

PIKES PEAK

OCTOBER-NOVEMBER 2020

SENIOR NEWS

QUARTERLY LIFESTYLE MAGAZINE

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One of the Most
Beautiful Drives
in the U.S**

**Chocolate Delights
in the Pikes Peak region**

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October - November 2020

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SENIOR NEWS

Quarterly Lifestyle Magazine

STAFF

Publisher

Anne Jensen

Managing Editor

Trevor Phipps

Graphic Design

Mike Biles

Graphics

Cyndia Lee

Contributing Writers

Rick Sheridan,
 Frank Sinclair
 Nancy Parker Brumnett,
 Stacey Crew
 Karli Johnson,
 Bill Stanley,
 Nick Thomas,
 and Jason DeaBueno

Advertising

Anne Jensen
 anne@pikespeakseniornews.com
 (719) 321-1971

Letters to the Editor

Trevor Phipps
 trevor@pikespeakseniornews.com
 (719) 761-9489

Website

pikespeakseniornews.com



The San Juan Skyway Scenic Byway Makes The List as One of the Most Beautiful Drives in the U.S

By Trevor Phipps

In the midst of the coronavirus pandemic, one of the best ways for people (especially those belonging to the “vulnerable” category) can do to get out of the house and have fun is to go for a cruise. Looking out the window of a car remains to be a safe way to practice social distancing and enjoy the sceneries of Colorado’s great outdoors.

Now that the fall season has officially arrived, taking a drive during this time of year can give motorists beautiful views of color changing aspen trees nestled in the high mountains. The fall season is always a favorite time of years for Coloradoans to tour the state and examine sceneries they have never before put their eyes upon.

One scenic road trip that is recognized as one of the state’s 11 “America’s Byways” is called the San Juan Skyway and it is located in the southwestern part of Colorado. The drive is so popular in the autumn season that Sunset Magazine once wrote, “The San Juan Skyway... possibly America’s greatest fall-color drive...its aspen views are alternately breathtaking and intimate.”

The loop takes travelers through some of Colorado’s most famous mountain towns including Durango, Ouray, Telluride, and Silverton. On the journey, tourists drive by beautiful locations including old mine sites, Native American ancient dwellings, landscapes of gorgeous fourteeners, and the sceneries of two different national forests.

To start the journey from the front range, travelers have a number of options that all include traveling through the beautiful Rocky Mountains. The most popular routes are either to take Highway 24 through Woodland Park and then through Gunnison or to take Highway 50 through Canon City, Salida and then through Gunnison.

On Highway 24, motorists will traverse Wilkerson Pass and trek through the giant meadows of South Park and then head west on Highway 50 at Poncha Springs. Those that take Highway 50 pass through Canon City and then follow the exquisite Arkansas River canyon all the way to Gunnison. Once passing Gunnison, motorists can then continue on Highway 50 until they get to Montrose where they will then head south on Highway 550 to start the scenic byway trek in Ridgway and then head either west to Placerville and Telluride or southeast to Ouray and Silverton.

Another route some may choose to take is the southern route which would allow travelers to start the byway journey from Durango and either head west through Mancos and Dolores or north through Silverton and Ouray. To take this route travelers can head down Interstate 25 and then head west on Highway 160 at Walsenburg and then through Alamosa, Del Norte, and Pagosa Springs before reaching Durango.

Taking the entire loop on the San Juan Skyway takes about six hours to traverse the 236 miles over mountain passes. However, it is

recommended that visitors spend at least two days on the byway in order to see everything the region has to offer.

Ridgway and Ouray

When entering the byway from the north off of Highway 50, travelers will first enter the town of Ridgway where they will have the choice which way to experience the scenic byway. Ridgway is a small mountain town nestled between the San Juan and Uncompahgre national forests. The town that has the rugged San Juan Mountains in its backdrop has something to offer for everyone from hot air balloon rides to hiking, rafting, and four wheeling.

Those that travel south on Highway 550 will enter the old mining town named after Ute Chief Ouray. Ouray is the home to a paradise for four-wheelers, the Box Waterfalls, and a gorgeous hot springs.

Silverton

As travelers continue south on Highway 550 they will cross the section of the byway coined the “Million Dollar Highway” that is the home to priceless views of the Rocky Mountains. The old mining town of Silverton has produced gold and silver for many years.

The town is now the home to an Old Town Square that is filled with Old West shops, rare antique stores and the Grand Imperial Hotel that was built in 1882 still stands. Those looking for more of a sight-seeing adventure can take the Durango-Silverton Narrow Gauge Railroad on a 45 mile



journey chugging along sheer cliffs and crisscrossing the Animas River.

Durango

Durango was a town created by the railroad system that once ran across the country and it is now the home to Fort Lewis College and the Durango Mountain Resort. The town has a National Register Historic District that features ice cream shops, saloons, and gift shops.

Near Durango sits the San Juan National Forest which has 2 million acres of open space for recreational activities like hiking and four wheeling. One of the state’s largest recreational lakes Vallecito Lake is only a 30 minute drive from the town. During the winter season, skiers and snowboarders have the choice of going to the Durango Mountain Resort (previously named Purgatory) or the Wolf Creek Ski Area.

Mancos and Dolores

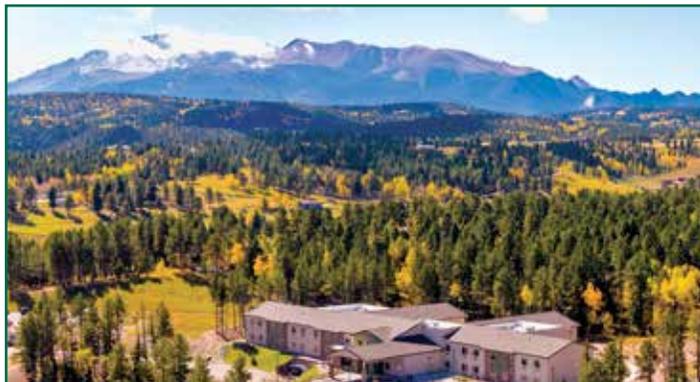
As travelers head west on Highway 160 they will travel past the San Juan National Forest and then to Mancos where they will head north on County Road 184 to Dolores. While in Mancos visitors can stop at the Mesa Verde National Park which is the home of the cliff dwellings of the ancient people and recognized as one of the most preserved archeological sites.

Once in Dolores visitors can spend their time rafting or kayaking the class 2 to class 4 rapids of the Dolores River. The Dolores River Valley is also the home to the Canyon of the Ancients National Monument and the Hovenweep National Monument.

While in Dolores travelers can spend some time fishing in one of the largest lakes in Colorado, McPhee Reservoir that contains kokanee salmon, small and largemouth bass, walleye, and various kinds of trout. In the winter time, visitors can also travel through the San Juan National forest north of Dolores in a snow mobile across over 100 miles of groomed trails including the Bogy Draw Trail System.

Telluride

Once leaving the Dolores area, travelers will follow the byway and head north on Highway 145 to the town



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of Telluride. Before entering the town motorists will be blessed with exquisite views of mountain peaks as they pass by Blackhawk Mountain, Mt. Wilson, Wilson Peak, San Miguel Peak, the Twin Sisters East, and Lookout Peak.

The entire town of Telluride is designated as a historic district and its claim of fame is being where Butch Cassidy robbed his first bank. The town that is surrounded by the San Juan Mountains is a hub of recreational activities as it near two lakes and the home to the Telluride Ski Resort.

In the wintertime, Telluride is a mecca for winter sports including skiing, snowboarding, and snow mobile adventuring. In the summer, before the pandemic struck, the town was known for its festivals that included films, hang gliding, jazz, and bluegrass music.

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Amache Museum, A Unique Day Trip Option

By Rick Sheridan

The Amache Museum is located in downtown Granada, CO, close to the Colorado and Kansas border on Highway 50. They are closely associated with the Granada War Relocation Center, also known as Camp Amache that is a mile from the museum. This is where thousands of Japanese Americans were kept during World War II.

The Granada War Relocation Center opened on August 27, 1942 and reached a peak population of 7,318 by February 1943. They were one of the ten War Relocation Authority (WRA) camps, and the only one that was not in California.

The entire site was over 10,000 acres, but only 640 acres, or one square mile, was devoted to the central camp area. Most of the site was used for agricultural enterprises. The original population came from three main California geographic areas: The central valley, northern coast, and southwest Los Angeles. This original group was later joined by inmates transferred from other DOJ Detention Centers and WRA facilities, including over 900 from Tule Lake, CA, and over 500 from Jerome, Arkansas.

The Amache Museum houses many objects that were donated by survivors or recovered during archaeological research. Exhibits and collections are maintained by the Amache Preservation Society and updated every two years by participants in Denver University's Amache Project.

One striking exhibit during my recent visit to the Amache Museum were some of the original suitcases owned by inmates. Imagine being told you were leaving for an unknown place, and you were told to take, "only what you could carry." Some other exhibits at the museum include tools and personal belongings from the days of the relocation camp.

After the initial shock and displeasure of living in the barrack housing, with lack of privacy in communal latrines and showers, disgruntled inmates set about trying to improve their living



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conditions and developing a daily routine of coping with life in this setting.

Camp residents or “internees,” ran a silkscreen shop and cooperative store, published a newspaper, and were successful at agricultural enterprises both within and outside of camp. Several of the newspapers are on display, and there are items from the general store.

The inmates developed a well-organized and active recreation program with sports leagues in baseball and basketball for both men and women. An extensive adult education program was developed for the older men and women with classes in sewing, crocheting, weaving, knitting, dressmaking, paper flower arranging, art, woodcarving, painting, and poetry.

While agriculture employed most of the labor in the camps, adults worked in other capacities as well. Sixty served in the Amache police department and three crews of firefighters supported daily operations. Inmates worked as teachers (alongside Caucasians), medical personnel in the hospital, dental staff, mess hall cooks, postal employees, librarians, and in the co-op. Some of the men left Amache on temporary leave to assist sugar beet farmers harvest their crops. A few went to help farmers in the Grand Junction area harvest peaches.

The Amache Silkscreen Shop employed almost 50 people and produced war training material for the US Navy as well as internal Amache calendars, programs, and personal projects.

Children went to school and participated in sports programs. Adults did their best to hide the hardships from the children and made recreational apparatus for the children to play on. Playing with marbles was also popular with the children.

During the incarceration period there was a steady stream of inmates who were able to legally leave Amache. Some left for colleges and universities in the East and Midwest to complete their studies interrupted by the evacuation. Some

left to obtain employment.

Amache had the highest rate of military volunteerism of all the camps. Over 900 men and women from Amache volunteered or were drafted for military service during WWII. Of this number, 105 were wounded and 31 killed in action. Among those killed was Kiyoshi Muranaga who was later awarded the Congressional Medal of Honor.

