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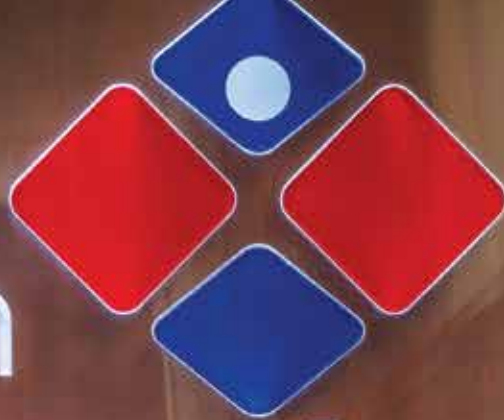
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**On the Cover**

Kristen Nielsen gives pointers to Julie Versaw, who uses a BOSU ball balance trainer to work out her lower body. Photo by James Harris Photography

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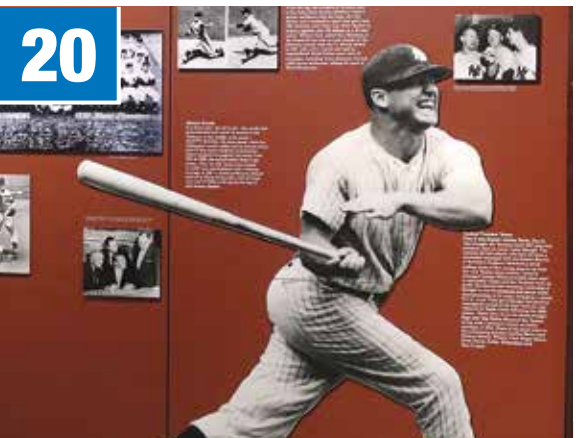
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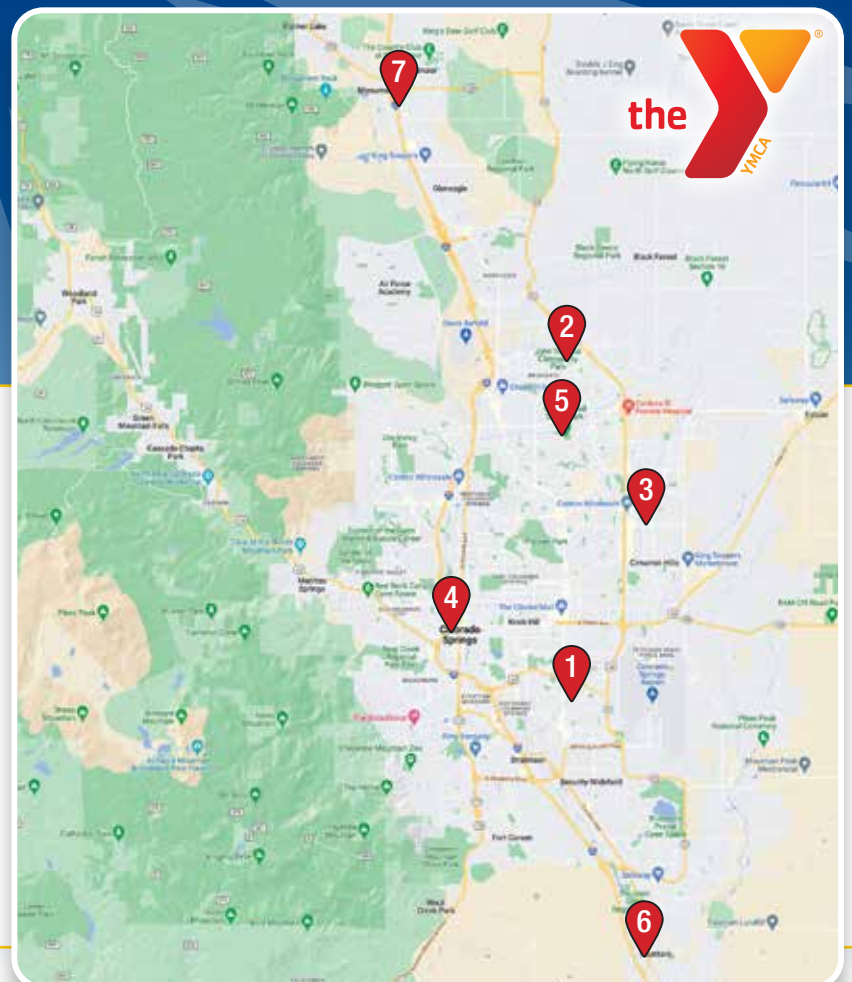
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# The urgency of now: Honoring King's legacy in our divided times

In 1963, Martin Luther King Jr.'s words spoke truth to a country in desperate need of change and equality. They still do.

There's something deeply uncomfortable about civil rights—not only that there is need for them in the first place, but the divisions that are unthinkable now happened not long ago. It wasn't "way back then"—it was in the 1950s and 1960s!

Separate drinking fountains seem unconscionable and shameful now, but those distinct thirst-quenchers existed, particularly in the South. The ones that dispensed cold, filtered water were labeled "White Only."

Those for Blacks were not maintained well and often found in basements or outside—if they even existed at all. These discriminatory fountains were curtailed by the Civil Rights Act of 1964, shaking up the status quo.

Racial division extended to segregated classrooms, restrooms and sections on public transportation. While visiting family recently, I saw the bus on which Rosa Parks refused to give up her seat at the Henry Ford Museum in Dearborn, Michigan. Again, that wasn't centuries ago. It was 1955.

This bias continued even in death, as people were buried according to race in separate cemeteries.

As a child of the '60s, I knew with certainty that racism was wrong. Society was beginning to have its collective conscience pricked by a new perspective of justice. But it was more than that.

In 1973, my family welcomed Sheila, a Black student, into our home for a semester of her sophomore year. Sheila was from Chicago and wanted to experience a smaller, private school in a rural area (or maybe her parents wanted that

for her). The drastic change in setting must have been like that of a foreign exchange student, except in her own country. So much smaller. Quiet. With all new faces and places.

But Sheila was funny, kind and exceedingly thoughtful, with a beaming smile and a great '70s 'fro. She had impeccable taste in music and clothing and even let me borrow her clothes sometimes. I had always wanted an older sister, and for one wonderful semester, I got one. Sixth-grade me felt a little less awkward when sporting her cool big-city fashions.

She knew I dealt with some mean-girl drama at the time, and I remember a letter she sent to our family when she was back in Chicago.

"I hope Rhonda finds a friend who is a friend," she wrote.

I've tried to find Sheila to discover where life took her and thank her for the special spark she brought to our family, but she eludes me.

What doesn't elude me is the intrinsic worth of every person. No distinctions. We're improving, but we still have work to do.

In King's "I Have a Dream" speech, he spoke of the fierce urgency of now, with no time to waste on apathy.

"Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood," he said.

Though he spoke courageously, it was a non-violent gesture of "meeting physical force with soul force."

King's dream was that people "would not be judged by the color of their skin but by the content of their character," and thus be freed from racial division.

"Let freedom ring from the snowcapped Rockies of Colorado," King exhorted.

May the work of unification continue right here, right now, in the shadow of Pikes Peak, America's mountain. ■



*Rhonda Wray*

Rhonda Wray, Managing Editor  
Rhonda@BeaconSeniorNews.com



## LETTERS From Our Readers

My wife and I read the BEACON faithfully every month. I recently emailed Adam Cochran about a computer issue, but I saw he's taking a break from writing. I'm trying to reset an old computer before donating it to Goodwill, but I've had no luck. I've tried several methods to wipe it clean. I just want it to be properly recycled without paying a fee, as we're on a fixed income. Does anyone else in your organization have advice, or could a future tech columnist address this? I'm beginning to think this computer has a mind of its own and knows its fate!

- Mike M.

**Rhonda:** I'm glad we could help with your problem! Readers, if you're unable to wipe personal information from a computer before recycling it, the best solution is to remove the hard drive and destroy it before recycling the rest of the device.

### Editor's Column (October)

I just finished laughing at your comments about brown furniture. I'm 87, and when it comes to the younger generations, I often feel left behind and, at times, unimportant. I'm grateful to read about others experiencing the same feelings. Learning to distill it all into a small, treasured memory cube of the past is about all we can do—because our memories are ours, not theirs.

- Helen S.

### Doubting Thomas

I was very disturbed by the three recent Faith articles by Will Sanborn. While his in-depth questioning of Christianity's foundations and seeking answers may be appropriate for some publications, the BEACON isn't one of them. You do an amazing job of covering all of the interesting, upbeat and meaningful things seniors are doing, and this should carry over to the Faith column. I challenge everybody of faith to give the BEACON leads on positive faith stories or submit them yourselves. Let's all take part in being a beacon for faith instead of focusing on dissecting it.

- Melanie W.

**We want to hear from you!**



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BeaconSeniorNewsCS

# FIT



## for life

### How trainers can help seniors maintain physical and mental health

By Rhonda Van Pelt | Photos by James Harris Photography

**T**he saying, “The spirit is willing, but the flesh is weak” grows truer with age. It’s easy to tell yourself, “I really need to go for a walk” as you sit in your chair. Yet it takes effort to switch off the TV or put down your book, then get up and go.

But you don’t have to motivate yourself alone. Having someone hold you accountable, tailor an exercise program, guide you through routines and carefully monitor your progress makes a huge difference. It’s fun to walk with friends or dogs, but they won’t give you the feedback a professional can.

Kristen Nielsen, 46, is a certified personal trainer specializing in senior fitness and functional aging. As the owner of TogetherWON, she helps older adults regain strength, mobility, balance and confidence through tailored exercise programs. Her services are offered either at her home studio in northeast Colorado Springs or in the client’s home.

Nielsen, who’s certified by the American Council on Exercise, understands how physical challenges can lead to social isolation and emotional struggles, and works to reverse those effects through fitness.

“When older adults start to lose their physical health, they tend to pull out of life,” said Nielsen.

Her work aligns with the expertise of other professionals in the field, like Jack Butler, a trainer at Fyzical Therapy & Balance Centers - Rockrimmon. Butler summed up the importance of exercise by saying, “Motion is lotion!”

But the benefits go beyond just flexible joints.

“Exercise is proven to lower depression, increase energy levels and many more benefits,” said Butler, who holds an associate degree in physical therapy, is a certified strength and conditioning specialist and has studied modern management of the older adult through the Institute of Clinical Excellence.

“Working with older adults can have a huge

effect on the patient’s daily life and ability to remain independent,” said Butler.

#### **FLEXIBILITY, STAMINA, STRENGTH**

Jaen Heinmets, 77, has worked with Nielsen for almost two years—and his wife, Shirley, makes sure he keeps up with his exercises.

Heinmets, who once enjoyed walking 12 to 13 miles with ease, found his balance deteriorating over time.

“Progressively, I got weaker and my balance got bad,” said Heinmets. “It was to a point where I was falling, even with [hiking poles].”

Heinmets now follows Nielsen’s guidance on improving balance. One exercise involves standing while lifting each foot over an object like a small traffic cone or placing his feet on colorful disks on the floor.

“It’s still hard, but it’s much, much better,” Heinmets said. “Every now and then, I have a setback because I’m doing something I don’t



**Left:** Shirley Heinmets improves her brain's processing speed by coordinating her hands to lighted pods while balancing on an exercise ball.

**Right:** Kristen Nielsen demonstrates proper form, as Richard Leahy twists his body to flex his spine.

normally do. The thing about Kristen is that she makes me want to succeed.”

Nielsen believes in the importance of personalized plans based on each client's needs. She evaluates clients' health metrics, including heart rate and blood pressure, to ensure that each program is safe and effective. However, she always advises clients to consult with their healthcare provider before beginning any new exercise routine.



Photo by Rhonda Van Pelt

## FIND YOUR BEST FIT—TRAINER, THAT IS

Here are some key questions to ask:

- Is the trainer affiliated with a gym? Do they have a home studio or will they come to your home?
- Where are they located? The closer to home, the fewer excuses not to go.
- What are their qualifications?
- Do they offer exercises specifically tailored for seniors? Relay your specific challenges. Common concerns for seniors include mobility, balance, stamina and strength.
- What do their services cost? While online or TV exercises can be helpful on a budget, they won't provide a personalized program or feedback.



## READY TO GET STARTED?

Book a free balance assessment with **Kristen Nielsen with TogetherWON** TogetherWON.com • 719-243-2877

### Fyzical Therapy & Balance Centers

**Glendale:** 12229 Voyager Pkwy #150  
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**Briargate:** 4025 Family Place  
719-471-4430

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719-219-9795

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“It is so rewarding to see people overcome physical limitations. I find a lot of joy in it.”

“I think it is better to be preventive and proactive, rather than reactive,” said Heinmets.

Richard Leahy began working with Nielsen in July 2024. At 66, he had always viewed exercise as a chore, but realized his mindset needed to change as he noticed the effects of aging.

Nielsen had him lying on the floor, putting his feet up against the wall while crossing his legs to improve flexibility, especially in his hips.

“She has me doing that every weekend,” Leahy said. “I had a hard time doing that at first, but now it's easy.”

He also does short, intense cardiovascular exercises to increase his heart rate and boost his stamina.

Another major age-related issue Nielsen sees in her clients is sarcopenia—a loss of muscle mass. Through personalized fitness programs, Nielsen works with clients to rebuild lost muscle mass, which helps seniors maintain their independence and overall quality of life.

“A lot of people, by the time they are 60, have lost half of their original muscle tissue,” said Nielsen.

### TRAIN YOUR BRAIN

Nielsen also incorporates brain-boosting exercises into her fitness programs. One mental exercise uses lighted pods that flash in various patterns and colors. Clients are instructed to touch the corresponding light with the correct hand, combining physical movement with cognitive challenges.

It's easy to forget you're exercising, Leahy said.

In addition to being a certified brain health trainer, Nielsen is passionate about learning more about dementia and its early symptoms. She cited recent research showing that combining physical activity with mental challenges, such as puzzles, creates more neural connections in the brain.

“It's like a one-two punch. It gives you that much more benefit,” she said.

One thing Butler likes about working with seniors is helping them unlock their own capabilities.

“It is so rewarding to see people overcome physical limitations,” added Nielsen. “I find a lot of joy in it.” ■

**Left:** Ron Versaw uses straps attached to the ceiling in Kristen Nielsen's home studio to build his strength.

**Right:** Jaan Heinmets finds that squeezing an exercise ball between his knees develops his leg muscles.



# New Year, New Tricks?

Spot these scams *before* they spot *you!*



**TAKE OUR QUIZ**

Scammers don't take holidays off, and as we ring in 2025, it's important to stay alert to their constantly evolving schemes. This quiz will sharpen your skills, spot red flags and kick off the new year with a resolution to protect your hard-earned money and avoid unnecessary stress.

**1. You get a call claiming you've won a lottery, but need to pay a fee to claim the prize. What should you do?**

- A) Pay the fee to get your prize
- B) Ask the caller for more details and think about it
- C) Hang up and report the call
- D) Tell them you'll pay with Monop-oly money to test their reaction

**Answer: C.** Hang up and report the call. Legitimate lotteries don't require you to pay fees to claim winnings. If someone asks for money upfront, it's a scam. Report such calls to your local authorities.

**2. A friend emails you asking for money because they're stranded overseas. What should you do?**

- A) Send the money immediately
- B) Contact your friend through another method to verify the request

- C) Ignore the email
- D) Offer to send a boat to rescue them

**Answer: B.** Scammers often hack email accounts or impersonate people you know to trick you into sending money. Always verify unusual requests through another method, like calling or texting your friend.

