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OCTOBER-NOVEMBER 2022

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# **Pikes Peak**

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# Letter from the Editor

By Trevor Phipps

## Dear Readers,

The fall is officially here and according to social media pages, it is the most favorite time of year for many. This year much of the country saw some serious heat spells and I think many are rejoicing cooler temperatures.

Fall is harvest season where people get together to celebrate their crops. Others tend to celebrate by enjoying pumpkin spice everything.

The fall is also a good season to travel as many hit the roads all across the state to check out the beautiful colors of the season. Travelling during fall is also popular because the temperatures have cooled down but not quite dropped into the freezing range. So, it sometimes can be the perfect weather to get out of town.

In this issue, we describe what is rated as one of the best fall vacations. As you can tell from the article, the small town of Eureka Springs seems to have something for just about everyone. The city boasts beautiful outdoor destinations and creepy things for the Halloween season such as mysterious springs with rumored magical abilities, caves and old haunted Victorian buildings.

The tales of ghosts in the city seem terrifying, but the city is also located in a beautiful spot in the Ozark Mountains. For those not into paranormal things, they can spend their days outdoors and their nights dining at one of the city's many eateries.

Even though Eureka Springs seems to be the best spot for a creepy Halloween season vacation, there are some ghost towns closer to home. Those who still want to surround themselves with creepy and historic buildings and don't wish to leave the state, can visit the historic town of St. Elmo.

Historic St. Elmo is situated about a three-hour drive west of Colorado

Springs southwest of Buena Vista. The historic mining town was booming back in the 19th Century when there were several mines in the area. However, when the railroads stopped running in the region, it was known that people living in the town just got up and left to take the last train out of town, many leaving dinner on their tables.

The town is one of the only ghost towns close by that prides itself on being nearly 100 percent preserved. Although some houses have been remodeled for vacation homes and residences, many of the old historic buildings still stand.

Whether St. Elmo is haunted or not is up for debate, but the wildlife in the city exhibits unique behavior. It was said that the people living in the city in its early days had a special connection with the animals in the city and they taught them to be friendly with humans.

To this day, visitors can feed chipmunks from their hands as they crawl up laps or put their finger out for a hummingbird to land. The area is also filled with aspen trees making it a prime trip during the fall season.

This town is only seasonal so it is best to get there before the snow starts to fly. While there, it could be a good idea to stop and take a soak in the Mount Princeton Hot Springs which you will pass on the way to St. Elmo.

The new and improved Mt. Princeton Hot Springs seems to never stop expanding and adding lodging options and amenities. After years of growth, the hot springs resort now is one of the best places to relax in Colorado.

With the growing popularity of the spot, it is wise to get reservations ahead of time if you want to stay at the hot springs. Day passes are available, but everyone that stays at the resort gets two days of free hot springs passes for every night they stay.



The resort not only features several pools including an adults-only area, but they have a full service restaurant and bar on location. While soaking, you can get the chance to enjoy the beautiful sites of the high mountains in the Collegiate Peaks and check out the changing leaves.

While in the area, there are also several other places worth visiting before the temperatures in the mountains of Central Colorado drop. During the fall, taking a trip over Monarch Pass and enjoying the colored aspen trees dressed over steep cliffs is quite popular.

For people who truly enjoy soaking in hot springs while the temperature outside is neither too hot nor too cold, Cottonwood Hot Springs is another viable option. This hot springs resort is a little more low-key and they have taken extra efforts to preserve it and keep it all natural.

The resort does have lodging available, but be prepared to be unplugged during your stay. The rooms don't have any televisions or internet connections and cell service is nearly impossible to get.

Buena Vista and Salida are located nearby these fall destinations and they too are cities worthy of a visit. Both cities now have thriving downtown centers filled with eateries, breweries, and art galleries.

The area is also known to have several options for outdoor activities. Hiking is popular in Chaffee County as it hosts 12 of the 58 mountain peaks in Colorado that stretch over 14,000 feet.

When I was growing up, the area was one of my most favorite spots to take a short or long vacation.

Sincerely,  
Trevor Phipps  
Managing Editor  
Pikes Peak Senior News





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# Take a Creepy Fall Time Vacation to Eureka Springs, Arkansas

*Celebrate the Creepy Season By Visiting the Haunted and Historic Victorian Town*

By Trevor Phipps

Now that fall is officially here, many may have the urge to leave the mountains and check out the season change in other places. Colorado has plenty of destinations and some of the best fall views in the region. But, sometimes people get the urge to expand their horizons and venture outside of state lines.

Eureka Springs, Arkansas has been well known as a vacation destination for over a century. Indigenous people in the 19th century used to tell stories of visiting the area due its Great Healing Spring. Now the small city is a tourist destination for its unique character as a Victorian resort.

The city has steep winding streets filled with Victorian-style cottages and manors. Eureka Springs is known to be one of the only cities in America that has historically preserved the entire downtown area of the city.

The historic aspect of the town also makes it a great fall destination to help bring in the Halloween spirit. Over the years, many have claimed to have seen ghosts and other things out of the ordinary making several claim some of the buildings in town are haunted. In fact, every year the town hosts a Halloween festival where people have the chance to celebrate the holiday with ghost tours through the city's haunted buildings and cemeteries.

