



WOODMEN • EDITION

Life, Business, News in Rockrimmon, Peregrine, Pinecliff, Woodmen Valley, Yorkshire, Brookwood, Briargate, Pine Creek and Wolf Ranch

The Woodmen Edition 620 Southpointe Ct. Ste 235, Colorado Springs, CO 80906 578-5112

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A Guinness World Record Set in Briargate



On Saturday, September 13, 401 Colorado Springs residents gathered in the parking lot of the Promenade Shops at Briargate breaking the Guinness World Record for the most people simultaneously doing a burpee, a full-body, aerobic and strength training exercise. *Photo courtesy of Dynamic Range Photography*

BY MELISSA ROLLI

“We were all here to break a record, so we needed to break a record,” said Matt Schutte, a Colorado Springs resident assisting with the world record attempt at the grand opening event of Lululemon Athletica in the Promenade Shops at Briargate on September 11.

Saturday, September 13, 401 Colorado Springs residents gathered in the parking lot of the Promenade Shops at Briargate originally to attempt to break the Guinness World Record for the most people simultaneously planking. This record, set December 16, 2011 was, and is still held by George V School in Hong Kong with 1,549 people. When Schutte and others realized they weren’t going to have those kind of numbers to set the Guinness World Record for the most people simultaneously planking, Schutte came up with another fitness-based idea to break the Guinness World Record, that is, for the most people simultaneously doing a burpee.

What’s a burpee? It’s a full-body, aerobic and strength training exercise. Start in a standing position then squat, placing hands on the ground. From there, kick feet back while keeping arms extended so as to form a push-up

position. Then bring feet back to the squat position and quickly jump up from the squat position and start again. For the old school among us, they used to be called squat-thrusts.

The world record for the most people simultaneously doing a burpee was set on August 22 of this year, when just over 380 people gathered at Huntsville’s Von Braun Center. The 401 people gathered outside of in the parking lot of the Promenade Shops at Briargate, were enough to break that record.

“It was great to get the community together in support of fitness and to set a world record,” said store representative, Michelle Greathouse. She explained that while most stores have sales and ribbon cutting ceremonies, the store associates here wanted to do something different, unique and memorable: to set a world record.

The event kicked off with a tribute to America’s finest with America the Beautiful sung by Colorado Springs’ own, Becca Roo. A wide-range of people, from children to fitness enthusiasts, non-profit groups and other community businesses showed up to help set the Guinness World Record. Various mall merchants showed up to support their new neighbor. Volunteers and participants were there from Team Red White and



401 people simultaneously did burpees to set a Guinness World Record on Saturday the 13th in the parking lot of the Promenade Shops at Briargate.

Blue, a non-profit organization of civilians and veterans with the mission of connecting veterans to their community through physical and social activity. Jenn Deusterdick from Team Red White and Blue said, “[I’ve]crossed another item off my bucket list.” Farrell’s eXtreme Bodyshaping had the largest group of people there to help set the Guinness World Record. Cheyenne area fitness business owner Michele Guthleben, said “It was such a fun

experience!” Teresa Barber told a reporter from KOAA news channel 5, “Bummer we didn’t get enough people for the plank, but fun to break a record anyway.”

Members of the Colorado Springs community truly came together for this memorable event setting the Guinness World Record for the most people simultaneously doing a burpee thanks to the flexibility of the participants and the quick thinking of Schutte.

Baby Boomers Benefit From Knee Arthritis Treatments Their Parents Could Only Dream About

Cutting-Edge Treatments and Technology Are Helping Knee Arthritis Sufferers Avoid Knee Replacement Surgery and Stay Active In Their 50's, 60's, 70's and even 80's

If you would like to discover a safe and effective medical treatment for knee arthritis pain and stiffness that has already helped thousands just like you, this will be the most important information you ever read.

Here is why: Back in 2011, a medical clinic in Colorado Springs, CO named Osteo Relief Institute did something that would change the lives of thousands and thousands of people.

They developed a knee arthritis treatment program specifically designed for the knee arthritis sufferers who not only want to relieve pain and stiffness... but also want to stay active.

As patients got re-sults... the word spread



"I wish I had known this 5 years ago..."