**3. You receive an email claiming to be from your bank, asking you to confirm your account information. What should you do?**

- A) Reply with your account details
- B) Click the link in the email to update your information
- C) Ask if they still give free toasters with every new account
- D) Contact your bank directly using a verified number

**Answer: D.** Banks never ask for sensitive information via email. Contact your bank using an official phone number to confirm the legitimacy of the request.

**4. A caller says they're from the IRS and demands immediate payment or you'll be arrested. How should you respond?**

- A) Hang up and report the call
- B) Pay them to avoid legal trouble
- C) Ask for their information to con-

- firm their identity
  - D) Ask if they'll accept other payment methods instead of cash
- Answer: A.** Hang up and report the call. The IRS never threatens arrest or demands immediate payment over the phone.

**5. Which of the following is a common sign of an online shopping scam?**

- A) Extremely low prices for high-value items
- B) A website with a professional design
- C) A social media ad from a company you've never heard of
- D) A checkout page asking for your pet's name and shoe size

**Answer: A.** Extremely low prices for high-value items. If a deal sounds too good to be true, it usually is.

**6. If you receive an email with an unexpected attachment, what is the safest action to take?**

- A) Open it to see what it is
- B) Delete it immediately if you don't recognize the sender

- C) Forward it to your friends for advice
  - D) Download it and hope for the best
- Answer: B.** Unexpected attachments can contain malware or viruses. If you're unsure about an email, delete it without opening any files or links.

**7. What is "phishing"?**

- A) A scam where someone pretends to be a friend
- B) A scam to steal personal information by pretending to be a trusted source
- C) An investment scam
- D) A new diet trend where you only eat fish

**Answer: B.** Phishing attacks use fake emails or websites to trick you into revealing personal information. Always verify the sender's identity before responding.





**8. Which of these is a red flag for a charity scam?**

- A) A request for a donation via gift card
- B) A donation request from a known organization
- C) An online payment option
- D) A promise to name a star after you if you donate.

**Answer: A.** Legitimate charities don't ask for donations through gift cards. If you're unsure, research the organization and donate directly through their verified website.

**9. If someone you met online asks for money, what should you do?**

- A) Send a small amount to help them out
- B) Ask why they need the money
- C) Stop communicating and report them if you suspect a scam
- D) Offer them Monopoly money to test their sincerity

**Answer: C.** Stop communicating and report them if you suspect a scam. Scammers often use emotional stories to manipulate people into sending money. Avoid engaging and report the individual to the dating website or communication platform you're using.

**10. What's the best way to protect your personal information online?**

- A) Share only with websites that ask for it
- B) Avoid sharing sensitive information unless absolutely necessary and only on secure sites (ones that begin with "https")
- C) Post your information only on private social media accounts
- D) Change your name to something secret, like your pet's name

**Answer: B.** Look for the "https" in the URL to ensure the site encrypts your data. Share personal details only when necessary with trusted sources.

**11. You receive a message saying your computer has a virus and providing a phone number for "Microsoft Support." What should you do?**

- A) Call the number to fix the problem
- B) Ignore the message and run a trusted antivirus scan
- C) Reply to the message asking for proof
- D) Tell them your computer is too sick from the virus to respond now

**Answer: B.** Ignore the message and run a trusted antivirus scan. Scammers often send fake virus warnings to trick you into calling their number, where they'll request access to your computer or payment for bogus services.

**12. Which of the following is a common method scammers use in investment scams?**

- A) Offering guaranteed high returns with little to no risk
- B) Sharing a balanced plan with potential risks and rewards
- C) Suggesting you research the investment before you commit
- D) Promising you'll make enough to buy your own private island in a week

**Answer: A.** No legitimate investment can guarantee high returns with no risk. Be wary of promises that sound too good to be true and always research investment opportunities thoroughly before committing.

Your best defense against scams is staying informed and cautious. Remember to double-check requests for money, avoid clicking suspicious links and never share personal information with unverified sources. By staying alert, you can outsmart scammers in 2025. ■

**REPORT SCAMS**

If you've been targeted by a scam, report it to the Colorado Springs Police Department at 719-444-7000. Areas outside of Colorado Springs should contact their local police directly.



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- Mick & JoAnn  
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# Lemony Grapes and Greens Salad

Recipe courtesy of GrapesFromCalifornia.com

Servings: 6

## Ingredients

### Lemon Vinaigrette:

- ¼ cup extra-virgin olive oil
- 3 tablespoons lemon juice
- 1 tablespoon honey
- 1 garlic clove, minced
- 2 teaspoons spicy brown or stone-ground mustard
- ⅛ teaspoon sea salt
- ⅛ teaspoon pepper

### Salad:

- 10 cups torn mixed greens (endive, watercress, frisee or butter lettuce)
- 1½ cups halved Grapes from California
- ½ cup slivered red onion
- 1 large firm but ripe avocado, peeled, pitted and diced
- ⅓ cup roasted, salted pistachio kernels

## Directions

**To make lemon vinaigrette:** In small bowl, whisk olive oil, lemon juice, honey, garlic, mustard, salt and pepper.

**To make salad:** In large bowl, mix greens, grapes and onion. Drizzle with dressing and toss well to coat. Add avocado. Sprinkle with pistachios. Toss lightly. ■

See more recipes at [BeaconSeniorNews.com](http://BeaconSeniorNews.com)



# Facing caregiving alone? Here's why you don't have to

**Dear Laird:** *Being a caregiver for my wife sucks, but I really love her. I'm committed and will care for her the best I can. That's why I don't understand when people tell me I should join a support group.*

Most caregivers don't seek out a support group right away.

Like you, we care for our loved ones out of love and a sense of obligation. Some caregivers avoid support groups simply because they're uncomfortable being vulnerable with strangers. Plus, in the beginning, things don't feel as overwhelming.

With most neurocognitive disorders, the road ahead is full of ups and downs. Some days seem almost normal. But then there are days when unexpected things happen—your loved one gets lost, puts clean dishes in the oven or forgets the dog's name.

Caregivers adapt. We take things as they come. But sometimes, the changes hit hard—like when your wife forgets key details, such as, "Did we get married?" or "Please stay in the other room until my husband gets home."

The early stage of the disease can begin with a diagnosis or sometimes it starts when something so strange happens that you just know. During this stage, the future you imagined is upended. You worry about the unknowns of caregiving and grieve the loss of the life you planned.

After a time, you'll adjust and things will feel much like they did before the diagnosis. The duties at home remain largely unchanged, so the caregiving burden feels light.

In the middle phase, caregivers

start to wear down. The time spent on daily tasks grows and the time for personal activities shrinks. You may realize you can't do it alone and turn to family and friends for help, but sometimes they're unable to assist due to distance or their own obligations. They may even withdraw, not knowing how to help or how to interact with someone they now see more as a disease than as the person they once knew.

In this stage, many caregivers recognize they need support but have a hard time finding it.

That's where support groups come in. These groups are filled with people who truly understand how hard caregiving is. It's a safe space where you don't feel alone or like a failure. Those who are further along in the journey can offer advice, share how they faced similar challenges and help you prepare for what's to come.

In the late stage, caregiving becomes a 24-hour responsibility. Group members share their experiences with tough decisions, such as whether or not to place a loved one in full-time care. Hearing others' stories will help inform your own choices.

Lastly, support groups offer the chance to make new friends. Connecting with people who understand what you're going through helps balance the grief of losing the friends you once had. ■

**When the weight of caregiving becomes too much, reach out to a support group. For a list of local support groups for caregivers, see our Support Groups section on page 31.**



## CAREGIVER SUPPORT

BY LAIRD LANDON, PhD

Send your questions to Laird in care of the BEACON or email him at [Laird@Family-Caregiver.org](mailto:Laird@Family-Caregiver.org)



### Are you looking for something meaningful to do?

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# 10 most Googled health questions answered

With so much health information online, it can be overwhelming to know who to trust. In this article, I'll answer the top 10 most Googled health questions:

**1 How can I lower blood pressure?** Lowering blood pressure involves dietary changes, regular exercise, stress management and possibly medication. Consume a diet rich in leafy vegetables, berries and healthy fats while reducing sugar intake. Stress reduction techniques, like yoga or meditation, can also help. If lifestyle changes aren't enough, consult a doctor.

**2 What is keto?** The ketogenic diet is a high-fat, low-carb plan that shifts your body from burning glucose to burning fat. It aids in weight loss and stabilizes blood sugar but may raise cholesterol in some people. With proper planning, keto can be a sustainable approach to long-term health.

**3 How to get rid of hiccups?** To stop hiccups, try holding your breath, drinking cold water quickly or gargling. Persistent hiccups lasting more than 48 hours could signal an underlying health issue or reaction to medication.

**4 How long does the flu last?** Flu symptoms usually last 3-7 days, though cough and fatigue may linger for up to two weeks. Prevent the flu with annual vaccinations and washing your hands.

**5 How to lower cholesterol?** Lowering cholesterol involves cutting back on saturated and trans fats, increasing soluble fiber intake and regular exercise. Avoid smok-

ing, limit alcohol and consult a doctor if dietary changes alone aren't enough. Statins may be prescribed if necessary.

**6 How to relieve bloating?** To relieve bloating, avoid gas-producing foods, eat slowly and skip gum and smoking. Over-the-counter medications can help, too. Common causes of bloating include hormonal changes, gluten sensitivity and overeating.

**7 What causes low blood pressure?** Hypotension can result from dehydration, prolonged bed rest, pregnancy, medications or certain medical conditions. Symptoms, including dizziness and fainting, should be evaluated by a health-care provider.

**8 What causes warts?** Warts are caused by the human papillomavirus (HPV) and spread through direct contact. Prevent warts by avoiding contact and not sharing personal items.

**9 How to prevent a stroke?** Prevent strokes by managing conditions like high blood pressure and cholesterol, making healthy lifestyle choices and having regular check-ups. Be aware some medications can increase stroke risk.

**10 How long is strep throat contagious?** Strep throat can be contagious for 2-3 weeks without treatment, but only 24-48 hours with antibiotics. Symptoms include sore throat and fever. Untreated strep can lead to complications like ear infections, mastoiditis, rheumatic fever and kidney inflammation. ■

## DEAR PHARMACIST

BY SUZY COHEN

For more articles and advice, sign up for Suzy's newsletter at [SuzyCohen.com](http://SuzyCohen.com)





# A chicken in every pot, broth for every day

By Allison St. Claire

Remember President Hoover's famous slogan, "A chicken in every pot"?

In the midst of these dark winter days, miserable flu season and the even darker times of a sluggish economy, a chicken in your pot and the healthful, delicious broth it creates is one of the brightest foods you can make.

All you really need is a chicken or its carcass, and water.

Hundreds of recipes call for chicken broth or stock. Only the ratio of bones and meat used differentiates them. I can't think of a single vegetable or grain I cook that isn't infinitely more flavorful and nutritious with some added chicken stock. There's no need for store-bought, which is far more expensive and unhealthy.

Unfortunately, homemade broth has been replaced with bouillon, which is perhaps the worst item on the market, as it is full of sodium and MSG. Some pre-made liquid broths also have added MSG and "natural flavorings" which are a negative for me. They are not cooked in the traditional way to gently extract the minerals, collagen and gelatin from real bones and have very little nutritional value.

Plus, food cans are lined with an estrogen-like chemical called bisphenol (BPA) to help prevent rust. But this chemical doesn't just sit there in the can lining. It breaks free and leaches out into the soup. That means you're getting a secret burst of hormones with every spoonful. Yuck!

## START SIMPLE

Use a whole chicken or parts, such as backs, necks, wings and especially feet. Yes, the feet are an extremely nutritious source of collagen! Every meat purchase does double duty if you buy it bone-in.



Meat closest to the bone is more flavorful and bones make excellent soups and stocks.

**Really basic:** Put chicken and a splash of vinegar (to help extract minerals from the bones) in a large pot and cover with water. Cook on the stovetop at a low simmer, or uncovered in the oven at 170-180 degrees for 6 to 24 hours. Especially with factory-farmed chickens, you may want to quickly boil first to release scum that you will skim off.

**Stock 1.0:** Add a large chopped onion at the beginning.

**Stock 2.0:** Add vegetables. If you plan to toss mushy vegetables or blend them as a base for soup and gravy thickeners, add two peeled and chopped carrots, peeled and three celery ribs, chopped. If you plan to include them in a bowl of chicken soup or casserole later, add during the last hour.

**Stock 3.0:** If you like additional layers of flavor, add peppercorns for spiciness, garlic for added sweetness, two bay leaves for savory depth and parsley and/or thyme (at the very end) for floral, herbal notes.

Store broth in your refrigerator for several days or save space by freezing it in an ice cube tray. Each cube would nicely flavor a couple of servings of cooked vegetables, provide a steaming cup of drinking broth or provide a rich base for rice, quinoa, couscous, wild rice or other grain. ■

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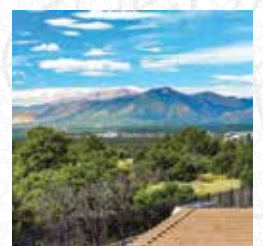
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# LAUGHING MATTERS

## THE ARM OF THE LAW

Submitted by Elliot Townsend

A DEA agent stopped by a farm to talk to an old rancher.

The agent said, "I need to inspect your ranch for illegally grown drugs."

"Okay, but don't go into that field over there," the rancher said, pointing behind the barn.

The agent became angry and told the rancher, "Look, mister, I have the full weight of the federal government behind me."

He reached into his back pocket, pulled out a shiny badge and waved it over his head.

"See this?" he said. "This badge means I can go wherever I want to, look where I want to, and answer to nobody!"

The rancher kindly nodded and went about his chores.

Moments later, he heard loud yelling, which turned into screams, and he saw the agent running for his life, pursued by the rancher's prized bull. Throwing down his tools, the old rancher ran as fast as he could to the fence and yelled at the top of his lungs, "Your badge! Show him your badge!"

## FORGIVE YOUR ENEMIES

Submitted by Melanie McNab

The preacher's Sunday sermon topic was about forgiving your enemies. After a long talk, he asked his congregation how many were willing to forgive. About half raised their hands. Unsatisfied, he lectured for another 20 minutes and asked again. This time, about 80 percent responded.

Still not content, he continued for 15 more minutes and repeated

his question. Now, everyone raised their hand—except for one elderly lady in the back.

"Mrs. Jones, are you not willing to forgive your enemies?" he asked.

"I don't have any," she replied.

"Mrs. Jones, that's very unusual. How old are you?"

"Ninety-three," she said.

"Please tell the congregation how a person can live to be 93 without an enemy in the world," he urged.

"It's easy," she said. "I outlived them all."

## MAGIC ELEVATOR

Submitted by Leia Bentley

An Amish boy and his father were visiting a mall for the first time. They were amazed by almost everything they saw, but especially by two shiny, silver walls that could move apart and then slide back together again.

The boy asked, "What is this, Father?"

The father responded, "Son, I have never seen anything like this in my life. I don't know what it is."

While the boy and his father

watched with amazement, a large older lady in a wheelchair rolled up to the moving walls and pressed a button.

The walls opened and the lady rolled herself into a small room. The walls closed and the boy and his father watched the small circular numbers above the walls light up sequentially. They continued to watch until it reached the last number, and then the numbers began to light in the reverse order. Finally, the walls opened up again and a young, voluptuous blonde woman stepped out.

