

# PIKES PEAK SENIOR NEWS

OCTOBER - NOVEMBER 2023

LIFESTYLE MAGAZINE FOR THE MODERN SENIOR

## Mysterious Ghost Ships Prowl the High Seas!

29 Ways to Improve  
Your Vitality

Calendar of Events  
for the Fall Season

SERVING EL PASO & TELLER COUNTIES | [pikespeakseniornews.com](http://pikespeakseniornews.com)



**Rocky Mountain  
PACE**



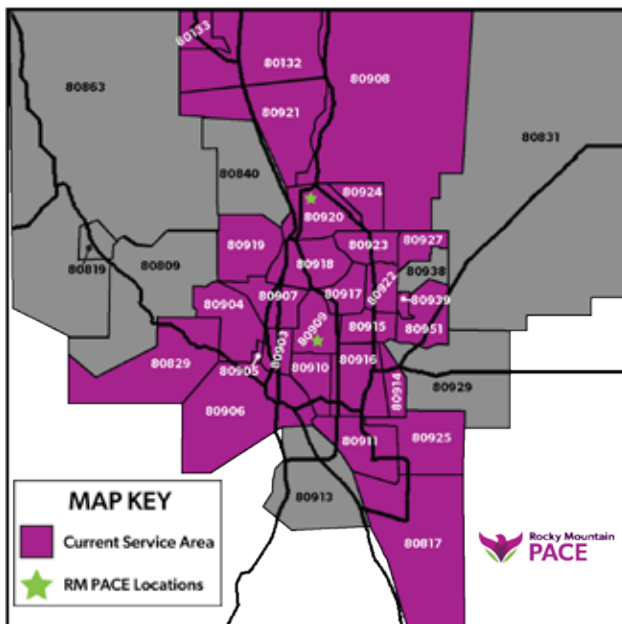
# 2 Locations to Serve YOU!

**Rocky Mountain PACE**  
*(Program of All-inclusive Care for the Elderly)*, provides innovative, coordinated healthcare for seniors, assisting participants so they can live enjoyable and independent lives.

**Rocky Mountain PACE at Explorer:**  
8595 Explorer Dr., Colorado Springs, CO 80920

**Rocky Mountain PACE at Pikes Peak:**  
2502 E. Pikes Peak Ave. Suite 100, Colorado Springs, CO 80909

## Who We Serve



### Live Life



Transportation from home to medical appointments and our adult day health center.

### Live Healthier



Coordinated care plans that make it easy to access qualified doctors, nurses, and specialists.

### Live Happier



Our staff and other seniors create a caring community that will help you or your loved one thrive.

### Live Independently



A wide variety of exciting activities and events to stay active and engaged.

### Live Better

**Contact Us Today for Lunch and a Tour:**  
(719) 314-2327 or [www.RMPace.org](http://www.RMPace.org)





# Pikes Peak SENIOR NEWS

*October - November 2023*

- 4 • *Tinseltown Talks: Sidney Kibrick remembers 'Our Gang'***
- 6 • *29 Ways to Improve Senior Vitality***
- 10 • *Frank Connors: Navy Veteran and City Council Member***
- 12 • *Lighting Up the Lives of Ukraine's Orphans*  
• *Submitted by Nova Spark Foundation***
- 14 • *Mysterious Ghost Ships That Have Plagued the Waters of the World***
- 18 • *Crossword Puzzle***
- 20 • *Colorado Recipes***
- 22 • *Calendar of Events***
- 23 • *Business Directory***
- 27 • *Sudoku***
- 29 • *Thanksgiving Meals for the Community***



pg 14

## Pikes Peak Senior News Staff

### Publisher/Advertising Director

Anne Jensen

anne@pikespeakseniornews.com

(719) 321-1971

### Managing Editor

Trevor Phipps

### Graphic Design

Mike Biles

### Contributing Writers

Nick Thomas

Lorraine Donovan

Julia Boozer

### Letters to the Editor

Trevor Phipps

trevor@pikespeakseniornews.com

(719) 761-9489



### Official PPSN Mascot

Mishka

**31 N. Tejon St. Suite #203**

**Colorado Springs, CO 80903**

**Website**

**pikespeakseniornews.com**



pg 12

# *Tinseltown Talks:*

## Sidney Kibrick remembers 'Our Gang'

By Nick Thomas

First screened in movie theaters during the early 1920s, the "Our Gang" film series was produced for another two decades and featured an ever-changing cast of children, showcasing their comedic neighborhood antics.

Throughout the series of some 220 short films created by producer Hal Roach, about 40 child actors appeared regularly beginning in 1922's silent era and continuing through 1944. Sidney Kibrick is one of the last surviving "Our Gang" cast regulars.

Kibrick, 95, appeared in more than 2-dozen 'Gang' shorts, initially as an unnamed character but eventually anointed with the nickname 'Woim,' the exaggerated Brooklyn pronunciation of 'worm.' Other well-known members of the gang included Spanky (George McFarland), Butch (Tommy Bond), Buckwheat (Billie Thomas), and Alfalfa (Carl Switzer).

