

Parkinson's group formed



Left: Founders Syble Krafft, standing, and John Hobson, were in attendance on July 15 at the first Tri-Lakes Parkinson's Support Group meeting at the Tri-Lakes Senior Center. The 31 attendees included both people who have been diagnosed with Parkinson's Disease (PD) and their caregivers. With over 1 million men and women diagnosed in the United States, PD is actually more frequently diagnosed than is multiple sclerosis. Topics discussed and brainstormed at the first meeting included the difficulties involving socialization for both patients and their caregivers, symptoms and effects of the disease, pain treatment suggestions, and the fact that regular exercise can help. The Tri-Lakes Senior Center (www.Tri-LakesSeniors.org) offers both exercise and chair and standing yoga as does the Tri-Lakes YMCA (www.ppymca.org). Another suggestion: Try a few visits to physical therapy to learn Parkinson's specific exercises that can be done at home. The Tri-Lakes Parkinson's Support Group meets on the third Saturday of each month from 10 a.m. to noon at the Senior Center. The next meeting is Aug. 19. For more information, or to borrow an informational DVD recorded by members of the Colorado Parkinson's Foundation, contact Chairman Kent Jarnig at 488-8351 or Kent@DVD-CDinc.com. The website is Tri-LakesPDco.org. *Photo courtesy of Kent Jarnig.*

Bears in the area



This bear has been seen in Pleasant View and South Woodmoor (seen here from inside Anthony Noe's basement window) on multiple occasions this summer. A younger bear also was reported several times on social media in July. See videos and tips about how to co-exist with bears at www.cpw.state.co.us/learn/Pages/LivingwithWildlifeWildBears.aspx. *Photo by Anthony Noe.*

Our Community Notices

By Judy Barnes, Events Editor

Although we strive for accuracy in these listings, dates or times are often changed after publication. Please double-check the time and place of any event you wish to attend by calling the information number for that event.

Slash-Mulch season continues

The El Paso County Black Forest Slash and Mulch program will accept slash (tree and brush debris only) through Sept. 10. Mulch will be available until Sept. 23 or when mulch runs out. Hours of operation are: Saturdays, 7 a.m.-4 p.m.; Sundays, noon-4 p.m.; Tuesday and Thursday evenings, 5-7:30 p.m. The mulch loader schedule is Saturdays only, 7 a.m.-4 p.m. The cost for slash is \$2 per load. The mulch loader fee is \$5 per bucket, about 2 cubic yards. The slash and mulch site is located at the southeast corner of Shoup and Herring Roads in the Black Forest area. For more information, visit bflash.org or phone Carolyn, 495-3127; Chuck, 495-8675; Jeff, 495-8024; or the County Environmental Division, 520-7878.

Baptist Road projects

This final BRRTA project includes construction of sidewalks and ADA pedestrian ramps along the north side of Baptist Road from Jackson Creek Parkway to Kingswood Drive. The contractor will also install colored patterned concrete within the existing Baptist Road median from Jackson Creek Parkway to Desiree Drive in order to reduce maintenance requirements on that portion of the roadway. Sidewalks and median work will improve access and safety east of Struthers Road. Please drive carefully in the cone zone and watch for workers in and along the roadway.

Tri-Lakes Y fall sports

Registration is now open for soccer, ages 3-14; flag football, grades 1-6; volleyball, grades 1-8. Register until Aug. 8, practices begin the week of Aug. 28, and games are Sept. 9-Oct. 14. Financial assistance is available. Register at www.ppymca.org or at the Y, 17250 Jackson Creek Parkway, Monument.

County seeks volunteers

The El Paso County Board of Commissioners is seeking community-minded citizen volunteers to serve on its Planning Commission and on its Community Services Block Grant Advisory Board. Applications are due by Aug. 8. The volunteer application is located at www.elpasoco.com. Click on the "Volunteer Boards" link. For more information, call 520-6436 or visit www.elpasoco.com.

New arts and crafts group

The Tri-Lakes Silver Alliance Senior Center is looking for anyone interested in various types of arts and crafts such as needlework, knitting, beading, coloring, or quilting. If you're interested in any of these activities or have a suggestion of your own, contact Sue,

464-6873.

Thrift Store needs volunteers

Volunteers are needed for various tasks. The store is located at 755 Highway 105, Suite N, in the West End Center and is open Monday through Saturday, 10 a.m.-4 p.m. See ad on page 32. To volunteer, call 488-3495.

MVEA essay contest

High school juniors, enter to win an all-expense paid trip to Washington, D.C., for the Electric Cooperative Youth Tour, or win a stay at the Colorado Electric Education Institute's Youth Leadership Camp in Clark, Colo. To enter, write a 500-word essay on the following topic: "What is the difference between energy conservation and energy efficiency? Do you feel that members should use one method over the other if they want to use less energy?" Visit www.mvea.coop for entry qualifications and to complete an online entry form. Essays must be received by Nov. 20. See ad on page 14. For more information, visit www.mvea.coop/youth-programs.

Monument Academy enrolling

Monument Academy, a free public school of choice, features academic excellence, award-winning programs, and more. For more information or to schedule a tour, call 481-1950 or visit www.monumentacademy.net.

St. Peter School enrolling

The school offers full and half-day preschool, Core Knowledge Curriculum with small class sizes, Christ-centered education, athletics, and more for preschool-eighth grade. See ad on page 2. Call or visit: 124 First St., Monument; 481-1855; www.petertherock.org.

