906 Grinde Dr. 80817

Serving Lunch 11:30-12:00 weekdays

Meadows Park Community Center

1943 S. El Paso 80905/ 719-385-7940

Serving Lunch 11:30-12:00 weekdays

Pikes Peak Towers

719-632-1556

1912 Eastlake Blvd. 80910

Serving Lunch 12:00-12:30 weekdays

Silver Key at South Murray

884-2304

1655 S. Murray Blvd.

Serving Lunch 11:30-12:15 weekdays

Southview Plaza Apartments

1462 E. Fountain Blvd. 719-884-2304

Serving Lunch 12:00-12:30 weekdays

Villa San Jose

719-632-7444

1810 S. Corona Ave. 80905

Lunch 11:30-11:45 Tues, Thurs & Fri.

Villa Santa Maria

719-632-7444

405 St. Elmo Ave. 80905

Lunch 11:30-11:45 Monday & Wed.

WEST

St. Andrews Church

719-685-9259

103 Canon Ave, Manitou Springs

Serving Lunch 11:30-12:00 weekdays

Westside Community Center

385-7920

1628 W. Bijou St. 80904

Serving Lunch 11:30-12:00 weekdays

COMMUNITY CENTERS

Colorado Springs Senior Center

1514 N. Hancock - 955-3400

Pick up 2016 class schedules or find them online at www.csseniorcenter.com. This is not a complete list, so please stop by or go online to find the full listing of classes, trips and special events at www.csseniorcenter.com. All classes require registration.

Is your group looking for a meeting site for a minimal price? We have space available on Tuesday & Thursday evenings. Contact Mary at 955-3402 for more information.

Special Events

Spelling Bee. It is time for a little bit of spelling competition! If you are a good speller this event is for you! For those in the audience the word will be displayed behind the contestants so you can follow along. Please register at the front desk if you would like to be in the audience. Contact Mandi at 955-3403 if you would like to be a contestant. There will be a prize for the winner and runner up of the spelling bee. Limited to 15 contestants. 1:30-3 Dec. 7. Free.

Winter Wonder Land - Senior Chorale Holiday Show. Step into a snow globe as the Senior Chorale will sing easy going tunes from the Carpenters, Carol King and Christmas song. Invite grandchildren and others to this fun, evening show. Refreshments will be served. Free, but must register at the front desk. 1:30-3 Dec. 13; 6-7:30 Dec. 14. Free.

Gift Wrapping Fundraiser. Do you need presents wrapped for the holidays? This donation-based fundraiser for the Senior Center will get you ready to give away your holiday gifts. Each present

wrapped will be done with an artistic flare. Register for a time slot at the front desk to bring in your gifts. 10-2 Dec. 14.

Legendary Ladies In "Unconventional Women of the West." Six or seven characters are presented in an hour show. Legendary ladies showcase the lives of historical women who impacted the West. Members research the life stories of unique women-from those who were born in the West, to immigrants, and visitors- write their scripts, create their authentic costumes, and then portray, in first-person living history, their spirited stories in an entertaining and educational format. Come enjoy the show wearing an tea party/church hat. Register at the front desk. 1:30-2:30 Dec. 16. \$5.

Velcro Performance. Four guys got together one night to sing several years ago and decided to stick with it. Thus, "Velcro" was formed. Come enjoy an "a cappella" show featuring holiday and other songs you'll want to sing along to! Singing baritone-Tim Simmons, Bass-Gary Hickenlooper, Lead-Mark Hoffman and Tenor-Lee Jolly. Hope to see you there! Please register at the front desk. 6-7:30 Dec. 22. \$5.

Exercise & Dance

This is not a complete list, so please stop by or go online to find the full listing. Look for these classes and more in the Exercise and Dance class schedules.

- Nia
- Yoga
- Strength & Stability
- Drums Alive!®

- Zumba
- Mindful Tai Chi For the Beginner
- Pilates
- Total Body Works
- Line Dance classes
- Fly Swatter Volleyball

Lifelong Learning

Here are some of our June classes for your educational enrichment! This is not a complete list. Please call or go online for more detailed descriptions at www.csseniorcenter.com. All require registration by phone or in person. Some free, some with small costs.

- Learn to Make Goat Milk Lotion - Dec. 5
- Saints- Who They Are and How They Can Help You - Dec. 6-13
- Coffee With A Cop: Senior Safety - Dec. 8
- Avoid Probate With Real Estate - Dec. 9
- Special Needs Planning - Dec. 14

Health Education

FREE, but please register. A donation of \$1 to the Senior Center is requested. This is not a complete list. Please call or go online for more detailed descriptions at www.csseniorcenter.com. All require registration by phone or in person.

