

hours.

Adult programs

Join Pikes Peak Library District's first established yoga group at the Monument library every Thursday from noon to 1. Classes are held following D-38's calendar and will end on May 12.

Join us on Friday, May 6 from 2 to 3:30 p.m. for coloring and conversation. Pages and coloring utensils will be provided and you are also encouraged to share what you have worked on. You are welcome to bring your own supplies.

Healthy Living: Secrets of Healthy Aging will be presented on Tuesday, May 10 from 9 to 10 a.m. Based on the book *Healthy Aging* by Andrew Weil, M.D., the event will provide participants with practical advice for keeping their mind and body in good working order through all phases of life. There will be an emphasis on diet, exercise, preventative health care, and stress management. Registration is re-

quired.

The Second Thursday Craft on May 12 from 2 to 3 is English Paper Piecing, Part II. This technique involves basting fabric to accurately cut shapes of cardstock, stitching them together and then removing the cardstock. This month's theme will be 60 degree diamonds, which can be used to make stars or tumbling blocks. This is a very portable craft and a great way to use up small scraps of fabric. All materials are provided, but if you have some small scissors, please bring them along. Registration is required online or see a staff member.

There will be a Computer Help Lab from 9 to 10 a.m. on Friday, May 13. Come in for help with your computer questions! Registration is required and opens a week before class.

Join fellow writers of speculative fiction, science fiction, supernatural and steampunk fiction by attending The Muse from 6 to 8 p.m. on Wednesday, May 18.

Our goals are to improve our story experiment with thought and language and to have fun!

Living in the 21st Century places tremendous demands on us. Come to the library on Friday, May 20 from 4 to 5:30 to learn how to deal with stress by learning strategies for taking care of yourself physically, mentally, and emotionally. Registration is recommended but not required.

Are you turning 65 this year? Join us for Medicare 101 on Thursday, May 26 from 1 to 3 p.m. Learn the basics of Medicare A, B, and D and your options to enhance that coverage through Medigaps/supplements, Medicare Advantage plans, or employer group plans. No registration is necessary.

The Monumental Readers will meet from 10 to noon on Friday, May 20 to discuss *Falling Angels* by Tracy Chevalier. All patrons are welcome to attend this monthly book group.

There will be an exhibit of assemblages by Annie Dawid in the display cabinet and transparent watercolors on the walls by DonVan Horn during May.

Palmer Lake Library programs

May's Family Fun in Palmer Lake is a Zumba dance lesson taught by certified Zumba Kids instructors from My Gym of Colorado Springs. Let's get up and moving with music and dancing! Participants should wear sneakers and comfy, stretchy clothes. The program is recommended for ages 4 and up and will begin at 10:30 a.m. on Saturday, May 21.

Please note that all PPLD facilities will be closed on Monday, May 30 in observance of Memorial Day.

Harriet Halbig may be reached at harriethalbig@ocn.me.

Palmer Lake Historical Society, April 21

Development of spinning in the West

By Sigi Walker

On April 21, Charlease Elzenga-Bobo gave a PowerPoint presentation on "Spinning in the Western Region" to members of the Palmer Lake Historical Society and guests gathered for the April program of the 2016 Monthly History Series.

The program detailed the origins of spinning, the development of spinning tools and the spinning wheel, and the movement of spinning wheels from China/India to Europe, then on to the American colonies and later the American West. She included photos and information about the Works Progress Administration textile school at Estemere (1936-37) known as El Conejo Blanco (The White Rabbit).

Elzenga-Bobo had samples of early tools used to spin yarn and various fibers, such as soft, fluffy Angora rabbit. She brought her spinning wheel to demonstrate

spinning techniques and was surrounded by attendees eager to learn about spinning first-hand at the end of her presentation.

Prior to the History Series program, Eric Swab gave a short update on the upcoming Monument Tree Nursery Site Tour, scheduled for May 14 from 1 to 4 p.m. He projected a map of the tour and had the map and tour description available for people to pick up and discuss after the program. A sign-up sheet was also available. Look for an Eblast from the Historical Society or email Swab at eswab@comcast.net for details and to sign up. Swab also brought copies of his newly published book, *From Utility to Attraction: a History of the Mt. Manitou Park & Incline Railway*, for attendees to purchase.