Most governors of ten western states rejected hosting the camps for Japanese and Japanese American civilians in their states. Only Colorado governor Ralph Carr said that “hosting detainees is a civic responsibility.”

Japan surrendered on August 14, 1945 and Camp Amache officially closed later on Oct 15, 1945. The Camp was listed on the National Register of Historic Places in 1994 and designated as a National Historic landmark on February 10, 2005.

In 1988, President Ronald Reagan signed a reparations bill into law. Payments to those imprisoned went into effect under the President George H.W. Bush administration. And, the Civil Liberties Act of 1988 provided for a presidential apology as well as \$20,000 in reparations to most former internees.

By 2014, the original water tank on the property was restored and installed at Amache with a new tower stand, and a guard tower was reconstructed. The projects were funded by the Japanese American Confinement Sites grant program and the Colorado State Historical Fund.

The museum is usually open five days a week in the summer. During the school year, it is open on request from Monday to Saturday. The building where the museum is located also serves as a school for the community. Contact the Amache Museum at (719) 734-5492 or schedule a visit by going to <https://amache.org/>

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Halloween Ghost Legend, The Purple Bishop

By Rick Sheridan

A ghost story from Colorado's history that often comes up during Halloween is the legend of the Purple Bishop. This spooky story was first told to me at a Boy Scout camp out over 40 years ago. It was so compelling that I still remember it vividly. There are several versions of this story, but many of the details match. Here is the one that I remember.

Ward, Colorado, was a large center of silver mining activity during the late 1800's and early 1890's. The town of Ward is in a rural area close to Boulder and Golden.

During the pioneer days, the people of Ward were accustomed to seeing many strangers pass through the area. One day in 1871, somebody very unusual showed up in town. He rode in a large covered wagon, covered with a purple cloth canopy, and pulled by a very large black horse. The man driving this wagon was clothed in a long, flowing purple robe with a hood covering his face.

According to the legend, this man stopped at the hardware store, buying lumber, nails, and tools, and paying with gold coins. As he left the hardware store, a local man bumped into him and glimpsed into his mysterious hood. The local man fell back, his face paralyzed in fright from what he had seen.

The mysterious man in the purple robe quickly left in his covered wagon. The next morning, the same man who had looked into the strange man's purple hood had vanished, with no trace except the clothes he had been wearing, folded and covered with a purple cloth.

The men of Ward were suspicious. While they had no proof, they believed that the strange man in the purple robe had been responsible for their neighbor's disappearance. They began calling him the "Purple Bishop," and they intended to drive him away from their area. The people of Ward had heard rumors that the Purple Bishop was living a few miles north of the town near

Tumblesom Lake. Later that day, about twenty men hiked through the mountains until they reached the small lake. They arrived near dusk on the west edge of the lake. They saw an eerie light glowing through the trees.

After reaching the site they found a huge newly built cabin. The men made a decision to burn the cabin down. They thought this might convince the Purple Bishop to leave the area. The flames from the cabin burned a deep purple. These men from Ward never returned home the following day.

Soon afterward, another group of men went searching for the missing towns folks, and to get revenge. They found the burnt remains of the Purple Bishop's cabin. They also found slabs of unusual quartz rock, with vivid purple stripes running throughout it. The men continued down the valley until they came to another cabin by a small marsh. Outside the cabin was the large, black horse standing by the purple covered wagon. The men slowly moved toward the cabin. Inside they heard organ music and saw the figure of a man in a purple-hooded robe. Quickly the men loaded their rifles and fired upon the building. For half an hour, they continued their assault on the small log cabin. Finally, when they stopped, the men of Ward set fire to the cabin, burning it until nothing remained of it but ashes. They were certain that the Purple Bishop could not have escaped. And yet these men never returned.

For the next 35 years there was no sign of the Purple Bishop in Ward or the surrounding area. The area just north of town saw no development and people avoided this area. People eventually forgot about the strange man and the unexplained disappearances. Then one summer a wagon covered in purple cloth and pulled by a large black horse, drove into town. The stranger in the purple cloak held the reins and silently drove to

the center of town. Many people surrounded the wagon, curious of the stranger, but older townspeople fled in fright.

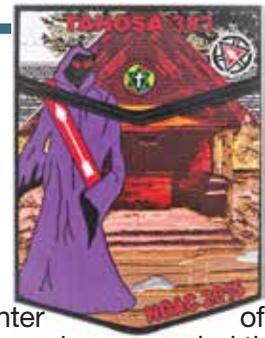
The Purple Bishop silently sat in his wagon as the crowd grew larger and larger. Finally, the Sheriff arrived and ordered the Purple Bishop out of town, threatening to shoot him dead if he ever returned. Still the Purple Bishop sat in his wagon, the black horse pawing the ground. The sheriff pulled his gun and fired a shot over the Bishop's head. The black horse reared back, and the Purple Bishop spun his wagon around and fled out of town heading north.

A year or two later, travelers in the area reported strange purple lights floating amongst the trees in the woods around the valley. Unusual noises were heard on nights during the full moon. Miners were told to steer clear of the valleys in the area.

In the 1920's, a dance hall was built on the ruins of the old house by Tumblesom Lake, using the original foundation and fireplace as a base. While it was successful for a time, many people reported a strange cold feeling and the hall soon closed. In 1938 the property was sold to the Boys Scouts, and the dance hall turned into the dining hall. Over the years, there have been many reports of purple lights flickering through the forest, and organ music, echoing across the lake at night, seemingly coming from nowhere.

Several Denver Area Council Boy Scout troops still hold weekend events at two council camps near Ward; the Peaceful Valley Scout Ranch and Tahosa Scout Camp. Many patches from the lodge feature the Purple Bishop, and delegates of the lodge too can occasionally be seen wearing purple cloaks.

Amateur ghost hunters tell a different story. They consider the Purple Bishop to be dangerous or malevolent spirit and warn others to stay away from Tumblesom Lake, especially at night.





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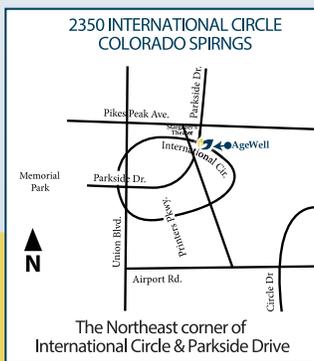
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Chocolate Delights in the Pikes Peak Region

By Rick Sheridan

Many people have a deep love of chocolate, or at least consider them to be one of life's simple pleasures. Scientists have started recommending the moderate consumption of chocolate to improve health. Fortunately, we have several chocolate wholesale and retail outlets here in the Colorado Springs area.

Radiantly Raw

Radiantly Raw, which opened in 2015 in Manitou Springs, have earned the reputation as one of the area's chocolate heavens.

Radiantly Raw sells health-conscious chocolates. Its products are raw, organic, fair trade and non-GMO (genetically modified). Their products are mostly dairy free, sugar free, soy free and hand crafted. They mostly consist of three basic ingredients: cacao, coconut oil and honey, all considered to be good for most people.

The company sells truffles with fillings, including: raspberry, orange, strawberry, pumpkin spice and cranberry. There are also various seasonal flavors available at the store. Free samples are provided during your visit.

One of Radiantly Raw's bestselling product is the Rawlo truffle, which is filled with maple and caramel. It contains Himalayan sea salt, dates and almond butter. The raw cacao used in their products come from Peru, the Dominican Republic and Ecuador.

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Patsy's Candies

The Patsy's Candies staff prides themselves with providing customers with high quality, handcrafted confections. Their story began over 100 years ago. In the late 1800's an Irishman named Patsy Mehaney sold candied popcorn and taffy at local fairs and

various events around Terra Haute, Indiana. Legend has it that the Cracker Jack company heard of his candied popcorn and purchased Patsy's recipe before he came west. Mr. Mehaney settled in Manitou Springs in 1903 and started Patsy's candies. The Niswonger family has owned the business for many years, and they have perfected the old recipes while created new products.

Patsy's has assorted chocolates, jelly belly's, peanut brittle, saltwater taffy, trail mix, truffles, and even CBD chocolates.

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(719) 633-7215.
patsyscandies.com

Candy Bar

This is the classic candy shop that you have probably noticed in downtown Colorado Springs. They offer a wide selection of their own high-quality signature candies and chocolates. Customers can fill their bags with any of the dozens of treats that are available. They then take the bags to the counter to be weighed.

Candy Bar
124 N Tejon St Colorado Springs, CO 80903
(719) 434-7325.
Find them on Facebook.



The Candy Bar

Taffy's, in Pueblo

Another classic candy shop, Taffy's is something of a throwback to a historic era. Homemade hard candies, chocolates and salt-water taffy are just a few of the specialties. Scoops of ice cream, malts and floats are also available along with plenty of other goodies such as popcorn and nuts.

Taffy's
114 W Abriendo Ave.
Pueblo, CO.
(719) 545-0282.
Find them on Facebook.

Rocky Mountain Chocolate Factory

They have an extensive menu, including food and deserts. There are many types of candy apples (caramel, chocolate pecan, cheesecake apple, etc.). Their fudge selection includes: plain ole fashion fudge, double chocolate fudge, peanut butter fudge, almond, macadamia and peanut clusters. Their toffees include English, macadamia, amaretto toffee and

much more! RMCF has several types of truffles, including maretto, champagne, chocolate, kahlua, and a raspberry truffle. Wait, there is more: chocolate covered peanuts, chocolate gummi bears, peanut brittle, and several liquorice choices.

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Sugar Spoon Candies

A diverse selection of chocolates and candy in a classic location. Some of the items are displayed in an old safe. Their ratings on Facebook and Yelp are very high. Here is one public review: "In a historic little shop amidst other throwbacks in downtown Castle Rock. The candy selection is both trendy and nostalgic. Besides the packaged sweets, they have handmade specialties as well. Best of all are the delicious and affordable ice creams. We'll be back often, doing our best to keep this sweet spot thriving."

Sugar Spoon Candies
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Castle Rock, CO 80104
(720) 379-3443
Find them on Facebook.

Fuzziwigs Candy Factory

Fuzziwigs is a franchise with seven locations in Colorado, including this one in Castle Rock. The first Fuzziwig's Candy Factory opened in 1995 and now there are over 20 of them around the USA. They offer a selection of chocolates and candy;



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fuzziwigscandyfactory.com

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The Cripple Creek Candy and Variety Store is highly recommended. This candy store showcases home-made fudge, truffles with many flavors and designs. They also have chocolate covered strawberries, and more! This one-stop gift shop has balloons, cards and unique packaging like vintage-style lunch boxes to give your candy gifts in style. They also do personalized candy designs, and offer group events or large corporate orders.

