

Palmer Lake Yule Log, Dec. 15



Above: Revelers from around the Tri-Lakes area and as far away as the Western Slope gathered for the annual yule log hunt in Palmer Lake on Dec. 15. The merry crowd set off from the warm fireplace of the Town Hall led by a bagpiper and was sent off into the woods with a trumpeter's horn. Following a more than 80-year tradition, the first person to find the red-ribboned yule log, ride it back to town, and help slice off a piece for the following year gets the first cup of wassail by the fireside. The 2019 yule log finder was Jesse Gray of the Watkins family. The event honored some of the founders who passed on in 2019, including Tim Watkins, beloved protector of the forest, whose son Isaac led the start for the caped yule log hunters. **Inset:** Tim Watkins' cape. *Photos by Janet Sellers.*

Outpouring, Dec. 17



Above: Tri-Lakes YMCA presented "Outpouring" at Pikes Peak Brewing Co. on Dec. 17. James Whitfield, membership experience director, and personal trainer Ann Elise Peterson (pictured above) discussed how the local YMCA can help with New Year's resolutions. Tips included how to achieve the benefits of proper exercise and even how to deal with neurological disorders such as Parkinson's, activities that can slow the aging process, and support for recovering from injury. If you want help getting started on a fitness program, personal trainers are available. Peterson presented dietary recommendations and suggested that, living at high altitude, we should drink seven or eight 8-ounce glasses of water per day. The "Y" provides services for members to enhance physical fitness through planned programs. If you are a Medicare recipient, you may be eligible for "Silver Sneakers" at a low cost or free. *Photo by Steve Pate.*

Ice Fishing on Monument Lake, Dec. 31



Above and right: Dedicated fishermen await the last catch of the year at Monument Lake on Dec. 31. Colorful fishing tents dotted the frozen surface of Monument's own 'Lake of the Rockies' on the last day of the decade. Except for the occasional sound of an ice-drill, peace and tranquility were the order of the day; and with a little luck and patience, a few trout were actually caught. *Photo by Natalie Barszcz.*

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 information number for that event.

Leave your legacy on the bridge
The Palmer Lake pedestrian bridge will soon be open to foot traffic. You can help "bridge" the funding gap by buying CNC-cut steel engines, cars, and cabooses that will add support and decoration. See the selection at www.awakepalmerlake.org (click on Palmer Lake Bridge Fundraising Project).

Sponsor your own locomotive, box car, or caboose and become part of Palmer Lake history. See ad on page 8.

Monument Academy Tours
Choice enrollment is now open. Learn about this growing school; schedule a tour at 481-1950 ext. 1710, www.monumentacademy.net. See ad on page 10.

Free child's admission at WMMI
Receive a free child admission with one regular adult admission, one per family or group, through **Feb. 29**. WMMI is located at 225 North Gate Blvd. (I-25 exit 156), and is open Mon.-Sat., 9 a.m.-4 p.m. For more information, call 719-488-0880, or visit www.wmmi.org. See

ad on page 5.

TLWC 2020 Grant Process, Jan. 15-Mar. 15

Tri-Lakes Women's Club's (TLWC) grant application for 2020 will be available online **Jan. 15** through **Mar. 15** on the TLWC website, www.tlwc.net. Eligible organizations include nonprofit and public service organizations and public schools that serve the Tri-Lakes area. Special program and project requests are welcomed. The application package includes the instructions as well as other important qualifying information. For more information, visit www.tlwc.net.

LEAP—Help for heating bills

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 runs **Nov. 1-Apr. 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 (866-432-8435) or visit www.colorado.gov/cdhs/leap.