## Things to Do in Eureka Springs

The downtown portion of the city is not only historically preserved, but it is filled with exciting places to visit. A stroll along Main Street can take visitors through a variety of shops or they can choose to take the Underground Eureka Walking Tour that feels like visitors have a backstage pass to the town. A walk down the award-winning Spring Street will allow tourists to visit more boutiques, art galleries, and dining options.

If walking around downtown isn't feasible, then visitors can take a tram tour. The 90-minute ride takes people

through the heart of downtown, its Victorian homes, and the Crescent Hotel. Additionally, the tour goes past Grotto Springs which is one of the many springs where the town gets its name.

The city nestled in the hills also offers several options for outdoor enthusiasts. Fishing and water sports lovers can enjoy Kings River, White River, and Beaver Lake. Mountain bikers can also enjoy the Oz Trails system that offers rides for every experience level.

Lake Leatherwood City Park also offers activities like hiking, fishing, and bird watching. The park spans over 1,600 acres and includes an 85-acre spring fed lake and 25 miles of trails. Those looking for more of a thrill can visit the Ozark Mountain zip lines.

One of the main aspects of the area that has been bringing visitors since the 19th Century are the dozens of natural springs that flow through town. Some of the more popular ones to visit are the Harding Spring, Sweet Spring, Grotto Spring, and Crescent Spring.

The Harding Spring is known to have healing powers as it was the location of the alleged healing of a blind woman's sight. The Magnetic Spring has a rumored ability to magnetize metal when it is dipped into the waters.

While in the city, visitors can check out a show by illusionist Sean-Paul and medium Juliana Fay at the Intrigue Theater inside a 100 plus year old building. The city's Thorncrown Chapel is one of the most beautiful in the world as it rises 48 feet, contains 425 windows and rests atop 100 tons of native stone and colored flagstone.

The region is also known to be the home to caves. The Onyx Cave was discovered in 1891, and visitors can tour the cave with headphones on that will provide information on the self-guided tour. The War Eagle Cavern at Beaver Lake also offers tours on a daily basis.



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While staying in the town, tourists have the chance to visit some of the city's award-winning restaurants. The city has several dining options to give visitors pretty much anything they want from Southern food to authentic Italian cuisine to spicy Indian fare.

One of the most popular eateries in town is the award-winning Bavarian Inn Restaurant which features traditional Czech-German foods. Favorites include the Bavarian Plate — a large home-style bratwurst, slices of smoked pork, and

sauerkraut, served with potato salad; the Goulash Esterhazie — chunks of beef simmered in a rich brown sauce and seasoned with Hungarian paprika; and the Apple Strudel — a paper-thin crust wrapped around warm apples; and the German Chocolate Cake.

Visitors also have the choice to take the 1940's era Eureka Springs and North Arkansas Railway dinner train. Train riders get to enjoy delicious items like prime rib or trout almondine while traveling for two hours along the countryside.



### Haunted Places in Eureka Springs

Eureka Springs is known to be a very creepy little town. Some consider it to be a prime spot for paranormal activity and it is considered to be the most haunted town in Arkansas. The small city only has around 2,000 residents, but many say it is filled with more ghosts than living, breathing souls.

The most famous haunted spot is by far The 1886 Crescent Hotel. The establishment is known to be the most haunted hotel in the U.S. It has been featured on The Travel Channel several times and many consider it one of the most haunted hotels in the world.

As the stories go, the hotel's most haunted room is 218. Many have said that those who book that room will have a ghostly visitor named Michael. Michael (who has been deceased for over 100 years) fell to his death while the hotel was being constructed in the spot where room 218 now sits.

However, most will tell you that the entire hotel is full of ghosts. The building was once a cancer hospital that had a morgue. The morgue is now known to be one of the most haunted places on the grounds.

#### Other famous tales from the Crescent include:

- Theodora, a cancer patient is known to be seen fumbling for her keys outside Room 419 as well as tidying up for guests when they leave the room.





- Breckie, a 4-year-old child of Richard & Mary Breckenridge Thompson who died in the hotel due to complications from appendicitis. He has been seen throughout the hotel often bouncing a ball.
- Dr. John Freemont Ellis, the hotel's in-house doctor circa the late nineteenth century is most often seen—or his cherry pipe tobacco is smelled—near his office which is now room 212.
- Morris, the famed hotel cat, was known as the Hotel General Manager for 21 years, and later buried on the hotel property is regularly seen and heard.

The Basin Park Hotel is also known to be another creepy destination in Arkansas. Many visitors of the hotel have claimed to see a young woman with blonde hair and a toddler with pigtails. Many know they are ghosts because they don't look like they are from this era as they died a long time ago.

Visitors looking for paranormal activity can also take a ghost tour of the city with Haunted Eureka Springs. The touring company will take visitors to actively haunted sites and show them how to hunt ghosts with an EMF meter.

## Or Visit a Preserved Ghost Town in Colorado

Even though Eureka Springs seems to be the best spot for a creepy Halloween season vacation, there are some ghost towns closer to home. Those who still want to

surround themselves with creepy and historic buildings and don't wish to leave the state, can visit the historic town of St. Elmo.

Historic St. Elmo is situated about a three-hour drive west of Colorado Springs southwest of Buena Vista. The historic mining town was booming back in the 19th Century when there were several mines in the area. However, when the railroads stopped running in the region, it was known that people living in the town just got up and left to take the last train out of town, many leaving dinner on their tables.