Cripple Creek Candy and Variety
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(719) 689-5902
cripplecreekcandy.com

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The See's Candies chocolate shop in Colorado Springs, sells their American-made candies and chocolates. You can create your very own custom mixed box of chocolates and candies! They offer boxed chocolates, truffles, nuts, lollipops, and sugar-free candy. You always get a free sample and friendly customer service. See's Candies has been around for 90+ years and they have locations around the U.S.A.

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City Officials Work Towards Educating About Being Prepared For Emergencies During National Preparedness Month

By Trevor Phipps

During the year 2020, it seems as if everyone has been struck with one disaster after another. With the coronavirus pandemic leaving people everywhere in uncertainty and natural disasters like wildfires and hurricanes striking the nation, now is the best time to be prepared for a sudden lifestyle change.

During the month of September, The Pikes Peak Regional Office of Emergency Management for the City of Colorado Springs and El Paso County helped people get ready for disasters by educating them on several aspects regarding preparedness. The local organization teamed up with the National Ready Campaign and

kicked off the month of September as National Preparedness Month.

The month was separated by four topics and the organization worked towards education and awareness of each topic. "Throughout the month of September, the above-listed organizations will promote preparedness themes to the community through social media and media engagement," Natalie Sosa, El Paso County's Deputy Public Information Officer said. "The campaign will focus on different themes each week."

1. Make a Plan

The first step to being prepared for anything is to come up with a plan that will ensure the safety of people and their families ahead of time. Devising a solid plan for emergencies can be done effectively using the following steps:

Step 1: Put a plan together by discussing the questions below with family, friends or household to start an emergency plan.

How will I receive emergency alerts and warnings?

What is my shelter plan?

What is my evacuation route?

What is my family/household communication plan?

Do I need to update my emergency preparedness kit for coronavirus regulations (i.e. stock cloth facemasks)?

Step 2: Consider Specific Needs of Each Household.

This next step gives people the chance to customize their plan to specific needs like setting up child care or caring for the elderly during a disaster.

Step 3: Fill Out a Family Emergency Plan.

Once a plan is discussed and decided upon, it is always good to get it in writing. To download the Emergency Plan for Parents template go to the ready.gov website.

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Step 4: Practice the Plan.

Once a family emergency plan is in place, it is now wise to practice it and make sure that everyone in the family know what to do, where to meet, etc.

2. Build a Kit

After an emergency occurs, there is a good chance families can be left out of their homes and be forced to survive on their own for a few days. Having a kit equipped with everything a family needs to survive prepared and ready to grab is a wise idea.

Inside the kit, items should be stored in sealed plastic bags and be put in one or two luggage items that can be grabbed easily. Basic disaster supplies include things like food and water for three days or more, first aid kits, flashlights, cell phones, and extra chargers and batteries.

Other additional emergency supplies could also be added to the kit to facilitate a family's specific needs. For example, certain people in a household may require prescriptions or things like inhalers for asthma if they are going to survive away from their home. Pet food, cash, and extra cloth facemasks may also be good things to add to the kit.

Once the kit is prepared it may require some bit of maintenance to replace expired items and

special storage to make food items last. It is wise for a family to rethink their needs every year and adjust their emergency kit accordingly.

Finding a good storage location for the kit is also essential because any member of the household may be required to grab it on a short notice. Storing the kit at an easy to grab location at home could work, or leaving it at a workplace or car might be the best option.

3. Prepare For Disasters

During this topic, the organizations focused on informing people of the possible disasters they could face based on where they live. "Limit the impacts that disasters have on you and your family," Sosa said. "Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert."



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“I Don’t Need that Now.”

By Karli Johnson

Many people associate accessibility with being elderly or having a disability. While it is true that older people and those with disabilities rely on home modifications to perform daily living tasks, we all need to consider our futures in our homes.

While you may not be ready today to install a grab bar in your shower or put a stair lift on your stairs, the time will come when you wish you had these devices in place in your home. One in four Americans over the age of 65 will fall this year according to the National Council on Aging. It’s easy to say ‘That’s not me’ until it is you. Every 11

seconds an older adult is treated in an emergency room for a fall-related injury.

Installing a grab bar in your shower provides stability. New medications, illness, and dehydration can impact your equilibrium making the big step over the edge of your tub dangerous. The Centers for Disease Control and Prevention released a new study that revealed that the short-term risk of single and recurring falls triples within the first two days after a medication change. You may not reach for that grab bar every day, but on the days you need it, it’s right there.

As we age, we spend more time at home. Half to two-thirds of the falls that are treated in the emergency room each year happen at home. It makes sense to reduce the fall risks in your home and make your living areas safer. Mobility through your home after a fall or a surgery can be challenging.

Every day we answer phone calls from family members who are worried about how they will bring their loved one home from the hospital or how they will be able to move through their home with a new injury or disability. Making small modifications to prepare for these situations can help reduce



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the stress you and your loved ones experience during an injury, surgery or hospitalization. Modifications to your home lessen the chance of injury or re-injury by more than 55 percent.

Making your home accessible and modifying the property to be easier to use doesn't have to take away from the beauty of the house. Decorative grab bars and railings can enhance the look of your bathroom or stairs. Stairlifts with curved rails can tuck the chair away, out of site. Lift chairs look like regular recliners. Barrier-free showers are fashionable with high-end finishes and custom tile installations. Accessibility and safety can be stylish and enhance the look and feel of your home. If you've never had an in-home evaluation, now is the perfect time to schedule one.

There are fall hazards and barriers to accessibility in your home that you may not have ever considered. Many of these dangers can be minimized by making small repairs, installing expandable door hinges, threshold ramps or grab bars.

Modifying your home and making it safe and accessible is a choice. By choosing to be proactive in your needs rather than responding to an injury or the evolution of an illness you are giving yourself the ability to control your aging journey. There is so much uncertainty as we age that having the right products in place to help make the transition easier provides comfort and security in the most challenging times.

Planning for changing needs and situations makes it easier for adult children, caretakers and

loved ones to help you stay in your home as your needs and abilities evolve. Even the most basic modification can reduce the stress and anxiety you or your loved ones feel as they heal from a fall or switch medications. Small changes add up to significant differences.

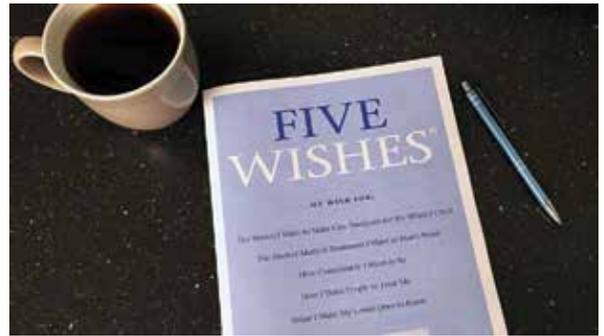
No one wants to think about needing to modify their home and no one wants to admit that they can't do the stairs or that getting off the commode is hard. We understand that. Planning for what's next starts with education.



Silver Key is a Five Wishes Informed Organization

By Jason DeaBueno

*Advanced Care planning with Silver Key
(A five wishes informed organization)*



If you have not heard of the Five Wishes advanced care planning document, let me share with you why it is so valuable. My father's 60-year old roommate passed away from COVID-19 in July. To compound the issue, my father contracted COVID-19 and was in an intensive care unit for nearly three weeks. These facts are not included in this article to garner sympathy, nor to emphasize the impacts of the corona virus on people, nor is this a political statement. Instead, the intention is to inspire people to move to action and open conversations with family and friends about how to achieve your advanced care wishes. Neither my dad's roommate nor my dad had an end-of-life planning document completed to guide what their wishes would have been in the event of an untimely passing.

My teenage son is very caring, highly empathic and considerate of the plight of people in need. Because the roommate had no immediate family or friends, my son and I became the surrogates responsible to clear his valuables from the residence. After a grueling waiting period of about two weeks, we were

instructed that we could enter the house, disinfect, and remove his belongings in prep for my father's return home.

The roommate had not left any direction about how he would want to be celebrated or who he was connected to in terms of family and friends. In other words, he did not have an end-of-life care plan. At the exclusion of having his instruction, my son and I assessed that the best way for us to honor his past was to donate his items to one of the thrift stores in the community. Not surprising, each thrift store refused to accept the donations because he died by COVID-19 infection and there was worry that others could become infected. After several attempts to donate the items, it became evident that we had no other option except to destroy his personal items.

We took all his valuables that he had collected for years including an original Bronco-logoed game shirt, signed posters and many videos from the past to the local garbage dump. As my son and I emptied the overfilled truck, he said with profound insight "dad, this does not seem right that we are just throwing this man's life away in a dump." That statement made my eyes fill with tearful remorse and inspired me to champion a community, cultural change about celebrating end-of-life no matter who passes. The most effective method to do so is by inviting people to have open conversations about their wishes before death.

Five Wishes is an advanced care planning document inspired by the work of Mother Theresa that defends the right of all (and specifically) the elderly, disabled, and mentally ill to have their human dignity respected and safeguarded, particularly in times of serious illness. Five Wishes is a complete approach to discussing and documenting the care and comfort choices of people by sparking connections between family

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members and fostering effective communication with health care providers. Five Wishes has been adopted as a legal, advanced directive document in 44 states including Colorado.

Silver Key Senior Services, a Colorado Springs-based, not for profit organization, however, is the first to carry the designation: Five Wishes Informed Organization. This designation is achieved by Silver Key committing to train its staff, volunteers, clients and community on the use of the document. Because "Aging is... All of Us!", Silver Key is inspired to share Five Wishes with any person over the age of 18 who has not developed a plan of care. Planning is a gift to family and friends. Communicating your legacy, on your terms, is a personally empowering effort in these uncertain times.

The value of end-of-life care

planning is well-documented related to managing the emotionality of patients, mitigating health and legal concerns, and reducing family discord when a person passes. The need for a culturally appropriate, end-of-life planning document is more evident now than ever due to the pandemic. People from all walks of life are hearing about the daily rates of loss of life and infections that are taking the souls of people across the globe. All the messaging about the power of the virus, has caused people to be anxious, fearful for their lives, and worried about being a burden to others. Even before the pandemic, there was ample research on the importance of advanced care planning to empower patients, reduce family conflict and build resilience in the community.

In 2014, National Public Radio reported La Crosse, Wisconsin

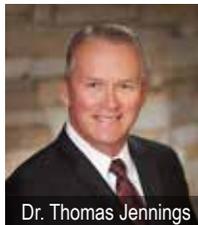
boasted that approximately 96% of people that die in the city have an end-of-life care document completed. The citizens of the community freely talk about death care in common conversations. Moreover, the city enjoys the least amount of expense for end-of-life care than any other place in the country. La Crosse's accomplishment inspires both Silver Key and me to focus on broadening the use of the Five Wishes document across Colorado, while also honoring the roommate's life.

