

more information, call 520-6436.

**Volunteer needed for CSU Extension Advisory Committee, apply by April 19**

The El Paso County Board of Commissioners is seeking a community-minded citizen volunteer to serve on the CSU Extension Advisory Committee. Two 4-H representatives, a food and nutrition representative (knowledge in food safety and nutrition), two family and consumers Science representatives (experience/knowledge of nutrition and family relations), an agricultural representative, a horticultural representative, and two community-at-large representatives are needed on the committee. Applications are due by **April 19**. The volunteer application is located at [www.elpasoco.com](http://www.elpasoco.com) and can be accessed by clicking on the "Volunteer Boards" link. For more information, call 520-6436.

**Annual Pine Forest Antiques, Home Décor & Garden Show & Sale, April 20-21**

The Tri-Lakes Women's Club will hold the 37th Annual Pine Forest Antiques, Home Décor & Garden Show and Sale **April 20**, 10 a.m. to 5 p.m., and **April 21**, 10 a.m. to 4 p.m., at Lewis-Palmer High School, 1300 Higby Rd., Monument. (I-25, exits 161 or 158). Features include new and returning antiques dealers, "The Bakery," new botanicals, and an a cappella concert Saturday, exhibits, delicious bistro dining, glass repair, and much more. Admission price is \$6; proceeds benefit qualified nonprofit and public service organizations and public schools in the Tri-Lakes area. Since 1977, the TLWC has granted more than \$700,000. Bring in the ad for \$1 off one admission. For more information, go to [www.TLWC.net](http://www.TLWC.net).

**Tackle the Trash, April 27**

El Paso County invites civic organizations, churches, scout groups, schools, and individuals to participate in this countywide "spring cleaning" event, and one of the cleanup sites is right here: the New Santa Fe Regional Trail at Baptist Road. Check in **April 27**, 9 a.m., at Baptist Road Trailhead (Old Denver Highway and Baptist Road). County commissioners will greet volunteers and distribute trash bags and safety vests. Volunteers should bring personal gloves and a bottle of water. Ages 16 and under must be supervised by an adult. For more information or to register, visit [www.elpasoco.com](http://www.elpasoco.com) or call 520-7871.

**LEAP—Help for heating bills, apply by April 30**

The Low-Income Energy Assistance Program (LEAP) is a federally funded program that provides cash assistance to help families and individuals pay a portion of winter home heating costs. The eligibility period for LEAP continues through April 30. Application packets will automatically be mailed to residents who received LEAP assistance last year at the address where they were living at that time. To find out if you qualify for LEAP, call 1-866-HEAT-HELP (1-866-432-8435) or visit [www.colorado.gov/cdhs/leap](http://www.colorado.gov/cdhs/leap) to view the most current program application requirements.

**Senior Dental Clinic, May 1**

Senior Mobile Dental and Tri-Lakes Health Advocacy Partnership (HAP) announced a new health service collaboration to bring affordable dental care to low-income senior citizens in the Tri-Lakes area. Dental services include dental exams, preventive cleanings, dentures and partials, denture repair, fillings, and tooth extractions. Seniors who qualify for funding are 60 and older and have a Medicaid number or they qualified for the Old Age Pension Dental Assistance Program. Other seniors (age 60 and up) can receive the services of the Senior Mobile Dental program at a greatly reduced fee schedule. Dental services are available the first Wednesday of each month (May 1 is the next clinic) at the Tri-Lakes Senior Citizens Center at the Lewis-Palmer High School campus. For more information and to schedule an appointment, call Senior Mobile Dental, (719) 310-3315. Any dental professionals who have time, instruments, or supplies they would like to donate to this program can call Senior Mobile Dental at (719) 310-3315.

**Slash-Mulch Season, May 4**

The annual community meeting (fun, information, and door prizes!) will be April 27, 9-11 a.m., at the Black Forest Community Hall, 12530 Black Forest Rd. (northwest corner of Shoup and Black Forest Roads). The site opens for slash hauling May 4, 7 a.m. Mulch will be available after May 18. The Forest Management Demo Day is June 8 at the Black Forest Fire Dept. Training Room, 11445 Teachout Rd. The Black Forest Slash-Mulch Program is co-sponsored by El Paso County Environmental Division and the Colorado State Forest Service in cooperation with the Colorado Forestry Association and Black Forest Fire Department. The Slash and Mulch Committee is the citizen volunteer organization that runs the operations. More than 400 people volunteer for this program to keep it running May through mid-September. For more information, visit [www.bfslash.org](http://www.bfslash.org) or call Carolyn Brown, 495-3127; Ruth Ann Steele, 495-3107; Jeff DeWitt, 495-8024; or the County Environmental Division, 520-7878.