At that point, the father said quietly to his son, "Go get your mother."

## CANDY BOWL

Submitted by Jay Schmidt

I visited my dentist's office for an appointment a few days before Halloween. A large bowl of candy was at the check-in desk for patients to help themselves. I told the dental technician I had never seen dentists give away candy at the office. She replied, "Job security."

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**MAD MONEY**

*Submitted by Zoe Neal*

As a new bride, Aunt Edna moved into the small home on her husband's ranch. She put a shoe box on a shelf in her closet and asked her husband never to touch it.

For 50 years, Uncle Jack left the box alone, until Aunt Edna was old and dying. One day when he was putting their affairs in order, he found the box again and thought it might hold something important.

Opening it, he found two doilies and \$2,500 in cash. He took the box to her and asked about the contents.

"My mother gave me that box the day we married," she explained. "She told me to make a doily to help ease my frustrations every time I got mad at you."

Uncle Jack was very touched that in 50 years she'd only been mad at him twice.

"What's the \$2,500 for?" he asked.

"Oh, that's the money I made selling the doilies."

**RETIRED ROBOT**

*Submitted by Jayson DeMers*

What would the terminator be called in his retirement?

The exterminator.

**PREGNANCY CRAVINGS**

*Submitted by Francie Mion*

These are recipes my pregnant millennial friend shared with me, and honestly, they seem pretty similar to what her kid will likely eat when he's a toddler.

- Maple and brown sugar oatmeal cooked in French vanilla creamer. Top with Goldfish crackers.
- Goldfish crackers on a bed of Cheez-Its, drizzled with Skittles and Milk Duds.
- Heat up a ramen bowl, smash Oats 'n Honey granola bars on top, and garnish with gummy bears and yogurt.
- Order bean and cheese burritos

from Taco Bell. Add nacho cheese and sour cream. Repeat until you regret all your life choices.

**BIRTHDAY GIFT**

*Submitted by Karl Knebl*

A friend of artist Toulouse-Lautrec presented him with a belt for his birthday. Because it was too short, Toulouse struggled to fit it around his waist. His friend asked him "Is the belt too tight, too loose?"

**FULL HOUSE CALL**

*Submitted by Felix Galvan*

The doctor answered the phone and heard the familiar voice of a colleague on the other end of the line.

"We need a fourth for poker," said the friend.

"I'll be right over," whispered the doctor.

As he was putting on his coat, his wife asked, "Is it serious?"

"Oh yes, quite serious," said the doctor gravely. "In fact, there are three doctors there already."

**THEN VS. NOW**

*Submitted by Micki Radisson*

- Long hair vs. longing for hair
- Keg vs. EKG
- Acid rock vs. acid reflux
- Moving to California because it's cool vs. moving to California because it's warm
- Pot vs. potbelly
- Trying to look like Marlon Brando or Liz Taylor vs. trying NOT to look like Marlon Brando or Liz Taylor
- Paar vs. AARP
- Hoping for a BMW vs. hoping for a BM
- Going out to a new, hip joint vs. getting a new hip joint
- Rolling Stones vs. kidney stones
- Passing the driver's test vs. passing the vision test
- Whatever vs. Depends ■



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# Eat the rainbow

## Boost your immunity with these colorful crops

Simply put, we need plants in our lives. They provide nourishment and give us oxygen through photosynthesis. Those of us who garden gain emotional well-being from working with plants by watching them grow and develop.

Plants also provide powerful healing properties and have been the foundation of the pharmaceutical industry for decades. Many modern medications trace their origins to plants and herbs, yet as a society, we have distanced ourselves from the natural sources of so many health-promoting compounds.

### HEALING POWERS OF PLANTS

For thousands of years, folklore and mythological stories have given us insights into the healing abilities of plants. Sage, for instance, has a long history of medicinal use. Its name is derived from the Latin “salvus” meaning “to save” and “salvere” meaning “to heal.”

Once primarily used for sore throats, modern science has now confirmed that sage contains compounds with anti-inflammatory, anti-cancer and neuroprotective effects. Science validates sage as a healing plant.

Some plants act as natural mul-



**Plants provide powerful healing properties and have been the foundation of the pharmaceutical industry for decades.**

Plants like comfrey, nettles, vitamins. Basil is rich in vitamin C, calcium, magnesium, potassium and iron, and contains an essential oil with antibacterial properties.

Plants like comfrey, nettles,

dandelion and amaranth have long been prized in herbal medicine. Beyond their healing qualities, these plants draw minerals from the soil and store them in their tissues.

When consumed, we absorb those trace elements, which are crucial for maintaining healthy bodily functions.

Our DNA and every cell in our bodies rely on trace minerals to work properly. Biodynamic growers add these mineral-rich plants to their fertilizer blends, and even

incorporate them into compost tea at the start of the brewing cycle, increasing the nutrient content in the tea.

### RAINBOW OF HEALTH

One of the joys of gardening—whether you’re growing lettuces, herbs or greens in a backyard garden or pots on a windowsill—is the ability to harvest fresh plants that contain living compounds, many of which are heat or oxygen sensitive.

Chlorophyll, the green pigment

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## The most potent health-promoting compound in plants is anthocyanin, found in crops with blue or purple pigments.

in plants, is a prime example. A byproduct of photosynthesis, it helps heal skin conditions, promotes red blood cell production and reduces inflammation. However, heat or light exposure after harvest can break down chlorophyll, diminishing its nutritional value. Eating fresh, raw greens captures the maximum amount of nutrients and is a great reason to grow your own food.

Carotenoids are another important compound produced in plants, especially those with orange or yellow flesh. Carrots and yams are the most common, but don't overlook cantaloupes, yellow peppers and winter squash. Carotenoids are a source of vitamin A and are rich in lycopene, which supports heart health, and zeaxanthin, which promotes eye health.

The most potent health-promoting compound in plants is anthocyanin, found in crops with blue or purple pigments. Red cabbage, eggplant, black currants, grapes and even edible flowers are excellent sources of anthocyanins, which all grow well in Colorado.

Ironically, purple carrots and potatoes were once the norm, but

were bred out of existence in an effort to make them milder and sweeter (anthocyanins give food a slightly bitter taste). Research at the Plants for Human Health Institute at North Carolina State University has demonstrated that anthocyanins reduce inflammation, inhibit cancer cell formation and proliferation, and protect against diabetes, cardiovascular disease and cognitive decline. Even more remarkably, anthocyanins boost levels of Bifidobacterium in the gut, supporting digestion, immunity and overall health.

We've all heard the advice to "eat the rainbow," and now with science backing up this notion, it's time to start growing the rainbow too! When planning your garden this year, consider

planting crops in a variety of colors—reds, yellows and purples, in addition to the familiar greens.

Red tatsoi, purple cauliflower and yellow Hungarian peppers

add color to your garden, while also contributing to your overall health. These colorful plants may help "save" and "heal" your health in ways that go beyond simple nutrition. ■



Basil is rich with antibacterial properties.

## GROW WILD

BY BRYAN REED

Send your gardening questions to Bryan in care of the BEACON or email him at [BryanCollaborates@gmail.com](mailto:BryanCollaborates@gmail.com)







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# Automatic litter boxes: gift or gaffe?

**Dear Ms. Kitty:** I love my cat Rita, but now that I'm older, it hurts my back to scoop her litter box. I'm thinking about one of those automatic litter boxes, but they're so expensive. Are they worth the price, and will Rita use it?

### Signed, Scooping in Snowmass

**Dear Scooping:** You're in good company considering an automatic litter box, with 14 pages of different brands on Amazon alone! They can be expensive, but who wouldn't appreciate your kitty's waste scooped for you into a nice, tidy bag?

Automatic litter boxes range from about \$150 to \$700. The least expensive have a motorized rake that sifts through the litter and rolls the waste into a container with a bag.

The most expensive are covered boxes with sensors that tell when the cat enters and exits. They then sweep the waste into a sealed container with a bag for disposal. Most are quiet but can still be scary to a shy cat.

Usually about 2 feet across and 2.5 feet high, they're not for small rooms. They must be completely level, so they won't work on carpet. That may relegate them to bath or laundry rooms, perhaps not ideal for Rita.

They need to be emptied twice a week for one cat. That's less maintenance than normal. For two cats they may need emptying every other day—not much improvement over daily scooping.

The expensive ones have less odor from the sealed chamber where the waste is stored. Including litter, these boxes weigh 35-55 pounds. They aren't light! Most require clay litters; natural litters will not work.

They may be advertised as "hands-free" but, like any litter box, they routinely need a com-

plete cleaning with soap and water. Instead of a normal box, you will be cleaning one nearly 2 feet in diameter inside and out (most likely outside with a hose). And the ones with rakes? Imagine having to scrub the bars of a barbecue grill caked with clay litter.

Some have entries higher off the ground, which can be difficult for senior kitties. Others have small entries and chambers are too small for cats over 12 pounds. Most are dangerous for kittens under 6 months, as their sensors can't detect them.

In the veterinary field, cat



PetSafe Scoop Free Litterbox

output of urine and stool is known as their "ins and outs." The advantage of most covered litter boxes is that you don't have to see or smell their ins/outs. The disadvantage is if you're not monitoring their output, you could miss telltale visual health signals, like blood or increases/decreases in urine or stool.

The more expensive automatic litter boxes tout apps that monitor your cat, but only monitor weights and when cats enter and exit, not actual ins/outs. Some apps don't save historical data, so you can't monitor changes.

Most boxes require accessories that add to the cost. These range from specialty bags for the waste chamber to filters and deodorizers

that add toxic chemicals to the mix. Some also need special litters.

If you are considering an automatic litter box, the Litter Robot 4 is the most highly recommended (the LR3 is acceptable too). American-made and in its fourth generation, both the quality and customer support appear trustworthy.



The Litter Robot 4

Make sure you place the new auto box next to the old one, as many cats dislike change when they do their business. Rita can try out the new litter box with the comfort of the existing one nearby. Once she shows she prefers the new one 90% of the time, you can remove the old box.

If she doesn't adapt but you still need another option for easier scooping, you might consider the PetSafe ScoopFree box with crystal litter. This system is expensive and the crystal litter may be less safe, but it can be kept on a table.

One last caveat: another automatic litter box design rotates the litter from the front toward the back into a small space above the chamber. It can maul or kill cats who accidentally get caught in the mechanism. Look for a small round opening with a little panel at the bottom and avoid it at all costs! ■



## ASK MS. KITTY

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# Fortitude for financial resolutions

## How to master your money goals in 2025

By Karen Telleen-Lawton

If one of your New Year's resolutions is to take control of your spending and you've managed to stick with it well into the winter, you're already on the right track. This guide will help you transition from financial stress to smart strategy, putting you on the path to achieving your money goals.

**Budget.** Living "within your means" implies not allowing credit cards to blur the gap between your income and expenses. I have occasionally directed clients to cash their paycheck, pension or Social Security checks and divvy it up into envelopes labeled with their monthly fixed expenses. Try this for a few months and see how it helps you connect the dots between what's coming in and what's going out.

**Here's a tip:** One envelope should be a contribution towards bills that recur less than once a month, such as property tax and insurance.

**Pay off debt.** Can you imagine initiating retirement with a clean slate? Paying off debt is a great way to start retirement. Whether or not you begin with the envelope system, make "debt retirement" one of your monthly budget items. You can continue to nurture a savings habit regardless of your retirement status—whether you're already retired or still actively working. Creating a savings habit is equally important in both scenarios.

**Save for emergencies.** Make sure you have an emergency fund to cover several months of expenses in case your income is delayed or halted. Recent research out of University of Colorado Boulder shows that an emergency fund of just \$2,500 can mean "muddling through versus falling off a cliff."

If you don't have such a fund,

direct your bank to move regular amounts to your savings account each month until it's at least \$2,500. This small safety net can protect you from borrowing on your credit cards at an exorbitant rate; therefore, it should come before paying off credit card debt.

**Invest.** Upon retiring, it's tempting for some to put everything in cash and bonds. However, most of us can't afford this over the long term. Inflation often eats away more than fixed income returns, making it essential to consider maintaining or increasing purchasing power through stocks and diverse investments. Crafting a well-balanced asset allocation requires a discerning evaluation of your goals and risk tolerance.

**Increase your income.** If you and your partner have very different goals and tolerances, you'll have to find a way to compromise.

For instance, design your budget so that your basic expenses are more than covered by your fixed income (from basic salary, Social Security or pensions). Income above this amount can be allotted towards variable expenses, goals and desirables.

If your budget is teetering on the edge of affordability, keep up or develop marketable skills. No matter how small a community you live in, you can take online courses. Many career-oriented courses are free.

Try classes through Stanford University ([online.stanford.edu/free-courses](https://online.stanford.edu/free-courses)) or Coursera.org

**Manage your personal risk.** Just because you retire doesn't mean you're immune to risk. Mitigate personal risk through prudent actions and consider insurance for unforeseeable catastrophes. Maximize the value of your Social Security by

staying in the workforce until you accumulate 35 years of work history, and if feasible, delay collecting benefits until age 70. Waiting allows your benefit to increase, coupled with any declared cost of living increases, from your full retirement age (FRA) to age 70.

**Get your affairs in order.** As we age, the likelihood of accidents or health issues interfering with our ability to conclude our affairs increases. You can proactively address this reality by creating a comprehensive will and estate plan. Take the time to connect with individuals with whom you have unfinished business.

**Cultivate a life network.** Choose healthy relationships with people who support your best financial self. Dare to seek help when you feel overwhelmed. Signs that you may need a financial partner include:

- Paying only the minimum on your credit card or using one

credit card to pay off another

- Shrinking cash accounts
- Piles of overdue bills
- Delaying needed maintenance, whether on yourself, your car or home.

If these are happening to you, a fee-only planner can keep you from making big mistakes. Alternatively, check out these sources:

- National Foundation for Credit Counseling ([nfcc.org](https://nfcc.org))
- Financial Counseling Association of America ([fcaa.org](https://fcaa.org))
- Financial Planning Association ([financialplanningassociation.org](https://financialplanningassociation.org))
- "You and Your Money," a personal finance book by Stanford professor emeritus Henry E. Riggs
- Budgeting software like Quicken Simplifi ([quicken.com/products/simplifi](https://quicken.com/products/simplifi)) and Intuit Mint ([mint.intuit.com](https://mint.intuit.com))

Regardless of your current circumstances, celebrate your achievements by taking the first step to turn things around. Make 2025 the year of positive financial change. ■

### What's YOUR Investment Risk Tolerance?

Try filling out the Rutgers Risk Tolerance Assessment at [pfp.missouri.edu/research/investment-risk-tolerance-assessment](https://pfp.missouri.edu/research/investment-risk-tolerance-assessment) to understand your own capacity for risk.



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**REPAIRS • RENTALS • SALES**



Visitors at the National Baseball Hall of Fame and Museum in Cooperstown, New York, discover that the Colorado Rockies' only World Series appearance in 2007 ended in a four-game sweep by the Boston Red Sox. The museum also showcases artifacts like the Rockies' 1993 opening season pennant, the purple pinstriped pants Eric Young Sr. wore in 1996 when he stole six bases in a single game and a bat used by Larry Walker during his 1997 season when he led the National League with 49 home runs.

These items are part of the museum's extensive collection, a must-see for baseball fans visiting the charming village (population around 1,800) in the foothills of New York's Catskill Mountains. The museum portrays the popular game through entertaining and educational exhibits. When I asked how much time visitors usually spend there,

I was told, "From two hours to two weeks."