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To this day, visitors can feed chipmunks from their hands as they crawl up laps or put their finger out for a hummingbird to land. The area is also filled with aspen trees making it a prime trip during the fall season.



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# Resources for Senior's Shared Housing

By Rick Sheridan



A new trend has emerged for affordable senior living. The main choices are either to find a senior roommate to share the cost of running your house or becoming a roommate in somebody else's house. Living alone can be an isolating experience, especially for anyone who struggles to get out on a regular basis, but the main reason for most people is probably the cost savings of having a roommate.

According to bestplaces.net, Colorado Springs is approximately 5% more expensive to live than the national average, and the overall cost of housing here is almost 25% more expensive. Fortunately, we are not getting slammed like New York City. A median one-bedroom there goes for \$3,930, as of August. That's up 40% year-over-year. The median two-bedroom in NYC costs \$4,400, up nearly 47% annually. Many 50+ people have empty rooms in their homes and could benefit from extra income or the lower expenses of having another housemate.

Older adults that opt to live together can save on rent, groceries, utilities, transportation and general living expenses. Finding a compatible roommate gives seniors the opportunity to conserve money for their retirement savings, continue working in their jobs and enjoying life. By sharing a traditional home, a typical senior can often avoid the costs of assisted living or another kind of care facility. Even in-home senior care can be expensive. Both assisted living and in-home care can eventually deplete savings and create financial insecurity.

There are plenty of other advantages besides cost savings

## **Companionship-**

A roommate can reduce feelings of social isolation, and perhaps provide a new and long-term friendship. If both seniors still drive, they can alternate the transportation arrangements. Showing up with a friend to social gatherings (instead of alone) is preferred by many people. Having a regular companion around the house is often the way that most seniors have lived their lives before the death of a spouse, etc. A Census Bureau survey showed

that over a third of women in the US who are 65 or older live alone. Having a roommate is one of the best ways to overcome this situation.

## **Safety and independence-**

Having another person at home provides help when needed. This could range from falling or needing medical care, as well as assistance with household responsibilities. The roommate's presence also offers some security in the event the senior has any problems bathing, dressing or with other activities of personal care. Having another person close by eliminates some of the hazards of being alone. The chance of robbery or theft is also reduced if there are more than one person in the house.

## **Advantages and disadvantages of having a younger roommate**

One interesting trend is the idea of seniors living with much younger roommates. The arrangement often provides advantages for both parties and can be a useful alternative. For some seniors, this may allow them to live at home for longer and to be more independent. There may be a solution within your own family, such as a nephew who is in college. Often the senior will need to reach out in the community to find the younger roommate.

As with the other situations mentioned here, a younger companion helps to reduce isolation and provide much-needed interaction. The younger roommate can often help out with chores that the senior isn't capable of doing – making it much easier to maintain a clean and healthy living environment. The roommate isn't a caregiver, so they're not normally expected to care for the senior in any way. Instead, the arrangement is much like any other shared housing situation, with ground rules established from the beginning.

The biggest benefit to the younger roommate is the affordable accommodation. They often end up with less expensive rent or the ability to live in a more desirable



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location. The young person also gets the chance to interact socially and to learn from their elderly roommate. It can also lead to a more stable living environment – compared to living with other young adults.

## Disadvantages to Consider

With any shared rental situation, the senior and their roommate may not get along. There could be fights or misunderstandings. Such issues may be more significant because of age differences, since different generations tend to have their own points of view.

Sometimes the young adult's chores increase over time, partly because the senior viewed him or her as an employee, rather than an equal. This brings up the importance of having ground rules in place from the beginning. Even with ground rules, the capabilities of the senior may change, especially if they get sick. This can place the young person in a challenging situation, where their grades or health are suffering, but they feel like they cannot leave.

It is not fair for a young person to end up as an unofficial and unpaid caregiver for a senior they had no previous connection to. The roommate is not expected to fill the role of a caregiver or an assistant, and most younger roommates wouldn't be willing to do so.

Leases or other contractual arrangements should have an escape clause, in case things do not work out. Every potential roommate should be evaluated with background checks and considered with a long-term living situation in mind.

Barter is another option. This is where you enter into the rental agreement with the idea that you will exchange part or all of the rent for help around the house. The homeowner could charge a discounted rent in exchange for household chores or maintenance. As long as the exact duties and rent reduction is spelled out in the lease,

these types of arrangements often work out well.

The main idea in this article is that the challenges of independent living often become more difficult, and the roommate option can become increasingly attractive, enabling people to stay in their homes and find interesting companions in the process. If you are ready to give any of this a try, see our resource section below for some ideas to get started.

