

Lewis-Palmer High School (across from the YMCA). Come early to socialize, bring a salad or dessert to share. Meat dishes and tea provided. Voluntary donations welcome. Meets 3rd Tue. each month. Info: Irene C., 484-0517.

- **Fibromyalgia Support Group**, Tue., **Mar. 21**, 5 p.m., Police Station, 7850 Goddard (1 block off Academy on Kelly Johnson near Chapel Hills Mall), Community Room just inside main entrance. A DVD will play 5-6 p.m.; meeting starts at 6 p.m. Share concerns and success stories and talk to a D.O. Learn how you can become pain-free. No charge, no products sold. Meets 3rd Tue. each month. Info: 481-2230.
- **Outpouring: TLUMC Supporting our Community**, Tue., **Mar. 21**, 7 p.m., back Barrel Room at Pikes Peak Brewing Company, 1756 Lake Woodmoor Dr., Monument. Everyone is welcome. Meets 3rd Tue. each month. Info: Mr. Lynn Weber 488-2832, LWeber1971@aol.com.
- **Veterans of Foreign Wars Post 7829**, Tue., **Mar. 21**, 7 p.m., Monument Hill Country Club 18945 Pebble Beach Way, Monument. New members welcome. Meets 3rd Tue. each month. Info: Post Commander Joe Carlson, jcarlson@vfw7829.org, 488-1902, www.vfw7829.org.
- **Senior Social**, Wed., **Mar. 22**, 1-4 p.m., Fellowship Hall of the Black Forest Lutheran Church, 12455 Black Forest Rd. Meets 4th Wed. each month. Info: aarpchapter-1100blackforest.weebly.com.
- **Foot Care Clinic**, Fri., **Mar. 24**, Senior Center located across the street from the Tri-Lakes YMCA, on the Lewis-Palmer High School campus. A registered nurse examines feet and provides foot care advice, toenail trimming. Cost: \$35 for a 30-min. visit. Meets 2nd Wed., 3rd and last Fri. each month, by appointment only. Info & appointments: call the Visiting Nurse Association, 577-4448.
- **Chess Nuts**, Mon., **Mar. 27**, 5-9 p.m., Tri-Lakes Senior Center, across the street from the YMCA. Any age, any skill. Learners welcome. Drop in and leave when you want. Bring your own board and pieces if you have them. Meets 2nd & 4th Mon. each month. Info: www.TriLakes-Seniors.org/chess.
- **Lupus Support Group**. If you suffer with an autoimmune disease and want to connect with others, you are welcome to join this group. Info: dmbandle@hotmail.com.
- **Myasthenia Gravis Association of Colorado Support Group**. Location varies. Info: Carolyn, 488-3620, www.4-mga.org, 303-360-7080, 4mga@4-mga.org.

**SPECIAL EVENTS**

- **Seniors March Trip: Iron Springs Chateau**, date TBD, Registration is required; find the form on page 5 of the Feb. Senior Beat. RSVP & Info: Sue, 464-6873.
- **Black Rose Acoustic Society: Steve Smith and Tim May**, Fri., **Mar. 10**, 7-10 p.m., doors open at 6:15. Black Forest Community Center, 12530 Black Forest Rd. at Shoup Road. Cost: \$10 general, \$5 BRAS members, \$5 non-member students with ID. Info: Joe Maio, 528-6119, jrmtn@comcast.net, www.blackroseacoustic.org.
- **Olivia Mainville & the Aquatic Troupe Concert at Tri-Lakes Center for the Arts**, Fri., **Mar. 10**, 7-9 p.m., 304 Hwy 105, Palmer Lake. Tickets & Info: www.trilakesarts.org, 481-0475.
- **Spotlight on Local Authors at Covered Treasures Bookstore**, Sat., **Mar. 11**, 3-5 p.m., 105 Second St., Monument. Stop in for refreshments and meet the authors. J.v.l.Bell, Lucky Hat Mine; John Bryan, Side Streets and Dark Alleys; Jeffrey Morris, But I do Believe in God's Country; Diane Sawatzki, Once Upon Another Time; Russell Verhey, The Conversationalist. Info: 481-2665, www.coveredtreasures.com.
- **Shane Koyezan, Spoken Word Artist at Tri-Lakes Center for the Arts**, Sat., **Mar. 11**, 7 p.m., doors open 6 p.m., 304 Hwy 105, Palmer Lake. Tickets & Info: www.trilakesarts.org, 481-0475.
- **Chamber Concert Series: Parish House Baroque**, Sun., **Mar. 12**, 2:30-4:30 p.m., Benet Hill Monastery, 3190 Benet Lane, Colo. Springs. Purchase tickets online at: www.benethillmonastery.org. Info: JD Schlipf, 633-0655.
- **Seniors: Tai Chi Classes**, Mon., **Mar. 13**, 11-Noon, Senior Center at Lewis-Palmer High School (across from the YMCA). Instructor Margaret Pasolli will guide you through this soft, slow, and gentle form of exercise that can be practiced by people of all ages. Medical research has proven that practicing Tai Chi decreases pain from arthritis, fibromyalgia, and peripheral neuropathy while improving flexibility, leg strength, balance, and deeper breathing. Registration is required. \$3 suggested donation. Will meet every Mon. Sign-up sheets are at the luncheons and at the Senior Center. Info: Sue, 464-6873.
- **Seniors: Ensignt Mobile Vision Clinic**, Wed., **Mar. 15**, by appointment, Senior Center at Lewis-Palmer High School (across from the YMCA). Ensignt's new onsite program offers low vision assessments to individuals in need. For more on Ensignt's Onsite program at the Senior Center or to schedule an appointment call Ensignt, 1-866-375-5693, or email melody@ensightskills.org.
- **Free Monthly Education Series: Generational Diversity/Millennials in the Workplace**, Wed., **Mar. 15**, 11:30 a.m.-1:30 p.m., Tri-Lakes Chamber Of Commerce, 166 Second St., Monument. RSVP & Info: www.coloradosbdc.org/training and click on 'Workshops,' www.trilakes-