Forest Lakes/Pinon Pines residents needed for Citizens Advisory Council

Forest Lakes Metropolitan District (FLMD) seeks five Pinon Pines residents to serve on a Citizens Advisory Council. The council will serve as a forum for Pinon Pines residents to learn about district issues and to advise FLMD on resident issues. If you are interested in serving on this advisory council to FLMD, please contact your HOA administrator, Steve Emery of Hammersmith Management, at 719-389-0700.

County Planning and Development's new website

The county's new Electronic Development Application Review Program (EDARP) allows immediate access to documents, development application processing. This is part of an ongoing county-wide effort to give residents easier access to data and improve transparency. EDARP is an internet-based platform that uses Cloud storage through Microsoft Azure and allows users access to all El Paso County development applications dating back to 1947. The public, consultants, and developers can see and download electronic copies of applications

for rezoning, subdivisions, and more. The program also allows electronic submittal of development-related applications, which will reduce costs to applicants and the county. For more information, visit epcdev-planreview.com.

Plant a row for Tri-Lakes Cares

Local gardeners from the Monument Community Garden encourage all gardeners in the area to plant a row in their vegetable garden for the Tri-Lakes Cares food pantry. Find out more at facebook.com/Monumentcommunitygarden. To arrange a time to drop off your harvest when it's ready, call 481-4864.

Free transportation and handyman services for seniors

Mountain Community Senior Services offers free transportation and handyman services to Tri-Lakes seniors. If you need a ride to a medical appointment, grocery shopping, or the local senior lunches, a volunteer driver will be happy to help you. Call 488-0076 to leave a message for the dispatcher. If you need grab bars in the bathroom, a ramp to your door, or repair of stairs or railings, please call Cindy Rush, 488-0076, and leave a message or visit www.coloradoseniorhelp.com.

Volunteer drivers needed for seniors' transportation service

Mountain Community Transportation for Seniors is a nonprofit, grant-funded organization that provides free transportation to Tri-Lakes seniors 60 years old and over. The program needs additional volunteer drivers. For information, email MCSS at mcseiorservices@gmail.com or call the MCSS dispatch hotline at 488-0076.

New hours at Senior Center

The Tri-Lakes Silver Alliance Senior Citizens Center is next to the Lewis-Palmer High School Stadium (across from the YMCA). With the addition of 16 morning exercise classes, the new hours are Monday through Friday, 8 a.m.-4 p.m.; Saturday, 8:45-10 a.m.; and Sunday, 11:45 a.m.-1 p.m. The facility has a lounge, craft room, game room, and multipurpose room. Programs include bridge, pinochle, bingo, national mah-jongg, Zumba, line dancing, yoga, chair yoga, tai chi, Pilates, total body strength, better balance and strength, and many more! There's also ping-pong, Wii video games, puzzles and board games, refreshments, a lending library, computers with internet connections, and an information table. For information about programs for seniors, visit www.TriLakesSeniors.org or call Sue Walker, 719-330-0241.

Senior Beat free newsletter

Each monthly Senior Beat newsletter is full of information for local seniors, including the daily menu of the senior lunches offered Mon.-Fri. at the Mountain Community Mennonite Church, 643 Highway 105, Palmer Lake. It also contains the schedule of the classes and events for the month

at the Senior Citizens Center and senior-friendly library programs. To subscribe, send an email with your name and mailing address to SeniorBeat@TriLakesSeniors.org. Senior Beat can also be viewed online at www.TriLakesSeniors.org.

El Paso County expands services to veterans

Three El Paso County agencies providing services to veterans now have satellite offices at the Mount Carmel Center of Excellence, 530 Communications Circle, Colorado Springs. The Veterans Service office at Mount Carmel is open Mon.-Fri., 8 a.m.-4 p.m. and closes noon-1 p.m. for lunch. Call 667-3816 for an appointment. The Pikes Peak Workforce Center Mount Carmel office is open Tuesdays, 8:30 a.m.-5 p.m. (closed for lunch noon-1 p.m.), and is staffed with two Workforce Center employees who help veterans with their employment needs. Call 667-3729 for an appointment. The county Department of Human Services also has a Mount Carmel office open 8 a.m.-5 p.m. Monday through Friday.

Help the Black Forest Animal Sanctuary (BFAS) rescue animals

Southern Colorado Animal Rescue BFAS is an animal rescue and rehab farm that has been helping animals since 1994. The all-volunteer organization has rescued thousands of horses, farm animals, dogs, cats, and various small wild animals and birds. BFAS provides rescue operations, adoption programs, foster and sponsorship programs, a student/horse education program, service dogs to veterans, and local and national rescue efforts. They also work with local schools and scouts. Donations are needed for supplies, and volunteers are needed for day-to-day operations. To find out how you can help, call 494-0158, email BFASFarm@gmail.com, or visit www.bfas-farm.org.

County launches new community website

Check out all the interesting county data available for you at <http://community.spatiallest.com/co/elpaso/>.

CSU Extension launches "Your Energy" website and blog

The Colorado State University Extension now has a "Your Energy" website to help Coloradans make more informed energy decisions. The site includes decision tools, fact sheets, and a blog. The decision tools can help you figure out energy savings from using more efficient lighting, low-flow showerheads, heating and cooling systems, water heaters, and more. Other tools can help you understand how much you spend on heating, cooling, and baseload electricity and your bottom line if you install a wind turbine or solar array. Visit the site at <http://yourenergy.extension.colostate.edu/>.