## Resources:

### SeniorHousingNet.com

A recent visit to this website showed over 70 senior living communities in Colorado Springs and nearby communities. The rates ranged from \$1,653 to \$5,800. Use the advanced filters to search specific care types such as 55+ Living, Independent Living, Alzheimer's Care, Assisted Living, Continuing Care, Low-Income Affordable, Respite Care and/ or Home Care. (The results may change slightly when you visit). Go to our shortcut URL that will get you directly to the Pikes Peak listings: [tinyurl.com/seniorapt1](http://tinyurl.com/seniorapt1)

### Seniorhomeshares.com

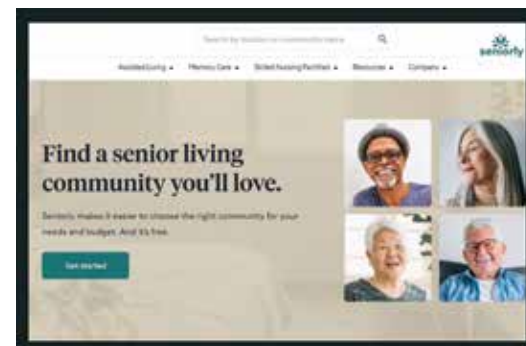
Senior Homeshares is a nationwide online housemate service specifically for older adults. They help you find companionship, live more safely, and ease your finances.

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### Seniorhousingnews.com

Senior Housing News (SHN) is the leading source for news and information covering the senior

housing industry. SHN is part of the Aging Media Network. They offer a multi-purpose website with articles about senior housing options, living communities, building design options, events, jobs, and more.

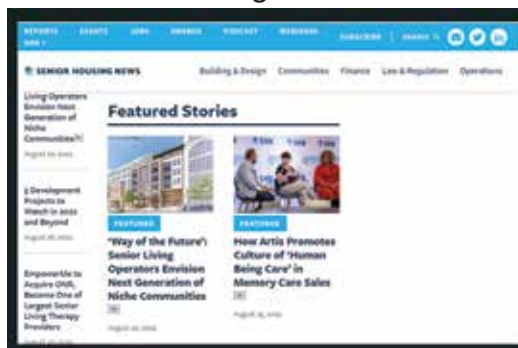


### Seniorly.com

This website teaches visitors how to navigate senior living, from what to look for in a community, how to finance, move in tips and more. You can browse their various search engines and connect with local experts who knows the communities in your area. You can rely on your advisor as much or as little as you need to find a new home you'll love. Take their short quiz to set your personal preferences, then see the communities they recommend for you. They give you the tools to navigate through over 40,000 of the best communities—with access to pricing and photos.

### Classifiedads.com

This is a large website with many categories for sports, hobbies, cars for sale, help wanted, along with an apartments to rent section. We found over 200 listings for available apartments in Colorado Springs and the Pikes Peak region. Go to our shortcut url: [tinyurl.com/senioraptz](http://tinyurl.com/senioraptz)







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### MBK Mind + Body Wellness

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### MBK Cuisine

MBK Cuisine is our signature dining experience created to enrich daily living. We start with nutritionally balanced seasonal menus and a variety of always-available favorites, adding specific options for special dietary needs as needed. Our experienced Executive Chefs meet with residents on a regular basis to work on menu selections and share ideas. Best of all, 7pm—so dining is always on your time.



### Connections for Living by MBK™

Connections for Living by MBK™ supports those living with Alzheimer's or dementia by offering an avenue for physical wellness, a secure environment, enriching activities and meaningful involvement for families. By acknowledging needs that may not be voiced as dementia progressed, our program goes beyond care to reconnect residents with the world around them—preserving each individual's uniqueness and enhancing the quality of life for residents, families and caregivers alike.



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# Thanksgiving Meals for the Community

By Rick Sheridan

Here is a directory of meals and take-out resources for the elderly, homeless, and/or the lonely. Some of the groups have indicated that they will be having a Thanksgiving dinner but have not decided on the exact time or date. Others are providing a take-out food bag. It is recommended that you call a couple of days before Thanksgiving to confirm the precise time.

## **Springs Rescue Mission**

5 W Las Vegas St.,  
Colorado Springs.  
(719) 632-1822

The date for Thanksgiving 2022 meal will be November 23rd, 11:00, 11:45 & 12:30, mealtimes.

## **Crossfire Ministries**

2120 East La Salle St.  
Colorado Springs.  
(719) 447-1806

For 2022, they will not serve a meal, but they will have a food box distribution. Households need to be pre-registered. Pick up date and time will be assigned when they register. Please call or stop by their headquarters. Registration starts November 1st.

## **Silver Key Senior Services**

1605 South Murray Boulevard,  
Colorado Springs.  
(719) 884-2300

They will be doing their annual Bountiful Bags again in 2022. You can see more information at: [www.silverkey.org/bountifulbags](http://www.silverkey.org/bountifulbags)

## **The Salvation Army Colorado Springs Corps**

910 Yuma St, Colorado Springs.  
(719) 884-1052 or (719) 635-1287  
They are also planning to have a community meal.  
Please call to confirm the details.

## **Food Distribution Center - Fishes and Loves**

2221 N Wahsatch Ave.,  
Colorado Springs.  
(817) 966-7939  
For 2022, Fishes and Loves will be giving out 100-plus take-home bags of groceries around Thanksgiving. Stop by to get signed up.

## **Hillside Community Center**

925 South Institute Street,  
Colorado Springs.  
(719) 385-7900  
For 2022, Thanksgiving dinner served during lunch time from 10-1 on November 17th.

## **Marian House, Catholic Charities**

14 W Bijou St, Colorado Springs.  
(719) 475-7314  
They are planning to have their traditional Thanksgiving meal, on Thanksgiving Day at the Marian House Kitchen. Please call for the exact times.