Call Silver Key today at 719.884.2300 or email info@silverkey.org to learn more about the Five Wishes document and receive a complimentary copy that requires no attorney fees to complete; and is a valid, legal document to help you achieve your end-of-life wishes.

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Legend of Colorado Springs to Become a Center of Innovation For Assisted Living and Memory Care

By Trevor Phipps

Colorado Springs has forever represented the first glimpse of a frontier, the first sight of a wildly different landscape than any pioneer moving west had ever seen, with all the challenges, discoveries and promise. In this spirit, the city will see the opening of another frontier when Legend of Colorado Springs Assisted Living and Memory Care begins full operation this fall.

Assisted living has come a long way since Tim Buchanan, Legend Senior Living CEO founded the concept thirty years ago. One thing that has never changed is the mission our company was founded on: to serve the needs of the whole person: physical, mental, and spiritual to offer an enriching, vibrant lifestyle. And that will be the mission, too, at Legend of Colorado Springs.

Expertise in Aging: What a Concept

Legend's thirty-plus years in Assisted Living and Memory Care is not just time spent gathering seniority. Instead, it provides an archive of discoveries, methods and combined understanding. Legend's senior management team has nearly 200 years of combined experience in senior living. That's not just time in the senior living profession, either. It's the cross-pollination of widely varying experiences, with a common love of service. Insights gathered from different companies and different disciplines synthesize into a whole much greater than the sum of the individual experiences.

How Assisted Living Became Just Like Home.

Legend Senior Living realized early on the greater importance in things that are unnoticeable to most. This shows up in the purposeful design of Legend of Colorado Springs. You'll notice,

for example, wide hallways that allow two residents to confidently walk at their own pace; natural lighting and over twenty vibrant colors to assist with independent travel and navigation; and a comfortable 1 or 2-bedroom apartment designed for independence.

As beautiful and well-designed as our residence is, seniors who lives with us will experience the feeling of home as well. Legend of Colorado Springs' Life Enrichment team will have scheduled activities that promote opportunities to create new friendships, learn new hobbies and make new memories. Every month – from breakfast in the Palmer Dining Room to the evening chat in the enclosed courtyard, the resident will have hundreds of new experiences to have a greater well-being and connecting with neighbors.

Advances in Memory Care

Memory Care is a specialized service, with highly trained associates and innovative therapies, for residents with Alzheimer's disease, dementia or other form of cognitive decline. Legend Senior Living has been recognized for its innovations in Memory Care neighborhood design and multi-sensory programming and applies these award-winning approaches to Legend of Colorado Springs. Legend's expert, non-clinical neighborhood design minimizes over-stimulation while creating a



home-like environment. The neighborhood is right-sized to encourage independent travel and offers environmental cues for way-finding and orientation.

P.A.L. Paro at Legend

Artificial Intelligence (AI) has entered the picture at Legend of Colorado Springs, in the form of a Paro Seal, a sophisticated highly technical biofeedback baby harp seal that reacts to touch, light and sound. AI technology allows the seal to interact with your loved one, evoking feelings of happiness and joyful moments, reducing depression, anxiety and loneliness while encouraging socialization. The Paro Seal has also been proven to help aid the reduction in anti-psychotropic and benzodiazepine medications.

Legend Parallel Programming™

Legend of Colorado Springs' Parallel Programming™ recognizes that residents are not at the same cognitive or physical level. Here, we will place residents in groups based on their skills and abilities. These separate schedules meet personal dementia needs.

ElderGrow™ Mobile Sensory Garden

Legend's Memory Care programming includes therapeutic horticulture through a mobile sensory garden that brings nature inside all year – even in the Colorado winters. With real dirt, flowers, herbs and plants, the garden offers several evidence-based benefits including improved motor skills, cognition, sleep and self-esteem.

Senior Living At Its Peak™

From the center of the Briargate neighborhood and near the Focus on the Family campus, Legend of Colorado Springs residents have views of Pike's Peak and the surrounding Rockies, the Aspens in the fall, the snow-capped peaks in the winter. Legend of Colorado Springs is positioned to make the most of the city's conveniences, its shopping, entertainment and proximity to the region's foremost medical center. Residents lead a life free of home maintenance and full of life enrichment, friends and fun.

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Your Legacy



By Money Coach Bill

Your legacy is what you pass on to your descendants as well as your personal contribution to all mankind in the future. Your legacy to your family is your monetary possessions, but, more importantly, it is your values, your ethics, your accomplishments, and your dreams. It is time to focus on the meaning of your life. Start by writing your Legacy Letter.

The Legacy Letter is a compendium of detailed information on how you became what you are today as well as how you want to be remembered. Writing your letter will make you think about and articulate your values and ethics, your right vs. wrong. Some people pick and choose based on the situation. This is called situational ethics, and it is wrong. Once you have thought deeply about yourself and written down your values, it will be easier to follow those values no matter the situation. Passing on your values to your descendants is a never-ending process. Consider “My Deepest Why,” what makes me tick; what is my purpose in life? My own Legacy Letter includes the word “honor.”

List the significant formative people, places, and events in your life. Consider carefully how your current views were formed on race and ethnicity, how you look at the world, religion, politics, honesty, money, family, work ethic, and more. Decide which you want to pass on and, just as important, lessons you learned from your mistakes. Lessons you want to pass on.

It's Experiences, Not Material Things that Count. As a friend put it, “I'd rather have a passport full of stamps than a house full of stuff.” Write down your best and most interesting experiences (my list starts with “I rode a horse in Mongolia.”) Note your proudest achievements and add to that list as you review your life. Remember, you still can

have dreams and goals. “Five Trips Before You Die,” is an article showing you need a bucket list, the willingness to save for these activities, and the motivation to actually do it.

In addition to your Legacy Letter, there are many other ways for your family to know who you are/ who you were. Have your kids/grandkids interview you and put the transcript in your legacy box. Or do the Q & A via video. There are companies which do legacy videos. Write your memoirs, not necessarily a detailed autobiography but perhaps page-long memories of specific events. And then there are your photos. It is a huge task, but find the time to go through your photos, one period at a time. Then digitize the most meaningful and print several photos books with written commentary for the grandkids and beyond. Reviewing photos also will bring the past alive and help with your memoirs.

Passing on monetary possessions is an important task. It will take much thought. Make sure each financial account has a listed beneficiary. You also can have a beneficiary deed on your home and, in Colorado, a Transfer of Title upon Death for your automobile. A will covers only titled items which do not have a beneficiary, meaning you may not need a will. In my opinion, a trust is usually needed only if there is distrust involved.

Long before it's time to transition out of this life, you should have a Survivor File. The file contains all the information on your assets. And don't forget your digital assets – what's the plan for your Facebook account etc.? List where everything is and where you want all your possessions to go. There are businesses which can help. Someone to prepare the home for sale for example. Don't forget to tell family members where the Survivor File is. The better you prepare, the easier on your family.

Warren Buffet says, "People with rich character plan for 3 generations; people with poor character plan for Saturday night." In addition to passing on possessions to your family, you should consider how to help others through gifts and charitable donations. This help can start now providing an opportunity to see the social benefits of your hard-earned money. I want my legacy to continue after I pass, and it will through my book and a new private nonprofit Foundation focused on education, financial literacy, and entrepreneurship. What is your plan?

If your life ended tomorrow, would you be proud of what you left behind? Put down your cell, turn off the TV, and plan the rest of your life and focus on your legacy

Money Coach Bill Stanley is a Registered Investment Adviser, which is a fiduciary who does not sell financial products. He educates and he coaches. Bill's passion is financial literacy for all. His first book, "Money Sense for Young Professionals" by William Stanley, is a perfect gift for that child or grandchild who is interested in having a better money life



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Virtual Events for Seniors (During COVID-19)

You can visit some amazing places around the world without leaving your home! Many of these exotic locations would cost many thousands of dollars to visit in-person. With today's technology, you can experience exotic vacation destinations and access free lessons for everything from arts & crafts to better investing skills. Here are a few to get you started. We have also included shortcut links for some of these to make it easier for you to reach the site.

FUN OPPORTUNITIES, from your home, for CONTINUOUS LEARNING

By Patsy Williams (Curiosity Unlimited Board)

- What:** Our UCCS professor presenters have agreed to deliver their lectures using ZOOM, which, as many of you know, can be accessed on your computer, tablet or phone.
Exciting upcoming lecture topics include:
- When:** October 9, David Shakes, J.D., School of Public Affairs,
"Problem-Solving Courts: The cutting Edge of Criminal Justice Courts;"
November 13, Nicole Weiss, M.A., L.P.C., L.A.C., Trauma Health and Hazard Center,
"Layers of Trauma in Emergency Responders;"
December 11, Tom Napierkowski, Ph.D., English, "Geoffrey Chaucer."
- Time:** Lectures will be presented beginning at 10 am on the second Friday of the month.
We happily welcome non-members to attend a Zoom lecture.
- Phone:** 633-5627 for lecture login and registration. Come join us!

Resilience Practitioner Training Online

- What:** This free webinar with Dr Chris Johnstone, author of Seven Ways to Build Resilience, explores how we can train ourselves to become Resilience Practitioners. We look at how resilience is supported by learnable skills that we can develop ourselves as well as pass on to others.
Anyone registering for the webinar will be sent details of how to take part.
- Web:** For more information, please see <http://collegeofwellbeing.com/resilience-practitioner-training/>
- When:** Tue, 13 October 2020
- Time:** 13:00 – 14:00 MDT

Telluride Horror Show:

- What:** Colorado's first and longest-running horror film festival returns for another year, with the latest genre films from all around the world, and visitors from near and far for a three-day gathering in the mountain resort town of Telluride. Enjoy horror, suspense, thriller, dark fantasy, sci-fi and dark comedy in various venues, with over 20 feature films and 50+ short films (some making their US premiere for the first time!) plus special programs, guests and other events.
- When:** October 15-18 2020
- Web:** Telluridehorrorshow.com

9th Annual Night of Comedy FREE

- What:** Presented by Special Kids Special Families at Online/Virtual Space
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- When:** Saturday, October 10
Pre-registration starts 9/28/20.
- Where:** Tune in LIVE to SKSF Facebook or YouTube channel
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or [Youtube.com/Sksfcolorado](https://www.youtube.com/Sksfcolorado)
- Phone:** (719) 447-8983
- Email:** sksf@sksfcolorado.org
- Time:** From 6:00 – 7:30 p.m.
Pre-event starts at 5:30 p.m. for silent auction bidding

Creating an Organized Kitchen So You Can Prepare Simple, Healthy Meals

By Stacey Crew

Kitchen organization can truly make or break how you function in the space and whether or not we're motivated to make a meal or call for takeout. And takeout isn't always the healthiest way to nurture our bodies because unless we cook something at home, we don't truly know what's in our food. This can result in ingesting high levels of sodium and sugar, resulting in unexplained weight gain and exacerbating existing health issues.