- Touch Therapy - Dec. 5
- Nurse Chats Diabetes - Dec. 8
- Inner Peace and Connectedness - Dec. 12
- Peripheral Neuropathy - Dec. 14

Day Trips

Denver Christkindl Market. The

Denver Christkindl Market is always striving to make their visitors' experience an unforgettable one. Enjoy live music and dancing, along with German, European and local craft vendors, authentic food and drink, showcases a true spirit of an Old World Christmas. This market is a great place to find unique gifts for the holidays. And, you can't go home without sampling some Gluehwein. The event is outside but there is a warming tent available. Lunch, your cost, at the various restaurants or vendors. 10-5 Dec. 14. \$25. Registration lottery will be 8-10 a.m. Dec. 5.

White Fence Farm. Enjoy a fantastic "farm" fried chicken dinner surrounded by country ambiance. This farm is not only known for its great food but also for the beautiful grounds and attractions such as th antique and gift shops, feed and pet farm critters, carriage rides, fudge, pies, desserts and more. The farm will be decorated for the Holiday Season. Lakewood, CO. Dinner is included in trip fee. 2-9 Dec. 20. \$35. Registration lottery will be 8-10 a.m. Dec. 5.

Meadows Park Community Center

1943 S. El Paso - 385-7940

Exercise Class - Tuesdays, Thursdays and Fridays 10:45 a.m. to 11:30 a.m. Taught by a certified

instructor, this 45-minute session will make you feel better inside and out.

Woodland Park Senior Center

312 N. Center Street, Woodland Park - 687-3877

Hot Noon Meals: Tuesday-Friday, \$4. Soup and sandwich on Mondays, \$2.50. Reservations required.

Monday: Quilting, 9-11:30 a.m. Bridge, noon-3 p.m.

Tuesday: Catered club luncheon (fundraiser) and program, fourth Tuesdays 11:45 a.m.-1 p.m. Reservations required. \$7.50

Wednesday: Exercise Class for Arthritis, 10:30-11:30 a.m. Bridge, noon-3 p.m.

Thursday: Bingo, 10:30-11:30. Free. Free Blood Pressure checks, second Thursdays 11:30 a.m.-12:30 p.m. Advanced Tai Chi, 1-1:30 p.m.

Friday: Exercise Class for Arthritis, 10:30-11:30 a.m. Art class, 1-3 p.m. Different projects every week. Newcomers welcome.

Saturday: Pancake Breakfast, third Saturdays, 8-11 a.m. All you can eat, \$8! Kids six and under are \$2!

Tri-Lakes Senior Center

1300 Higby Road, Monument

1300 Higby Road, Monument, CO 80132 (on the campus of Lewis-Palmer High School) Open Monday through Friday, 1-4 p.m., and other days and times to accommodate scheduled events.

Monday Movie Matinee - Mondays, 1-4 p.m. Recent and classic movies with free refreshments and snacks.

Pinochle - Tuesdays, noon-4 p.m.; Thursdays 1-4 p.m.

Line Dancing - Tuesdays, 1:15-2:15 p.m.

Ladies Tea - Third Tuesday of the Month 1-3 p.m. Open to everyone. Each month is a different theme. Please bring a salad, side or dessert to share.

Bingo - Third Wednesday, 1-3 p.m. Prizes galore!

Bridge - Second Thursday, 1 to 4 p.m.

Mah Jong - Fridays, 1-4 p.m. Join us for national Mah Jong.

Foot Care Clinic - Second Wednesday and last Friday, 11:30 a.m.-3 p.m. Service by the Visiting Nurse

Association. Thirty minute appointment for \$30. Call 719-577-4448 for an appointment (please no walk-ins). Services include callous and corn buffing; toenail clipping, trimming and filing; circulation check; monofilament test; skin condition check; pulse check in both feet; and foot care education.

Golden Circle Nutrition Program Senior Lunch - Monday and Thursday, 11:45 a.m.-12:45 p.m. Meal served at 166 Second Street, Monument. \$2 suggested donation.

Tri-Lakes Health Advocacy Partnership Seniors Lunch - Wednesday, 11:45 a.m.-12:45 p.m. Meal served at 146 Jefferson Street, Monument (basement of the School District 38 Administrative Building). \$3 donation suggested.