chamber.com.

- **National Alliance on Mental Illness (NAMI) Basics**, Wed., **Mar. 15**, 6-8:30 p.m. A free six-week course for parents and caregivers of school-age children with signs of mental illness. Meets once weekly. RSVP & Info: 473-8477, www.namicoloradosprings.org.
- **Palmer Ridge High School production of Purrfect Crime**, Thu.-Sat., **Mar. 16-18**, 7 p.m., 19255 Monument Hill Rd., Monument. Tickets available at www.showtix4u.com.
- **Seniors Aromatherapy Education Workshop**, Fri., **Mar. 17**, 1-2:25 p.m., Senior Center at Lewis-Palmer High School (across from the YMCA). Pikes Peak Hospice and Palliative Care will host this informative seminar about uses of plant materials and aromatic plant oils for improving psychological and physical well-being. Sign up at the luncheons or the Senior Center. Info: Sue, 464-6873 .
- **Pikes Peak Brewing Co. St Patrick's Day Weekend**, Fri.-Sat., **Mar. 17-18**, 1756 Lake Woodmoor Dr., Monument. Special food and entertainment. Info: 208-4098, info@pikespeakbrewing.com, www.pikespeakbrewing.com.
- **Western Museum of Mining & Industry (WMMI): Family Exploration Day – SCIENCE!!!**, Sat., **Mar. 18**, 10 a.m.-3 p.m. Join in exciting hands-on activities from the Pikes Peak Soaring Club, CSU electricity demonstrations, Palmer Ridge Robotics Club, Science Matters, The Space Foundation Discovery Center, and more! Cost: \$8 adults, \$7 military/AAA, \$6 seniors & students, \$4 children 3-12, free to children under 3 & museum members. WMMI is located at 225 North Gate Blvd. (I-25 Exit 156 A) in Colorado Springs. Info: 488-0880, info@wmmi.org, www.wmmi.org.
- **Spotlight on Local Authors at Covered Treasures Bookstore**, Sat., **Mar. 18**, 3-5 p.m., 105 Second St., Monument. Stop in for refreshments and meet the authors. Anna Blake-Barn Dance: Nickers, Brays, Bleats, Howls and Quacks-Tales from the Herd and Relaxed and Forward: Relationship Advice from your Horse; LeAnna DeAngelo, Maestro Satriano; Theresa Diaz, Series of Red Carpets: From Believing to Knowing. Info: 481-2665, www.coveredtreasures.com.
- **D-38 Parent Education Night: Mindful Parenting**: Simple, practical ways for parents to destress and find calm instead of chaos, Mon., **Mar. 20**, 6:30 p.m., Monument Academy, 1150 Village Ridge Pt., Monument. Info: 481-1950, www.monumentacademy.net.
- **Tri-Lakes Community/Centura Blood Drive**, Tue., **Mar. 21**, 2:30-7 p.m., Bloodmobile at Monument Community Presbyterian Church, 238 Third St., Monument. No appointment needed, just walk in. Please bring driver's license or ID. Info: 776-5822.
- **Black Rose Acoustic Society: Mary Beth Cross Band**, Fri., **Mar. 24**, 7-10 p.m., doors open at 6:15. Black Forest Community Center, 12530 Black Forest Rd. at Shoup Road. Cost: \$10 general, \$5 BRAS members, \$5 non-member students with ID. Info: Joe Maio, 528-6119, jrmtn@comcast.net, www.blackroseacoustic.org.
- **Randy Stonehill Concert at Tri-Lakes Center for the Arts**, Fri., **Mar. 24**, 7 p.m., doors open 6 p.m., 304 Hwy 105, Palmer Lake. Tickets & Info: www.trilakesarts.org, 481-0475.
- **Visions of Light Photography Exhibition**, through Fri., **Mar. 24**, Tue.-Fri., noon-4 p.m.; Sat., 10 a.m.-3 p.m. Tri-Lakes Center for the Arts, 304 Hwy 105, Palmer Lake. An annual juried photography show. Info: 481-0475, info@trilakesarts.org, www.trilakesarts.org.
- **Seniors: Gardening Workshop**, Mon., **Mar. 27**, 1-2:30 p.m., Senior Center at Lewis-Palmer High School (across from the YMCA). Master Gardener Jim Adams will tell how to build productive soil for garden beds and planters based on your location. Sign up for this free workshop at the luncheons or the Senior Center. Info: Sue, 464-6873.
- **Bill Nance Memorial Blood Drive**, Thu., **Mar. 30**, 1-6 p.m., Antelope Trails School, 13280 Jessie Dr. Driver's license required. Sponsored by Gleneagle Sertoma Club and Penrose-St. Francis Hospital. Info: rayberg7@earthlink.net.
- **Rules of the Road: A Class for Parents of New Drivers**, Thu., **Mar. 30**, 6-7 p.m., Colorado Springs Police Department Gold Hill Substation Community Room, 955 W. Moreno Ave., Colo. Springs. Teens are welcome. Free, taught by DRIVE SMART COLORADO. RSVP & Info: 444-7534.
- **Veterans Outreach**, Sat., **Apr. 8**, 8 a.m.-noon, Monument Community Presbyterian Church, 238 Third St., Monument. Point Man International Ministries Monument Outpost invites veterans and families to a free morning about veterans services, medical screenings, information, opportunities, networking, and a hot meal. Info: Vinny, 205-8397; help@pointmanmonument.com; www.pointmanmonument.com.
- **National Healthcare Decision Day/Advanced Care Planning**, Fri., **Apr. 14**, 10 a.m.-noon, Senior Center at Lewis-Palmer High School (across from the YMCA). Pikes Peak Hospice and Palliative Care will offer an informational workshop on advance directives, the difference between hospice and palliative care, and how to cope with these situations. There will be sign-up sheets at the luncheons and the Senior Center. Info: Sue, 464-6873.