"I've had trouble with my knee walking. I'm a golfer and want to play golf but I couldn't. I made the call and went down [to the Osteo Relief Institute] and it's the best thing I ever did. It's just - now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago."

"It's the smartest thing I ever did. Since I've been going to Osteo Relief for my knees I don't take any pills, I take no over the counter medication..."

"This is a good alternative to surgery. I am so glad I went. I'm so confident I feel so good about it and I recommend it to everybody." "Call up Osteo Relief. What have you got to lose. Have them check it out and they may help you."

"I wish I had known this five years ago."

William La S.

like wildfire. Now the clinic receives hundreds of new patient calls per month. It seems like every knee arthritis sufferer in the area wants this treatment. Some travel as many as 3 hours to be treated by the experts at Osteo Relief Institute.

But here's where the story gets really good... for YOU

Because they knew how frustrating knee arthritis is and how life changing relieving their pain was... many patients wanted to share their story with others.

That's why they are willing to travel to Ft. Lauderdale, Florida and tell their stories for a special documentary being made about Osteo Relief Institute and their knee



"I just thank God for this treatment"

"I really, couldn't hardly walk. They wanted to replace both my knees, and I did not want both my knees replaced."

"Since I had the treatment I had been able to walk, I was able to walk up the steps. I was able to bend my knee and I'm able to shop in the supermarket with the carriage, which I was never able to do all the time - now I'm able to walk down the street and able to walk in the park. I'm able to even lift things and go up the steps which is a miracle. I just thank God for the treatment."

"It made me feel like a new woman. It was amazing."

"I can't thank that doctor and staff enough for what they had done for me. I would tell anyone who has gone through what I have to take the step."

"I wish I'd known about this option years ago."

Shirley S.

pain treatment methods.

Patients like William La S. flew to Florida and told how he couldn't play golf due to arthritis pain - and now after treatment, "It's the best thing I ever did. It's just - now I can play golf, I can walk, I can climb stairs, I can do things I did many years ago."

And then there is Shirley S. who could barely walk and was facing total knee replacement in both knees and after treatment said, "I just thank God for the treatment... It made me feel like a new woman."

Are These Result Typical?

Let's be very clear about this: this is not a "miracle cure" for arthritis. This is a real medical



"The treatment was wonderful"

"Five years ago I had knee surgery, had a replacement, and I was not happy with it. The therapy was painful and I'm still numb on one side and you can't - you cannot kneel on your knee once you have that done."

"I was not sleeping at night, my leg was pounding, I knew it was getting near the point where it was a knee replacement or find something new."

"The first treatment I felt great and each treatment for the five weeks that followed it became better and better. I mean I was going out dancing. I have grand kids, I play with them, I run with them. I volunteer and... do playtime with little children and you know it's picking up toys and I volunteer at a nursing home. So I'm walking around, I take animals to the nursing home, so I'm walking the different floors and I have no problem - no problem whatsoever."

Karen R.



How It Works: Advanced medical technology has now made it possible to safely relieve knee arthritis pain for many.

When you have knee arthritis, the natural lubricating fluids in your knee "dry up." This causes abnormal friction. Bones rub against each other, leading to stiffness, pain and eventually total joint destruction. This treatment works so well because a special lubricating gel is put directly into the arthritis joint... Instantly allowing the joint to glide more smoothly. Imagine putting oil on a rusty door hinge. Osteo Relief uses state-of-the-art digital imaging to see inside the knee joint to make sure the FDA-Approved lubricating gel medicine is placed precisely where you need it to get the best possible results.

treatment that has worked very well for thousands and thousands of people.

But we are not suggesting that everyone (or anyone) who gets this treatment is going to get the same results others have gotten.

As with all medical treatments - the response is individual. And no one can say what your response to treatment will be.

But we can say with 100% accuracy that countless people have lessened or even eliminated their pain - and gotten their active lives back after this treatment. And that is entirely possible for you, too.

And that's why people

from all over the area are flocking to Osteo Relief Institute to give this promising treatment a try.

That's why they are offering a no-risk, no-obligation knee screening designed specifically to see if this treatment might help you.

But the biggest problem is keeping up with the overwhelming demand. That's why they have had to limit the number of screenings per month. The good news is, if you call 719-323-6551 within the next 2 days - you are guaranteed a screening.