WHAT'S FOR LUNCH

GOLDEN CIRCLE NUTRITION 1655 S. Murray - Colorado Springs - 719-884-2304

Dec. 1 – Sloppy Joe, corn, coleslaw, apple, yogurt, milk	melon cup, milk	and tomato, pinto beans, coleslaw, spiced peaches, milk	potato chips, broccoli	sprouts, red quinoa w/veggies, mushroom risotto, pineapple, milk
Dec. 2 – Baked citrus tilapia, rice pilaf, broccoli, strawberries, raisin nut cup, milk	Dec. 8 – Chicken alfredo, squash medley, garbanzo bean and tomato salad, strawberries, milk	Dec. 15 – Roast turkey w/ gravy, stuffing, green bean w/bacon and onions, cranberry, pumpkin pie, roll, milk	Dec. 21 – Chicken fajitas w/peppers, onions and tortillas, Spanish rice, southwestern black beans, strawberries, milk	Dec. 28 – Meatballs w/ marinara sauce, pasta, green beans almondine, strawberries, breadstick, low sodium tomato juice
Dec. 5 – Breaded chicken sandwich, lettuce and tomato, coleslaw, pear, milk	Dec. 9 – Beef chili and cheese, baked potato, tossed salad w/dressing, grape cup, roll, milk	Dec. 16 – Chicken parmesan, pasta w/marinara, Italian veggies, lentil salad, garlic bread, orange, milk	Dec. 22 – Crab cakes, broccoli cheddar rice, green beans, bread, cookie, low sodium V-8 juice, milk	Dec. 29 – Chicken piccata w/ pasta sauce, creamed spinach, lima beans, mandarin oranges, milk
Dec. 6 – Beef stroganoff, pasta, broccoli w/cheese, banana, bread, milk	Dec. 12 – Egg salad sandwich, pea soup, tossed salad, mandarin orange, raisin nut cup, milk	Dec. 19 – Glazed ham, roasted sweet potato, veggie blend, peach/pineapple compote, raisin nut cup, milk	Dec. 23 – Ziti, green beans, Cesar salad, banana, milk	Dec. 30 – Sandy's chicken chili, broccoli w/cheese, tortilla, applesauce, milk
Dec. 7 – Boneless BBQ pork ribs, potato salad, California blend veggies w/ almonds, baked beans,	Dec. 13 – BBQ chicken, potato salad, garbanzo bean and tomato salad, orange, milk	Dec. 20 – Chicken salad croissant, tomato soup,	Dec. 26 – Silver Key closed	
	Dec. 14 – Hamburger w/lettuce		Dec. 27 – Salmon w/lemon and dill, roasted Brussels	

MEALS ON WHEELS 2250 Bott Ave. - Colorado Springs 719-884-2330

Dec. 1 – Sloppy Joe; tortellini with roasted vegetables	Dec. 12 – Egg salad sandwich and soup; turkey cranberry sandwich	chili with cornbread
Dec. 2 – Baked citrus tilapia; Cajun chicken pasta	Dec. 13 – BBQ chicken; swiss mushroom burger	Dec. 22 – Pork loin with mushroom sauce; BBQ chicken salad
Dec. 3 – BBQ chicken	Dec. 14 – Hamburger; Sheppard's pie	Dec. 23 – Ziti; classic Italian sub sandwich
Dec. 4 – Polish sausage	Dec. 15 – Roast turkey; ruben sandwich	Dec. 24 – Hamburger
Dec. 5 – Breaded chicken sandwich; chicken cheese steak	Dec. 16 – Chicken parmesan; shrimp enchiladas	Dec. 25 – Roast turkey
Dec. 6 – Beef stroganoff; baked macaroni and cheese with ham and spinach	Dec. 17 – Beef stroganoff	Dec. 26 – Pulled pork
Dec. 7 – Boneless BBQ ribs; tortilla crusted tilapia	Dec. 18 – Boneless BBQ ribs	Dec. 27 – Salmon with lemon and dill; lasagna
Dec. 8 – Chicken alfredo; oven fried catfish	Dec. 19 – Glazed ham; pulled pork sandwich	Dec. 28 – Meatballs with marinara sauce; BBQ chicken
Dec. 9 – Chili and baked potato; chicken tacos	Dec. 20 – Chicken salad croissant; salmon caesar salad	Dec. 29 – Chicken piccata; Monte Cristo sandwich
Dec. 10 – Sloppy Joe	Dec. 21 – Chicken fajitas; beef	Dec. 30 – Chicken chili; cheese ravioli with cream sauce
Dec. 11 – Crab cake		Dec. 31 – Pork loin with mushroom sauce

PENROSE SENIOR CENTER 405 Broadway - Penrose - 719-372-3872

Dec. 1- Pork Pot Pie, Salad
Dec. 6 - Hamburger Swiss Steak, Scalloped Potatoes, Veggie
Dec. 8 - Nachos and Cheese with Chili
Dec. 13 - Brats, Pasta Salad, Chips
Dec. 15 - Chicken Broccoli Rice Dish, Salad
Dec. 20 - Pot Luck (Center will furnish Ham)
Dec. 22 - BBQ Chicken, Rice, Veggie
Dec. 27 - Beef Tamales, Beans
Dec. 29 - Stroganoff, Salad
Menu Subject to Change
Bread, milk and dessert available with all meals
Carry out available
Please call between 9:30 and 10 a.m. for same day carry outs.