**Lupus support group forming**

If you are interested in joining a lupus support group in the Monument area, contact Diane Bandle, 491-1346, or email [dmarie666@gmail.com](mailto:dmarie666@gmail.com).

**Multiple sclerosis support group**

A multiple sclerosis (MS) group is forming for the Tri-Lakes and surrounding areas. If interested, please email Susan, [susan@cvscorp.com](mailto:susan@cvscorp.com), or visit <http://cvscorp.homeserver.com/ms/>.

**Colorado Master Gardener Help Desk Summer Hours**

Colorado Master Gardener (CMG) volunteers are ready to assist you with your lawn and gardening questions. Starting April 1, CMG volunteers will be in the Colorado State University Extension office Monday through Friday mornings 9 a.m.-noon. You may call and leave a message at any time at 520-7684, or email your questions to [CSUmg2@elpasoco.com](mailto:CSUmg2@elpasoco.com).

**Seniors in need**

Seniors who need some assistance with small household tasks can get free help from students at Palmer Ridge High School. This program will continue through May. Jennifer at Tri-Lakes Monument Fire Protection District will coordinate with the high school. Contact Jennifer at 484-0911 or email [jmartin@tri-lakesfire.com](mailto:jmartin@tri-lakesfire.com).

**Reverse 911**

With the heightened concern for fire danger along the Front Range, many people want to sign up their home or cell phone for reverse emergency notification. The El Paso-Teller E-911 Authority Emergency Notification System is used to notify residents of any potential emergencies in their neighborhood. To sign up, go to <https://elptc911.onthealert.com>

**Tri-Lakes HAP Senior Center has fun programs!**

The Tri-Lakes Health Advocacy Partnership Senior Citizens Center is next to the Lewis-Palmer High School Stadium (across from the YMCA) and is open 1-4 p.m., Monday through Friday and earlier for scheduled activities. The facility has a lounge, craft room, game room, and multipurpose room. Programs include pinochle, Tuesdays and Thursdays, noon to 4 p.m.; National Mah-jongg, Fridays, 1-4 p.m.; line dancing, first and second Wednesdays, 1-2 p.m.; tea time, third Tuesday, 1-3 p.m.; bingo, third Wednesday, 12:30-3 p.m. Also available

at the center are ping-pong, Wii video games, various puzzles and board games, refreshments, a lending library, computers with Internet connections, and an information table. For more information about programs for seniors, visit [www.TriLakesSeniors.org](http://www.TriLakesSeniors.org).

**Senior Beat newsletter—subscribe for free!**

Each monthly *Senior Beat* newsletter is full of information for local seniors, including the daily menu of the senior lunches offered Mondays, Wednesdays, and Thursdays in Monument. It also contains the schedule of the classes and events for the month at the Senior Citizens Center. There are articles and notices of events geared toward senior citizens. To subscribe to the free newsletter, send an email with your name and mailing address to [SeniorBeat@TriLakesSeniors.org](mailto:SeniorBeat@TriLakesSeniors.org). Senior Beat can also be viewed online at [www.TriLakesHAP.org](http://www.TriLakesHAP.org).

**Senior Safety Program**

Tri-Lakes Monument Fire Protection District offers a free senior safety program to all Tri-Lakes seniors. The program includes smoke detector evaluations, home safety assessments, vial of life, and fire prevention. For more information, call 484-0911 or visit [www.tri-lakesfire.com](http://www.tri-lakesfire.com).

**Check out energy savings at local libraries**

Mountain View Electric Association (MVEA) recently started a program allowing consumers to check out "Kill-A-Watt" meters, plug-in energy meters, from local libraries and Book Mobiles in MVEA's service territory. Kill-A-Watt meters can help consumers assess how efficient appliances really are. This program provides a free way to identify the real energy abusers and reduce energy use. People who have used the meters report unplugging appliances that weren't being used to save energy. For more information, call MVEA, 1-800-388-9881, ext. 2602; or Monument Branch Library, 488-2370. ■

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