NON-SURGICAL SPINE PAIN, NEUROPATHY, AND JOINT ARTHRITIS TREATMENT

How To Guarantee You Get A No-Risk, No-Obligation Knee Screening

The popularity of this treatment is amazing. Osteo Relief Institute has receives hundreds of new patient calls every month.

But because this is real medical treatment - it is not for everyone. That's why the experts have set-up a quick and easy No-Risk screening visit. This screening will help determine if you are a candidate for further examination and treatment.

This screening is offered without any obligation what-so-ever, and you will get all of your

questions answered and find out if this treatment is for you with zero risk. Just call 719-323-6551. "I'd like a No-Obligation knee screening." They will take care of everything.

Due to overwhelming demand, spots are limited - but if you call in the next 2 days, Osteo Relief guarantees you will get your screening.

This treatment is covered by most insurance and Medicare. If you have knee arthritis pain - call now to see if you can get help.

***While OsteoRelief cannot say results like this are typical, we can say they are possible. Every patient is individual and results vary. Last names withheld for privacy.

Thank You for saying "I saw it in The Woodmen Edition"

You May Not Need to Fight City Hall



Director of the Council of Neighbors and Organizations (CONO) Dave Munger, left, former City Councilman Bernie Herpin, center, talked with another participant during a recent neighborhood cleanup. Photos courtesy of CONO.

By MARK CHARLES DICKERSON

We all have heard, “You can’t fight city hall.” Well, whether you believe the saying or not, wouldn’t it be great if there were an organization dedicated to making some of those fights unnecessary? What if there was a private, non-profit organization whose main mission was to make it easier for the rest of us to navigate the ins and outs of the city and county bureaucracies? What if they even went to bat sometimes for the “little guy” in an effort to pass ordinances that would be helpful to the average resident?

The Council of Neighbors and Organizations (CONO) is just such a group. They were formed over 39 years ago when people realized that neighborhoods needed to have a focused voice to bring community issues to the attention of city council. The group is active throughout the Pike’s Peak region and at all levels of government. The team is particularly proud of recent work done with the state legislature to help determine licensing

requirements and streamline ways for small homeowners associations (HOAs) to stay in business.

According to Dave Munger, executive director of the neighbors organization, people also needed a forum to share what does and does not work when it comes to resolving community issues successfully with city and county officials. Individuals, HOAs and neighborhood groups can join the group and take advantage of training opportunities regarding how to navigate the sometimes confusing city and county processes for dealing with issues like safety, beautification, road construction, code enforcement, or even homeowners association management. They meet monthly with members, and during these meetings they have round table discussions to share tips for handling the members’ issues.

While the organization is supported mostly by donations from businesses and member dues, the Council of Neighbors and Organizations was recently

awarded 501(c)3 status, and as such has also been enthusiastically granted support by both Colorado Springs City Council and the El Paso County Board of Commissioners.

“The county has even asked us to coordinate their citizens’ colleges,” said Munger. “CONO will help to educate citizens about how the county works.” But he also said that it is not just about interacting with government. “We want to help people make their neighborhoods more fun!”

Sara Poe, the neighbor group’s assistant director agreed. “Even things like preserving the neighborhood history, learning how to become leaders, or welcoming new people into the neighborhood culture are all important,” she said. “We want to help people see why neighborhoods matter.”

Examples of the organization’s work are all over town. Sheena Pasko lives in the Ivywild neighborhood. She praised the group for help with fire mitigation as well as neighborhood cleanup. “They really shortened our learning curve. Things would have taken much longer without their help and advice.” In addition, she said the neighborhood has become much more cohesive thanks to CONO’s efforts to broker a more unified approach to community issues.

The organization has also worked with neighbors in the Mountain Shadows area, helping them resolve some contentious issues and administering neighborhood elections. Arbors resident Waynette Rand said she doesn’t know of any other organization quite like them, and she truly appreciated their help.

Munger went on to point out that cities and counties like ours usually have full-time staffed departments to help people organize their neighborhood associations and interact with “the system.” He said CONO does the same tasks in the Pikes Peak region largely based on contributions.

To learn more about CONO, visit www.cscono.org.