SRDA MEALS ON WHEELS Pueblo - 719-543-0100

Dec. 1 - Dijon chicken, vegetable couscous, roasted brussel sprouts, chicken barley soup, heavenly hash, milk	Dec. 13 - Green pepper steak, baked sweet potato, cheesy cauliflower, chicken barley soup, vanilla pudding, pineapple tidbits, milk	compote, garden vegetable soup, sweet and sour coleslaw, hamburger bun, milk
Dec. 2 - Beef tips w/mushroom gravy, cheesy mashed potatoes, bermuda mixed veg, creamy coleslaw, banana chocolate bar, milk	Dec. 14 - Roast pork loin, garlic mashed potatoes, seasoned mixed vegetables, apple chutney, tomato cucumber salad, orange, milk	Dec. 23 - Roasted turkey w/gravy, cornbread dressing, Brussel sprouts, green bean almondine, chicken noodle soup, Jello w/fruit, milk
Dec. 5 - Shepard's pie, roasted cauliflower, Scandinavian vegetable, beef noodle soup, fruit cocktail, milk	Dec. 15 - Turkey rice and cheese casserole, orange glazed carrots, Brussel sprouts, strawberry applesauce, garlic bread, milk	Dec. 26 - Chili mac, cheesy cauliflower, Cape Cod vegetables, cinnamon applesauce, milk
Dec. 6 - Tuna noodle casserole, corn, Harvard beets, Italian vegetable toss, oranges w/whipped topping, milk	Dec. 16 - Sloppy Joe, seasoned spinach, Prince Edward mixed veggies, beef vegetable soup, diced	Dec. 27 - Chicken cacciatore, mashed potatoes, Oregon mixed vegetable, carrot raisin salad, blueberry fruit cup, dinner roll w/butter, milk
Dec. 7 - Chili con carne, Spanish rice, yellow squash, chilled apricots, cornbread w/butter, milk	Dec. 19 - Chicken noodle casserole, winter mix vegetable, Italian mixed vegetables, cherry/blueberry crisp, pea salad, milk	Dec. 28 - Beef pie w/biscuit, caribbean vegetables, zucchini and tomatoes, navy bean soup, grapes, milk
Dec. 8 - Ham and potato casserole, seasoned asparagus, carpi mixed vegetables, carrot and sweet potato salad, peach crisp, milk	Dec. 20 - Citrus and herb fish, vegetable couscous, Harvard beets, Washington chowder, broccoli salad, apricots, milk	Dec. 29 - Meatloaf w/mushroom gravy, asparagus, peas and onions, chicken gumbo soup, dinner roll w/butter, yogurt w/oranges, milk
Dec. 9 - Beef and bean burrito, green chili, calabacitas, seasoned succotash, grapefruit cup, milk	Dec. 21 - Cuban roast pork, roasted rosemary potatoes, cabbage and carrots, pear, dinner roll w/ butter, milk	Dec. 30 - Roast beef w/brown gravy, Lyonnaise potatoes, Scandinavian mixed veggies, cream of broccoli soup, cranberry apple crumble, milk
Dec. 12 - Sweet and sour chicken, brown fried rice, Oregon mixed vegetables, creamy tomato soup, apple, milk	Dec. 22 - BBQ chicken, ranch beans, hot fruit	

SUPPORT GROUPS

Adult Protective Services El Paso County 444- 5755; Teller County 687-3335; Pueblo County 583-6160; all others call State of Colo. 303-866-3433.

Al-Anon, daily meetings for relatives and friends of alcoholics. Many locations or times: call 719-632-0063 or al-anon-co.org

Alcoholics Anonymous holds daily meetings to share and help each other overcome alcoholism. Many locations and times: coloradospringsaa.org.

Alzheimer's Assn. Support Groups offers help to caregivers who seek encouragement, and assistance. Call 719-266-8773 to locate a group near you..

