

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 info number for that event.

Wednesday Senior Lunch at Big Red

July 2: No lunch - Happy Fourth of July!

July 9: Raspberry chipotle pork, roasted potatoes, salad

July 16: Brats, sauerkraut, baked beans, coleslaw

July 23: Lemon chicken over rice, salad

July 30: Tuna salad on a croissant, avocado, potato chips

Rolls and butter are served with each meal except sandwiches. Dessert is also provided.

Lunch is at 11:30 a.m. at 146 Jefferson St., Monument (the School District 38 Administration Building, "Big Red"). \$3 voluntary donation. Entertainment follows lunch. For more information, call Judy, 487-9067. An activity of Tri-Lakes Health Advocacy Partnership. Meals are provided by Pinecrest Catering, Palmer Lake; Nikki McDonald, executive chef, 481-3307.

July sports camps at high schools

High school coaches are offering sports day camps for elementary and middle school students! See the details on individual team web sites. Students are welcome to attend camps at either school. This month:

Lewis-Palmer High School baseball: Ages 11-13, starts **July 8**

Palmer Ridge High School (PRHS) volleyball: Grades 3-8, starts **July 18**

PRHS softball: grades 6-8, starts **July 28**

PRHS football: grades 3-8, starts **July 28**

For more information, visit www.lewispalmer.org.

31st Annual National Night Out, Aug. 5

National Night Out is an annual event promoting crime prevention and drug prevention in communities across the country. The event's recurring theme is: "Give neighborhood crime and drugs a going away party."

The concept is to turn on your porch light and come outside to join your neighbors to make a show of solidarity and strength. Residents also can hold a block party, barbecue, neighborhood walk, or other activity to show their participation. The Sheriff's Office encourages all residents of unincorporated El Paso County to plan an event and let them know about it.

Sheriff's Office employees will be traveling around the county Aug. 5 to attend the neighborhood celebrations. There will be prize drawings at the registered events. For more information or for tips on planning your event, visit: www.natw.org and click on the "National Night Out" button. For questions, contact Mikel Baker, crime prevention coordinator for the Sheriff's Office: mikelbaker@elpasoco.com; 520-7151.

Reminder for homeowners affected by the 2013 Black Forest wildfire

United Policyholders reminds all homeowners affected by the 2013 Black Forest wildfire that the one-year anniversary is approaching and there are important deadlines in insurance policies and Colorado law that may come up at this mark that will affect your claims and your rights. If you have not reached an acceptable insurance settlement, communicate with your insurer as soon as possible. For more information, contact 520-7324 or JoelQuevillon@elpasoco.com.

Register for Tri-Lakes Y Summer Sports Camps and fall sports

Basketball Camp, **July 14-18**; Cheerleading Camp, **July 21-25**; Volleyball Camp, **July 28-Aug. 1**; Advanced Soccer Camp, **Aug. 4-8**; Baseball Camp, **Aug. 11-15**.

Fall sports: ag football, ages 6-12; soccer, ages 3-14; volleyball, grades 1-8. Practices begin the week of **Aug. 25**; games are **Sept. 6-Oct. 11**. 17250 Jackson Creek Pkwy., Monument. Financial assistance available. Register at www.pymca.org/locations/tri-lakes or call 481-8728.

Help restore Black Forest Regional Park

Black Forest Regional Park burned badly in the Black Forest Fire, then heavy rains that followed damaged trails and caused severe erosion. This summer, crews will install log barriers to fight erosion and plant native plants to revegetate the 385-acre park. You can help! Workdays are **July 19, 20**; **Aug. 23, 24**; and **Sept. 13, 14**. To register call the Rocky Mountain Field Institute at 471-7736 or

contact Molly at molly@rmfi.org. For other volunteer opportunities in our parks, trails, and open spaces go www.openspacevolunteers.org.

PPLD Kids Summer Reading Program

This year's Kids Summer Reading Program is Fizz Boom Read! Registration began June 1 and the program runs through **July 31**. Register online, www.ppld.org, or in person at your local library and start reading! Info: 488-2370, www.ppld.org.

CASA volunteers needed

Become a CASA volunteer and make a difference in the life of a child involved in a case of abuse or neglect in El Paso and Teller Counties. CASA (Court Appointed Special Advocates) invites you to an informational hour scheduled for **July 24**, 5:30 p.m., at 701 S. Cascade, Colorado Springs. If you are interested but cannot attend that meeting, contact Kelly, 447-9898, ext. 1033, or visit the website, www.casappr.org, for more information.

St. Peter Catholic School enrolling for preschool-eighth grade

The school offers full and half-day preschool, Core Knowledge Curriculum with small class size, Christ-centered education. NCA accredited, state licensed, financial aid available. Call or visit: 124 First St., Monument; 481-1855; www.petertherock.org.

