

tlhesgmembers-owner@yahoo.com.

- **Senior Tea**, Tue., **Jan. 20**, 1-3 p.m., Senior Center at 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., **Jan. 20**, 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.
- **Veterans of Foreign Wars** Post 7829, Tue., **Jan. 20**, 7 p.m., Sundance Mountain Lodge, 1865 Woodmoor Dr., Monument. New members welcome. Meets 3rd Tue. each month. Info: Joe Carlson, 488-1902.
- **Ladies Auxiliary to V.F.W.** Post 7829, Wed., **Jan. 21**, 7 p.m., Monument Hill Country Club, 18945 Pebble Beach Way, Monument. New members welcome. If you are a female relative of a veteran who served on foreign soil during war or other military action, you may be eligible. Meets 3rd Wed. each month. Info: Kathy Carlson, 488-1902, carlsonmkc@aol.com.
- **Senior Social**, Wed., **Jan. 28**, 1-4 p.m., Fellowship Hall of the Black Forest Lutheran Church, 12455 Black Forest Rd. Meets 4th Wed. each month. Info: aarpchapter1100blackforest.weebly.com.
- **HAP-py Feet Foot Care Clinic**, Fri., **Jan. 30**, Senior Center located across the street from the Tri-Lakes YMCA, on the Lewis-Palmer High School campus. A registered nurse examines your feet and provides toenail trimming. Cost: \$30 for a 30-min. visit; limited financial assistance is available for qualifying applicants. Meets 2nd Wed. and last Fri. each month. Info & appointments: call the Visiting Nurse Association, (303) 698-6496.
- **Lifting Spirits Adult Day Center Open House**, Mon., **Feb. 2**, 1-4 p.m., 755 Hwy 105, Unit C, Palmer Lake. Caregivers, find out how to make your lives easier. Refreshments served. Meets 1st Mon. each month. Info: Sonja Search, 488-1415, liftingspirits@qwestoffice.net.
- **MOMS Club** of Monument/Palmer Lake Monthly Meeting, Fri., **Feb. 6**, 10 a.m., Palmer Lake Town Hall, 28 Valley Crescent. Meets 1st Fri. each month. Info: monumentmomsinfo@gmail.com.
- **Sisters of Benet Hill Monastery: First Saturday Prayer Day**, Sat., **Feb. 7**, 9 a.m.-12:30 p.m., 3190 Benet Lane, Colo. Springs. Social time with coffee followed by prayer, reflection, teaching. Meets 1st Sat. each month. Info: 633-0655, www.benethillmonastery.org.
- **Craft Club**, Sat., **Feb. 7**, 11 a.m.-2 p.m., Fairfield Inn & Suites, Mt. Herman Room, 15275 Struthers Rd. Ages 15 and up; each month features a fun, easy to follow paper craft. All supplies provided. Fee varies by project. Meets 1st Sat. each month. Info: Linda, 375-8991, Lindacarp@gmail.com.
- **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. For information, call Carolyn, 488-3620, www.4-mga.org, 303-360-7080, 4mga@4-mga.org.

### SPECIAL EVENTS

- **Black Rose Acoustic Society** Open Stage headlined by Mollie O'Brien & Rich Moore, Fri., **Jan. 9**, opening act at 7 p.m., doors open at 6:30 p.m., 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.
- **Yoga Nidra at Yoga Pathways**, Sun., **Jan. 11 & 25**, 4:30-5:40 p.m., 755 Hwy. 105 (3/4 mile west of Monument Safeway). Led by Raleigh Dove, Certified Yoga Therapist. Info: 481-4137, www.YogaPathwaysStudio.com.
- **Centura Health Urgent Care Tri-Lakes Opening**, Mon., **Jan. 12**, Mon.-Fri., 8 a.m.-8 p.m.; Sat.-Sun., 9 a.m.-5 p.m., 17230 Jackson Creek Pkwy, Monument, Suite 120. No appointment necessary, most insurance accepted. Info: 571-7000, penrosetfrancis.org/PSFPC.
- **Learn to Skate**, session starts Mon., **Jan. 12**, 4:30 & 5

p.m., 16240 Old Denver Hwy, Monument. New Year's Special, 8 classes for \$80 plus skate rental. Ages 3 through adult. Info: Sk8CoachDeb@gmail.com, www.RockyMountainSkatingAcademy.com.