### LUXURY ROOM WITH A VIEW

In addition to reliving some of baseball's greatest moments, I enjoyed time relaxing in a rocking chair on the wide veranda of The Otesaga, a luxurious historic resort hotel built in 1909. Overlooking stunning views of Otsego Lake, my stay at this elegant hotel was a key part of the experience.

The property, whose name comes from the Iroquois word for "place of meetings," transports visitors to a time of elegance and gracious hospitality. The expansive



*"It ain't over till it's over."*

— Yogi Berra



Displays abound at the National Baseball Hall of Fame and Museum.

# COOPERSTOWN: *It's a hit!*



Small town offers big attractions,  
from baseball to breathtaking views

By Victor Block



Cooperstown's appeal extends well beyond baseball. The town has been referred to as "America's most perfect village."

porch and guest rooms, featuring ceiling chandeliers and oversized windows with stunning views of the lake, are among many details that combine ultimate comfort and opulence.

The hotel also boasts a golf course that hugs the lake and is ranked among the best on the East Coast, a heated pool, tennis and pickleball courts and four-star restaurants.

While I could have happily spent all my time relaxing at The Otesaga, the variety of things to see and do in town drew me away.

In addition to the Baseball Hall of Fame, other baseball-related attractions include the Heroes of Baseball Wax Museum, Cooperstown Bat Company (where visitors can learn how professional bats are made), and shops offering a wide array of baseball-themed apparel, player cards and other collectibles.

### A QUIANT VILLAGE

It didn't take long for me to understand why Cooperstown has been referred to as "America's most perfect village." Its rolling farm fields tucked among pockets of forest amid tranquil lakes overlooked



Shops offer a wide selection of baseball-related apparel, player cards and other collectibles.



The Otesaga, a luxurious historic resort hotel (built in 1909) perched at the edge of Otsego Lake.



Relaxing on the veranda at the Otesaga Hotel, with stunning views of the lake and rolling hills.



by low-lying mountains create an idyllic setting.

The town itself could be the backdrop of a novel or movie set, with its walkable streets leading to the lakefront, leafy parks and a blend of colonial buildings and Victorian homes painted in vibrant

A tour boat on Otsego Lake.



## It's no wonder Cooperstown was included on Travel+Leisure magazine's list of best places to visit and best road trips from New York City.

colors. It's no wonder Cooperstown was included on Travel+Leisure magazine's list of best places to visit and best road trips from New York City.

The town was founded in 1786 by William Cooper, father of the renowned author James Fenimore Cooper, whose writings include the "Leatherstocking Tales," a series of historical novels set in the frontier period, which combine pioneer and Native American lore against a backdrop of the region's magnificent scenery.

### NATURE LOVER'S PARADISE

At the heart of Cooperstown's beauty is Otsego Lake, a glacier-formed body of water whose name means "place of the rock" in Iroquois, a reference to Council Rock, once a meeting site for Native Americans. The lake is called Glimmerglass in James Fenimore Cooper's books because at times the surface is so still it resembles a mirror.

For such a small village, Cooperstown offers a wide variety of welcome attractions. The Fenimore Art Museum displays world-class collections of American folk and

Native American art alongside rotating exhibits.

The Farmers' Museum is a living history village that recreates rural life from the mid 1800s. The site has been a working farm since 1813, when it was owned by James Fenimore Cooper. Collections run the gamut from an early 18th-century plow to homemade hay rakes and a 19th-century milk fat tester.

These museums are among the attractions that extend the appeal of Cooperstown well beyond its fame as a favored destination for baseball lovers. ■



A broom maker at the Farmers' Museum, a working farm since 1813.

### IF YOU GO...

To learn more about Cooperstown, visit [ThisIsCooperstown.com](http://ThisIsCooperstown.com)

**Otesaga Resort Hotel**  
607-547-9931 | [Otesaga.com](http://Otesaga.com)

**Baseball Hall of Fame**  
888-425-5633 | [BaseballHall.org](http://BaseballHall.org)

**Heroes of Baseball Wax Museum**  
607-547-1273 | [Cooperstown-WaxMuseum.com](http://Cooperstown-WaxMuseum.com)

**Cooperstown Bat Company**  
607-547-2415 | [CooperstownBat.com](http://CooperstownBat.com)

**Fenimore Art Museum**  
607-547-1400 | [FenimoreArt.org](http://FenimoreArt.org)

**The Farmers' Museum**  
607-547-1450 | [FarmersMuseum.org](http://FarmersMuseum.org)

## Compassionate, Affordable Care in the Comfort of Your Own Home



Hi, I'm Kathy Miller, founder of Gentle Shepherd Home Care. My husband and I founded the company as a result of having to find care for my 97-year-old Grandmother "MeeMaw". She needed a great deal of care and assistance to remain in her own home. Adding to the difficulty, MeeMaw lived in Dallas, miles away from us in Colorado. Flying to Dallas to take care of MeeMaw just became impossible. Thus the daunting task of finding qualified caregivers began, and Gentle Shepherd Home Care was born. I know how important the care of your MeeMaw is. I meet all our clients personally, recruit only the best caregivers and ensure everyone is treated the way MeeMaw deserved. Call me today.

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- Mobility Assistance
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- Hospital Discharge
- Sitting Services
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719-359-8371 | [GSHC.com](http://GSHC.com)

# “Come with me”

## Jesus’ invitation for rest and renewal

By John Vieths

Mark 6:30-31: “The apostles gathered around Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, ‘Come with me by yourselves to a quiet place and get some rest.’”

When we’re overwhelmed with more work than time, we’re tempted to think that we need to work more and work harder to catch up and regain control.

However, this wasn’t just any work Jesus and his disciples were doing. Real people were coming to them with real problems—disease and disability. The opportunity was ripe to grow Jesus’ ministry. How could they rest in the middle of all that?

But Jesus saw the needs of the 12 men who assisted him. If he didn’t take care of them, and himself, how could they take care of others?

Why do we resist the need to rest? It might be a matter of pride. We don’t want to acknowledge our limitations, either to ourselves or others. This kind of prideful attitude whispers, “I can handle this, even if it kills me.” And tragically, it just might.

Maybe we neglect rest out of a

kind of despair, born of an overactive sense of responsibility. Endless work might make us miserable, but we don’t see an alternative.

Both pride and despair ignore the existence of an almighty and loving God, which is a dangerous spiritual place to be. Jesus understood this peril and thus led his disciples—and leads us—to the brink of our endurance. It’s at our limits that we can finally see what he sees: the need for rest.

Consider that God created this world with a day of rest. When he summarized his will for people in the Ten Commandments, one had to do with rest.

“Remember the Sabbath Day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work...” (Ex. 20:8-9).

Jesus’ formula for rest comprises three parts:

“By yourselves” — this invites us to step away from the demands and pressures of the world and from those who may drain our spirits. It’s not about being alone; Jesus himself had the company of the Twelve, including faithful friends and family he could count on for support. Rest includes time with those who uplift us rather than challenge every ounce of our energy.

Second, “...to a quiet place...” suggests a retreat from the everyday hustle, a sanctuary from work and other obligations. Sometimes we need to be beyond reach and beyond distraction. Jesus wants our attention on something else.

Lastly, “Come with me” is fundamentally his first and central invitation. Jesus wants our rest to be with him. He doesn’t want to give us a new list of tasks to complete. He wants to erase the things we falsely put on our task list, like “carrying around our guilt” and “paying

for our mistakes.” He already did all that for us at the cross.

“Come with me,” Jesus invites, not to chastise us or highlight our shortcomings, but to offer forgiveness and freedom. “Come with me,” he says, not to be used, but to be loved. It’s okay to admit your vulnerabilities and know that you are not alone. Jesus sees your true need to rest in his grace and love. ■

Nourish your faith in between Sundays by reading more of John’s writings at [BitsOfBread.org](http://BitsOfBread.org).

## Everyone Needs an Angel

Barbara Ward

Everyone needs an angel.  
I am so glad that you are mine.  
I didn’t get just any angel;  
I was blessed with the best kind.

She is always there for me,  
No matter where or when.  
She thinks of others first,  
I know on her I can depend.

She has shared with me the good times,  
She has shared with me the bad.  
There is something very special about her  
That always cheers me up when I am sad.

No matter what life brings to me,  
I know she’ll be right by my side.  
When the pathway seems dark,  
She will always be my guide.

Everyone needs an angel.  
God blessed me with the best.  
She has become my heart friend,  
I’m grateful to be so blessed.

Everyone needs an angel,  
When you have hills to climb,  
Or whenever you are discouraged,  
The way we all get from time to time.

Everyone needs an angel,  
Someone who will encourage you,  
Someone who will always be there,  
Someone who is loyal, faithful and true.

Everyone needs an angel.  
I am so glad you came my way.  
Knowing you has been a constant blessing,  
And continues to be each and every day.



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# Color like no other

## Explore the vibrant world of pastels with the Pikes Peak Pastel Society

By Lisa Lowdermilk

Pastel painting has become a popular and rewarding pastime for many seniors, and for good reason. It's relaxing, visually striking and easier to learn than mediums like watercolor, making it an excellent choice for new artists.

Colorado Springs also offers a variety of landscapes that provide inspiration for pastel's vibrant tones, from the breathtaking views of Garden of the Gods and Pikes Peak to the historic Manitou Cliff Dwellings.

**"Pastel is much more vibrant than other mediums. It has very expensive pigments in each stick, which let you achieve effects you can't create with liquid paint."**

The Pikes Peak Pastel Society (PPPS) supports beginners and seasoned artists alike. Founded in 1999 and officially recognized as a nonprofit in 2000, the group typically meets twice a month for informal "paint-outs" at Library 21c. These casual gatherings don't require an RSVP and are open to nonmembers interested in learning more about pastel painting.

While PPPS doesn't offer for-



A landscape comes to life in Katie Cassidy's skilled hands.

mal instruction, veteran members sometimes invite those seeking individual guidance to their homes for personalized lessons.

As members build confidence in their skills, they are encouraged to compete in the annual juried show, typically held in the fall at Library 21c. Members also enjoy perks such as field trips to art exhibits and museums, discounts on courses and opportunities to participate in plein air (outdoor) painting events.

Lyn Farrell, 70, president of PPPS, began painting in 2018 after retiring from a career as a regulatory attorney. Initially drawn to acrylic painting



Pastels and plein air bring joy to PPPS president Lyn Farrell.



George Hart puts finishing touches on "purple mountain majesties."

through online tutorials, she knew after watching a pastel artist at work that she'd found the medium she really wanted to work with.

"Pastel is much more vibrant than other mediums. It has very expensive pigments in each stick, which let you achieve effects you can't create with liquid paint," she said. "It's also rather forgiving and easy to manipulate."

Farrell enjoys painting figures, landscapes and abstract art, and favors pastels for their distinctive look.

"You can't get that with watercolor or acrylic," she said.

Mary Sexton, 68, a lifelong artist, enjoys creating both realistic and whimsical plein air scenes. Her interest in painting on location began after she took a plein air class in Rhode Island, and since painted landscapes from various places, including Colorado's gold rush town of Victor and the iconic Pikes Peak.

Sexton draws inspiration from artists like Lorenzo Chavez, whose

Southwestern plein air works beautifully capture nature, and Desmond O'Hagan, who focuses on urban subjects.

If you're interested in learning more about pastel painting and joining a supportive artistic community, PPPS offers a welcoming environment for all skill levels.

"Everybody is absolutely lovely and very supportive of each other," Sexton said. "We're one of the nicest art groups around."

To learn more, visit PikesPeakPastel.org or call 719-338-5548. ■

### Pikes Peak Pastel Society's Upcoming Events

- First quarter meetings: January 11, February 15 and March 22
- Pastel painting workshop: May 19-20
- Exhibit in June at Commonwheel Artists Co-Op, Manitou Springs
- Annual juried show in September or October at Library 21c

## Living your Best Life After 50 starts with the 2025 BEACON Guide



Your *trusted resource* for discovering local services, activities and volunteer opportunities in El Paso & Teller Counties is almost here! From retirement planning and caregiving options to health care and housing, the **BEACON Guide** is your go-to guide for *living your best life after 50!*

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Discover new ways to connect, make friends and get involved with our monthly spotlight on a club or organization listed in the Guide.

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**719-900-7664** | [ContactCS@BeaconSeniorNews.com](mailto:ContactCS@BeaconSeniorNews.com)





# CALENDAR

## January 1-31

### Skate in the Park

Lace up your skates (included with admission) and take a glide around this pop-up rink at Acacia Park! It's wintery fun for date nights or grandchild out-

ings. Session times vary by day. Check online to confirm the schedule.

**115 E. Platte Ave. | \$13 | downtownCS.com/skate | 719-385-6521**



### January 3-5

#### L & L Home Building & Remodeling Show

See the latest innovations and design trends for your home improvement projects at Norris Penrose Event Center! Meet local professionals and explore how to bring your ideas to life, from countertops and cabinets to flooring and windows.

**2-7 p.m. Friday, 10 a.m.-7 p.m. Saturday, 10 a.m.-5 p.m. Sunday | 1045 Lower Gold Camp Road | \$5 | home.showcenter.com | 800-374-6463**

### January 3, 11 & 29

#### Cooking Class: Italian Wedding Soup

Ward off the chill in Library 21c's kitchen as you cook and enjoy a delicious and comforting traditional soup. Choose from three times and dates: January 3, 10 a.m.-12 p.m.; January 11, 12-2 p.m. or January 29, 1-3 p.m. Registration is required.

**1175 Chapel Hills Drive | Free | ppld.librarymarket.com | 719-531-6333**

### January 4

#### Winter Movie Marathon

Join in an all-ages winter movie marathon at the Fountain Library. Registration is preferred.

**10 a.m.-4 p.m. | 230 S. Main St., Fountain | Free | ppld.librarymarket.com | 719-531-6333**

### January 4

#### Randall King

Proud torchbearer of traditional country music, King will blend his honky-tonk roots with modern flair in an electrifying live show at Phil Long Music Hall. His acclaimed albums, like "Shot Glass" and "Into the Neon," amassed over 300 million streams. He performs worldwide while staying true to his neo-traditional style.

**7-10 p.m. | 13071 Bass Pro Drive | \$20-\$69 | phillongmusic hall.com | 719-401-0600**

### January 4 & 18

#### Dinner Detective Mystery

Tackle solving a hilarious and challenging mystery—"A Noteworthy Crime"—

while you feast on a three-course, gourmet chicken dinner (vegetarian option available) at Great Wolf Lodge. Beware! The culprit is hiding in plain sight. Maybe it's you!

**6-9 p.m. | 9494 Federal Drive | \$65 | thedinnerdetective.com | 866-496-0535**

### January 6 & 7

#### Stomp

This eight-member troupe uses everyday objects in astonishing, percussive ways: matchboxes, wooden poles, brooms, garbage cans, Zippo lighters and hubcaps. It's electrifying and hypnotic, with acrobatics and pantomime—an unforgettable celebration of rhythm and sound for all ages.

**7:30 p.m. | 190 S. Cascade Ave. | \$55-\$106 | pikespeakcenter.com | 719-477-2100**

## January 6 & 11

#### Jigsaw Puzzle Swap

Give a puzzle, get a new-to-you puzzle in exchange on January 6 at the Calhan Library, 600 Bank St., Calhan, or January 11 at Ruth Holley Library, 685 N. Murray Blvd.

