

Full Moon Hike, April 19



Above: On the evening of April 19, Mary Jo Lewis, Bear Creek Nature Center supervisor, with the assistance of Melanie Bernal and Lynn Wilson of El Paso County Parks and Recreation, brought stories to life with the participation of local children at Fox Run Regional Park. The Full Moon Hike and storytelling event was well-attended on a mild evening. Hikers young and old gathered under a starlit canopy of ponderosa pine to listen to ancient stories—far older than the trees. Everyone enjoyed the variable terrain hike to Timber Ridge, the highest point of the park, where a full pink moon was viewed, steadily rising above the trees. Along the hike, participants were treated to re-enactments of native stories drawn from the oral tradition of indigenous groups in North America and Canada. For upcoming events, visit www.elpasoco.com/parks. *Photo by Natalie Barszcz.*

Slash/Mulch kickoff, April 20



Above: From left, Tina Travis, Judy von Ahlefeldt, and Dave Root demonstrate noxious weed root growth to a crowd of 75 at the Black Forest Community Hall for the Black Forest Slash/Mulch annual community kickoff April 20. On a warm, sunny spring morning, attendees received expert advice on the control of noxious weeds from Travis, El Paso County environmental technician; how to handle the Ips beetle problem from von Ahlefeldt, Forest restoration consulting; the Trees 4 Tomorrow program from Jennifer Cowan of Black Forest Together; how to transplant a tree from Root, Colorado State Forest Service; and chain saw safety from Doug Higgins, owner of Northwoods Equipment/sawyer. Information on all topics and contact details can be found at Black Forest Slash Mulch - SAMCOM and www.csfs.colostate.edu. *Photo by Natalie Barszcz.*

Understanding Alzheimer's



Above: The Alzheimer's Association gave a presentation to a packed house April 20 at the Jackson Creek Senior Center intended to help people to understand the impacts and causes of dementia. Alzheimer's is the most common type of dementia, all of which cause brain functions to slow as plaques develop and lead to less electricity being generated in the neurons of the brain. This progressive disease is not the same as typical aging but causes changes that interfere with someone's ability to function in daily life. By 2050, 14 million Americans will have dementia. The number of unpaid caregivers who help families deal with the disease also numbers in the millions. The Alzheimer's Association has a toll-free number available 24 hours a day for those seeking answers. Call 800-272-3900 for information and a free consultation. *Photo by Allison Robenstein.*

Beautiful day at Palmer Lake



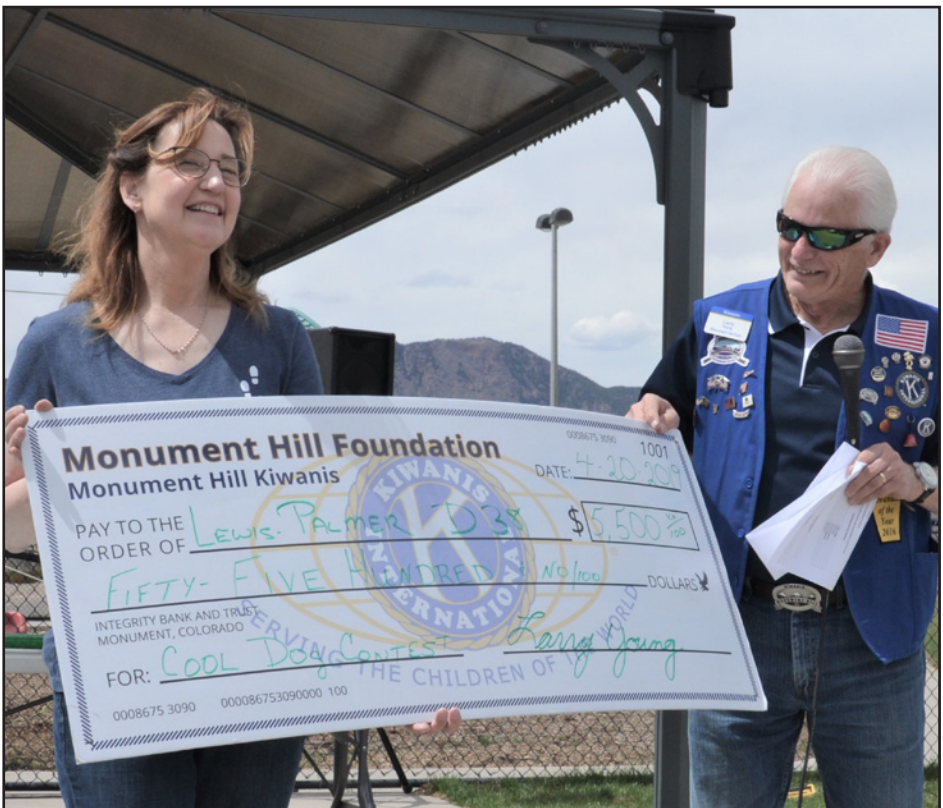
Above: Good Friday, April 19, was an ideal day to spend time at the lake in Palmer Lake. Fishermen were seen casting their lines at various locations as kayakers and paddle boarders prepared to enjoy the warm, sunny day out on the lake. The adjacent playground was also full of activity while others walked their dogs or took an easy stroll on the path around the lake. *Photo by David Futey.*

BFFRPD hosts Easter Egg Hunt



Above: On the warm, sunny morning of April 20, egg hunters gathered under the tall pines at La Foret Conference and Retreat Center for the Black Forest Fire/Rescue Protection District's Annual Easter Egg Hunt. After the horn sounded, children dashed into the forest to collect an abundance of hand-dyed, brightly colored eggs. The participants enjoyed treats and refreshments during the prize-giving ceremony held in the historic Ponderosa Lodge log cabin. *Photo by Julie Rebitski.*

Cooltest Dog contest donation



Above: Larry Young, president of the Monument Hill Kiwanis Club, presents a check for \$5,500 to Cheryl Wangeman, assistant superintendent of Lewis-Palmer School District 38, for youth suicide prevention. The funds will be used to help the district provide the Sources of Strength program for students in D38 schools. The program provides training and support for peer leaders and parents to help combat youth suicide, violence, bullying, and substance abuse. The Kiwanis raised the funds by holding an online contest to determine the Coolest St. Patty's Day Dog. Sponsors O'Malley's Pub, Phil Long Lincoln, Integrity Bank & Trust, and Wag N' Wash provided major support to the contest. *Photo by RF Smith.*