

Live (and Live-Streamed) Music

For all shows at Lulu's, attendees must provide proof of COVID-19 vaccine or a negative COVID test.

Sunday, Dec. 26

Mother Muff's, brunch jam, 11 a.m.
Trails End Taproom, bluegrass jam, 2 p.m.

Monday, Dec. 27

Armadi'lo Ranch, jam circle, 6 p.m.

Tuesday, Dec. 28

Jives Coffee Lounge, folk jam, 7 p.m.
Mother Muff's, karaoke, 8 p.m.
Townhouse Sports Grill, open mic, 9 p.m.

Wednesday, Dec. 29

Kinfolks, open mic, 7:30 p.m.

Thursday, Dec. 30

Jives Coffee Lounge, Irish music series, 7:30 p.m.
Townhouse Sports Grill, karaoke, 9 p.m.
Trails End Taproom, open mic, 6 p.m.

Friday, Dec. 31

Armadi'lo Ranch, Big Sky, 8 p.m.
Buffalo Lodge Bicycle Resort, The Fab Facknitz Brothers, 8 p.m.
Mother Muff's, Knuck Blockers, 9 p.m.

Sunday, Jan. 2

Mother Muff's, brunch jam, 11 a.m.
Trails End Taproom, bluegrass jam, 2 p.m.

Monday, Jan. 3

Armadi'lo Ranch, jam circle, 6 p.m.

Tuesday, Jan. 4

Jives Coffee Lounge, folk jam, 7 p.m.
Mother Muff's, karaoke, 8 p.m.
Townhouse Sports Grill, open mic, 9 p.m.

Wednesday, Jan. 5

Kinfolks, open mic, 7:30 p.m.

Thursday, Jan. 6

Jives Coffee Lounge, Irish music series, 7:30 p.m.
Townhouse Sports Grill, karaoke, 9 p.m.
Trails End Taproom, open mic, 6 p.m.

Saturday, Jan. 8

Lulu's, Jeremy Facknitz Band with Dear Marsha, 8 p.m.

Sunday, Jan. 9

Mother Muff's, brunch jam, 11 a.m.
Trails End Taproom, bluegrass jam, 2 p.m.

To submit a live music listing, email calendars@pikespeakbulletin.com at least 10 days before your event. We welcome high-res photos of bands, which will run if space allows.

Deepen connectivity and create flow in your life

Courtesy of The BeeHive,

written by Steffany Butts-Boucher

Self-care is necessary to maintain balance and thrive during difficult times. Here are three practices that boost mental clarity and focus; improve physical and emotional balance; help manage pain, stress and anxiety; and improve relationships and connectivity.

These practices also release the feel-good hormones: serotonin, dopamine, oxytocin and endorphins.

Meditation. The art of letting go and being present while gaining an understanding of your mind is both grounding and empowering. Begin each session with a comfortable, soft-lit setting, add calm music and remove distractions (phones, laptops). Start with a short three-minute guided meditation and gradually increase the time.

"Headspace: Guide to Meditation" with Andy Puddicombe and "The Buddha's Brain: The Practical Neuroscience of Happiness, Love & Wisdom" by Rick Hanson, Ph.D., and Richard Mendius, M.D., are wonderful resources to learn about the many benefits of meditation. Connect with a local teacher or meditation group to receive support or guidance.

Soundscape. When you listen to music, your whole body connects with sound at the neural level. Therefore, sound healing is a deeply relaxing method to manage stress and clear energetic blocks while

balancing your energy. A certified sound practitioner utilizes specific frequencies for your individual needs and alignment.

To begin with sound on your own, simply listen to music on a walk, at work or while lying down comfortably at home. Theta-wave music is excellent for winding down as it reduces energy levels to deep calm dreamy states, which is perfect before bedtime.

There are many resources to learn more about music's benefit on body and mind: "Musicophilia" by Oliver Sacks and "This is Your Brain on Music" by Daniel J. Levitin are two favorites.

Create and Inspire. Inspiration is that moment when something captivates your heart on an immeasurable level and lights up your whole being. When you share these feelings, it not only creates a habit of personal investment and positive self-talk, it inspires others to do the same.

We often forget about self-care when it applies to the heartfelt wildfire that inspiration truly is, but nurturing your inspirational body is critical to your well-being. Each day, take a moment to connect with an activity you love or are simply curious about and dive in, playfully.

The Notebook Project, which artist K&E Orr is leading in collaboration with the Manitou Art Center, is also an excellent opportunity to create and to be inspired.



Power up

City officials and staffers welcomed the media and others to the Water Treatment Plant on Thursday, Dec. 16, to celebrate the installation of a new hydropower system. High-pressure water from the Manitou Reservoir will turn a turbine that generates electricity at the plant, which is in the foothills northwest of Manitou Springs.



Photo by Rhonda Van Pelt

From left, City Councilor John Shada, city engineer Dole Grebenik, Mayor John Graham and Public Works Director Jeff Jones cut a ribbon to officially signify the new system is online.