## **THE SANCTUARY CHURCH, Ragamuffin Cafe**

1930 W Colorado Ave, Colorado Springs, CO 80904  
(719) 634-7232  
They will do a Thanksgiving meal for the homeless, under-resourced, or anyone else who would like to join them, on Sunday November 20 at 9:00am. Saturday November 19 from 1:00-3:00 pm will be their food pantry. Typically the Saturday



before Thanksgiving they have turkeys and other Thanksgiving meal foods available.

## **R.J. Montgomery Center - Homeless Shelter**

709 S. Sierra Madre  
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They are planning to have a meal or a food bag distribution. Call or visit for updated information.

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# Faith Through Older Eyes: *The Good Old Days*

By Nancy Parker Brummett



Gratitude season is almost upon us. Of course we should all be grateful each and every day for the blessings we have and each breath we take, but it helps to serve up a generous portion of gratitude ever so often.

The Apostle Paul, writing to the church in Philippi, said, *I thank my God every time I remember you* (Philippians 1:3). How uplifting it would be for the elders we know if we said the same to them and made this a season of expressing our gratitude to them for all they have meant to us over the years, and all they mean to us now.

When my mom turned 90 we had everyone in the family contribute to a list of “90 Things We Love About Nana.” Mixed in with memories of country ham breakfasts with grits and vacation visits were many of the sayings for which my mom was famous. I grew up thinking everyone’s mother said, “Katie, bar the door” in times of trouble and “I’ll swan” when something truly amazing happened. On a really busy day, there would be “no flies on us,” and when something was perfectly ready it was “all saucered and blowed” (like you do to hot coffee before you drink it). Someone who talked all the time was described as having been “vaccinated with a phonograph needle,” and a braggart was “too big for his britches.”

We all had a great time laughing and tearing up as the list

was read, and it’s a fun idea to commemorate milestone birthdays in this way. But why wait? This season would be a great time to tell a grandpa or grandma you love what you remember and love about them. You can use their age as a guide for how long the list should be, or just take the name they are known by and create an acrostic, letting each letter of the name stand for words that describe them. For instance for Grandpa, maybe G is for generous, R is for rowdy, A is for amusing, N is for neat, P is for pragmatic and A is for adored. Add as many descriptors for each letter as you can!

It’s been said that a grateful heart is the most sincere prayer of all. As important as it is for us to express our gratitude to God, it’s also important for us to express gratitude to those around us. When it comes to our elders, we never know when the opportunity to tell them how we feel may be lost to us. Make this a season of expressing the gratitude in your heart. You’ll be thankful you did.

**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](http://www.nancyparkerbrummett.com).*

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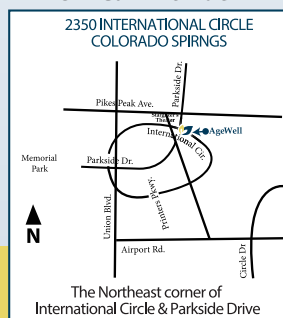
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# Crossword Puzzle

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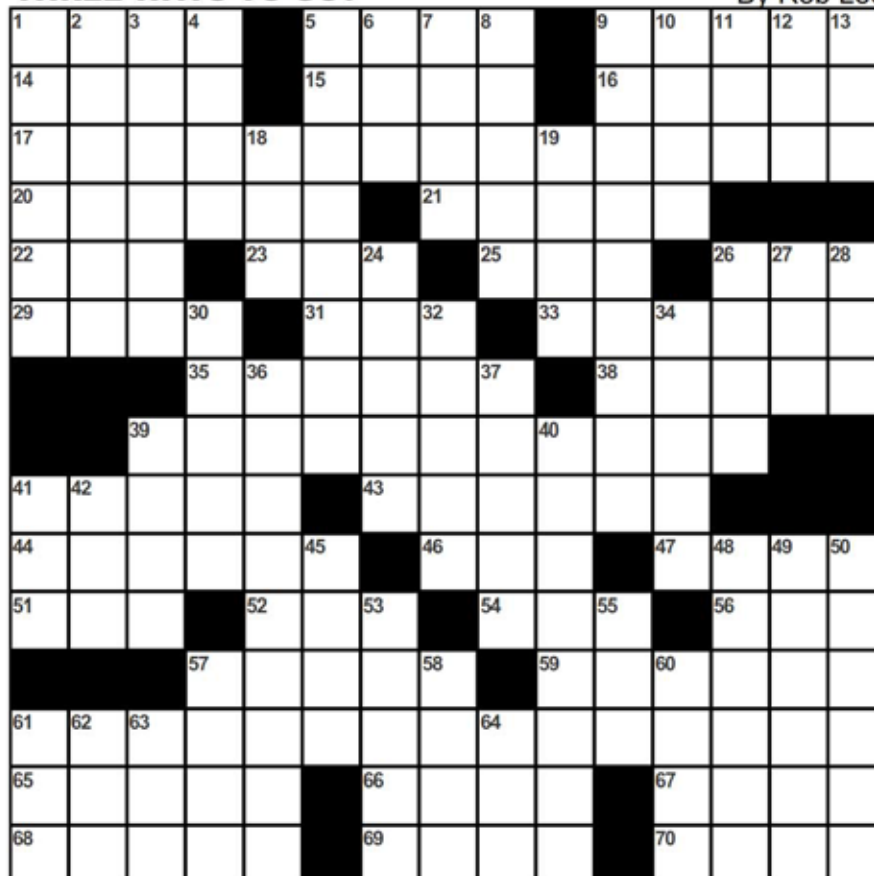
- |   |   |
|---|---|
| 1) Bunny slope device                   | 41) Ice cream serving                     |
| 5) "Best buds"                          | 43) One or the other                      |
| 9) Mover of stolen goods                | 44) Become depleted                       |
| 14) Some old dances                     | 46) H in Greek                            |
| 15) Sad item, for short                 | 47) Fill a hold                           |
| 16) Add more lubricant                  | 51) Annoy                                 |
| 17) Chicago transportation              | 52) ___ Alamitos, Calif.                  |
| 20) "Indiana Jones and the ___ of Doom" | 54) The feminine side, in Chinese circles |
| 21) Impertinent                         | 56) Harrison of classic filmdom           |
| 22) "___ you with me?"                  | 57) Small choir                           |
| 23) "Monsters, ___"                     | 59) More than dislike                     |
| 25) H.S. support group                  | 61) Prepares for sailing                  |
| 26) Royal sleep disturbance, in a tale  | 65) Cavern or cave, poetically            |
| 29) PlayStation makers                  | 66) Mountain pond                         |
| 31) Singsong syllable                   | 67) Feeling insulted                      |
| 33) Horse farm hand                     | 68) Engage in discouragement              |
| 35) Like someone sawing logs            | 69) Had a reason to repay                 |
| 38) Massive formation of bees           | 70) Flying fish-eaters                    |
| 39) Bodybuilder's intake, sometimes     |   |