Where do we begin? It is best to begin with an organized kitchen, one that we're excited to step into. It helps if it is set up to where we can easily find what we need when we need it, and if it contains healthy & nutritious foods. The two main components of an organized kitchen include the overall organization of the space and refrigerator organization.

Although most kitchens are set up with the traditional work triangle (where there's an imaginary triangular space between the refrigerator, stove, and sink), every kitchen is designed a little differently, especially once kitchen islands became a popular addition to the overall design.

A truly functional and healthy kitchen is devoid of clutter. You know, the extra stuff you think you'll need, but don't really ever

use and it's likely just getting in the way of you accessing what you do use. When the kitchen is over-crowded with too many dish sets and countertop appliances, for example, that aren't being used regularly, it can become stressful. It also makes it challenging to put items away and could result in added countertop clutter because there's no room left in the cabinets for the things that are used regularly.

Eliminating clutter creates calm and sufficient workspace for preparing a healthy meal. A sign that you're moving in the direction of a healthier kitchen is when you can access things quickly and prepare a meal with ease.

The overall key to organizing the kitchen, or any space for that matter, is to sub-divide the space into zones. Zones create smaller "workspaces" that are efficient and allow for quick-and-easy access to the items needed in that particular workspace. Here are the recommended zones for a kitchen and what lives in those zones.

Zone One: Food Prep

Locate near: Sink (to wash veggies)—be sure there is also ample counter space, remove countertop clutter, if needed).

Tools needed: Cutting board, sharp knife, mixing bowls, measuring cups, wooden spoons, and miscellaneous appliances

(mixer, chopper, blender, etc.)

Zone Two: Cooking

Locate near: Stove

Tools needed: Spices, pots and pans and utensils

Zone Three: Cleaning

Locate near: Sink/Dishwasher

Tools needed: Trashcan, soap, and sponges

Zone Four: Food storage

Locate near: Refrigerator

Tools needed: Reusable containers, tinfoil or plastic wrap

Zone Five: Serving

Locate near: Where food is plated and eating area

Tools needed: Serving dishes, plates, bowls, glassware, utensils, and napkins

Why a Fresh Fridge Is Key to a Healthier Kitchen

The next area of the kitchen that is probably even more important than the overall organization of the kitchen is the fridge because it houses the healthiest foods we eat.

After many years of helping individuals organize their kitchens, too often I've seen people use their refrigerators more as a "storage unit" than a "temporary container for items that need to be kept cool."

Why is this a problem? Because oftentimes the fridge is jam packed and you can't see what you have, making it more possible

for foods to expire and be forgotten. Here are some typical problems I've seen over the years:

- Produce left in plastic bags that ends up rotting.
- Not putting like items with like items.
- Unhealthy options, such as sugary desserts.
- Poor organization, including not utilizing the moveable shelving or putting items in the wrong containers.

Changing our perspective on the refrigerator's purpose can also allow us to rotate items more frequently, keeping it fresh and healthy.

"The fridge is a temporary storage container for foods that need to be kept cool."

To maintain a healthy fridge, there needs to be a plan to use the items, including checking expiration dates regularly and, most importantly, cleaning and organizing it. Also, periodically it's smart to remove the contents and the shelves, wiping everything down and place the items back, zoning them into organized categories.

If right now you're saying to yourself, "that's too big of a job," then it's likely you have too much in your fridge to begin with.

We want to avoid overfilling the fridge, which can create confusion and a "storage" situation versus an in-and-out-flowing of items.

As with anything, you can't fully assess something unless you know exactly what you're working with. Therefore, get to know what's in every corner of the fridge.

To get your fridge in tip-top healthy & organized shape, plan on spending a chunk of time to do a once-over, including a full clean-out and inventory. Once this has been accomplished, the upkeep won't take nearly as long, but you'll need to put in the time upfront.

If you live with other people, give them a tour of the



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Health and Wellness

newly-organized fridge and point out the categories and the expectation of where to put items. Better yet, enlist their help from the start so they have buy-in on the project.

Add a "Grocery List" to the outside of the fridge, or nearby, so when you're low on an item it's added to the list and you don't run out.

Creating a healthy kitchen can make all the difference in whether we feel energized and excited about creating healthy meals in our home or not. Try it and see!



*Stacey Crew is a Certified Health Coach, Organizing Professional, and author of the soon-to-be-released book, **Mind Body Kitchen: Transform You & Your Kitchen for Healthier Eating.***

Her proven GOPACK Method

(www.staceycrowwellness.com/gopack) can help you declutter to what you truly only need and use regularly. She is available for 1:1 health coaching services in the Denver and Colorado Springs area.

Visit www.staceycrowwellness.com.



Brain Teaser

Kenny, Abby, and Ned got together for a round-robin pickleball tournament, where, as usual, the winner stays on after each game to play the person who sat out that game. At the end of their pickleball afternoon, Abby is exhausted, having played the last seven straight games. Kenny, who is less winded, tallies up the games played:

Kenny played eight games

Abby played 12 games

Ned played 14 games

Who won the fourth game against whom?

Answer on page 50

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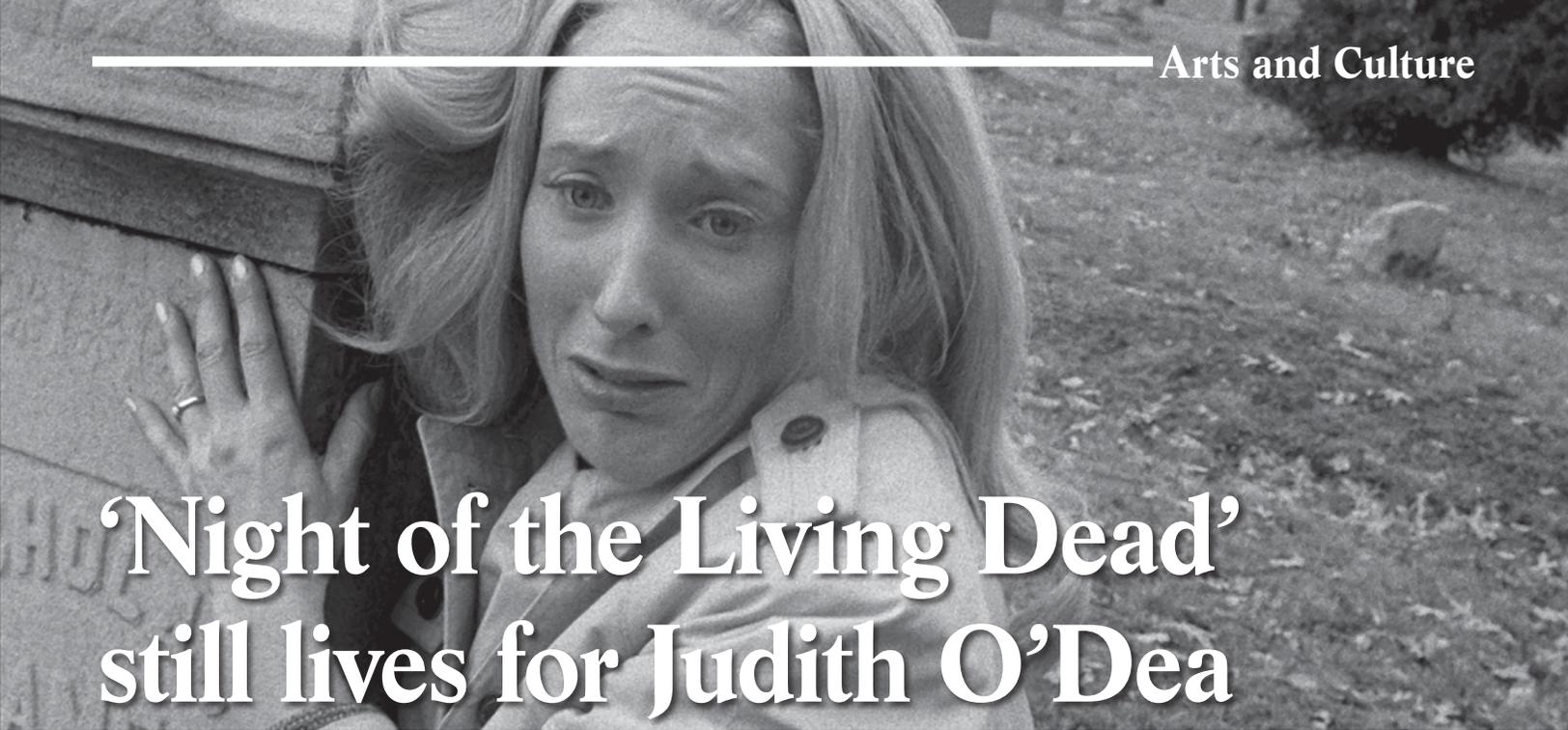
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'Night of the Living Dead' still lives for Judith O'Dea

By Nick Thomas

When Halloween returns each October, so do the 50-year-old memories for actress Judith O'Dea who starred as Barbra in the 1968 horror classic "Night of the Living Dead" as one of several characters taking refuge in an isolated farmhouse under attack from flesh-eating ghouls.

O'Dea remembers watching the film on the big screen for the first time when it premiered in her hometown of Pittsburgh, where the film was also shot, although she recalls identifying more as an audience member rather than one of the cast.

"I looked at myself and began critiquing my performance," said O'Dea from Los Angeles. "Then suddenly I found myself forgetting it was Judith O'Dea up there and became wrapped up in the storyline. That was a wonderful indication of a powerful story that could hold people's attention."

Over the years, O'Dea has also learned to look beyond the film's horror scenes and appreciate director George Romero's filmmaking skills.

"There's a scene where I'm pressing the button on a musical box which George was shooting from the floor up," she explained. "He was shooting right through the box and for a fraction of a second you see Barbra's eyes which I thought was a beautiful artistic shot. Then at the end when it alternates between still shots of the bodies and live-action, that was a great effective use of the camera."

The film, says O'Dea, broke barriers in the industry.

"As an independent movie made outside Hollywood, it raised its own money which I guess you could call one of the first Kickstarter's for a film. It was also filmed

almost like a docudrama (unusual for the '60s) and there's no happy ending because everybody died."

Shot on a shoestring budget of just \$114,000, O'Dea says her final scene being dragged from the farmhouse still haunts her.