**9 a.m.-4 p.m. | Free | ppld.librarymarket.com | 719-531-6333**



### January 7

#### Square Dance Open House

Do-si-do with the Waggin' Wheelers! Learn about affordable beginner lessons at the International Dance Club. You'll be treated to a chili/soup supper and a toe-tapping square dance demonstration. Sign up to dance in squares and make a circle of new friends.

**7-8:30 p.m. | 2422 Busch Ave. | Free | 719-203-0458**

### January 8

**The Temptations & The Four Tops**  
Head downtown to hear Motown!

Two iconic soul/R&B groups combine forces at the Pikes Peak Center. The Temptations brings dazzling choreography and hits like "My Girl" to the stage. Vocal quartet The Four Tops performs hits like "I Can't Help Myself (Sugar Pie, Honey Bunch)" with smooth harmonies.

**7:30 p.m. | 190 S. Cascade Ave. | \$73-\$469 | pikespeakcenter.org | 719-477-2100**

### January 8 & 9

#### Mediterranean Tour

Discover why Mediterranean food is so popular! This new class at The French Kitchen features the fresh herbs and produce of a cuisine that borrows from 15 countries. Taste some of the nine dishes Chef Christine demonstrates and take the rest with you.

**9 a.m.-12 p.m. | 4771 N. Academy Blvd. | \$99 | tfkcc.com | 719-528-6295**

### January 8, 13 & 31

#### Decorative Bucket List

Use collage materials to decorate the outside of a jar with words and pictures representing your bucket list, fill the inside with a slip of paper for each dream, then remove them throughout the year and get 'er done! There are three dates: January 8, 10:30 a.m.-12 p.m. at Palmer Lake Library, 66 Lower Glenway St., Palmer Lake; January 13, 2:30-4 p.m. at High Prairie Library, 7035 Old Meridian Rd., Peyton and January 31, 10:30 a.m.-12 p.m. at Library 21c, 1175 Chapel Hills Dr. Reservations are required.

**Free | silverkey.org | 719-884-2300**

### January 9

#### Art for Older Adults

Join local artist Elizabeth Stanbro at the East Library to produce high-quality art projects that respect your wealth of life experiences, skills and innate capacity to create. All supplies will be provided. Registration is required.

**1 p.m. | 5550 N. Union Blvd. | Free | tiny.ppld.org/art-older-adults | 719-531-6333**

### January 9

#### Repair Café

Disassemble, troubleshoot and hopefully repair your broken items with volunteers at Library 21c. Save money, help the environment and learn repair skills! Registration is required.

## January 3, 14 & 24

### Cooking Class: Tangzhong-Style French Bread

You knead to learn these bread-baking secrets! Choose from three classes at Library 21c: January 3, 1-3 p.m.; January 14, 10 a.m.-12 p.m. and January 24, 12-2 p.m. Registration is required.

**1175 Chapel Hills Drive | Free | ppld.librarymarket.com | 719-531-6333**



credit: www.freepik.com



5-7 p.m. | 1175 Chapel Hills Drive | Free | [ppld.librarymarket.com](http://ppld.librarymarket.com) | 719-531-6333

## January 10

### The Long Run

Chase that “Peaceful Easy Feeling” all the way to Phil Long Music Hall! This Front Range-based band pays tribute to the Eagles, faithfully recreating the ’70s sound of America’s best-selling rock band.

7-9 p.m. | 13071 Bass Pro Drive | \$39-\$59 | [phillongmusicchall.com](http://phillongmusicchall.com) | 719-401-0600



### January 10 Songs of Youth

Lose yourself in the rich sounds of woodwind music in the non-stuffy setting of the Ent Center. The audience will truly connect with EPIC Wind Quintet—their music, musicians and stories behind the music.

7 p.m. | 5225 N. Nevada Ave. | \$44 | [entcenterforthearts.org](http://entcenterforthearts.org) | 719-255-3232

### January 11 Colorado Wildlife Detectives

Hone your scientific thinking and solve nature puzzles with Sherlock Hemlock and Hercule Poirot, Master Nature

Detectives for Families. Hike and gather clues and make predictions about the animal activity at Fox Run Park. Prepaid registration is required.

10 a.m.-12 p.m. | 2110 Stella Drive | \$4 | [communityservices.elpasoco.com/nature-centers](http://communityservices.elpasoco.com/nature-centers) | 719-520-6387

### January 11 Monument Health & Wellness Expo

Discover the latest in the health and wellness industry at The Mine: fitness equipment, nutrition supplements, alternative therapies, holistic treatments and more, with delicious food, a raffle with 50+ prizes, kids’ corner, inspiring talks by experts and tips to improve your life.

12-5 p.m. | 1808 Woodmoor Drive, Monument | Free | [eventbrite.com](http://eventbrite.com)

## January 11 & 12

### Mozart’s Requiem

Hear this gorgeous piece in its entirety and learn about the layers



of deception and mystery and multiple composers behind it in this collaboration of the Chamber Orchestra of the

Springs and the Colorado Springs Chorale at First United Methodist Church.

7 p.m. Saturday, 2:30 p.m. Sunday | 420 N. Nevada Ave. | \$30 | [chamberorchestraofthesprings.org](http://chamberorchestraofthesprings.org) | 719-633-3649

### January 12 Mania: The ABBA Tribute

This homage to the iconic Swedish band features fantastic costumes, staging, lighting and effects, with first-rate musicianship! Party and relive memories with their best ’70s hits, including “Mamma Mia,” “Dancing Queen,” “Waterloo,” “Take a Chance on Me” and more.

7:30 p.m. | 190 S. Cascade Ave. | \$35-\$156 | [pikespeakcenter.org](http://pikespeakcenter.org) | 719-477-2100

### January 12, 15 & 22 The Blue Zones Challenge

Take practical steps to enhance a long life! Live well through exploration of health, happiness, movement, nutrition and social connection. January 12 is an introductory session at no cost from 12-1 p.m. Runs through February 5 at Unity Spiritual Center in the Rockies.

6-8 p.m. | 1945 Mesa Road | \$100 | [fitfocus@qwestoffice.net](mailto:fitfocus@qwestoffice.net) | 719-313-0329

### January 14 Heart Health Webinar

Prevent cardiovascular disease before it starts. This live webinar by cardiologist Tracy Paeschke covers what cholesterol is, how to manage your lipids and protect your heart. The recording will be available afterward if you have a scheduling conflict.

5-6 p.m. | Free | [facebook.com/share/12btbwdy8sp](https://www.facebook.com/share/12btbwdy8sp) | 719-203-2603

### January 16 Art Inspiration

Explore painting and drawing techniques at Library 21c. This class is for adults.

Materials are provided. Registration is required.

1-4 p.m. | 1175 Chapel Hills Drive | Free | [ppld.librarymarket.com](http://ppld.librarymarket.com) | 719-531-6333

### January 17 Hairball

Whether 10 years old or 100, arena rock fans will love the anthems, pyrotechnics and amazing light show. It’s like 20 concerts in one night at the Pikes Peak Center! Hairball pays homage to Van Halen, KISS, Motley Crue, Queen, Journey, Aerosmith and more.

8 p.m. | 190 S. Cascade Ave. | \$37-\$138 | [pikespeakcenter.org](http://pikespeakcenter.org) | 719-477-2100

## January 17-19



### The Springs Home Show

Ready to excavate, renovate or decorate? Bring your vision to life by engaging with industry experts, gaining valuable insights and ideas and comparing top brands side by side at the Colorado Springs Event Center.

12-6 p.m. Friday, 10 a.m.-5 p.m. Saturday, 11 a.m.-4 p.m. Sunday | 3960 Palmer Park Blvd. | Free | [thespringshideshow.com](http://thespringshideshow.com) | 800-201-4663

Calendar continued on next spread...

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# CALENDAR

## January 18

### Adult Day Camp: Seeing Stars

View the day star (the sun) as well as night stars and constellations at Bear Creek Nature Center. Gaze through telescopes and learn the science of stars from the Colorado Springs Astronomical Society. Hike and roast hotdogs and marshmallows to feed your inner child. Prepaid registration is required.

**3-9 p.m. | 245 Bear Creek Road | \$30 | [communityservices.elpasoco.com/nature-centers](http://communityservices.elpasoco.com/nature-centers) | 719-520-6387**



## January 18

### Philharmonic Winter Dinner

The tables are turned at the Philharmonic Guild's black tie fundraiser dinner! Patrons enjoy fine dining on the stage of the Pikes Peak Center and amazing orchestral music facing the hall. Benefits the Youth Symphony and the Philharmonic, and both perform.

**6-8:30 p.m. | 190 S. Cascade Ave. | \$250 | [cspguild.org](http://cspguild.org) | 719-575-9632**

## January 24

### Darryl Worley

Save your seat at Phil Long Music Hall to hear Darryl Worley blend his blue-collar country roots in hits like "I Miss My Friend" and "Have You Forgotten?" with the soulful vibes of Muscle Shoals in "Second Wind: Latest and Greatest," reinventing his classics and exploring new grooves with authentic, hard-working charm.

**7-10 p.m. | 13071 Bass Pro Drive |**

**\$49-\$69 | [phillongmusichall.com](http://phillongmusichall.com) | 719-401-0600**

## January 24

### PPLD Fiber Arts Groups

Bring your stitching, knitting, crocheting or other handiwork project and socialize with other crafters at Library 21c. Just show up—no registration required. It's a great opportunity to learn about new crafts and have a good conversation!

**10 a.m.-12 p.m. | 1175 Chapel Hills Drive | Free | [ppld.librarymarket.com](http://ppld.librarymarket.com) | 719-531-6333**

## January 24-26

### COSine Science Fiction Convention

Calling all science fiction fans to Embassy Suites by Hilton. This convention features sci-fi and fantasy authors, artists and fans, panels, an art show, author signings and receptions, gaming, science and technology, a dealers' room, kids'

programming and more!

**12 p.m. | 7290 Commerce Center Drive | \$25-\$60 | [firstfridayfandom.org](http://firstfridayfandom.org) | 719-599-9100**

## January 25

### The Petty Nicks Experience

What if Stevie Nicks joined Tom Petty and the Heartbreakers? This powerful tribute show at Phil Long Music Hall offers phenomenal costumes, lights and vocals! Rock out with "American Girl" and "Edge of 17" and mellow out with "Landslide" and "Leather and Lace."

**7-9 p.m. | 13071 Bass Pro Drive | \$39-\$59 | [phillongmusichall.com](http://phillongmusichall.com) | 719-401-0600**

## January 25

### Soapdish

Ain't no party like a Soapdish party, so don't miss out at Stargazers! Soapdish, voted Best Local Band, melds power pop and rock from the '80s to today in a high-energy, feel-good performance.

**7 p.m. | 10 S. Parkside Drive | \$15 | [stargazerstheatre.com](http://stargazerstheatre.com) | 719-476-2200**

## January 25



### The Great Fruitcake Toss

The rum-soaked, candied fruit bombs will fly again in Manitou Springs' Memorial Park! There are four categories: distance, accuracy, basketcake (think shooting hoops) and balance (running with a cake on a spatula), with winners in every age group. There's also a bake-off, if you'd rather taste than toss! You can exchange canned goods to donate to St. Andrew's Food Pantry for throwing tickets.

**1-3 p.m. | 502 Manitou Ave., Manitou Springs | \$1-\$5 | [manitousprings.org](http://manitousprings.org)**

## January 25

### Chinese New Year Celebration

Ring in the Year of the Snake at the Ent Center! There are cultural performances, martial arts presentations, Taiko drummers, ribbon and fan dances, Chinese instrumental performances, Asian aerial acrobats, shopping in "Chinatown," tea house samples, making objects at the Asian pottery studio and kids zone. Asian food trucks will be curbside.

**9 a.m.-3 p.m. | 5225 N. Nevada Ave. | \$18, \$12 for 65+ | [csccl.org](http://csccl.org) | 719-343-6003**



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# MOZART'S REQUIEM

**Jan 11, 7:00pm**

**Jan 12, 2:30pm**

First United Methodist Church

*A special, investigative concert exploring the truth and mysteries behind one of history's greatest masterworks.*

*Perfect if you've seen the movie Amadeus!*

*With special guests, the Colorado Springs Chorale*



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## January 25



### Puppet Theater

Bring your grandkids to the “As the Bear Creek Flows” puppet show! This year the puppet pals teach about the amazing riparian habitats at Bear Creek and who might be living there. Come prepared for a short winter hike.

1-2 p.m. | 245 Bear Creek Road | \$2 per person, \$5 per family | [communityservices.elpasoco.com/nature-centers](http://communityservices.elpasoco.com/nature-centers) | 719-520-6387

## January 25

### Drawing the Winter Landscape

Sketch the season using water-soluble Pilot V5 ink pens. You'll draw local trees, snow-capped mountains and icy creeks. Bring your own supplies from the list provided or bring an additional \$5 supply fee to class. Preregistration is required.

10 a.m.-12 p.m. | 245 Bear Creek Road | \$40 | [communityservices.elpasoco.com/nature-centers](http://communityservices.elpasoco.com/nature-centers) | 719-520-6387

## January 27

### PPAAA Retirement Series: The Importance of Social Connections

Join Dr. Sara Qualls at Library 21c for an engaging discussion on why seniors need a solid social network, how to use it well and how to rebuild it when needed. Registration is required.

1 p.m. | 1175 Chapel Hills Drive | Free | [tiny.ppld.org/PPAAA](http://tiny.ppld.org/PPAAA) | 719-531-6333

## January 28

### Ancestry Basics (Virtual)

A great place to get started with your genealogical research is the Ancestry Library Edition database. Learn how to search for records,

limit your findings and navigate some of Ancestry's helpful tools and features. Registration is required.

5:30-6:30 p.m. | Free | [ppld.librarymarket.com](http://ppld.librarymarket.com) | 719-531-6333

## January 29

### Go, Go Gopher

Discover the world of nature with your 4- or 5-year-old grandchild and explore with critters that live under the ground. Prepaid registration is required.

10-11:30 a.m. & 1-2:30 p.m. | 245 Bear Creek Road | \$3 | [communityservices.elpasoco.com/nature-centers](http://communityservices.elpasoco.com/nature-centers) | 719-520-6387

## January 30-31 “The Heart Sellers”

You'll be captivated by this play at the Ent Center about two homesick Asian immigrants who meet at the store on Thanksgiving 1973. Luna and Jane, immigrants from The Philippines and Korea, strike up a conversation over matching coats and matching challenges. The two women bond over disco, Disneyland and the drive to make a home that—until tonight—has felt so isolated. Plays through February 16. 7:30 p.m. | 5225 N. Nevada Ave. | \$12-\$45 | [entcenterforthearts.org](http://entcenterforthearts.org) | 719-255-8181

## January 29

### Senior Lunch & a Movie

Bring your lunch to the East Library and PPLD will bring the movie, snacks and drinks! This month it's “Groundhog Day,” a humorous look at a self-centered weatherman caught in a time loop. Registration is encouraged.

12-3 p.m. | 5550 N. Union Blvd. | Free | [ppld.librarymarket.com](http://ppld.librarymarket.com) | 719-531-6333



## January 31

### Rooster's Competition BBQ Tell-All Class

Brush up on your grill skills at Colorado BBQ Outfitters. Learn tips, recipes, meat trimming and structure, seasoning and all about smokers from champion pitmaster Marty Marlow. You'll make pulled pork, money muscle, brisket, burnt ends, St. Louis-style ribs and chicken—and feast on your efforts! Class runs through February 1.