The next program in the Historical Society Monthly History Series will be on Thurs-

day, May 19 at 7 p.m. at the Palmer Lake Town Hall, 28 Valley Crescent, Palmer Lake. Local author Joyce Lohse will present "Spencer and Julie Penrose: Colorado's Community Collaborators." The Penroses built the Broadmoor Hotel, the Will Rogers Shrine of the Sun, the Cheyenne Mountain Zoo, the Pikes Peak Highway, and many other important Pikes Peak-area resources and attractions. They worked together as partners. Spencer, a colorful pioneer, invested his mining riches in building, developing, and promoting the community, while Julie supported culture, religion, education, and the arts. Their El Pomar Foundation continues to donate millions of dollars to Colorado nonprofit groups. Lohse will have available copies of her newly published book, *Spencer Penrose: Builder & Benefactor*, for purchase. Monthly History Series programs are



Above: Charlease Elzenga-Bobo, left, explains how spinning wheels work. Photo by Mike Walker.

free to the public. Light refreshments are served. For more information, visit www.palmerdividehistory.org or call 719-559-0837. ■

Western Museum of Mining & Industry, April 14

How Cheyenne Mountain operates

By David Futey

On April 14, retired Lt. Col. Tony Crews and retired Air Force officer Joe Conlan gave a presentation at the Western Museum of Mining and Industry on the history and operational activities within the Cheyenne Mountain Operations Center. The center became fully operational in December 1965 and was created in response to the Cold War. The eight-acre facility required 495,000 tons of granite to be removed, with the majority of the material used to create adjacent parking lots.

The center was designed by the U.S. Navy and is able to sustain a near-miss attack but not an inter-continental ballistic missile direct hit, because that weapons technology came later. However, it still remains the best protected facility in the

United States, Crews said. The location of the north and south portals, which lie perpendicular to the main blast doors and tunnel, prevents a direct impact on the doors. The blast doors have been closed only once since 1991, and that was on 9/11.

The complex is basically a small community with police, fire, fitness center, cafeteria, chapel, and store. However, the focus is the command center, which has a variety of organizations represented to "process events." Crews said the command center's focus was initially on events external to the continental United States, but that changed with 9/11. Now a variety of civil (like the FAA) and military entities monitor events and receive information from their individual sources. Crews said such events include the obvious, like flight

patterns and missile launches, and the not so obvious like satellites re-entering the atmosphere as space debris.

Crews and Conlan described how an event goes through a series of steps to validate it as a threat or not. In the event of a confirmed threat, that validation is passed onto a different organization that processes what action is taken regarding the event. Ultimately the president would make a final decision, given the threat severity. Thus those validating the event as a threat are not the ones to "pull the trigger," so to speak. The WMMI exhibit on Cheyenne Mountain will be open until early June.

Information on upcoming events at the museum is at www.wmmi.org.

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Above: Tony Crews, left, and Jon Conlan stand beside a spring from the Cheyenne Mountain complex. Buildings within the complex are placed upon these springs to dampen the force from near-miss strikes. Photo by David Futey.

High Altitude Natural Gardening

Forest provides hidden benefits

By Janet Sellers

"A full day 'medicine walk' is an abbreviated but still powerful version of a vision quest and is doable for many people."—

M. Amos Clifford, *A Little Handbook of Shin-rin Yoku*

Shin-rin Yoku, Japanese for "forest bathing," is a popular strategy for health that

is ancient in origin. More and more scientific research is being done to learn of the therapeutic benefits of a forest walk for our well-being. Most of us in our area take it for granted that our forests and walks in the woods are enjoyable and good for us, too. We only need to walk outdoors and the pine forest gives us her best.

The ponderosa pines offer us health benefits with airborne and ground level volatile oils and enhanced hormone serum benefits. It's like a medicine walk at our houses, which is the ponderosas' home, too. The pines actually send out the volatile oils for self-protection against pathogens, and we benefit from that as well.

This year I am hearing a lot about varmints digging around our gardens and our forests, and people are considering what to do about it. One family reported that in their yard, a huge, healthy pine tree blew over at the roots in a recent blizzard. They discovered that gophers had tunneled through the root area. While ponderosa