## DOWN

- 1) Angle symbols
- 2) Spanish dance with quick turns
- 3) "2001" extras
- 4) Invitation request, for short
- 5) With a powerful influence
- 6) Lincoln's nickname
- 7) Tupperware covers
- 8) Subway support
- 9) Brown, stew, and serve in sauce
- 10) Hard to grasp
- 11) "Don't delay!"
- 12) Clandestine org.
- 13) TV Tarzan Ron
- 18) Boxing legend
- 19) Gridlock component
- 24) Delicate pancake
- 26) Try not to be taken by surprise
- 27) Always, to an old poet
- 28) Tentacle
- 30) Popular search engine
- 32) Cliffside dwelling
- 34) Band majorette's move
- 36) Burial chamber
- 37) Type of training for a wee one
- 39) All-work, no-play student
- 40) Bangkok's country
- 41) Respectful title in India
- 42) Mutt
- 45) Rugrats
- 48) Legendary British king
- 49) Caulterize cattle
- 50) Puts forth, as pressure
- 53) Brief conflict
- 55) "Stop" or "stick" lead-in
- 57) The animated Shrek is one
- 58) Feel less angry, so to speak
- 60) Discomfort source
- 61) High roller's pocketful
- 62) 67 degrees, 30 minutes
- 63) "Addams Family" Cousin
- 64) "... \_\_\_ he drove out of sight ..."

## THREE WAYS TO GO?

By Rob Lee



Key on page 21.

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# *Tinseltown Talks:*

## Turning 80, Adam-12's Kent McCord Still On Duty For Fans

By Nick Thomas



Not even a pandemic could slow down Kent McCord's desire to interact with admirers, even if only through virtual fan conventions.

"I've done several of these online over the last two years and always enjoy talking with fans," said McCord, who turns 80 in September, from his Los Angeles home.

Best known as one half of the crime-fighting police duo on "Adam-12," McCord's Hollywood career can be traced to college days in early 1961 when a fellow student invited him to participate in a friendly game of touch football. The two teams were captained by Ricky Nelson and Elvis Presley!

The informal match led to a friendship with Nelson that sparked McCord's five-decade-long film and television career including a recurring role in "The Adventures of Ozzie and Harriet" and most notably co-starring alongside Martin Milner (1931-2015) in "Adam-12" (see [www.kentmccord.com](http://www.kentmccord.com)).

"I got a 5-year role playing Rick's fraternity brother in Ozzie and Harriet," noted McCord, who still recalls his only line – "Rick who?" – during a

1962 episode ('Rick, the Host'). It was his first on-screen speaking part.

The popular series was produced by patriarch Ozzie Nelson, who also wrote and directed many episodes. "Ozzie could have picked anyone for the role and I'm sure he chose me because I was Rick's friend," he said. "But those two little words I first spoke changed my life."

Initially, that included uncredited roles in five Elvis Presley movies, followed by more substantial parts in film and television, and eventually meeting "Dragnet" creator Jack Webb who brought McCord in to play Officer Jim Reed in several episodes of the revival series "Dragnet 1967" and subsequently "Adam-12."

"The charm of 'Adam-12' was its simplicity," said McCord. "Just two cops in a black-and-white patrolling the streets of Los Angeles. The moral of the stories was simply – crime doesn't pay."

McCord recalls meeting Milner, some 10 years his senior and already a seasoned actor, in the Universal parking lot as the pair waited for a ride to shoot the pilot on location.

"Marty was yawning and told me how he couldn't sleep the night before beginning a new show," recalled McCord. "I'd had a restless evening too, so hearing that from a veteran actor was very reassuring. From that moment on our relationship was cemented."

While his "Adam-12" role brought recognition from audiences around the world, he and Milner also inspired young viewers as well as police organizations that used episodes as training videos.