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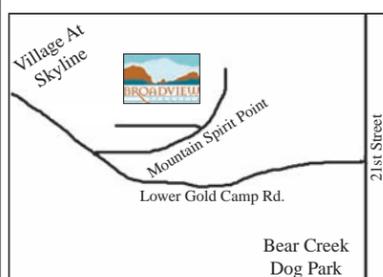
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OBSERVATIONS

BY HENRY WALTER

It Just Stretches the Mind!

I don't know whether it's good or bad, this new development in the continuing saga of man trying to improve himself. I don't say we are too smart for our own good, but we might be approaching that foggy dream. I just read a report from CNN about new "smart drugs" that enhance the brain capacity of even geniuses. In fact, theoretical physicist (I don't know what that means, either) Stephen Hawking, supposedly one of the smartest gentlemen since King Solomon, credits pills for enhancing his personal ability to function at the high level he possesses in cognitive brain function and neural connectivity.

I also don't understand cognitive and neural connectivity let alone those functions strengthening prefrontal cortex, but if CNN such says so, they must be real words. Who am I to argue with CNN?

If you've read this column before, you'll understand that I don't know what artificial intelligence (AI) means either, but by studying the smoke of all the forest fires, I have learned enough to be a bit uncomfortable when AI and smart pills someday clash. There is going to be aggressive anger in the labs and when thinking people come up against thinking computers; the only thing we've got going for us is our egos. Because you can be sure our educational system will rev up its efforts in nurturing all those egos that have been boosted to battle those unautocratic chip-eating boxes of plastic, those R2-D2 mechanical solutions that will be the new "messiyas."

We seem to keep making it harder and harder on ourselves in seeking succor from our world. We have made it easier for terrorists to attack our weakest flank through the use of cell phones. Humans have drastically speeded up the cures for terminal diseases by dehumanizing our DNA and remodeling our heredity. While we're spending time and money sending a spy ship to Pluto to find out what that planet's (or whatever) moon is like, others are inventing itty bitty chips that will read our eye movements to decide what breakfast cereal we prefer.

Life is, indeed, getting as complicated as a Rubik's Cube in a one-armed man's remaining grasp.

Okay, this new pill that I will not name (let 'em advertise) has been found by Harvard scientists to double our IQ. It will increase our memory and focus up to 100%. Ain't that something? Soon we won't even need TV Guide. This miracle for dummies will also "skyrocket" energy levels while allowing newborns to sleep quietly all night. OK, I made that up.

And there are famous endorsers already proclaiming improvements in their overall demeanor. Quarterback Tom Brady is taking the pill to improve his psi senses. There's even a Harvard sophomore—which should raise thought patterns in Foggy Bottom—saying "...it felt like a dark cloud had been lifted up from in front of me." My guess would be that soon all Harvard students will recognize their former shortcomings and buy the pills in bulk. That's a hope, anyway.

So the student testee experienced a mental clarity that he never felt before. Let's forget Harvard and send the first FDA approved pills to Congress. Mental clarity, though, if not firmly restricted, might backfire and our elected might end up owning General Motors or worse, Wal-Mart. No more rebates or daily specials.

There is even a reference to Warren Buffett who said, "The more you learn, the more you earn." Could we be looking at a future middleclass of billionaires? What will result if Rolls Royce engineers don't take their morning meds and can't keep up with the demand? Imagine all those billionaires with thumbs raised during the morning rush hour! Oh, the inhumanity.

It's possible that some of you will not take this editorial revelation seriously. But if we keep going with these "improvements" in creating thinking robots while making humans think better, human life as we know it will become discouraging. Can you imagine Vladimir Putin seriously reading "War and Peace" before he invades his neighboring countries?

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Please note, my new blog/website is at HenrysObsv.com

Thank You for saying "I saw it in The Woodmen Edition"

Trail Notes

Taking the Insect Threat Seriously



A monthly column from Susan Davies, executive director of the Trails and Open Space Coalition

After the fires and floods a few folks quipped about "preparing for the pestilence." Instead of chuckling,

we should have politely asked them to "bite their tongues." Especially as we now have two types of insects chewing on local pine trees.