Amputee Support Group meets at HealthSouth the third Wednesday of each month at 6:30 p.m., 325 Parkside Dr. in Colo Springs, info: 719-630-2313.

Bereavement Support Group is for those who have lost a loved one to death. New groups start throughout the year. Call Dr. Steve Fehl at 719-330-6652 for info.

Caregiver Support Group meets every Tuesday at 11:40 a.m. at HealthSouth, 325 Parkside Dr. Colo. Spgs. 719-630-2313.

Celiac Sprue Assn. support meeting is the second Saturday of month, 10:30 a.m. Contact Marie 719-572-0548 for location.

Centro de la Familia provides an array of support services to the Hispanic/Latino populations in this area. Visit 122 E. Las Animas St. in Colo. Springs 719-227-9170.

Deaf Chat. Meet and greet others in the deaf community, every third Fri. of month, 3 p.m., The Independence Center, 729 S. Tejon St, 719-471-8181.

Diabetes Community Center holds a weekly walking club which is open to diabetics and friends. dcccolorado.org

DSC Stroke Club meets 2nd Wed. of month at the Senior Center, 1514 N. Hancock Ave. 10 a.m. 719-574-9002.

50+ Network Group for job hunters is held Thursdays 10 a.m.-noon, Pikes Peak Workforce Center, 1675 W. Garden of Gods Rd. Register at www.ppwfc.org then click on Workshops under the red tab.

Gamblers Anonymous for those who want to stop gambling. Meetings: Mon. 6 p.m. or Sat. 9 a.m. at Dwelling Place, 508 N. Tejon CS. 855-222-5542

Grief Support Group, meets 2nd Thurs/mo. at First Lutheran Church, 1515 N. Cascade CS Fireside Room, 719-687-9204.

Grandparents Raising Grandchildren. For phone support thru First

Presbyterian Church call Nancy 719-578-8007.

Hearing Loss Assn. of America meets 2nd Sat. of month, 1 p.m. at Gold Hill Police Stn, 955 W. Moreno Ave. CS. HLAAColoradoSprings@outlook.com

Heroin Anonymous for those with opiate addiction. Tues. 7:30 p.m., 1919 W. Colorado 814-227-4723 or Thurs. 8 p.m. 4965 Van Teylingen #I, 337-1964.

Huntington's Disease Support Group meets 1 p.m. first Tues. of month, HealthSouth, 325 Parkside Dr. 719-630-2313

Later Life Depression Support Group meets 12:30 p.m. every Wed. at the Senior Center, 1514 N. Hancock. 719-477-1515.

Look Good ... Feel Better is designed for women undergoing cancer treatment. Meetings are 2nd Mon. of each month at 1445 N. Union Blvd. 970-254-5582.

Low Vision Support Groups meet at The Independence Center, 729 S Tejon St. Call 719-471-8181 for time and date info.

Mending Broken Hearts 7 Weekly sessions (\$10 fee) meets Wed. 6:15 pm, First Presbyterian Church, 219 E. Bijou St Colo. Springs, 719-844-6100.

Multiple Sclerosis Support: Men 11 a.m. Mon., Women 11 a.m. Tues, 1322 N. Academy; Tri-Lakes meets 9 a.m., 2nd Wed./mo. Village Inn, Mnmt. 719-633-4603

Mental Illness Family Support group, meets Tues. (except the 1st Tues) First United Methodist Church, 420 N. Nevada Ave, 473-8477.

Overeaters Anonymous - if food is a problem - Mon. 5:30 p.m. or Tues. 9 a.m. First Lutheran Church, 1515 N. Cascade CS. Other meetings: 719-475-0037.

Parkinson's Support Group (Sept-June) meets 2nd Sat./mo. First Presbyterian Church, 105 N. Weber St. Meetings 10 a.m. & end with potluck lunch.

Project Cope: helps needy customers of Colo. Spgs Utilities to pay utility bills. Apply at Hanifen Center, 14 W. Bijou St. M-F 10:30 a.m. to 1 p.m. 719-636-2345.

Pueblo County Social Services. Call 719-583-6160 to report elder abuse/neglect M-F 7:30-5:30; after hours 583-6699.

Polio Survivors Support Group meets 10 a.m. on the second Saturday of the month. Call 719-633-1497 for its location.

Senior Social Group meets at TREA 535 Emory Cir. every Tues. 9 a.m. for rolls & coffee. Restaurant lunch follows meeting. Bonnie 719-550-0669.

Senior Victim Assistance Team CSPD 444-7438 or 24-hour pager 444-7000.

Senior Wellness health & wellness class, Tuesdays 12:45 p.m. SRDA 230 Union Ave. Pueblo 719-545-8900.