4-8:30 p.m. Friday, 8 a.m.-6 p.m. Saturday | 5921 N. Academy Blvd. | \$300, \$550 for 2 | [roostersq.com](http://roostersq.com) | 719-799-6916 ■



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Events submitted by the **10<sup>th</sup> OF THE MONTH** will be considered for publication in the monthly **BEACON**.

[BeaconSeniorNews/cs-promote-your-event](http://BeaconSeniorNews/cs-promote-your-event)







# CLUBS

**21st Century Toastmasters** meets at Colorado Springs Fire Station 19. *Fridays | 1 p.m. | 720-989-8944 | 21c.toastmastersclubs.org*

**ACC Grass Roots 307 Cribbage** meets at Colorado Springs Elks Lodge. *Wednesdays | 5:30 p.m. | 719-963-3852*

**America the Beautiful Chorus**, an a cappella barbershop harmony group, meets at Harmony Hall, 3815 N. Academy Blvd. *Tuesdays | 7-9:30 p.m. | atbchorus.com*

**Austin Bluffs Sertoma**, a community service organization, meets for breakfast at Embassy Suites. *2nd & 4th Wednesdays | 7:30 a.m. | 719-460-5561*

**Austrian-American Enzian Club** is a German-speaking culture club that meets at VFW Post #101. *2nd Wednesday | 2-4 p.m. | 719-477-1018*

**Black Forest AARP** meets for a potluck at Black Forest Lutheran Church. *2nd Wednesday | 12 p.m. | 719-596-6787*

**Black Forest Trails Association** meetings are open to the public at Black Forest Community Club. *2nd Wednesday | 6:30 p.m. | blackforesttrails.org*

**Blazer Ski Club** meets year round with organized ski, golf, hiking and other trips. *Wednesdays | blazerskiclub.org*

**Breakfast Club for Singles 50+** meets for breakfast at the Elks Lodge, 3400 N. Nevada Ave. Cost is \$22 (cash or check). Must RSVP. *1st Saturday | 9 a.m. | 719-260-0651 | tbc50plus.org*

**Bridge Players Duplicate** plays daily at the Bridge Center. *Monday-Friday at 12:30 p.m. | Tuesdays at 9 a.m. | Saturdays at 6 p.m. | 719-634-7250*

**Broadmoor Rotary Club** meets for lunch with a speaker at DoubleTree by Hilton. Please RSVP. *1st & 3rd Thursdays | 12 p.m. | 740-707-3022 | rotarybroadmoor.com*

**Cheyenne Mountain Garden Club** meets monthly, September-June, at



various locations  
*3rd Friday | 9 a.m. | 719-630-0307*

**Cheyenne Mountain Newcomers Club**, a social club for women, meets September-April at Broadmoor Community Church. Annual dues: \$40. *2nd Wednesday | 9 a.m. | cmnccos.org*

**Colorado Springs Apple Computer Club** meets at the East Library or on Zoom. *2nd Monday | 5:45 p.m. | 719-237-9472 | smmug.org*

**Colorado Springs Chess Club** meets at Acacia Apartments ballroom. *Tuesdays | 6 p.m. | cschess@juno.com*

**Colorado Springs Coin Club** meets at Fraternal Order of Eagles #143. *4th Tuesday | 6:30 p.m. | 719-632-4260*

**Colorado Springs Mineralogical Society** meets at Colorado Springs Christian School. *3rd Thursday | 7-9 p.m. | csms1936.com*

**Colorado Springs Numismatic Society** meets at Gold Hill Police Station's community room. *2nd Sunday | 2 p.m. | 719-632-4260*

**Colorado Springs Quilt Guild** meets at Central United Methodist Church. *2nd Thursday | 6:30 p.m. | csquiltguild.com*

**Colorado Springs Rotary Club** meets for lunch with a speaker at the DoubleTree by Hilton. Visit website for Zoom link and to RSVP. *Fridays | 12:15 p.m. | 719-338-3239 | csrotary.org*

**Colorado Springs Scrabble Club** meets at Panera Bread, 7344 N. Academy.

*Mondays | 5-8 p.m. | 719-332-5141*

**Colorado Springs Senior Hikers** ages 50-80 hike 3-6 miles every week. *Mondays or Wednesdays | linnie81@hotmail.com*

**Colorado Springs Stamp Club** meets at Vista Grande Baptist Church. *1st Tuesday | 7 p.m. | coloradospringsstampclub@gmail.com*

**Curiosity Unlimited** offers continuous learning opportunities with free UCCS professor lectures at the Ent Center, September-December and February-May. Check website for dates. *10 a.m. | curiosity-unlimited.org | 719-210-8168*

**DAV Knob Hill** meets monthly and holds a bingo fundraiser to help local veterans at 6880 Palmer Park Blvd. *5:30 p.m. | Sundays*

**Downtown Lions Club** hosts a civic speaker at MacKenzie's Chop House, 128 S. Tejon St. *3rd Tuesday | 12:15-1:30 p.m. | 719-338-7375*

**Falcon Garden Club** meets at High Prairie Library. *3rd Saturday | 10 a.m. | falcongardenclub.org*

**Falcon Wanderers** Volkssport Club meets for regular walks. *719-597-4307 | falconwanderers.org*

**Front Range Herb Society** meets regularly. Call for the meeting schedule and events. *719-440-2888*

**Full Gospel Businessmen's Fellowship** meets at Perkins, 3295 E. Platte Ave. Men and women are welcome. *2nd Saturday | 7:45 p.m. | 719-229-3317*

**Garden of the Gods Rotary Club** meets for lunch with a speaker at

Texas T-Bone/Famous Dave's BBQ. Please RSVP. *1st & 3rd Tuesdays | 12 p.m. | edmontusaf@gmail.com*

**Gleneagle Sertoma**, a community service organization, meets for lunch at Beast and Brews. *1st & 3rd Wednesdays | 11:30 a.m. | 719-331-1212*

**Gold Camp Victorian Society** meets at Cripple Creek Heritage Center. *4th Saturday | 2 p.m. | info@goldcampvictoriansociety.org*

**Hi Country Newcomers** is a social group for women. Activities include hiking, book discussions, games, lunches and tours. *2nd Monday | 10 a.m. | ldsjroberts@icloud.com*

**Hills of Harmony Mountain Dulcimer Club** meets at Downtown YMCA. Bring your mountain dulcimer or strum stick, tuner, picks and \$1. *3rd Thursday | 1-2 p.m. | 719-246-6820*

**International Dance Club** hosts weekly dances. Live bands, variety of styles, family friendly. Cost is \$12. *Saturdays | 7-10 p.m. | internationaldanceclub.org | 719-633-0195*

**Maxi's Dance Group** meets at Eagles Club #143 with music for ages 40+ and food and drinks for purchase. Cover is \$5 members, \$8 non-members. *Thursdays | 6-9 p.m. | 719-660-1358*

**Piecing Partners Quilt Guild** meets at Elks Lodge 309, 3400 N. Nevada Ave. *3rd Wednesday | 9:30 a.m. | ppqguild@gmail.com*

**Pikes Peak Camera Club** meets at Living Hope Church, 640 Manitou Blvd. *2nd Wednesday | 7 p.m. | 719-634-2376 | pikespeakcameraclub.com*

**Pikes Peak Flyfishers Club** meets at Colorado Parks and Wildlife Center, 4255 Sinton Road. There are monthly fishing trips also. All ages. *1st Tuesday | 6:30 p.m. | 910-617-4714 | pikespeakflyfishers.com*

**Pikes Peak Genealogical Society** meets virtually on Zoom with varied topics and speakers.



2nd Wednesday | 7-9 p.m. | [ppgs.org](http://ppgs.org)

**Pikes Peak Opera League** hosts and promotes vocal arts events. See program schedule online. [pikespeakoperaleague.org](http://pikespeakoperaleague.org)

**Pikes Peak Posse of the Westerners** meets for dinner and a program at the Masonic Center. Please RSVP. 2nd Monday | 6 p.m. | 719-473-0330

**Pikes Peak Traditional Dance** meets for contra dancing at the International Dance Center. No partner needed. Beginner lessons: 1:30 p.m. Dance to live music: 2-4:30 p.m. Cost is \$10. 1st Sunday | 719-578-8979 | [pptd.contra.com](http://pptd.contra.com)

**Pikes Peak Water Garden Society** meets at Mountain View Church of Christ April through October. 2nd Thursday | 7 p.m. | [ppwgs.org](http://ppwgs.org)

**Pikes Peak Whittlers** are wood-carvers who meet at Redeemer Lutheran Church. 2nd Saturday | 9 a.m. | [pikespeakwhittlers.com](http://pikespeakwhittlers.com)

**Rampart Range Blue Star Mothers** meets at Falcon Police Department. 1st Sunday | 2 p.m. | 719-651-8038

**Read Amok Book Club** meets at Florissant Library. 2nd Monday | 11 a.m. | 719-748-3939

**Reader's Circle Book Club** meets at Woodland Park Library. 2nd Thursday | 10:30 a.m. | 719-687-9281

**Red Hat Ladies** meets at Fountain Valley Senior Center. 1st & 3rd Fridays | 1 p.m. | 719-600-2644

**Rocky Mountain Mustangers Club**, for Mustang owners/enthusiasts, meets monthly at Phil Long Ford Motor City. 3rd Saturday | 4:30 p.m. | [mustangers.com](http://mustangers.com)

**Sno-Jets Ski & Adventure Club** meets at Trinity Brewing. See website for ski trips, biking, hiking and

other activities.

1st Thursday | 6:30 p.m. | [snojets.org](http://snojets.org)

**Socrates Cafe** meets weekly for discussion at the Monument Library. Tuesdays | 1-3 p.m. | 719-531-6333

**Sons & Daughters of Italy** meets for dinner and a meeting at VFW Post #101. 1st Tuesday | 5:30 p.m. | 719-260-8773

**Sons of Norway** meets at Viking Hall. 2nd Wednesday | 6:30 p.m. | 719-574-3717

**Spanish Conversation Group** meets in room F1 at East Library. Intermediate-advanced Spanish learners and native speakers discuss a variety of topics. Thursdays | 1:30-3 p.m. | 719-244-5902 | [kay@stricklan.net](mailto:kay@stricklan.net)

**Veterans of Korean Service** meets at BPOE Elks 304, 3400 N. Nevada Ave. Lunch and speaker are \$13. Call to RSVP. 3rd Saturday | 11:30 a.m. | 719-214-6121

**Vietnam Veterans of America, Chapter 1075**, meets at Westside Global Methodist Church, 701 N. 20th St. Last Saturday | 9 a.m. | 719-235-8162 | [vva1075.org](http://vva1075.org)

**Walk with a Doc** meets at the Santa Fe Trail parking lot, 1916 Baptist Road, for a short walk accommodating all ability levels. Tuesdays | 12:30 p.m. | [walkwithadoc.org](http://walkwithadoc.org)

**Women's Army Corps Veterans Association** meets at Sand Creek Police Station. 4th Saturday | 10 a.m. | [peakwacvets@yahoo.com](mailto:peakwacvets@yahoo.com)

**Woodland Park Book Club** meets at Woodland Park Library. 1st Tuesday | 10:30 a.m. | 719-687-9281

**Yarnia! Knitting & Crochet Club** meets at Florissant Library. 2nd Thursday | 10 a.m. | 719-748-3939 ■

# 2025 Question OF THE Month

By Rhonda Wray

## What is your hope for the new year?

**Carolyn Savoren**

*"We've got our fifth grandbaby due in 2025, and our youngest daughter is getting married. My greatest hope is that my sister who has cancer and is fighting for her life will be able to come to the wedding with her girls in July."*



**Tonya Leonard**

*"I am starting a new business as a Creative Memories advisor, and I'm hoping my business will grow in 2025."*



**Genny Venuti**

*"Financial freedom is my hope for the new year."*



**Maria Williams**

*"Health for my family and me."*



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## Classes offer support and help to caregivers

Powerful Tools for Caregivers is a free in-person class series that supports caregivers in nurturing themselves while caring for another. By taking care of your own health and well-being, you become a better caregiver. The class assists with reducing stress, problem-solving, communication, decision-making and other helpful areas. Participants receive “The Caregiver Helpbook” with additional resources. Classes are once a week on Tuesdays for six weeks, January 14-February 18, from 1-2:30 p.m. at Pikes Peak Area Agency on Aging, 14 S. Chestnut St. For more information, contact Lucy at [lcrandall@ppacg.org](mailto:lcrandall@ppacg.org) or 719-471-2096, ext. 144.

## NCOA enrolls seniors in food assistance

Nearly 7 million older Americans were food insecure in 2022. The National Council on Aging (NCOA) addressed this problem by awarding grants to 20 organizations in 13 states for enrolling 20,000 eligible older adults in the Supplemental Nutrition Assistance Program (SNAP). These organizations are in states like Colorado, where less than 12% of households with adults 60 and older are enrolled in SNAP. Two organizations in the state received

## New Silver Key Activity Center opens

Find friendship and community at the new Silver Key Activity Center! From fitness classes to creative workshops and social events, there’s always something going on, and now it’s happening in a larger, welcoming space. The activity center offers a complete lineup of activities, including pool club, bingo, Bunco, Scrabble, Zumba, chat group, movies, card making, chair yoga and much more. The center is located at 1655 S. Murray Blvd. and is open Monday-Friday, 9 a.m.- 5 p.m. View a complete January activity calendar at [silverkey.org/activity-center-south](http://silverkey.org/activity-center-south). Contact the center at 719-884-2300.



grants: Hunger Free Colorado and the Senior Resource Development Agency. Grants range from \$50,000 to \$100,000. Grantees have 18 months to increase enrollments in their communities. The organizations will follow up with clients to make sure they received the benefits and to see what barriers either delayed or prevented enrollment. This will help NCOA connect more older adults to SNAP, ensuring better nutrition and improved health outcomes. Learn more at [ncoa.org](http://ncoa.org).

## Hands-free law is effective now

Be legal and be safe! Colorado’s new hands-free law, effective January 1, prohibits drivers from using mobile electronic devices while driving. Drivers cannot hold or manually use

a cell phone or other mobile device for any reason, including texting, maps or voice calls. Drivers can use hands-free accessories like Bluetooth headsets, dashboard mounts, CarPlay or Android auto and car speaker phone systems. An exception is made for contacting 911 during an emergency. Penalties for violating the law include:

- First offense: \$75 fine and 2 license suspension points
- Second offense within 24 months: \$150 fine and 3 license suspension points
- Third or subsequent offense within 24 months: \$250 fine and 4 license suspension points

## Rocky Mountain Health Care Services wins award

Kudos, an employee recognition platform provider, designated Rocky Mountain Health Care as its 2024 Healthcare Culture of the Year award winner. This recognition goes to one organization that has demonstrated a commitment to supporting its people through fostering a thriving environment and delivering exceptional patient care. Rocky Mountain Health Care has done so by operating PACE (Program for All-inclusive Care for the Elderly) in the Pikes Peak Region. Through PACE, seniors receive primary and specialty care as well as dental, vi-

sion, hearing, rehabilitation services, medical transportation, meals and social activities—all services that contribute to holistic health and make these years the best possible.

## Library holds virtual author visits

Hang out with well-known contemporary authors from the comfort of your home! These hour-long sessions are free. Register at [libraryc.org/ppld/upcoming](http://libraryc.org/ppld/upcoming).