"In your mind it's all pretend, but you get involved in the scene," she said. "With all those ghoul hands grabbing at me, it was actually quite frightening and took me back to the fear I felt as a child when I saw Vincent Price's face fall apart in the (1953) 'House of Wax.' That scared me so badly my folks had to take me from the theater. Whenever I'm called upon to be frightened in a role, I just think of that Vincent Price scene."

Another memorable scene from the film produced one of the classic lines in all horror films, said to O'Dea's character by actor Russell Streiner who plays her brother in the opening cemetery scene shot at the Evans City Cemetery in Pennsylvania.

"I don't think a week goes by that someone doesn't come up to me and say, 'They're coming to get you Barbra!'" said O'Dea, laughing. So has she grown weary of hearing the quote through all these years?

"How could I be tired of hearing something that has changed my life so considerably?" she says. "I love it when fans repeat the line to me. I feel so lucky to have been a part of something that was so different and has lasted so long."

Nick Thomas teaches at Auburn University at Montgomery, Ala., and has written features, columns, and interviews for over 850 newspapers and magazines.

Dream Again: Lessons on Leveraging Your Pain



By Frank Sinclair

Chapter 1 The Beginning Years

Born in 1956 to a 20-year old couple in rural North Carolina into segregation and chaos. A father who beat my mother and an older sister who, along with me, witnessed this horror regularly. I was doted upon being my parents first child together (my sister had a different father) however, the message that stuck in my young heart was the name calling, cursing, and fighting. My parents were simply doing what they knew, our culture thought of these behaviors as perfectly normal and expected.

In addition, I was raised at a time when we were expected to work in the fields sharecropping and calling all whites sir and ma'am. My 83-year-old grandmother still did this until the day she died. I grew up working in tobacco, cotton and any other agriculture that afforded help for my family, usually alongside my mother. Most summers were spent in the tobacco fields for 10-12 hours a day for \$1.00 per hour. My parents finished 6th and 8th grade respectively so there was no emphasis on education. If the law had not required attendance to school, work would have required our attendance, and we would have probably been pulled out.

My dad worked as a garbage man and also worked several

part time jobs (he had an amazing work ethic) yet his penchant for being a lady's man kept much of what he earned in places other than our home. He further had a well-earned reputation as a tough guy that no one would cross. I was certainly intimidated by his presence and quick temper though rarely directed at me. I was thankful for his constant absence since this was the only time the house felt calm and relaxed.

My escape was always books, I have always had a fascination with reading and knowing things. Besides, the chaos of my home left me needing a way to escape and as far back as I can remember, they offered me solace. My hero was Dr. Martin Luther King Jr., though young, I revered the man and what I understood of his message. The message of non-violence resonated with me in an environment that was inundated with violence, both at home and all around me.

The national mood at the time mirrored my experience and Dr. King's message was a much-needed alternative in my young mind. I was an extremely small kid who was bullied, ostracized, and not included, after all, what value a nerdish, short, skinny, and uncool guy had in culture whose core value was cool.

I did not fit in my group, those

of us on the other side of the tracks, and it was definitely out of the question to even entertain the thoughts of interacting with the other side. Vietnam, civil rights, segregation, and assassinations were harbingers of my life. Dr. King's "Letters from a Birmingham Jail" answering white clergy's request that he be more patient, wait, and not demonstrate is powerful in demonstrating the culture of my youth, wrote:

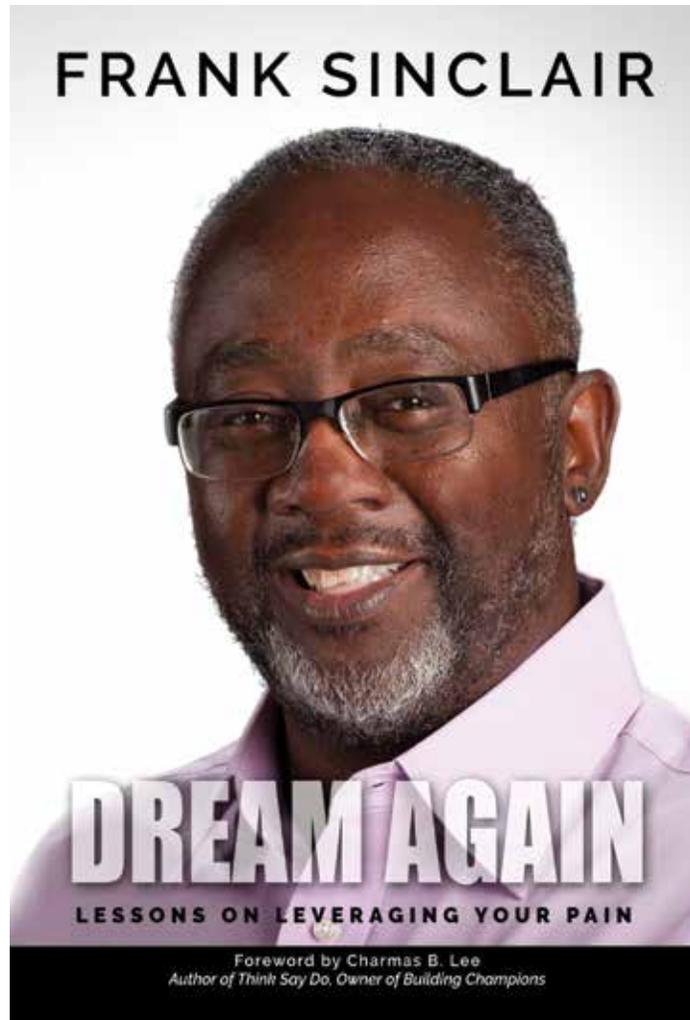
"Perhaps it is easy for those who have never felt the stinging darts of segregation to say, 'wait'. But when you have seen vicious mobs lynch your mothers and father sat will and drown your sisters and brothers at whim; when you have seen hate-filled policemen curse, kick and even kill your black brother and sisters; when you see the vast majority of your 20 million Negro brothers smothering in an airtight case of poverty in the midst of an affluent society... when you suddenly find your speech stammering and your tongue twisted as you seek to explain to your six-year old daughter why she cannot go to our amusement park that has been advertised on television, and see tears welling up in her eyes when she's told that Fun town is closed to colored children and see ominous clouds of inferiority beginning to form in her little mental sky, and see her beginning to distort

her personality by developing an unconscious bitterness towards white people;... when you have to concoct an answer for a five-year old son who is asking 'Daddy, why do white people treat colored people so mean?', when you take a cross-country drive and find it necessary to sleep night after night in the uncomfortable corners of your automobile because no motel will accept you; when you are humiliated day in and day out by signs reading 'white' and 'colored' when your first name become 'Nigger' your middle name becomes 'Boy' (however old you are) and your last name becomes 'John' and your wife and mother are never given the respected title 'Mrs',... when you are hurried by day and haunted by night by the fact that you are a Negro, living constantly at tiptoe stance, never quite knowing what to expect next, and are plagued with inner fears and other resentments; when you are forever fighting a degenerating sense of 'nobody-ness' then you will understand why we find it difficult to wait. There comes a time when the cup of endurance runs over, and men are no longer will to be plunged into the abyss of despair. I hope, sirs, you can understand our legitimate and unavoidable patience."

Dr. King's words conjure up memories for me of unspeakable fear and terror and the feelings of being "less than". As I write about the trauma of my youth, the emotion of those days began to rise inside me. Also, the pictures that Dr. King's descriptive writings bring, are conjured up in the recesses of my mind. I can still remember vividly the

mood referred to in this powerful letter.

Digging deeper into the formation of Frank is the turmoil of home and the rejections of my own supposed culture. This became the foundation of my future life of low self-esteem little self-worth and continual self-sabotage. Every success was met with the internal resistance that would continually create and repeat my own world of chaos and turmoil.



My parents lived what they knew. Though the pain was at times unbearable and the resentment palpable, I knew deeply they did not intentionally scar me no more than I sought to scar my own children. They were enormously proud of my academic prowess and love of learning. We were poor, extremely poor, although my family had great work ethic, the opportunity nor the environment existed for forward movement.

Most of the time from my birth, we had no running water or inside plumbing, so we used the outhouse and the water pump outside that we had to often prime and thaw out. We did not know better, we thought this was simply our lot in life.

Holes in the roof, pot-bellied stove and rodents, my life coming up. It took 4 years after my birth for the next child to come and then the dam broke, there were 8 of us by the time I turned 15. Each child brought greater responsibility for my sister and I and this was around the same time my parents separated for good. I became the man of the house (I was for the most part since I was 12) officially. My youth had already begin to

Faith and Values

gradually diminish but now I took on the full dad responsibility.

My poor mom, essentially a single parent already did the best she could and began to display signs of physically, emotionally, and mentally breaking down under the weight of my dad's behavior and gradually turned to alcohol for relief. She did her best to keep us together and stable, however, the weight of responsibilities overwhelmed her.

In summary my first 15 years on the planet were tortuous on the face of it, but provided valuable lessons for me as my purpose began to unfold through my pain. I consider myself an extremist for good, for kindness and love of my fellow man. To the charge that he was an extremist, Dr. Martin Luther King responded like this:

"Was not Jesus an extremist for love: 'Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you'? Was not Amos and extremist for justice: 'Let justice roll down like waters and righteousness like an ever-flowing stream'? Was not Paul an extremist for the Christian gospel: 'I bear in my body the marks of the Lord Jesus Christ'? Was not Martin Luther King an extremist: 'Here I stand, I cannot do otherwise, so help me God'? And John Bunyan: 'I will stay in jail to the end of my days before I make a butchery of any conscience'. And Abraham Lincoln: 'Thus the nation can't survive half slave and half free'. And Thomas Jefferson: 'We hold these truths to be self-evident that all men are created equal...' So, the question is not whether we will be extremist, but what kind of extremist we will be. Will we be extremists for hate or for love?"

You see the pain I experienced in my life became the bumps which I grew on. I am an extremist for love, and I will never allow my pain to be an excuse for treating people poorly. Those of us older can lead in our determination to be part of the solution not the problem.

Frank is a thought leader, influencer and business person in Colorado Springs, Co. He is the Founder and Chief Encouragement Officer for Dream Again, LLC, a coaching and speaking enterprise. His FB page, "Be Encouraged" has nearly 25,000 members in over 100 countries. He influences thousands to be all they were created to be.

He can be reached at dreamagainllc.com.

*Frank Sinclair, Chief Encouragement Officer
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Faith Through Older Eyes: *Being on Mission*

By Nancy Parker Brummett



A little six-year-old girl approached a police officer who was visiting her school. “Are you a real policeman?” she asked. “Yes, I am,” he replied. “Well, my mother told me that if I ever needed help with anything I should go to a police officer,” she explained. “That’s correct,” the officer replied. “How can I help you?” The little girl looked up at the officer and asked, “Will you please tie my shoe?”