Survivors of Stroke meet 10 a.m. third Thurs. of month at the Senior Center, 1514 N. Hancock. 719-630-2313

Take Off Pounds Sensibly, Fridays 9:30 a.m. Holy Cross Lutheran Church, Murray & Constitution. Judy 598-6621.

TESSA- Safehouse & counseling for victims of domestic violence or sexual assault Crisis: (719) 633-3819 or 719-633-1462.

Veterans Crisis Line - Confidential help for Veterans and their families 1-800-273-8255 press 1 or text: 838255.

UsToo Southern Colo. meets 4:30 p.m. third Tues. of month at Dorcy Cancer Center, 2004 Lake Ave., Pueblo. Contact Cesar for info: 719-557-5889.

VA Benefits & Entitlements Claims Assistance, Thursdays starting 5 p.m. Call TREA 719-596-0927 for appt. Bring proof of service (DD214) if first time filing or VA Rating Decision if con't claim.

Veterans Crisis Line for those in suicidal crisis, call 1-800-273-8255 Press 1 or confidential chat, text: 838255

Veterans DBSA -open to active, retired & former military w/ mood disorders, having served any amount of time- regardless of discharge. (Privacy respected ; no records kept.) Group meets Mon. 7 pm, 2132 E. Bijou #112 CS 719-477-1515

Widowed Persons Grief Support meets 1 p.m. 2nd & 4th Fridays / month, Senior Center, 1514 N. Hancock. 719-594-0276.

WINGS- therapy/support for survivors of childhood sexual abuse. Women's group 6:30 p.m. Tues & hursdays. For location: 800-373-8671.

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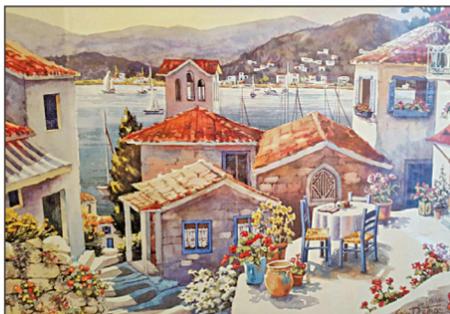
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 Bruce Schlabaugh, Life After 50
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AARP TAX AIDE PROGRAM needs volunteers to help the elderly and low to middle income folks prepare their taxes. Training is provided. In the Springs call Harry Feikert (719) 531-5381; in Pueblo call Charlene 719- 564-9452.

HOME INSTEAD SENIOR CARE is seeking CAREgivers who have the hearts to enhance the lives of seniors. No experience necessary, paid training and flexible hours. Apply at homeinstead.com/coloradosprings or call (719) 534-0908.

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SILVER KEY seeks volunteers to deliver hot meals, be a driver or secretary. If you like to visit with seniors and have reliable car, please contact us: 719-884-2319.

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AARP MEDICARE SUPPLEMENT INSURANCE through United Healthcare, to help pay for some out-of-pocket expenses not covered by Medicare. Find the right plan that works for you. Call Bruce Schlabaugh 719-237-8530. Licensed Insurance Agent, United Healthcare.

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- ✓ You are entitled to a Free Information as a resident of Colorado.

Please call for a **Free and No Obligation** appointment : 719-568-8539 and mention "Final Expenses."

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HEALTHY SENIOR LADY likes: fishing, music, flowers, good conversation. Respond to #4010V Life after 50, PO Box 50125, Colo. Spgs. CO 80949

RETIRED MALE LOOKING for female age 55-65 who likes movies, travel, concerts, flea market, quiet night at home and wants a male-female relationship, race no problem. Write to #3903E, c/o Life after 50, P.O. Box 50125, Colo. Springs, CO 80949.

SENIOR GENT - 60'S, INTERESTED in meeting a down-to-earth Christian lady who is like-minded. I enjoy walks, fishing, site-seeing, the outdoors or dinner out and a movie. Respond to: Box 7850X, Life after 50, P.O. Box 50125, Colo. Spgs, CO 80949

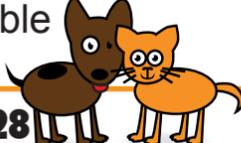
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SMALL WOODBURNING STOVE with grates, wanted for workshop, must be in good condition, 719-598-2649.

SUITS FOR TROOPS WANTED, collection day Sun. Jan 8th. Please donate old suits so that our troops leaving military can have a fresh start as civilians! American Legion, 3613 Jeannine Dr. For more info: 719-301-9454

VINTAGE ITEMS WANTED. Toys, comic books, magazines, catalogs, children's books, dolls, movie and music posters, Halloween, guitars and amplifiers, bicycles, and plastic model kits. Please call 719-633-5848.