- **January 15, 5-6 p.m.:** “The Magic of Found Family” with TJ Klune
- **January 23, 12-1 p.m.:** “Notes on Modern Irrationality” with Amanda Montell
- **January 28, 11 a.m.-12:30 p.m.:** “An Inside Look at Working with a Literary Agent” with Seth Fishman of The Gernert Company

## Trail and accessibility enhancements now complete in Bear Creek Cañon Park

The City of Colorado Springs has completed trail improvements in Bear Creek Cañon Park, enhancing connectivity to Red Rock Canyon Open Space, North Cheyenne Cañon Park and U.S. Forest Service lands. The updates include 4,700+ feet of new trail, rerouting unsustainable sections and reinforcing existing trails. These enhancements were completed by City of Colorado Springs Park staff and volunteers, who collectively contributed more than 800 volunteer hours. For more information, visit [coloradosprings.gov/bearcreekcañonimprovement](http://coloradosprings.gov/bearcreekcañonimprovement) project. The improvements also support El Paso County’s Trailability Program, offering off-road “Terrain Hopper” mobility vehicles for people with disabilities on a reservation basis at the Bear Creek and Fountain Creek Nature Centers. To learn more, reserve an experience or volunteer for the program, visit [communityservices.elpasoco.com/trailability](http://communityservices.elpasoco.com/trailability) ■

## Sports Corp, YMCA bring Senior Games to Colorado Springs this summer

The Colorado Springs Sports Corporation (Sports Corp) and the YMCA of the Pikes Peak Region will co-host the Colorado Senior Games presented by Medicare Mentors on June 6-8. This landmark event marks the nationwide celebration of senior athleticism and community, bringing back a long-awaited opportunity for Colorado seniors to showcase their talents and stay active. This event will feature a wide array of sports and activities tailored for participants aged 50 and older, from pickleball to track and field. The Colorado Senior Games will be the official State Senior Games for Colorado where athletes may qualify for the National Senior Games. Seniors of all skill levels may participate. Registration will open on February 1. Check [coloradoseniorgames.org](http://coloradoseniorgames.org) for information on registration, events and volunteer opportunities.



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**ContactCS@BeaconSeniorNews.com**



# SUPPORT GROUPS



**12-Step Program** meets weekly at Benet Hill Monastery, 3190 Benet Lane, for anyone dealing with trauma.

*Wednesdays | 10 a.m. | 303-902-8283 | wealreadyloveyou@gmail.com*

**Alzheimer's Association** offers free caregiver support groups, in person and virtually. Call for current info. *719-266-8773 | alz.org/events*

**Brain Injury Support Group** meets at Penrose Hospital Cancer Center's conference room A and B. *3rd Thursday | 5:30-7 p.m. | 719-571-8372*

**Cancer Support Group** meets at Woodmen Valley Chapel. Call or email to learn about meetings. *719-331-2269 | annehoward199@yahoo.com*

**Community Reinforcement And Family Training (CRAFT)** has support for families and friends of loved ones struggling with substance use. English, Spanish, virtual and in-person options are available at Springs Recovery Connection. *719-377-2161 | aneeley@srchope.org*

**Dementia Support Group** meets at Fountain Valley Senior Center. *3rd Wednesday | 2-3:30 p.m. | 719-600-2644*

**Dementia Support Group** meets at Jackson Creek Senior Living, 16601 Jackson Creek Pkwy in Monument. *2nd Tuesday | 3 p.m. | 719-259-1331 | jacksoncreekseiorliving.com*

**Depression & Bipolar Support** meets at the Peel House at First Lutheran Church, 1515 N. Cascade Ave. *Wednesdays | 12:30 p.m. | 719-477-1515 | dbsacoloradosprings.org*

**Emotions Anonymous**, a program for unsolved emotional problems, meets at First Lutheran Church. *Mondays | 6 p.m. | 719-235-1798*

**Gamblers Anonymous** meets at the Dwelling Place, 508 N. Tejon St. See virtual meeting details at coloradoga.org. *Mondays at 6 p.m. | Saturdays at 9 a.m. | 855-222-5542*

**Headway Neuro/Stroke Support Group** meets at Black Bear Diner,



1340 Garden of the Gods Road. *1st & 3rd Wednesdays | 11:30 a.m.-1 p.m. | 719-459-0901*

**Hearing Loss Association of America** meets virtually. *hlaacoloradosprings.org*

**Life Without Lupus Foundation**, for those with an autoimmune disorder, meets quarterly, typically at East Library. *4th Thursday | 11:30 a.m. | 719-380-8330 | lifewithoutlupus.life*

**Marijuana Anonymous**, a 12-step program for those who want to quit marijuana, meets at Rocky Mountain Recovery Center, 4368 Montebello Drive, #700. *Wednesdays | 6 p.m. | 719-432-6555 | MA-Colorado.org*

**Multiple Sclerosis Alliance of Southern Colorado** offers a men's support group on Mondays, a women's support group on Tuesdays and a mixed social group on Thursdays at 7011 Campus Drive and virtually on Zoom. *11 a.m. | 719-633-4603 | msasoco.org*

**NAMI Connection Support Group**, for those living with mental health conditions, meets virtually on Tuesdays at 7 p.m. and in person at First United Methodist Church, room 235. *Thursdays | 7 p.m. | 719-473-8477*

**NAMI Family Support Group**, for family members of people living with mental health conditions, meets virtually on Wednesdays at 7 p.m. and in person at First United Methodist Church, room 234. *Thursdays | 7 p.m. | 719-473-8477*

**Parkinson's Support Group** for

individuals and family caregivers meets at Jackson Creek Senior Living, 16601 Jackson Creek Pkwy in Monument. Please RSVP. *2nd Thursday | 3 p.m. | 719-259-1331 | jacksoncreekseiorliving.com/events*

**Parkinson's Support Group** meets at Central United Methodist Church, 4373 Galley Road. *1st Saturday | 10 a.m. | 719-884-0103 | co-parkinson.org*

**Parkinson's Support Group** meets monthly at Aberdeen Ridge, 2744 Grand Vista Circle. Please RSVP. *2nd Tuesday | 10-11:30 a.m. | 719-551-3704 | jcasey@pmma.org*

**PEARLS Connect** is for people over 60 experiencing loneliness or feeling overwhelmed by life's challenges. Call for location. *2nd Monday | 3-4:30 p.m. | 719-459-2017*

**Pikes Peak Ostomy Association** meets for support weekly via Zoom and once monthly in person. *6:30 | 719-459-2017 | pikespeakostomy.com*

**Polio Survivors Support Group** meets monthly in Colorado Springs. Call for details.

*1st Wednesday | 303-212-0017*

**Prison Support Group**, for those with incarcerated loved ones, meets in the prayer room at Woodmen Valley Chapel. *Thursdays | 1 p.m. | 602-762-0900*

**Space Holders** offers support in times of suffering, loneliness, grief or passing through this life to the next. We offer handholding, humming and mercy with no advice, judgment or sermons. *Text 719-640-0069*

**TOPS (Take Off Pounds Sensibly)** meets for support (not a specific diet) at various locations most days of the week. *719-331-2815 | RJW88@yahoo.com | tops.org*

**Voices of Grief** offers 6- and 8-week support groups in Colorado Springs and Woodland Park. Call or email for details. *719-286-0612 | info@voicesofgriefcenter.org*

**Widowed Persons Grief Support Group** meets twice monthly at Silver Key, 1625 S. Murray Blvd. *2nd & 4th Fridays | 1-2 p.m. | 719-955-3400 ■*

**LIST YOUR SUPPORT GROUP FOR FREE!**

**ContactCS@BeaconSeniorNews.com • 719-900-7664**

## CONNECTIONS CAFÉ

*No one should ever have to eat alone.*



**13 café locations around Colorado Springs.**

**Call 719-884-2300, visit silverkey.org or email info@silverkey.org for more information.**



# FUN AFTER 50 *Senior Center Activities*



207 N. Nevada Ave.,  
Colorado Springs  
To register for classes,  
call 719-955-3400 or visit

[CSSeniorCenter.com](http://CSSeniorCenter.com)

During the renovation, the Senior Center will continue programming at the Downtown YMCA and the Westside Cottages.

## DOWNTOWN YMCA

### 1-on-1 Medicare Help

Schedule a 15-minute appointment for personalized professional help to navigate the complexities of Medicare coverage.

1:30-2:30 p.m. | Jan. 6 | \$3

### Google Maps

Learn about this mapping application with satellite imagery, street maps and a route planner.

1:30-2:30 p.m. | Jan. 9 | Free

### Person-to-Person Payment Services

PayPal debuted over 20 years ago! Learn about some of today's most popular "P2P" payment services.

1:30-2:30 p.m. | Jan. 14 | Free

### Tunes on Tuesday: Uku Stick Vibes!

The Chapman Stick, whose tapping technique offers resonant bass lines, combines with the bright, cheerful ukulele in a captivating performance!

2-3 p.m. | Jan. 14 | \$2

### Joint Pain Health

Dr. Forrester discusses causes, treatments and new technology advances.

1:30-2:30 p.m. | Jan. 15 | Free

### How to Choose a New Computer

What's a reliable brand? How much should you budget? Your most common questions are explored.

1:30-2:30 p.m. | Jan. 23 | Free

### Groups and Clubs

There is space to host additional groups and clubs. Please contact the Senior Center if interested in starting one

## WESTSIDE

### Radio Drama and Creative Memoir

Share life stories, create connections and learn the basics of acting, storytelling and performance.

2-3:15 p.m. | Mondays | Jan. 6-Feb. 17 | \$20

### Palette Knife Oil Painting

Instead of traditional brushes, try a palette knife for unique textures and bold strokes.

1-3 p.m. | Mondays | Jan. 6-Feb. 10 | \$55



### Ukulele Classes

Beginner, intermediate, advanced—all levels are welcome at these fun Friday classes!

12-1, 1:10-2:10 & 2:20-3:20 p.m. | Fridays | Jan. 10-Feb. 21 | \$40

### Mediterranean Lifestyle Cooking

Incorporate this healthy style of cooking into your life with how-to's for creamy zucchini and chicken pesto pasta dishes.

10-11:30 a.m. | Jan. 8 & 22 | \$7

### This Day in History

Over coffee/tea and doughnuts, explore fascinating events that happened on the class's date, from quirky milestones to major breakthroughs.

10-11 a.m. | Jan. 14 | Free

### Long-Term Care Options

Review the various types of long-term care services and how to pay for them.

1:30-2:30 p.m. | Jan. 22 | Free

## COMMUNITY

### Forest Bathing

Immerse yourself in nature through guided invitations in North Shooks Run Park. Register in advance.

8:30-10:30 a.m. | Jan. 4 | \$8 ■



66 Jefferson St.,  
Monument

To register for classes,  
call 719-464-6873 or visit

[SilverKey.org/TriLakes](http://SilverKey.org/TriLakes)

## SPECIAL EVENTS

### Bone Builders Nutrition Workshop

Eat well to strengthen your skeleton.

1 p.m. | Jan. 9

### Monument Chat Group

Get to know others from the area.

10 a.m.-12 p.m. | Wednesdays

## ARTS & CRAFTS

### Open Studio Painting

Pick up a brush for creating and camaraderie.

9:30 a.m.-12 p.m. | Jan. 8 | \$5

### Arts & Crafts

Socialize while you work on a weekly craft project.

11 a.m.-1 p.m. | Thursdays

## TECHNOLOGY

### Tech Support 101

We'll figure out what stumps you with your devices! Please RSVP.

12 p.m. | Jan. 3 | [trilakes@silverkey.org](mailto:trilakes@silverkey.org)

## MEALS

### Connections Café

Enjoy hot, nutritious meals and socialize with others.

11:15 a.m.-12:30 p.m. | Mondays, Wednesdays & Thursdays

## GAMES

### Bunco

Bring \$5 and a snack to share.

1 p.m. | Jan. 10

### Bingo

Play for fun and prizes! Call Erin to RSVP.

12-1 p.m. | Jan. 15 | 719-464-6873

### Chess Club

Beginners are welcome.

12 p.m. | Mondays

### Pinochle

A classic combination of bidding, melding and trick-taking in one card game.

12-4 p.m. | Tuesdays

### Hand & Foot

Be the first to get rid of your cards "hand first," then foot in this Canasta-style game.

1-4 p.m. | Tuesdays & Wednesdays

### Rummikub

A tile-based game combining elements of rummy and mah jongg.

11 a.m. | Thursdays

### Mah jongg

Tile-based Chinese game with racks (not solitaire).

12:30-4 p.m. | Fridays

## EXERCISE

Class fee: \$50 per month (unlimited), \$60 for 10-class punch card, or \$8 drop-in

### Stamina, Strength & Stability

Stay upright and prevent falls.

1:30 a.m. Mondays | 9 a.m. Wednesdays

### Gentle Yoga

A slow, gentle class focusing on strength and alignment.

10:15 a.m. | Tuesdays

### Mind-ergize

Exercise your brain!

12-1 p.m. | Tuesdays & Thursdays

### Tai Chi Gong

Slow movements and breathing.

11 a.m.-12 p.m. | Wednesdays & Thursdays

### Indoor Walking

1:30-3:30 | Wednesdays

### Zumba Gold

A gentler Latin-inspired dance workout.

9-10 a.m. | Thursdays

### Better Bones

Strengthen your skeleton!

1:30 p.m. | Thursday

### Yoga

Vinyasa connects breathing to movement.