"To this day I get police officers telling me they became cops because of 'Adam-12,'" said McCord. "Others remember how kids approached them differently before and after the show aired. Its positive impact meant a lot to Marty and me."

*Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and has written features, columns, and interviews for numerous magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org).*



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# Stuffed Acorn Squash With Quinoa

### Ingredients

- 3 acorn squash
- 1 tablespoon olive oil or pure maple syrup
- 1 cup dried quinoa
- 2 cups water
- 1 teaspoon garlic powder
- 2 - 3 sage leaves, minced or 3/4 teaspoon dried
- 1/3 cup red onion, finely diced
- 1 can (15oz) chickpeas, drained and rinsed
- 1/2 cup dried cranberries  
(raisins or golden berry mix ok too)
- 1/2 cup pecans
- mineral salt & pepper, to taste

### Directions

1. Preheat oven to 400 degrees F. Line a rimmed baking sheet with parchment or silicone mat.
2. Prep Squash: Lay the acorn squash on it's side, find the center and cut in half widthwise. Turn the squash half on its side again and trim off the end, creating a flat bottom. Using a sharp edge spoon or 1 tablespoon measure spoon, scrape around the inside of the squash removing the all seeds.
3. Roast Squash: Place the acorn squash on baking sheet cut side up. Brush with oil (or maple syrup for oil free), season with salt and pepper. Bake in the oven at 400 degrees for 30 minutes.
4. Quinoa: In a medium size pot, add quinoa, sage, garlic powder and water, bring to a boil, reduce heat to low and simmer for 15 minutes. Once done, fluff with fork and let quinoa rest for 10 minutes.
5. Assemble quinoa stuffing: To the quinoa, add the chickpeas, red onion, cranberries, salt and pepper. Just before stuffing the squash, mix in the pecans.
6. Stuff Squash: Fill each squash half with quinoa stuffing. Top with optional chopped parsley for a little pop of color and fresh flavor. Place in the oven at 350 degrees to rewarm if needed.



# Snickerdoodle Cobbler

### Ingredients

- 6 tablespoons butter real butter, no substitutions
- 1 and 1/2 cup self-rising flour
- 1 and 1/2 cup sugar
- 3/4 cup milk
- 1 teaspoon vanilla extract
- 1/2 tablespoon cinnamon
- 1 and 1/2 cup packed light brown sugar
- 1 and 1/2 cup hot water

### Directions

1. Preheat oven to 350 degrees.
2. Melt butter in 9x13 inch pan.
3. In a mixing bowl, combine flour, sugar, milk, flavoring and cinnamon.
4. Stir to combine, but do not over-mix
5. Pour over melted butter.
6. Sprinkle brown sugar over top of batter.
7. Carefully pour hot water over butter and batter. Do not stir.
8. Cook 30 to 35 minutes until golden brown.







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## Calendar of Events for October 2022

*(visit their website for any  
last-minute scheduling changes)*

### Museum Free Day

- What:** Museum Free Days are offered the second Saturday & third Friday of each month.  
**When:** Sat, Oct 8, 10 AM – 4 PM  
**Where:** Fine Arts Center 30 W Dale St, Colorado Springs  
**Web:** [fac.coloradocollege.edu/event/museum-free-day-2/2022-10-08/](http://fac.coloradocollege.edu/event/museum-free-day-2/2022-10-08/)

### Colorado Short Circuit Film Festival



- What:** Join us for our 6th annual all-Colorado short film festival with over 40 short films! COLORADO SHORT CIRCUIT 2022 inside the Ivywild School Gym Auditorium on the large screen with popcorn.  
**When:** Fri, Oct 7, 5 PM – Sat, Oct 8, 10 PM  
**Where:** IvywildSchool 1604 S Cascade Ave, Colorado Springs,

### Apple Club Meeting @Virtual Zoom

- What:** 1st hour Q&A: Imagine asking any question you have on Apple tech, or other related tech, and having a dialog with a friendly expert to give you your answer.  
2nd hour Presentation: To Be Announced.  
**When:** Monday Oct 10th 6-8pm  
**Cost:** FREE  
**Web:** [www.smmug.org](http://www.smmug.org) for meeting topic, Zoom how-to & cancellations.  
**Email:** [email.jeffj@smmug.org](mailto:email.jeffj@smmug.org) for Zoom meeting credentials

### Cheyenne Mountain Newcomers Club

- What:** Women's Social Club. Refreshments, Mix & Mingle, sign up for Activities  
**When:** Wednesday, October 12th at 9:30 a.m. and Wednesday, November 9th, 9:30 a.m.  
**Web:** [www.cmncos.org](http://www.cmncos.org)  
**Cost:** Annual Membership Dues: \$30

### Fall Fest and Craft Fair — V7PC

- What:** The Craft Fair will be a bustling market in Leonard Hall with over 50 vendors that range from local handmade gifts to bake sale items, to unique Christmas gifts for loved ones. This event provides funding for Village Moms ministry and will be in tandem with the fall fest so there will be something for the whole family.  
**When:** Sat, Oct 15, 8 AM – 3 PM  
**Where:** Village Seven Presbyterian Church 4040 Nonchalant Cir S