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Knee Arthritis Pain: One HUGE Mistake And Two “Smart Moves”

Doctor’s Simple Advice Gets Rave Reviews By Patients Lucky Enough To Give It A Try

By Matt Edgar
America's Health Writer

El Paso County - Have you been told that exercise will help your knee arthritis pain?

Well... has it helped? If it hasn't, one local doctor has a very good reason why. Not only that - he says if you are trying to exercise with knee arthritis - you might be making a HUGE mistake.

Sounds crazy?

Yes it does. In fact, I thought it was a ridiculous thing to say. That is until I talked to some of his patients who gave him rave reviews. Many said he completely changed their life.

When they first came to the office, their knee arthritis pain was so bad they could barely walk and were scheduled for total knee replacement surgery. In a relatively short period of time, they cancelled surgery and are enjoying their lives again.

Why is exercising a HUGE mistake and what does this doctor recommend that is helping so many knee arthritis sufferers who come to see them from all over the state?

His name is Dr. Swanson MD. Dr. Swanson is a Medical doctor and head of arthritis treatment at Osteo Relief Institute in Colorado Springs, CO.

Double Edged Sword

Dr. Swanson says that exercising with knee arthritis is a double edged sword. It is true, your knee joints need motion to be healthy. And lack of motion can be very detrimental. Without motion joints become “sick.” And in theory exercising should help knee arthritis.

But here is the BIG problem: Knee arthritis is condition that dries up the lubricating fluids in your knee. It also changes the joint surface and creates bone spurs.

Because of these changes - *exercising on an arthritic knee can cause more swelling, more pain and more arthritic changes.*

Imagine driving your car without any oil. What happens? The engine parts scrape together and wear out.

You can't simply drive your car more and make it better. And in many cases - you simply can't just exercise your knee and make it better, either.

What's the answer?

In a car it's simple - put in more oil. And then make sure the oil level is correct and it is changed when necessary.

With your knee joints - it is a little more complicated.

The major lubricating fluid in your knee joint is called synovial fluid. Synovial fluid is the fluid that “dries up” when you suffer with arthritis.



Making Knee Arthritis Pain Worse: Research has discovered that people are suffering with arthritis much younger than expected. Making the right treatment choices now can possibly stop the progression and eliminate the pain.

But there is good news: Now doctors can inject one of the building blocks of synovial fluid directly into your knee joint.

This building block of synovial fluid is called hyaluronic acid. And when hyaluronic acid is injected directly into the knee joint, many experts believe it helps lubricate the joint.

Some say it is like squirting oil on a rusty door hinge. This allows the knee joint to glide more smoothly and often reduces or

even eliminates pain.

And here is the most important part: Now that the joint is lubricated and can move with less or no pain - specific exercises can be a tremendous help.

That's why the doctors (when patients qualify) treat knee arthritis patients with hyaluronic acid injections FIRST and then prescribe a very specific rehabilitation and exercise program specially developed to help knee arthritis pain.

This comprehensive knee arthritis pain program is called, “P.A.C.E.” and has been getting wonderful results.

So what is the HUGE mistake? If you suffer with knee arthritis and are exercising and the pain is either not getting better - or getting worse - you may be making a mistake. You may actually be making things worse. And that's the last thing you want to do.

What are the two “smart moves?” If you have knee arthritis pain, look into viscosupplementation with hyaluronic acid. In many cases treatment with hyaluronic acid followed by a specific rehabilitation or exercise program can get results when everything else has failed. In fact, it is not uncommon to get pain relief just from the hyaluronic acid treatments alone - without doing any rehabilitation or exercising at all. And the results can be dramatic.

If you are thinking about giving hyaluronic acid treatments a try - this is VERY IMPORTANT: In our opinion the doctor you choose should use advanced imaging technology such as fluoroscopy to guide the injections and make sure the hyaluronic acid goes where it is supposed to. Laser guided digital imaging is one of the best technologies to guide injections.

Research shows that without fluoroscopy, doctors miss the joint space up to 30% of the time. Obviously, if the joint space is missed - the treatment cannot work.

If you have already had viscosupplementation without this advanced imaging technology and it did not work - you may want to give it another try with a doctor who uses this cutting edge technique to get the best results possible.

So, if you suffer with knee arthritis pain, talk to a specialist about viscosupplementation with hyaluronic acid especially if exercise is not working or making things worse.