10:30 a.m. | Fridays ■





**Fountain Valley Senior Center**

**5745 Southmoor Dr.,  
Fountain**

To register for classes,  
call 719-600-2644 or visit

**FVSCenter.org**

## SPECIAL EVENTS

### Lawrence Entertains

Enjoy a lively musical lunch!  
11:30 a.m. | Jan. 2 | Donations

### Barb Bragdon Entertains

Listen to Barb's music as you dine.  
11:30 a.m. | Jan. 9 | Donations

### Penrose Heritage & Carriage Museum

Bring extra money for lunch at Aspen Grille. Reserve by Jan. 13.  
10:30 a.m.-2:30 p.m. | Jan. 15 | \$10

### DMV On Location

Skip the long lines and find out how the Department of Motor Vehicles can help you.  
9:30-11 a.m. | Jan. 17

### Dinner on the Town

Enjoy Asian specialties at Coal Mine Dragon, 1720 W. Uintah St. Please reserve at the office.  
5 p.m. | Jan. 22

## ART

### Interpretive Dance

10:30-11:30 a.m. | Mondays

### Knitting/Crocheting

1-2 p.m. | Mondays

### Tap Dance

10:15 a.m. | Tuesdays

### Porcelain/Ceramics

9:30 a.m.-12 p.m. | Tuesdays

### Quilters

8:30-11 a.m. | Wednesdays

### Oil Painting

9-11 a.m. | Wednesdays

### Rock Painting

12:30-2 p.m. | Wednesdays

### Harmonizers

2:30-3:30 p.m. | Wednesdays

### Woodcarving

8 a.m.-12 p.m. | Thursdays

### Card Making

9:30-11 a.m. | Thursdays

### Jewelry Making

10:30-11:30 a.m. | Fridays

### Card Making Gold

1 p.m. | 2nd & 4th Fridays

## LEGAL

### Legal Assistance by Appointment

1:30-2:30 p.m. | 2nd Wednesday

## HEALTH

### Wii Bowling

10-11 a.m. | Mondays

### Chair Yoga

2:30-3:30 p.m. Mondays | 9-10 a.m. Fridays

### Zumba Gold

9-10 a.m. | Tuesdays

### Blood Pressure Checks

10:15 a.m. | 1st & 3rd Tuesdays

### T'ai Chi

9:30-11 a.m. | Wednesdays

### Cardio Drumming

9-10 a.m. | Thursdays

### Chi Kung

10-11 a.m. | Fridays

### Wii Games

10:30 a.m.-12 p.m. | Fridays

### Line Dancing

1-2 p.m. | Fridays

## GAMES & LEISURE

### Movie Day

1 p.m. | 2nd Wednesday

### Bingo

1 p.m. | Tuesdays & Thursdays

### Bunco-Play four per team.

12:30-2 p.m. | Jan. 27

### Birthday Social

12 p.m. | 4th Thursday

### Red Hat Society Meeting

1 p.m. | 1st & 3rd Fridays

### Ice Cream Social

Entertainment: G & G.  
12:30 p.m. | 3rd Friday | \$1 + donations

### Game Day

10 a.m.-4 p.m. | 1st Saturday

### Thrift Store Super Saturday

Everything is ½ off.  
10 a.m.-3 p.m. | 1st Saturday ■



**WOODLAND PARK  
SENIOR ORGANIZATION**

**321 N. Pine St.,  
Woodland Park**

To register for classes,  
call 719-687-3877 or visit

**WoodlandParkSeniors.com**

## SPECIAL EVENTS

### Bowling Trip

Strive for a strike!  
10:30 a.m.-3 p.m. | Jan. 17 | \$5



### Willow Stone Antique Market Trip

Find beautiful treasures from the past.  
11:30 a.m.-3 p.m. | Jan. 3 | \$5

## ACTIVITIES

### Quilters

Bring a project to work on and socialize.  
9 a.m. | Mondays

### Dominos, Cribbage & Euchre

Choose to play any of these domino games—or all three!  
9 a.m.-12 p.m. | Monday-Friday

### Mah Jongg

This tile-based game was developed in China.  
11:30 | Tuesday, Wednesday & Thursday

### Crochet & Knitting

Bring a project to work on and socialize.  
10 a.m. | Wednesdays

### Bingo

Play for fun and prizes!  
10:30-11:30 a.m. | Thursdays

### Bridge

Partner up and take tricks!  
12:30 p.m. | Wednesdays

## ARTS & CRAFTS

### Craft Workshops

Have fun creating and conversing!  
1-3 p.m. | Jan. 10 & 24

### Watercolor Class

Learn to paint with washes and layers.  
1-4 p.m. | Jan. 20

## EXERCISE

### Low-Impact Cardio

Tone muscle and pump up the heart in this low-impact exercise program.  
9 a.m. | Tuesdays & Thursdays

### Chair Yoga

Seated yoga poses improve circulation and range of motion and reduce stress.  
9 a.m. | Wednesdays

### Line Dancing

Choreographed moves to a variety of music.  
10 a.m. & 6 p.m. | Wednesdays

### Chair Tai Chi

Gentle, flowing movements alleviate stress, improve balance and reduce fall risk.  
9 a.m. | Fridays

### Zumba

Cardio workout to Latin-inspired dances.  
10 a.m. | Fridays

## MEALS

### Silver Key Lunch

Make a reservation 24 hours in advance.  
11:45 a.m.-12:15 p.m. | Monday-Friday | \$3.50

### Potluck Lunch

Bring a dish to share.  
11:45 a.m.-12:30 p.m. | Jan. 14

### Catered Lunch

11:45 a.m.-12:30 p.m. | Jan. 28 | \$8





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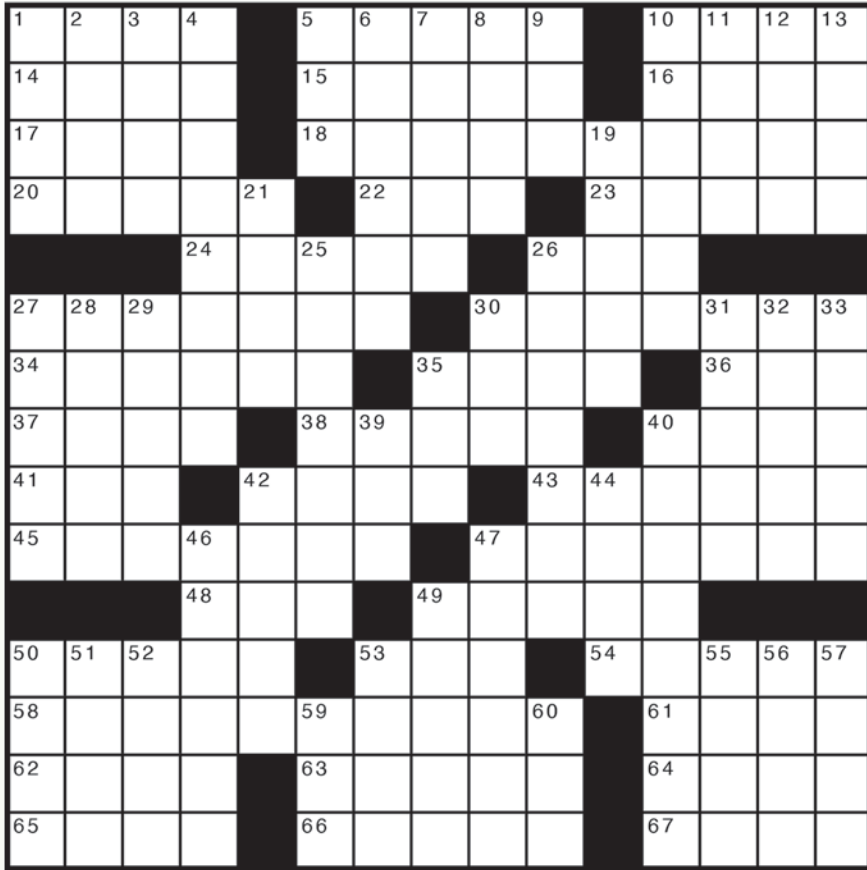
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# CROSSWORD



## ACROSS

1. Rent-\_\_\_
5. Brahmins, e.g.
10. Scarf
14. Sites
15. Broadcasting
16. Get in on a deal
17. Action word
18. Ballet by Tchaikovsky
20. Lend \_\_\_
22. Diddley and Derek
23. Snares
24. Open the door for
26. Bullfight cheer
27. Automobile wheelguards
30. Sports arena
34. English Channel swimmer Gertrude
35. Asian country
36. Road-sign word
37. Wee
38. Thread holder
40. Filmmaker Riefenstahl
41. Like Bruckner's Symphony No. 7
42. Wait \_\_\_!
43. Musical dramas
45. Taro
47. Most gruesome
48. Like some jobs
49. Eye sores

## DOWN

1. Thomas \_\_\_ Edison
2. "Fargo" director
3. Land measure
4. Scurrility
5. Jailbird
6. Jackal headed deity
7. Squelched
8. Personal quirks
9. Make a boo-boo
10. Consecrated
11. "Lonely Boy" singer Paul
12. Dance move
13. "His and \_\_\_"
19. Collection of maps
21. Rod's partner

## ACROSS

25. Braided
26. Study of diseases of the ear
27. Stinking
28. Minneapolis suburb
29. Hawaiian state birds
30. \_\_\_ Paulo, Brazil
31. Grenoble's river
32. Arm bones
33. Damp
35. Rapper Tone \_\_\_
39. Writing instrument
40. Unhurried
42. Yellow-fever mosquito
44. Defendant's answer
46. Large stinging wasp
47. System of social perfection
49. Steeple
50. School orgs.
51. Jocular Johnson
52. A bit wet
53. Half the base times the height, for a triangle
55. Stupefy
56. Palmist's words
57. Toll rds.
59. Put an upper limit on
60. X

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"After all of the time I waited and tried working through the system, Diane Bross managed to get me my disability insurance payments that I was needing. Thank you!" – Laura

"A special thanks to Diane Bross and her staff because without them I would not have my benefits. Because of them I have regained my financial life. It's back in order. No where to go but up. So, thank you very much." – Mr. Winston



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Colorado Springs, CO 80919  
**(719) 634-7734**  
DianeBrossLaw.com



# SUDOKU

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

Turn to next spread for puzzle answers



# CLASSIFIEDS

To place a classified ad call: **719-900-7664 x102**  
Or submit online: **BeaconSeniorNews.com**

**CLASSIFIED RATES (30 words or less):** Private Party \$29 / Commercial \$49 / Each additional word: +\$1.00 per word

**Deadline is the 10<sup>th</sup> of Each Month**

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### FOR RENT

Senior Apartment for rent. 1 person only, 1 car, no smoking, no pets. Deposit \$200, Rent: \$725/mo. 719-635-1317.

### FOR SALE

GE Gas Kitchen Stove with Conventional Oven, black \$350; 2 - Twin Vera Wang Box Spring Mattresses, brand new, extra long \$40 each. 719-466-7790

### FUN & ACTIVITIES

Maxi's Dance Group is back! Dance party every Thursday 6-9pm, Eagles Club 1050 S. 21st St. Music for ages 40+, food and drink available for purchase. \$8 cover; \$5 members. 719-660-1358.

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**WANTED**

**1950S-1960S LP'S, 78'S AND 45'S.** Blues, jazz, rock 'n roll, country, Broadway, movie soundtracks, TV, R&B, soul, children's, spoken word, etc. I'm a collector, not a business. Call me first - I pay the most for your records. 719-633-5848 or 719-440-9288

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HERE!  
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**CASH FOR OLD BANKS AND TOYS,** presidential pin back buttons, Simpich dolls, military insignia and memorabilia. Will buy single items or entire collections. 719-632-9904.

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**Puzzle Answers**

1	A	C	A	R	5	C	A	S	T	E	15	S	A	S	H		
14	L	O	C	I	10	O	N	A	I	R	16	A	N	T	E		
17	V	E	R	B	12	N	U	T	C	R	A	C	K	E	R		
20	A	N	E	A	R	21	B	O	S	22	T	R	A	P	S		
23	L	E	T	I	N	24	O	L	E	26	S	T	A	D	31		
27	F	E	N	D	E	R	S	30	S	T	A	D	31	J	I	U	M
34	E	D	E	R	L	E	35	L	A	O	S	36	S	L	O	37	
37	T	I	N	Y	38	S	P	O	O	L	39	L	E	N	I	40	
41	I	N	E	42	A	S	E	C	43	O	P	E	R	A	S	44	
45	D	A	S	H	E	E	N	46	U	G	L	I	E	S	47		
48	O	D	D	49	S	T	Y	E	S	50	P	A	D	R	E	51	
52	P	A	D	R	E	53	A	P	O	54	A	U	D	I	T	55	
58	T	R	A	N	S	59	C	R	I	P	T	60	R	A	S	P	61
62	A	T	M	E	63	A	E	R	I	E	64	E	Z	E	K	65	
66	S	E	P	T	67	P	A	E	A	N	68	D	E	E	S	69	

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

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# To all the fitness fads I've loved before

By Amy Laundrie

I admit it. I'm fickle. I get caught up in the latest exercise fads, buy the equipment, and then once the novelty fades, the new toys gather dust.

Recently, I tried to part ways with a stationary bike. Pedal, as I affectionately named her years ago, had been sitting in an upstairs bedroom for over a year, untouched. Our relationship had started with such passion, but it quickly fizzled. In an attempt to rekindle the spark, I bought a DVD featuring the gorgeous Irish countryside, hoping it would make me forget I was still stuck inside, pedaling away on a stationary bike.

Alas, the DVD's motivating factor didn't last long. Apathy set in stronger than ever. To soothe my spirit, I turned to YouTube and played Julio Iglesias' "To All the Girls I've Loved Before." I listened to the words,

focusing on one stanza in particular.

"The winds of change are always blowing,

And every time I try to stay,

The winds of change continue blowing,

And they just carry me away."

The song inspired me. It was time for a clean break.

My husband and I loaded the heavy bike into our vehicle and drove to our local Goodwill, only to be told they couldn't take it. For a moment, I felt a pang of sympathy for Pedal—like the last one picked for a playground baseball team—but that quickly passed. I was thrilled to have space back in the guest bedroom. Still, I wasn't heartless. I didn't want to just dump Pedal and run.

"Free," I taped a sign to her back and placed her prominently near the driveway. There she sat. And sat. And sat.

Determined to find her a home, I started harassing people, starting with the carpet cleaner.

"Would you like a stationary bike? It's practically new."

"No," he said, "I already have one that we never use."

I called friends, but like gardeners drowning in zucchini in August, no one wanted a stationary bike.

Meanwhile, I unearthed more forgotten fitness gear: a weighted vest for osteopenia that I wore twice, hand weights I hadn't touched in years and several old VHS aerobic workout tapes. I looked at the dusty covers featuring fitness icons like Jane Fonda and Denise Austin and remembered the fantasies I had, thinking that if I followed the routines, I'd look just like them. I wanted to break into song: "To all the tapes I once caressed, and may I say I've worked out with the best..."

For now, poor Pedal still sat by

the driveway, waiting for a new home. Maybe I should start a dating service for exercise equipment. The first ad could read: "Single stationary bike looking for love. Preference given to those with soft cheeks."

Then, one fateful day, my husband and I spoke with the director of a local respite center.

"Could you use an exercise bike?" "Hmmm."

We held our breath.

"Yes, I think we have just the spot."

Hallelujah!

We wasted no time. We hauled Pedal over and placed her in a prime spot in the large gym.

I walked away, smiling and singing after giving her a pat on the seat.

Pedal, you've traveled in and out my door. You live within my heart, and you'll always be a part of all the fads I've loved before." ■

## Drug ads on TV and the rules they're breaking

A reader's follow up to November's opinion article

By Ken Burrows

I'm sure Raymond Reid spoke for many of us in his exasperation over the "endless barrage of drug ads on TV," as he described in November's BEACON. But there is a dirty little secret surrounding these ads that he didn't mention—virtually every one of these ads is in violation of a rule governing such advertising, a rule originally proposed by the Food and Drug Administration (FDA) in March 2010.

That pivotal rule states that direct-to-consumer prescription drug ads must disclose, in what's called a "major statement," the product's primary adverse effects and contradictions. More importantly, this major statement must

be presented "in a clear, conspicuous and neutral manner."

What does this mean? Here are the key specifics:

- The information must be presented in consumer-friendly language and terminology that is readily understandable.
- The audio information in the major statement must be at least as understandable as the audio information in the rest of the ad.
- For TV ads, the information presented in the audio portion of the major statement must also be provided concurrently in text for a sufficient duration to allow it to be read easily.
- The ad must not include audio or visual elements during the

presentation of the major statement that are likely to interfere with the comprehension of the major statement.

How many times do you see all manner of visual elements—usually happy, carefree "patients" fully enjoying some favorite pastime—while the adverse effects and contradictions of the advertised drug are being rapidly rattled off in voiceover? Almost every time.

How many times are the warnings provided in text that is easily readable and not accompanied by distracting visuals? Almost never.

These types of ads have technically been in violation of the FDA



rule for 14 years, but the FDA has not cracked down on the drug companies. However, in late 2023, the FDA did issue a "final rule" about the disclosure of risk information in TV and radio direct-to-consumer ads for prescription drugs. That final rule took effect in May 2024. Now, it is up to the

FDA to enforce it.

Drugmakers are expected to push back on the rule. It will be interesting to watch what happens, especially as new overseers of the FDA take up their positions in the new administration in 2025.

**To read November's opinion article, visit [BeaconSeniorNews.com/cs-tired-of-drug-ads](https://www.beaconnews.com/cs-tired-of-drug-ads)**



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