### Smith Farms Giant Pumpkin Festival

- What:** The Great Pumpkin Commonwealth's (GPC) mission cultivates the hobby of growing giant pumpkins throughout the world by establishing standards and regulations that ensure quality of fruit, fairness.  
**When:** Sat, Oct 15, 10 AM – 2 PM  
**Where:** Smith Farms 8310 Blue Gill Dr., Peyton, CO

### Young Frankenstein

- What:** A musical with book by Mel Brooks & Thomas Meehan, and music and lyrics by Brooks. It is based on the 1974 comedy film.  
**Web:** [www.thinairtheatre.com](http://www.thinairtheatre.com)  
**When:** Saturday Oct 8th, 22nd, and 15th 1:00 PM  
**Cost:** \$12 – \$24  
**Where:** The Butte Theatre, 139 E. Bennett Avenue, Cripple Creek



### Boo at the Zoo

- When:** October 21-23, 28-31  
4 - 8:30 p.m.  
**Where:** Cheyenne Mountain Zoo  
4250 Cheyenne Mountain Zoo Rd  
**Web:** Tickets must be purchased online [cmzoo.org](http://cmzoo.org)



### Sugar Plum Food & Gift Mart

- When:** October 22, 9 am - 5 pm, October 23, 10 am - 4 pm  
**Cost:** Adults \$8, Youth 16 & under free!  
**Where:** Colorado Springs Event Center 3960 Palmer Park Blvd, Colorado Springs,

### Gaither Vocal Band

- What:** Join us for Bill Gaither & the Gaither Vocal Band when the Something Good Is About To Happen Tour stops in Colorado Springs!  
**When:** Sun, Oct 23, 6 – 8 PM  
**Where:** Pikes Peak Center For The Performing Arts  
190 S Cascade Ave  
**Web:** <https://www.pikespeakcenter.com/events/detail/gaithervocal>



### Trunk or Treat

- What:** Join us for our annual Trunk or Treat! This is a fun family event with bounce houses, food trucks, candy and more. Registration is not required  
**When:** Sat, Oct 29, 11 AM – 2 PM  
**Where:** Church at Briargate  
9550 Otero Ave, Colorado Springs





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## Emma Crawford Coffin Races

**What:** Watch the hearse parade followed by 70+ Coffin Racing teams run up Manitou Ave in this signature Manitou Springs event. Contests for Best Emma, Best Coffin and Best Entourage.



**When:** Oct 29, 6 PM – Sun, Oct 30, 3 AM

**Where:** 800 Manitou Ave, Manitou Springs, CO

## Indoor Family Halloween Festival

**When:** Mon, Oct 31, 2 – 8 PM

**Where:** SoccerHaus Management Co.  
4845 List Dr, Colorado Springs

## Calendar of Events for November 2022

*(visit their website for any  
last-minute scheduling changes)*

## Colorado Country

### Christmas Gift Show

**When:** Fri, Nov 4, 10 AM – 5 PM

**Where:** Colorado Springs Event  
Center 3960 Palmer  
Park Blvd.  
Colorado Springs, CO

**Cost:** \$11.50 Children 13 years  
& under admitted free.

Tickets available online or at the door.



## 30th Annual Castle Rock Craft Show

**What:** The largest craft event in Douglas County! Unique handcrafted products and over 100 different vendors. Benefits area senior citizen activities and programs. Free parking and shuttle service to and from the front doors.

**When:** Sat, Nov 5, 9 AM – 4 PM

**Where:** Douglas County Fairgrounds  
500 Fairgrounds Rd, Castle Rock

**Cost:** FREE admission!

## Joy of the Season

### Holiday Home Tour

(sponsored by Tri-Lakes Women's Club).

**What:** Tour 5 beautiful homes in northern El Paso County professionally decorated for the holidays. Enjoy the festive spirit of the season with complimentary music and refreshments

**When:** Friday and Saturday,  
November 18 & 19, 2022,  
10:00 a.m. to 4:00 p.m.

**Where:** 5 Locations in Northern El Paso County  
Tour begins at the hospitality house at the Woodmoor  
Barn: 1691 Woodmoor Dr., Monument, CO 80132

**Cost:** \$25-\$30

**Web:** For details, visit <https://www.joysoftheseasonht.org>

**Email:** [dlfaust1986@gmail.com](mailto:dlfaust1986@gmail.com)

**Phone:** Diana FaustContact Phone: 214.354.9538



## 2022 Sand Creek Holiday Craft Fair

**What:** The Sand Creek Holiday Craft Fair is held at Sand Creek High School in Colorado Springs, CO. All profits go to support the SCHS Instrumental Music Programs.

**When:** Sat, Nov 19, 9 AM – 4 PM

**Where:** Sand Creek High School  
7005 Carefree Cir N, Colorado Springs, CO

**Cost:** FREE Admission

## Trans-Siberian

### Orchestra – Matinee

**What:** Multi-platinum, progressive rock group Trans-Siberian Orchestra is coming to Colorado Springs with its highly anticipated 2022 winter tour, The Ghosts of Christmas Eve – the Best of TSO

**When:** Sun, Nov 20, 2 – 4 PM

**Where:** The Broadmoor World Arena3185 Venetucci Blvd

**Web:** [www.broadmoorworldarena.com/events/detail/tso22](http://www.broadmoorworldarena.com/events/detail/tso22)





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## PLAY SUDUKO

Key on page 30.

			3					
	8					2		9
		9			8		5	
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	4			2				
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## SUDUKO KEY

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

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