The Tussock Moth and Western Spruce Bud worm are about the size of a dime. Both began attacking needles in Bear Creek Canon Park and North Cheyenne Canon in June. Although native to Colorado, that doesn't diminish their destructive abilities. Two consecutive seasons of defoliation can kill a tree. City Foresters are taking the threat very seriously and intend to work with

partners, conduct a spring survey of the insect population and contract for aerial spraying to take place next June

The public will have an opportunity to learn more about the pests and the city's plan. North Cheyenne Canon, Blodgett Peak and Bear Creek Canon Park are all on the treatment list. The proposed treatment, Bt (*Bacillus thuringiensis*) is a biological pesticide found naturally in soil and used in organic farming. The compound targets caterpillars, certain types of beetles, mosquitoes and black flies. It poses no threat to people, pets or other species.

Aerial spraying is not cheap, but if we lose the trees the price could be tremendous. Erosion will increase, water quality will diminish and the "aesthetic costs" - immeasurable.

Here's hoping spraying works. In the meantime, no more gallows humor. I think we've endured enough.

Letters to the Editor

Parking Problems at Seven Falls

Editor,

The mounting excitement for the newly restored seven Falls is finally here, and the beauty is still spectacular!

What concerns me lies outside the opening gate.

The last two weekends while both driving and walking through the park leading up to the entrance of Seven Falls, I was taken aback as I viewed all of the parking areas previously designated for picnics were all occupied by Seven Falls guests. The picnic tables were vacant, so unlike any other weekend in Cheyenne Canon park. There was not a place left anywhere for weekend picnickers to park and it has created mass confusion and congestion that The Broadmoor must take responsibility for and make the necessary adjustments.

This park is a most beloved and popular spot to be shared by city dwellers, tourists or anyone to freely drive in and park their vehicle and enjoy a family get-together, a quiet lunch, a hike or a bike ride, while surrounded by nature at its finest. This has all been taken away on weekends in our park.

For many folks this is the only time they have to escape and get outside and spend time their families in an outdoor setting they have enjoyed for a lifetime. We all pay taxes for this opportunity.

These are some alternatives that could be implemented to help alleviate this problem. Post no-parking signs for Seven Falls guests in each of picnic areas in the park. Allow parking inside the entrance of the falls as was handled by the previous owners. Post signs at both park entrances directing all Seven Falls guests that no parking for Seven Falls guests will be permitted inside the park and guests must park at The Broadmoor and take the shuttle to the Seven Falls Attraction...

The Broadmoor resort has contributed many amenities to share with tourists as well as residents of Colorado Springs and I try appreciate that, but allowing their Seven Falls guests to occupy all of the valued picnic areas in the park just isn't fair to the community who has enjoyed Cheyenne Canyon Park during every season of the year for many, many years.

-Kathy Salimeno

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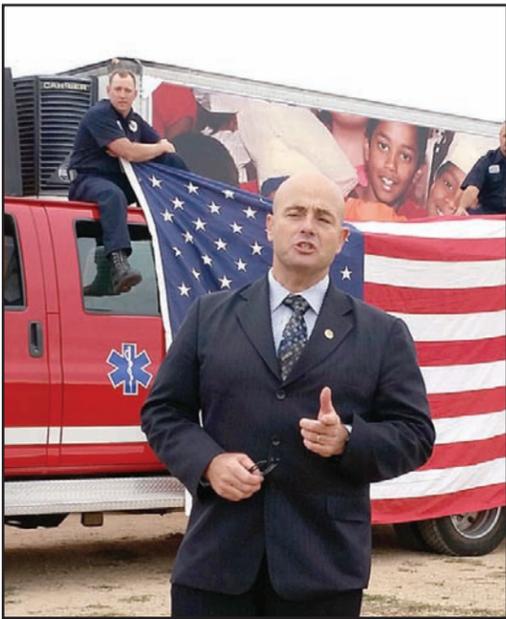
A Positive Impact on a Solemn Day

400 Military Families Received Food and Necessities September 11th

By **MELISSA ROLLI**

“All of us at the Coalition are proud to be a part of this important event on a solemn day in American history,” said David Walker, CEO of the Coalition. “Every day, our mission is to provide direct assistance to true American heroes, and with the help of Feed the Children and our other partners in Colorado, hundreds of outstanding men, women and children will receive a small token of our gratitude for their service and sacrifice,” added Walker. On September 11th, The Coalition to Salute America’s Heroes joined Feed the Children and the Mt. Carmel Center of Excellence to honor 400 military and veteran families in Colorado Springs military families on Friday, September 11 that the Norris Penrose Event Center to provide the pre-identified 400 families with food and necessities.