And make sure the doctor you choose works in a state-of-the-art medical facility and uses advanced fluoroscopic imaging (Like laser guided digital imaging) to guide the injections to make sure the treatments have the best chance to work.

For more information on viscosupplementation for knee arthritis or to get a free screening to see if this treatment is right for you, one of the specialists at Osteo Relief Institute can be reached at 719-266-2855.

Knee Pain Treatment Craze In Colorado Springs

After thousands already helped knee pain sufferers face 48 hour cut off to get risk free screening for incredibly popular treatment

(ORI) - The clock is ticking. There is only 48 hours to go.

If you suffer with knee arthritis pain and would like to get a risk free knee pain screening to see if the experts at Osteo Relief Institute in Colorado Springs, CO can help you with their extremely popular knee pain relief program - read this right now.

Here is why: For the past several years, the experts at Osteo Relief Institute have been literally swarmed with knee arthritis sufferers looking for relief.

Nearly all these knee pain sufferers chose Osteo Relief for one reason - their top-notch knee pain relief program featuring viscosupplementation with hyaluronic acid and specially designed rehabilitation program.

The Secret To Success?

The experts at Osteo Relief Institute believe one of the biggest reasons for their success is the fact that they have some of the best technology money can buy.

Laser Guided Digital Imaging

The clinic uses extremely advanced imaging equipment that allows them to see directly into the knee joint that they are treating.

This advanced imaging is called, “Laser Guided Digital Imaging” and many experts believe is the difference between success and failure with this knee pain treatment.

And probably the best thing about this technology is that it has allowed the experts at Osteo Relief Institute to get results with knee pain when so many others have failed.

What Is This Treatment?

This treatment is viscosupplementation with hyaluronic acid

(HA). Those are big medical terms that basically means this...

When you have knee arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Hyaluronic acid works so well because it is like “joint oil.” It is a natural substance and is one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated.

When it is injected directly into your knee joint, it is like squirting oil on a rusty door hinge.

Hyaluronic acid allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Why You Should Try This Even If You've Already Had Similar Treatments Without results...

“We have been able to help so many knee pain sufferers - even many who have already tried other injections like Synvisc, Supartz, Orthovisc and even Hyalgan. We use special and very advanced low-dose videofluoroscopy imaging called “Hologic Digital Imaging” so we can see right into the joint. This allows us to put the Hyalgan exactly where it needs to be. Studies show doctors doing joint injections without fluoroscopy miss the



Successful Treatment - Hyalgan being precisely injected directly into the knee joint using Hologic digital imaging. Advanced imaging allows treatments to be as precise as possible. Hyalgan can lubricate the joint and decrease pain.

joint up to 30% of the time.” said the director of Arthritis Treatment at Osteo Relief Institute.

Osteo Relief Institute is a state of the art medical facility offering only the best technology.

And that's not all - Osteo Relief Institute has a complete knee relief program called “P.A.C.E.” to make sure you get the most pain relief and the best possible results from treatment.

“Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy and the results usually last for at least 6 months. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. I can't tell you how many patients have cancelled their total knee replace-



Failed Treatment - the injection (and Hyalgan) misses the joint space. Research shows this occurs up to 30% of the time without the use of Hologic digital imaging to guide the injection. This is why Hyalgan may not have worked for you.

ment surgeries.” added one of the doctors.

How To Get It

If you have knee pain, the doctors and staff would like to invite you for a risk free screening to see if you are a candidate for Hyalgan treatments and the P.A.C.E program.

All you have to do is call 719-266-2855 right now and when the scheduling specialist answers the phone tell her you would like your free “Knee Pain Screening.” Your screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

But You Must Do This RIGHT NOW

The specialists at Osteo Relief Institute can only accept a limited amount of new patients each month for this screening. And be-

cause of the demand, we can only guarantee you a spot if you call within the next 48 hours.

If you are suffering in pain - make the call right now so you can make your appointment today. Why not take 20 minutes for your risk free screening to discover how you may be able to end your knee arthritis pain?

So call 719-266-2855 right now and find out if the experts at Osteo Relief Institute can help you like they have already helped thousands of others in your community.

And here's something really important - Hyaluronic acid treatments and the P.A.C.E program are covered by most insurance and Medicare. To schedule your risk free screening, call 719-266-2855.

If You Can Answer Yes - You Are Eligible For A Knee Arthritis Screening With The Experts At Osteo Relief Institute

- Do you have pain and osteoarthritis (arthritis) of the knee?
- Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

If you answered yes to any of these questions - call Osteo Relief Institute and schedule your risk free knee pain screening 719-266-2855

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