High Plains Helping Hands receives grant from Ent

High Plains Helping Hands (HPHH) was recently awarded a grant of \$1,500 from the Ent Community Fund of the Pikes Peak Community Foundation. High Plains Helping Hands is a community service agency located in the Black Forest area and is supported by local businesses, individuals, families, service groups, and churches, as well as by foundations throughout Colorado. The nonprofit provides food security for 200-300 families through its food pantry program each month, as well as other services. Several new programs are designed to increase HPHH clients' long-term health and self-sufficiency, including u shot clinics, nutritional classes, and budgeting classes. For more information, visit www.hphh.com or email rose@hphh.org.

Grant writers needed for Palmer Lake

The Awake Palmer Lake committee is looking for grant writers to help with the next Great Outdoor Colorado (GOCO) grant application to improve the park at Palmer Lake; the grant could be worth \$300,000. See <http://awakepalmerlake.org> for more information or contact Park and Recreation Trustee Mike Patrizi at parks@palmer-lake.org.

Slash-Mulch season is underway

The El Paso County Black Forest Slash and Mulch season is here! Slash (tree and brush debris only) will be accepted until **Sept. 27**. Mulch will be available until **Sept. 27** 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 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 Brown, 495-3127; Chuck Lidderdale, 495-8675; Jeff DeWitt, 495-8024; El Paso County Environmental Division, 520-7878

CSU Extension offers Garden Coaching Program

Colorado State University Extension Master Gardeners will meet with you on at your home to coach you and your family in home food production. These one-hour customizable tutorials will provide you with the information you need to grow the garden you want. For more information or to schedule an appointment with a master gardener, call Julie at 520-7690.

Host a foreign exchange student

Host families are needed for the 2014-15 school year. Create life-changing friendships and see your world through new eyes. For more information, contact Sheryl Ellis, Monument, 321-536-9504; Sheryl.Ellis@EFFoundation.org.

Monument Marketplace Facebook page

Tri-Lakes residents can sell their used items, trade items, and chat about anything local goings-on at <https://www.facebook.com/groups/monumentmarketplace/>.

Help chart Colorado's transportation future

The Colorado Department of Transportation invites citizens to get involved in planning the future of the state's transportation system by visiting the website, www.coloradotransportationmatters.com.

Free Senior Safety Handyman Services

Senior Safety Handyman Services is a unique program funded by the Pikes Peak Area Agency on Aging. It is designed to help seniors (age 60 and over) in northwest El Paso County with safety-related handyman projects. Dedicated, paid contractors and volunteers install grab bars, wheelchair ramps, railings, steps, etc., to help seniors to continue to live independently in their own homes. For service, call 488-0076 and leave a message for Cindy Rush. For more information, visit TriLakesmcts-sshs.org.

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. It is the only transportation service in the Tri-Lakes area to take seniors to medical appointments, the grocery store or pharmacy, the bank, legal appointments, senior lunches, shopping, and to the many activities offered through the senior center and our community. The program needs additional volunteer drivers. For information, email browneyesmlk@hotmail.com or call Mary Ketels, 481-2470, or Faye Brenneman, 481-2527, or leave a message with the dispatcher, 488-0076.

Attention Tri-Lakes residents with medical conditions

If you have a medical condition or a physical disability, please contact Jennifer at Tri-Lakes Monument Fire Protection District, 484-0911, to register for emergency assistance if evacuation is required.

Tri-Lakes HAP Senior Center 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., Tue.-Fri., and earlier for scheduled activities. The facility has a lounge, craft room, game room, and multipurpose room. Programs include pinochle, National Mah-jongg, line dancing, tea time, bingo, and more. Ping-pong, Wii video games, puzzles and board games, refreshments, a lending library, computers with Internet connections, and an information table are also available. For information about programs for seniors, visit 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. To subscribe, send an email with your name and mailing address to SeniorBeat@TriLakesSeniors.org. Senior Beat can also be viewed online at 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 information call 484-0911 or visit www.tri-lakesfire.com.

County prescription discount program could save you money

El Paso County's prescription discount program saved 10,000 residents \$250,000 in discounted medicines over 18 months at no additional taxpayer cost. People using the card saved an average of 23 percent. There are no eligibility requirements and no strings attached to receive the discounts. You can pick up a free Prescription Discount Card at most county government locations or you can download your own personalized prescription discount card on the county website (bottom of the front page) at www.elpasoco.com/. Any county resident without prescription coverage can use this program. Even if you have insurance for prescription medications, the discount card might save you money on prescription medications your existing plan does not cover. For information, visit www.elpasoco.com/ or call 520-6337 (MEDS).

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