The Coalition to Salute America’s Heroes provides an immediate, invaluable lifeline to thousands of America’s combat-wounded veterans. It is distinguished from other veteran-focused groups by its direct financial assistance to America’s wounded heroes. Its Emergency Financial Aid program has stopped foreclosure proceedings on veterans’ homes and kept their vehicles from being repossessed. The organization regularly provides gift checks to cover meals, medical and utility bills, clothing, car repairs and even baby diapers. Another great program, such as the Heroes Thanking Heroes, provides six month transitional part-time, flexible employment to wounded veterans or their primary caregivers, enabling them to make phone calls from their homes, most often to personally thank donors for their contribu-



Retired Colonel McLaughlin from the Mt. Carmel Center of Excellence

tions to the Coalition to Salute America’s Heroes.

Retired Colonel Martin Badegian, from the Coalition to Salute America’s Heroes, said that it was great to partner with Feed the Children and expand their focus to “bring together the community as Americans” on September 11th.

Likewise, Feed the Children said it was proud to partner with the Coalition to honor military families on this historic day and added that when organizations combine their efforts, they have a greater impact on the lives of those who sacrifice so much for our country. “Today, we are not only providing food and necessities to these families—but also hope,” said Travis Arnold, Feed the Children interim CEO/president and COO. “Hope for a better future is made possible thanks to our partners at the Coalition to Salute America’s Heroes and Mt. Carmel Center of Excellence.”

Feed the Children is one of the world’s leading anti-hunger organizations dedicated to creating a world where no child goes to bed hungry. Through their network of agencies, Feed the Children distributed over \$344 million in food, other necessities, educational supplies, and medicine, impacting close to 9 million individuals in the U.S. and over 4.9 million individuals globally in fiscal year 2014.

Cindy McLaughlin from the

Mt. Carmel Center of Excellence said “The most special thing about the event was that it was a combination of several organizations all coming together to support the Colorado Springs veteran and military community.” The Mount Carmel Center of Excellence is a brick and mortar one-stop center here in Colorado Springs implementing and connecting veterans and their families to services and support such as housing assistance, educational and financial counseling, career development and behavioral health.

The Mt. Carmel Center of Excellence hosted the event and helped pass out a 25-pound box of food, purchased by Coalition to Salute America’s Heroes and a 10-pound box of much-needed

personal care necessities to the 400 pre-identified families at Fort Carson, Peterson AFB, and other veteran organizations. Additionally, Avon boxes with assorted Avon products were distributed to the families and the Care and Share Food Bank for Southern Colorado provided each family with fresh produce

while Pikes Peak Community College provided each family with fresh bread. The Mt. Carmel Center of Excellence was assisted by many community volunteers, including House of Representatives District 18’s, Pete Lee, in passing out the much needed materials on September 11, Patriot’s Day.

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Shangri-La Backyard Oasis!
Walk to school! Great curb appeal. **UPDATED KITCHEN (2010) complete with slab granite, SS appliances and beautiful cabinetry. Hardwood floors in entry and kitchen. Formal dining room with crown molding. Vaulted ceilings. Main level office. Next door to Pine Creek Golf Course. Newer roof (2007). 5 bedrooms, 4 baths, 3,924 sq.ft.**



5475 Cordillera Court \$965,000

One-Of-A-Kind Pinon Mesa Oasis!
Set upon over six acres of private land located on a small cul-de-sac. **Gourmet kitchen with slab granite, SubZero fridge, Wolf 48" double convection oven with 6 burner range with custom hood. SIX CAR garages PLUS a massive 1000 sq ft work shop PLUS a 600 sq.ft., craft room. Gorgeous custom woodwork -700 sq.ft. Brazilian walnut deck. 270 degree city views overlooking a lush green valley. Five piece main level master bath. Quality HVAC too! 12 zone in floor radiant heat, fire sprinkler system, and two zone central air conditioning. Your very own 6.34 ACRES of private paradise!**



Eric Scott
Scan This QR Code with your Smart phone to see all of these listings online with photos and detailed information.