- **Black Forest Slash and Mulch Site's Annual Community Meeting**, Sat., **Apr. 22**, 9 a.m., Black Forest Community Hall, 12530 Black Forest Rd. Come and bring your neighbor, newcomers welcome. Great door prizes distributed throughout the meeting: chainsaws and much more. Info: www.bfslash.org; Carolyn, 495-3127; Chuck, 495-8675; Jeff, 495-8024; or the County Environmental Services, 520-7878.
  - **Great American Cleanup**, Sat., **Apr. 22**, 9 a.m.-noon. Get some friends together and volunteer! The event will focus on trash removal and beautification of parks, trails, open spaces, creeks, and town centers throughout the Pikes Peak region. Monument sites include the Third Street Trailhead, Baptist Road Trailhead (Old Denver Road), and 16328 Jackson Creek Pkwy. RSVP & Info: www.gacppp.com.
- Our community calendar carries listings on a space-available basis for Tri-Lakes events that are sponsored by local governmental entities and not-for-profit organizations. We include events that are open to the general public and are not religious or self-promotional in nature. If space is available, complimentary calendar listings are included, when requested, for events advertised in the current issue. To have your event listed at no charge in Our Community Calendar, please call (719) 339-7831 or send the information to calendar@ocn.me or P.O. Box 1742, Monument, Colorado 80132.*

**Letters to Our Community**

Our Community News welcomes letters to the editor on topics of general interest to readers in the Tri-Lakes area. We do not knowingly print letters that are substantially the same as letters that have been submitted to other publications. To ensure that OCN contains a variety of viewpoints, each letter writer is limited to a maximum of six letters within any twelve month period. To submit a letter, please:

- Identify your submission as a letter to the editor and confirm that it has not been submitted to any other publication.
- Include a suggested headline or title.
- Limit letters to no more than 300 words.
- Include your full name, home address, day and evening phone numbers, and email address, if you have one.
- Email your letter to editor@ocn.me or mail it to P.O. Box 1742, Monument, CO 80132-1742.
- Send your letter at least 10 days before the "first Saturday of the month" when the paper is printed.
- If you are not at least 18 years old or an emancipated minor, provide a written statement from a parent or legal guardian that you have permission to submit the letter.

If, after two business days from the date of your submission, you have not received an acknowledgement of your letter, please call Lisa Hatfield, Managing Editor, at (719) 339-7831. Letters may be edited for length, grammar, and accuracy.

**Look for our next issue  
Saturday, April 1**

**Ad space reservations due: Fri., Mar. 10**  
**Finished ad artwork due: Fri., Mar. 17**  
**Calendar items due: Fri., Mar. 24**  
**Letters to the editor due: Fri., Mar. 24**

Visit our website to read, download, and search all the back issues at **WWW.OCN.ME**



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