- **Sisters of Benet Hill Monastery: Contemplative Journey I Course**, Tue., **Jan. 13-Apr. 14**, 9:30-11:30 a.m. or 6:30-8:30 p.m., 3190 Benet Lane, Colo. Springs. Open to people of all faith traditions. Cost: \$240 + books. Info: 633-0655, www.benethillmonastery.org.
- **D-38 Parent Forum**, Wed., **Jan. 14**, 6:30 p.m., 146 Jefferson St., Monument. Parents and guardians of students are invited for informal discussion with elected school board members about school-related topics. Info: 488-4700, info@lewispalmer.org, www.lewispalmer.org.
- **Chuck Pyle CD Release Show** at TLCA, Fri., **Jan. 16**, 7 p.m., doors open 6 p.m., 304 Hwy. 105, Palmer Lake. Advance tickets: members, \$12; non-members, \$15. At the door: members, \$15, non-members, \$18. Info: 481-0475, www.trilakesarts.org.
- **Winterific at Fox Run Regional Park**, Sat., **Jan. 17**, noon-2 p.m., Roller Coaster Road & Stella Drive. Crafts, winter games, hot chocolate & cookies, marshmallow roasting, wildlife walks at noon & 1 p.m. Cost: \$2. Info: 520-6387, www.elpasocountyparks.com.
- **Tri-Lakes Cares Blood Drive**, Tue., **Jan. 20**, 3-7 p.m., 235 Jefferson St., Monument. License ID required. No appointment necessary. Info: 776-5714.
- **Black Rose Acoustic Society Open Stage headlined by Wirewood Station**, Fri., **Jan. 23**, opening act at 7 p.m., doors open at 6:30 p.m., 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.
- **Monument Hill Farmers Market Winter Market**, Sat., **Jan. 24**, 9 a.m.-1 p.m., Grace Best, 66 Jefferson St., Monument. Meets every 4th Sat. each month through April. Info: 592-9420.
- **Identity Theft Presentation**, Sat., **Jan. 24**, 2 p.m., Sheriff's office, 27 E. Vermijo Ave., Colo. Springs. Learn how to protect yourself from identity theft, including medical identity theft. RSVP & Info: Merody Broom, 520-7151, MerodyBroom@elpasoco.com.
- **Penny Christensen, Celebrity Psychic Medium**, at the Open Door Books and Gifts, Sat., **Jan. 24**, 6-8:30 p.m., 251 Front St., Suite 8, Monument. Cost: \$30. Info: 487-9076.
- **Yoga Nidra at Yoga Pathways**, Sun., **Jan. 25**, 4:30-5:40 p.m., 755 Hwy. 105 (3/4 mile west of Monument Safeway). Led by Raleigh Dove, Certified Yoga Therapist. Info: 481-4137, www.YogaPathwaysStudio.com.
- **Community Emergency Response Training (CERT) Class**, Thu.-Sat., **Jan. 29-31**, 6-10 p.m. Thu.-Fri., 8 a.m.-4 p.m. Sat., 20256 Hunting Downs Way, Monument (SW of Hwy 83 & County Line Road, east of Kings Deer). Are you ready to be helpful and self-sufficient in a local emergency if emergency responders can't get to you? Free. Open to anyone aged 14 to 94. Taught by volunteers from El Paso County Sheriff's Office, hosted by Emergency Preparedness Group of Tri-Lakes United Methodist Church. RSVP & Info: 488-0786, epg@tlumc.org; Lisa, 339-7831.
- **Amateur Radio (ham) Licensing Class**, Sat., **Jan. 31 & Feb. 7**, 8 a.m.-5 p.m., Black Forest Fire Station One training room, 11445 Teachout Rd., Colo. Springs. The two-day course includes how to use ham radio, especially in emergency situations, live equipment demonstrations, radio and antenna recommendations, and more. Students will prepare to pass the Federal Communications Commission Technician License exam administered after class completion Feb. 7. Cost: \$25, includes the FCC exam fee of \$15. The required textbook is the HamRadioSchool.com Technician License Course, available online at HamRadioSchool.com and at other online retailers. RSVP & Info: Bob Witte, 659-3727 or bob@k0nr.com.
- **Sisters of Benet Hill Monastery: Forgiveness Prayer Workshop**, Sat., **Feb. 21**, 9 a.m.-1 p.m., 3190 Benet Lane, Colo. Springs. Open to people of all faith traditions. Info: 633-0655, www.benethillmonastery.org.
- **Sisters of Benet Hill Monastery: Welcoming Prayer Workshop**, Sat., **Mar. 14**, 9 a.m.-1 p.m., 3190 Benet Lane, Colo. Springs. Open to people of all faith

traditions. Info: 633-0655, www.benethillmonastery.org.

*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.*

**Our Community News is printed by Signature Offset in Colorado Springs using post-consumer waste recycled paper and soy bean-based water-soluble inks.**

**For more information, visit [www.definingsustainableprinting.com](http://www.definingsustainableprinting.com).**



**DEFINING  
SUSTAINABLE  
PRINTING**

**Please recycle.**

### Letters to Our Community

Our Community News welcomes letters to the editor on topics of general interest. We do not knowingly print letters that have previously appeared in substantially the same form elsewhere, and our editorial board limits each letter writer to a maximum of six letters per calendar year to ensure that OCN contains a variety of viewpoints. To submit a letter, please:

- Identify your submission as a letter to the editor.
- Include a suggested headline or title.
- Limit letters to 300 words or less.
- Include your full name, home address, and day and evening phone numbers.
- 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 have not received an acknowledgement of your letter, call Lisa Hatfield, Managing Editor, at (719) 339-7831. Letters may be edited for length, grammar, and accuracy.

**Look for our next issue**

**Saturday, Feb. 7**

**Ad Reservations: Fri., Jan. 16  
Finished ads in electronic format  
are due by Fri., Jan. 23**

**Letter Due Date: Fri. Jan. 30**  
Visit our website to read, download,  
and search all the back issues at  
**WWW.OCN.ME**

**Our Community News**  
Volunteers reporting on community issues in Monument, Palmer Lake, and the surrounding Tri-Lakes area

OCN is published on the  
first Saturday of each month by  
Colorado Cooperative Association  
**Our Community News, Inc.**

**John Heiser, President**  
719-488-3455 (ofc & FAX) 488-9031 (hm)  
[johnheiser@ocn.me](mailto:johnheiser@ocn.me)

© Copyright 2001-2015  
**Our Community News, Inc.**  
P.O. Box 1742  
Monument, Colorado 80132-1742  
All rights reserved.