719-578-8800



REAL ESTATE FOR SALE



BROADMOOR BLUFFS 410 Thames
OPEN SATURDAY 11-1pm
An entertainers dream: two story home with an open and bright floor plan. This impressive remodel boasts breathtaking city views. Master suite has a five piece bath. Updated new exterior paint, new hardwood floors, new carpet, new appliances, new cabinets, new granite counter-tops, and a partially finished basement with walk-out. 4 bedrooms, 4 baths, 3,500 sq.ft. **Offered at \$495,000.**

Alex Thomas (720)470-0724

Horse Lover's Paradise! 8111 Valli Farm Rd, Fountain, CO \$600,000



SEPTEMBER SPECIAL!!!
11.75 acres. 3400 sf home, 3 bedroom, 2 1/2 bath, in ground pool, garage, city sewer, fantastic well, mother in law unit. 6 stall barn with wash rack, Priefert stalls, automatic waters, separate 200 amp service, huge hay loft, great trailer parking, security gates. All pastures fenced and cross fenced with water and electric. 150 X 300 lighted arena. Amazing trees, lush yards. A paradise in the city with a country feel. \$600,000 includes 5 water shares. Special ends Oct 1. 719-332-5564 (owner) or 719-232-9278 (realtor). Showings anytime. For more info and pictures: www.cottonwoodtrails.com.

REAL ESTATE FOR RENT

BROADMOOR NOW AVAILABLE IN PINE TERRACE FOR THE WINTER
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Beautiful Briargate. \$450/month includes utilities, Wi-Fi, and laundry. Call 719-338-8213.

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FOR SALE

TRUMPET

Getzen 390 trumpet with case. Recently cleaned. \$225. Please call Lori at 578-5112 or 233-2076.

GARAGE & ESTATE SALES

LARGE ESTATE SALE

2928 Tenderfoot Hill Street - 80906
Saturday and Sunday, Sept. 19 and 20 from 9:00am to 3:00 pm each day. Antiques, furniture, china... Spode Tower in red/pink, gorgeous English semi-paste early 19th century, Wedgwood Corinthian pattern, Minton dinner plates. Household items some dating back several generations, many with appraisals! Queen size sleigh bed, chest of drawers and end table. Other high end furnishings including lamps. Several items including large desk once belonging to Alice Bemis Taylor. Beautiful Christmas ornaments and items. 10 ft. Slim pre-lit artificial tree. Woodard patio furniture, newer and rare vintage pieces. Homecrest, self adjusting chases with newer slings. Computer armoire, dark wood. TV or storage armoire, light pine. Many more, too numerous to list. Photos on Craigslist. **NO EARLYBIRDS! CASH ONLY!**

AUTOS FOR SALE

www.MonumentMotors.com
50 Used Subaru! 1995 to 2014 Great Prices! Warranties Available! Outbacks, Foresters, Legacys, Imprezas, XV Crosstrek BRZ and Tribecas Dealer: 719-481-9900



1999 Dodge Grand Caravan SE
Excellent Condition! One Owner! Garage Kept! No Pets/Smokers! Two sets of Tires! 194,000 miles. \$3,595 Contact 576-5378.

2007 Cadillac CTS. 54k miles. One owner, good condition. \$9,800. Call 635-3347.



2005 Honda Element EX
KID CAR! AWD, 125K miles, great shape, newer tires. \$8,100. Call or text Cathy at 719-351-0167.

PETS

Happy Cats Haven Cat of the Week



Hi, I'm Victoria! I'm a pretty silver tuxedo lady with tidy white scarf, socks and harlequin mask. I was rescued wet and cold from a drainpipe where someone had abandoned me in the rain. I do great with other party animals like me, cats and dogs alike. I'm very affectionate and love to play with my humans too, then settle down for a long purr session. This week, I have a special adoption fee of \$60, which includes testing, all normal vet care plus food & litter and a free vet exam. Won't you come meet me?

719-635-5000

HappyCatsHaven.org
1412 S. 21st St.

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Are you tired of neighbors complaining about your dogs barking? Are you trying to teach your children how to care for the family canine? Are you having problems controlling your dog, but can't afford the cost? Let Dag's Dog Obedience Training help you. Cost is \$15 per dog per week. All dogs are welcome. Dog must be six months or older, proof of current shots required. One hour, one-on-one sessions. To learn more, call Peggy at 719-553-8581 from 8-5pm, Monday - Saturday.