Now police officers have a lot of important work to do. They have speeders to stop, bank robbers to wrestle, and criminals to corral. But fortunately this compassionate police officer knew that the most important job he had at that particular time was to bend down and tie the little girl’s shoe. He completed the mission that was his to fulfill in that moment.

Our elders may falsely believe that they no longer have significant missions to perform. Even those who trust in the Lord can begin to feel used up—too old or feeble to make a difference—but nothing could be further from the truth. We need to encourage them to wake up each day wondering what mission, or assignment life will bring their way. To begin the day with a simple prayer, “Lord, use me!” and then wait expectantly to see what opportunities they will have to make life better for those with whom they interact during the day—even if it’s just to hold a door for someone or to share a smile with a weary caregiver.

Maybe our seniors can’t go on foreign mission trips as they may have done in the past, but with God’s help, they can do what He asks of them now. Then when they close their eyes at the end of each day they can think back over when they saw an assignment, or mission come their way, and took the time to complete it to the best of their ability.

We can help our seniors see that they still have missions to complete as long as they have breath.

To help them identify where to focus their attention, ask them what breaks their heart? Ask what they feel passionate about when they look at all that’s happening in the world now. That may be where God wants them to make a difference—even if their mission is simply to bow their heads and pray.

Nancy Parker Brummett

is the author of The Hope of Glory, A Devotional Guide for Older Adults, and Take My Hand Again, A Faith-based Guide for Helping Aging Parents. Learn more about her life and work at www.nancyparkerbrummett.com.

A colorful advertisement for DayBreak An Adult Day Program. The top section has a purple-to-blue gradient background with the word "DayBreak" in large white letters and "An Adult Day Program" below it. The middle section features a stylized illustration of a sun rising over mountains and trees, framed in a window-like border. Below the illustration, the words "Love Patience Acceptance" and "Respect Humor Community" are written in white. At the bottom, there are logos for "give!" (with a smiley face), "A+ Rating BBB ACCREDITED BUSINESS", and "Find us on Facebook". The contact information "404 N. Highway 67", "PO Box 4777 | woodland Park, CO 80866", and "719.687.3000 | www.daybreakadp.com" is listed at the bottom. A small "AGE FRIENDLY" logo is also present in the bottom right corner.

Bacon Bison Beer Chili

Bacon Bison Beer Chili the perfect cool weather food recipe. Layers of ingredients using bacon, bison, salsa, and beer, leaves you with a big flavor, low calorie, high protein recipe. Easy to prepare makes this the perfect family recipe, or for watching the big game. Gluten free, Grain free, and Dairy free.

Prep Time 5 minutes • Cook Time 55 minutes • Total Time 1 hour • Servings 6

Ingredients

- 3 slices thick-cut bacon finely chopped
 - 1 large yellow onion finely chopped
 - 1 large garlic clove minced
 - 1½ pounds lean ground bison
 - 1 tablespoon chili powder
 - 1½ teaspoons ground cumin
 - 1½ teaspoons sweet smoked paprika
 - ½ teaspoon cayenne pepper
 - About 1 tsp. salt
 - 1 can 14.5 oz. crushed fire-roasted tomatoes or regular crushed tomatoes
 - 1 can 8 oz. salsa
 - 1 cup flavorful medium-bodied beer, I used Green's
 - 1 can 14.5 oz. mixed beans, drained {or use black beans}{check label for gluten free}
- Toppings:**
- Chopped cilantro
 - Sliced jalapeno



Directions

1. In a large, heavy-bottomed pot over medium-high heat, cook bacon, stirring until it just begins to brown, about 4 minutes.
2. Add bison, breaking up and string until slightly cooked through, about 5-6 minutes.
3. Sprinkle chili powder, cumin, paprika, cayenne and salt, stir to combine.
4. Push bison to the perimeter of pan making a clear spot in the center.
5. Add the onion and garlic to the center and stir cooking until translucent, about 4-5 minutes.
6. Add tomatoes, salsa, and beer and bring to a boil.
7. Reduce heat to medium-low, cover partially, and cook 30 minutes.
8. Add beans and cook 10 min, uncovered. Season to taste with salt. Serve warm, with toppings on the side.

Pumpkin Oat Muffins With Dates

These moist pumpkin date muffins get extra texture from the oats, and the simple streusel topping makes them special. We used about 1 1/2 cups of chopped dates (about 8 ounces) in the muffins, but use part pecans or walnuts if you like. Raisins or cranberries would work as well.

Total: 33 mins • Prep: 15 mins • Cook: 18 mins • Servings: 12 servings

Ingredients

- ½ teaspoon salt
- ¼ teaspoon ground ginger
- ¼ teaspoon ground nutmeg
- ¼ teaspoon baking soda
- 1 large egg
- ¾ cup canned pumpkin
- ¼ cup vegetable oil
- ¼ cup milk
- 1 teaspoon vanilla extract
- 1½ cups dates (chopped)
- 1 cup rolled oats (old-fashioned)

For the Streusel Topping:

- 1½ tablespoons butter (room temperature)
- ½ teaspoon ground cinnamon
- ⅓ cup light brown sugar (packed)
- 1 tablespoon all-purpose flour
- 1 tablespoon rolled oats



Directions

1. Preheat the oven to 375 °F/190 °C/Gas 5. Grease 10 to 12 muffin cups or line with paper liners.
2. In a mixing bowl, combine the 1 cup of flour, the ½ cup of brown sugar, baking powder, 1 teaspoon cinnamon, salt, ginger, nutmeg, and baking soda. Blend well with a spoon or whisk.
3. In another bowl, whisk the egg with the pumpkin, vegetable oil, milk, and vanilla. Blend well.
4. Pour the pumpkin mixture into the dry ingredients and stir until blended. Stir in the dates and 1 cup of rolled oats.
5. Scoop about ¼ to 1/3 cup of batter into each muffin cup, filling each about two-thirds full.
6. Make the Streusel Topping: In a small bowl combine the 1½ tablespoons of butter, ½ teaspoon cinnamon, ⅓ cup of brown sugar, 1 tablespoon of flour, and 1 tablespoon of oats. With a fork, mix until well blended and crumbly.
7. Sprinkle the streusel topping evenly over the tops of the muffins.
8. Bake for 17 to 20 minutes, or until a toothpick inserted into the center of a muffin comes out clean.
9. Remove from the oven and cool for about 5 minutes in the pan. Remove the muffins to a rack to cool.
10. Serve warm or cold, plain or with a lightly sweetened honey or maple cream cheese spread or butter.

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Crossword Puzzle Solution

1	P	A	P	A		5	H	A	S	S	L	E		11	B	A	S		
14	A	N	T	I		15	A	S	W	O	O	N		16	E	F	T		
17	S	C	A	R	E	18	E	T	H	E	R	O	D		19	I	R	E	
					20	G	A	S		21	D	E	M	U	R	R	E	R	
23	O	C	C	U	R		26	B	E	S		27	S	O	U	S	E		
28	C	H	A	N	N	E	L			29	D	E	A	T	H	S			
31	T	I	P			32	V	I	E	W	E	R	S						
		35	C	O	F	F	I	N	N	O	N	S	T	O	P		38	39	
					40	R	A	C	K	E	R	S				41	D	O	M
43	A	S	S	E	R	T			46	R	E	O	R	D	E	R			
49	S	H	E	A	R		50	C	R	Y		52	B	E	S	T	S		
53	C	O	C	K	A	T	O	O		55	W	O	N						
56	E	R	R			57	G	H	O	U	L	H	E	A	D	E	D		61
62	N	E	E			63	O	R	K	N	E	Y			64	M	A	G	I
65	D	S	T			66	S	U	E	D	E	S			67	E	B	O	N

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SUDUKO KEY

8	5	4	3	2	6	9	1	7
9	7	3	1	4	8	2	6	5
6	1	2	9	5	7	8	4	3
1	6	8	4	7	9	3	5	2
7	2	5	8	6	3	1	9	4
3	4	9	2	1	5	6	7	8
2	8	6	7	9	4	5	3	1
4	9	1	5	3	2	7	8	6
5	3	7	6	8	1	4	2	9

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100 Word Fiction Story: Maze Runner

By James Yi

I have wandered this maze for long. The ground is jagged, the walls uneven. The path is never easy. There are turns every 5 steps, the path splits every 10. It seems endless, or perhaps that is my imagination. I come across similar scenes again and again, but I do not have the courage to check if I am going in circles. The sky is above me, but there is no path there. No. My path is in front of me, and I continue on .

Up above, a human looks down. 'What is that insect crawling around inside the cracks?'



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Crossword Puzzle

ACROSS

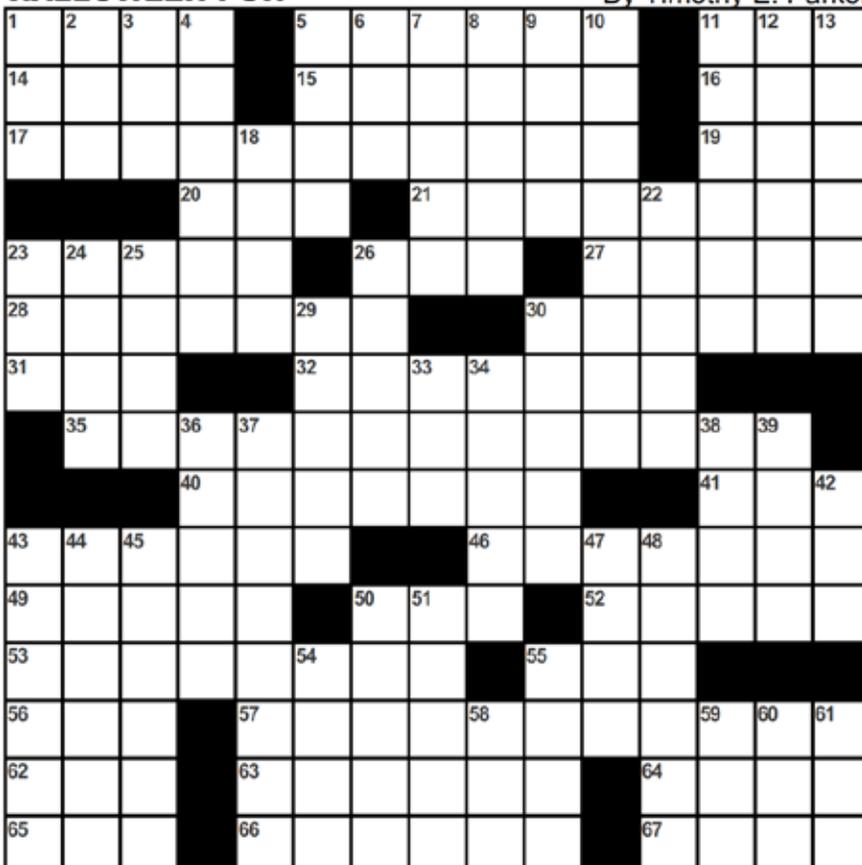
- 1) One of three fairy-tale bears
- 5) Harass
- 11) Many college degs.
- 14) Voting nay
- 15) Fainting
- 16) Little amphibian
- 17) Frighten one's Halloween staff?
- 19) Anger
- 20) Kind of station
- 21) Lawyer's objection
- 23) Happen
- 26) Wanna-___ (copycats)
- 27) Inebriate
- 28) Remote access?
- 30) Fatalities
- 31) Reward for waiting?
- 32) TV watchers
- 35) What caused Dracula to go the doctor?
- 40) Those preparing for a break
- 41) ___ Perignon
- 43) Put forward as truth
- 46) Get involved in a different sort?
- 49) Gather some wool
- 50) Bawl
- 52) Conquers
- 53) Crested parrot
- 55) Came in first
- 56) "To ___ is human ..."
- 57) Like a calm spirit?
- 62) "Born as"
- 63) Scotland's ___ Islands
- 64) Visitors to baby Jesus
- 65) It causes you to lose one hr. of sleep
- 66) Napped leathers
- 67) Black, poetically