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9th ANNUAL ART IN THE YARD SHOW & SALE

Oils And Acrylics From The Studios of Joan Lovett
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1403 Mesa Ave. - Broadmoor
FRI - SAT - SUN
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ANNOUNCEMENTS

FUNDRAISING DINNER HOME FRONT CARES

The Sons of Italy Pikes Peak chapter is hosting a spaghetti dinner for its scholarship program and for Home Front Cares, an organization that helps military families impacted by deployment. The event is being held at the Elks Lodge at 3400 N. Nevada on Sunday, Sept. 20 from 11 am to 5 pm. Tickets are being sold at the door for \$10 for adults; \$9 for seniors, military, and college students with ID; \$5 children under 12.

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Acoustic removal (popcorn ceiling), new textures applied, drywall, plaster and stucco patches, painting, full service drywall. 28 years experience. Call Jeff at 460-1358.

Jacob's Ladder Window Cleaning
We do the best cleaning possible--we detail by hand. Our unique system will leave your windows cleaner than ever! We also clean chandeliers. We also offer glass replacement for broken/foggy windows. So much cheaper than replacing the whole window. Power washing: we can power wash your home/business, patios, driveways, fences. Makes them look great without the expense of painting. We also do caulking and available for remodeling. Gutter cleaning/guards (our new gutter guards come with a 20 year guarantee). Call Jeff for free estimate 719-761-6418.

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Teacher Window Cleaners SUMMER SPECIAL!!
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Cyndi's Top Shelf Cleaning Services
September cleaning special is \$95 for 3 hours of top notch cleaning/organizing. Plus a free oven cleaning or refrigerator cleaning when you mention this ad! Please call Cyndi today at 719-440-8967!

Agape Landscaping Services FALL CLEANUP
Mow, trim, fertilize, sod and rock bed installation. Snow removal. Hard-scaped, flagstone, retaining walls, pavers, firepits and more. Call Gilbert at 232-5558 or Andres at 232-6014.

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	Cheyenne Edition or Woodmen Edition	Both Papers Cheyenne & Woodmen
CLASSIFIED RATES		
Personal Ads:	\$10.00 (First 20 words or less) 10¢ for each additional word	\$16.00 (First 20 words or less) 20¢ for each additional word
Business Ads:	\$12.00 (First 20 words or less) 10¢ for each additional word	\$20.00 (First 20 words or less) 20¢ for each additional word
Real Estate For Sale Ads: (Ads no longer by the word)	\$11 per column inch - (Example - 2" w x 3" h = \$33. Includes logo/picture) \$120 for a full column - (Example - 2" w x 12 3/4" h =) = Sent ad as a pdf file \$150 for a full column - (Example - 2" w x 12 3/4" h =) = We create the ad.	

	Cheyenne Edition or Woodmen Edition	Both Papers Cheyenne & Woodmen
CLASSIFIED DISPLAY RATES		
1 column (2" wide) by 1"	\$14.00	\$21.00
1 column (2" wide) by 2"	\$20.00	\$33.00
1 column (2" wide) by 3"	\$27.00	\$45.00

Deadline For Classified Real Estate Ads is Wednesday by Noon
Deadline For Classified Ads is Wednesday by Noon
Deadline For Classified Display Ads is Tuesday by 5:00pm

The Cheyenne Edition weekly circulation is **8,000**
Direct-to-the-home distribution by newspaper carriers each Friday is our primary delivery method. (Skyway, Broadmoor, Country Club, Broadmoor Bluffs, Ivywild and Cheyenne Canon - Dist. 12) 300+ papers in Old Colorado City plus at the OCC library and various locations. Papers at the Cheyenne Mtn. library.

The Woodmen Edition weekly circulation is **15,500**
Direct-to-the-home distribution by newspaper carriers each Friday is our primary delivery method. (Rockrimmon, Woodmen, Peregrine, Pine Cliff, Briargate, Pine Creek, and Wolf Ranch - Dist. 20) 300+ papers in Old Colorado City plus the OCC library and various locations. Papers at all libraries.

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