DOWN

- 1) Mas' mates
- 2) Anti-apartheid party, for short
- 3) After-school bake sale org.
- 4) Nonlethal weapon
- 5) They've got your parts covered
- 6) Cigar residue
- 7) Stockholm citizen
- 8) Saddle afflictions
- 9) Weaver's equipment
- 10) Consumers of products
- 11) Lebanese capital
- 12) Way to begin
- 13) Cordwood units
- 18) Make, as money
- 22) Cook in an oven
- 23) When Sept. ends?
- 24) Elegantly and stylishly fashionable
- 25) Mafia chief
- 26) Lose a staring contest
- 29) Banish from an apartment
- 30) Hard to see through, as fog
- 33) Compass heading, sometimes
- 34) Fret
- 36) Word with "neat" or "control"
- 37) Confused mixtures
- 38) Betting numbers
- 39) Bard
- 42) New bride's title
- 43) Climb upward
- 44) Ocean stopping points
- 45) Confidential matter
- 47) Wind instrument
- 48) Give a new title to
- 50) "You Send Me" singer Sam
- 51) Expensive pub order
- 54) Drive-___ restaurant
- 55) Explanations
- 58) Director Spike
- 59) Bit of ointment
- 60) Psyche component
- 61) Confused noise

HALLOWEEN PUN

By Timothy E. Parker



Key on page 41.



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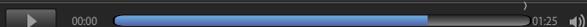


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October Events

Craft and Gift Show

When: October 10th 2020 One Day Only!

Time: 9:00am 3:00pm

Where: Masonic Event Center, Colorado Springs, CO 80904

What: Son Shine Shows invites you to out our Annual Craft & Gift Show. Local handmade & business vendors with wonderful products.

Cost: Free Admission One Day Only!

Fall Harvest Festival In Gold Hill Mesa

When: October 10, 2020

Where: Gold Hill Mesa

What: Come celebrate fall! This fun event benefiting Bear Creek Nature Center will have live music, a petting zoo, pony rides, bounce houses, face painters, vendors, food trucks, and pumpkins. Great fun for all ages, benefiting the Bear Creek Nature Center.

Cost: Concert admission is free, and there is plenty of complimentary street-side parking. \$10 wristbands for kid's activities will be available for purchase that include pony rides, Petting zoo access, face painting, one small pumpkin per child, and more.



Sugar Plum Food & Gift Mart

When: Oct 17th & Oct 18th

Times: Oct 17th 9am to 5pm Oct 18th 10am to 4pm

Where: Colorado Springs Event Center 3960 Palmer Park Blvd 80909

What: Colorado Springs Sugar Plum Food & Gift Mart will provide shoppers with unique gifts that cannot be found Anywhere else. Featuring art, crafts, jewelry, boutique clothing, photography, toys, Christmas decor, and much more. You will be able to visit Santa & Mrs Claus and have your picture taken with them, do some wine tasting (21 & Older ONLY) as well as get a great start to all your holiday shopping at this great event!!



Colorado Country Christmas Gift Show

When: Nov. 13-15, 2020

Time: 10am to 5pm

Where: Colorado Springs Event Center 3960 Palmer Park Blvd. 80909

What: A unique shopping experience for the entire family awaits you at the show. You'll find gift ideas, original arts and crafts, sculpture, ceramics, specialty foods, home decor, clothing, furniture, floral designs, jewelry, skin care products, antiques, candles, toys and much more.



October Events (cont.)

Boo At The Zoo

When: October 17-18, 23-25 & 30-31, 2020

Where: Colorado Springs, CO

What: See the Original Creatures of the Night at Cheyenne Mountain Zoo. It'll be all treats and no tricks for your little pirates and princesses at this year's Boo at the Zoo, the region's most unique Halloween event. Boo at the Zoo is a fun way for families with young children to trick-or-treat and enjoy Halloween festivities in a safe environment.

Cost: Online Advance Ticket Prices (\$5 off regular price): Available online until 2 p.m. on event day. \$19.75 for ages 3-64, \$14.75 for Zoo members. \$17.75 Military** and 65+, 75¢ for ages 2 and under



Emma Crawford Coffin Races

When: October 24th 2020

Times: Parade begins at Noon, events until 3 pm

Where: Manitou Avenue, Manitou Springs

What: The Parade starts at noon, followed by 70 teams racing coffins down Manitou Avenue for the ultimate victory! Each team consists of one Emma and four runners dressed in costume. The fastest times earn trophies as well as a chance to win Best Emma, Best Entourage, and Best Coffin.

Cost: FREE

Reynolds Ranch Harvest Festival

When: 2020 dates TBD

Where: Colorado Springs, CO

What: Carve out a little time and harvest some family fun at the Western Museum of Mining & Industry this fall. Celebrate the season, enjoy the cool weather, and grow your farming spirit with activities for the whole family; from a pumpkin patch, hay rides, antique tractors, face painting and farmers market, to children's games, "Spooky Histories", gold and gem panning and more in the museum's exhibit building and 27-acre grounds.

Cost: \$12

October Events (cont.)

Jack-O-Lantern Trail

When: October 31, 2020

Where: Fountain Creek Nature Center, 320 Peppergrass Lane 80817

What: Enjoy the lighted Jack-o-Lanterns along the trail, make a craft, and roast a marshmallow. Costumes encouraged. Sponsored by Millberger Farms, Pueblo. \$4/member, \$5/nonmember.

Cost: \$4/member, \$5/nonmember.

Ghost Stories of Old Manitou Walking Tours

When: October 9, 10, 16, 17, 23, 24, 30

Times: starting at 5:30 pm. (Rain or Shine)

Where: The Manitou Springs Heritage Center (517 Manitou Avenue)

What: The Manitou Springs Heritage Center, along with our friends at THEATREdART, provide these evening tours that are thoughtfully scripted and brilliantly presented to provide a fun, family experience. Each tour has a Guide who will recant the stories and guide you from scene to scene. Tours leave every 15 minutes from 5:30 pm to 8:30 pm. Tours are approximately 45 minutes and depart from

Cost: Advance tickets are \$15 / person

Day of Tour tickets are \$18 ,Children under 8-FREE

Advance tickets are recommended as the tours usually sell out.

All proceeds benefit the Manitou Springs Heritage Center.

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A Night With Poe

When: 2020 dates TBD

Where: Manitou Springs

What: The Manitou Springs Historical Society Presents: "A Night With Poe," at Miramont Castle. Enjoy the Castle in the cloak of night with drinks, great food, and an interactive performance of an Edgar Allan Poe classic.

Cost: \$50

October & November Events

Night At The Museum

When: 2020 dates TBD

Where: Pioneer's Museum

What: History comes to life for guests of all ages! Experience an evening of exploration and discovery in the beautiful 1903 El Paso County Courthouse. Interact with historic figures from Colorado Spring's past, make unique crafts, and enjoy performances and activities that celebrate the spirit of the fall season.

Cost: Free

Evidence: Finding the Facts About William Jackson Palmer'

When: October

Time: 10am to 5pm

Where: Colorado Springs Pioneers Museum, 215 S. Tejon Street, Colorado Springs, CO 80903

What: Presented by Colorado Springs Pioneers Museum at Colorado Springs Pioneers Museum, Colorado Springs CO Years in the making, this exhibit will debunk persistent myths about General Palmer and his family by inviting visitors to examine evidence firsthand. By doing so, viewers will come away with a deeper and more meaningful understanding of our city founder's unique story and our community's history. (This exhibit is presented by the Strake Foundation).

Phone: (719) 385-5990

Downtown Walking Tour: Law & Disorder

When: November 7

Time: Participants are encouraged to arrive at the Pioneers Museum lobby by 3:15 p.m. Tour begins promptly at 3:30 p.m. Tour concludes at a Downtown speakeasy, where guests can enjoy a free custom Prohibition-era cocktail (included in ticket price). Costumes encouraged!

Where: 215 S. Tejon Street, Colorado Springs, CO 80903

What: The tour explores how Colorado Springs officials fought to remain a "dry town" in "wet times;" the captivating story of how local law enforcement, concerned citizens and the Gazette newspaper worked to run the KKK out of town in the 1920's; and an infamous gun battle with train robbers in the streets of Downtown. Hour-long guided tours introduce the historic landmarks, contemporary artwork, and cultural highlights of Downtown.

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PLAY SUDUKO

8				2				7
9			1			2		
			9				4	3
	6							
7						1		
			2		5			
	8	6	7			5		
4		1						6
	3			8				9

Key on page 41.

Page 32 Brain Teaser Answer:

First, we need to figure out how many total games were played. We get 34 when we add up the game totals, but since two players play each game, there were 17 games played.

Now, with a brief insight, the solution quickly unravels. The insight is that in a three-person round-robin, every player plays at least every other game. Since 17 total games were played, every player must have played at least eight games. And, in fact, since Kenny played exactly eight games, we can infer which ones, as underlined below:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17

Now, had Kenny won any of his games, we would have seen him play two games in a row. Instead, it must be the case that he lost every game he played. Thus, we can conclude that Kenny lost the fourth game. But against whom?

Well, we know that Abby and Ned played against each other in every game that Kenny didn't play, which are all the non underlined games above. In addition, we know Abby played the last seven straight games.

This means we know for sure that Abby played games 1, 3, 5, 7, 9, 11, 12, 13, 14, 15, 16, and 17, which amounts to 12 games, accounting for all of her games. So Ned must have played all other games against Kenny, such that *Ned beat Kenny in the fourth game.*



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