"We'd have 2 hours of schooling in the morning and then work anywhere from 6 to 16 hours until we finished," recalled Kibrick from his home in Los Angeles. "There was a lot of work, no question about it, but our director Gordon Douglas was a terrific guy and he was really able to get a lot out of each kid."



Despite the long hours, there was occasionally time to relax and be a kid off-camera.

"There was a big pond at the studio, so Spanky and I would go fishing a lot," said Kibrick. "We developed a lifelong friendship and although he moved to Dallas while I lived in Beverly Hills, we used to visit and stay at each other's homes time and time again over the years."

Despite dozens of kids running around on set, Kibrick remembers that things never got out of control.

"We had scripts and had to rehearse before shooting so it was very structured," he recalled. "Parents had to be on the set at all times."

And while most of the young actors got along, Kibrick remembers one troublemaker.

"Alfalfa (Switzer) was a very difficult kid and created a lot of problems on the set. He was not nice - not only to the gang, but to the boys and girls who were extras in the movies. It was just his nature. Years later, he was killed in a fight, so he was basically a tough kid."

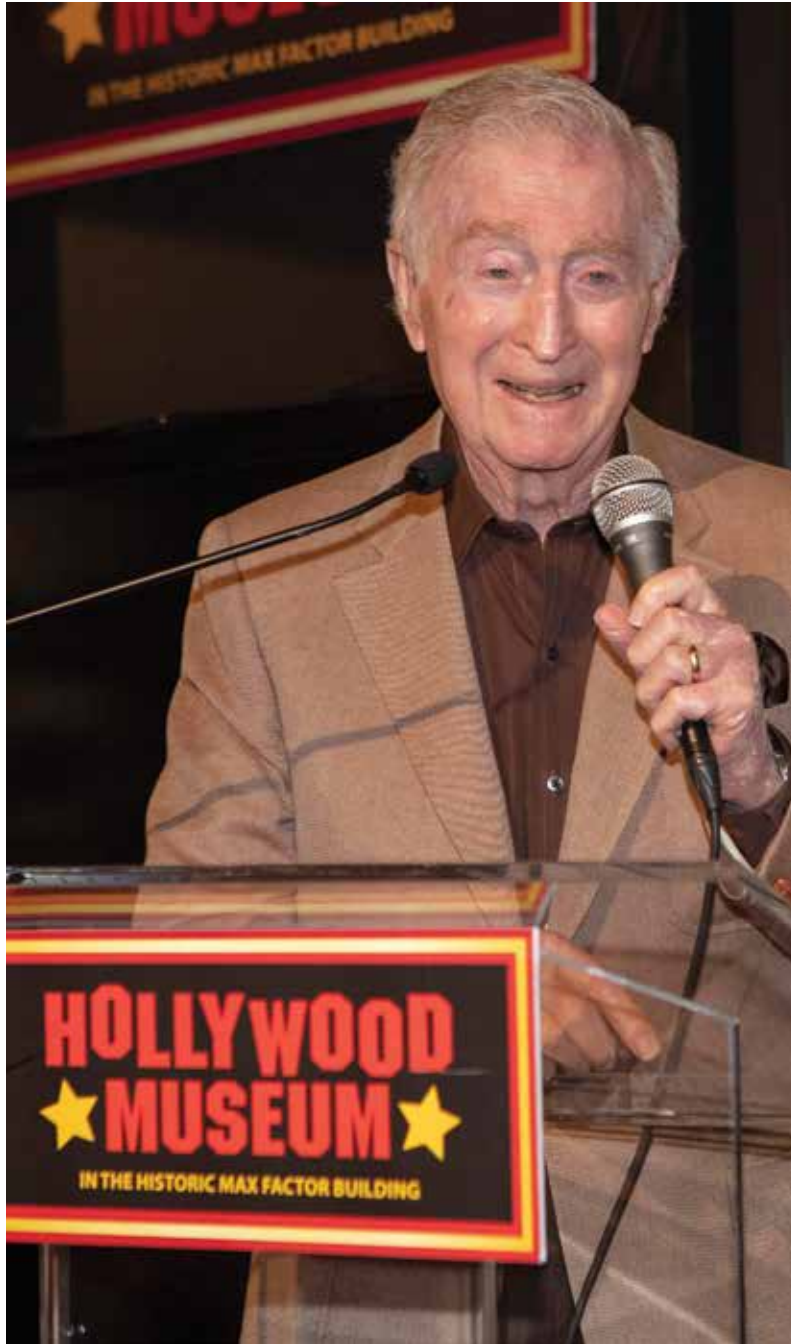
So too was Kibrick's character, Woim.

"I was Butch's sidekick and we were the bad guys always taking on Spanky, Alfalfa, and Darla (Hood)," he explained.

Born in Minneapolis, young Sid was just an infant when the family moved to Los Angeles so his dad could find better work and was later "discovered" after turning five.

"My mother took us to Grauman's Chinese theater and after the movie, a man came over to us, pointed at me, and said he could 'use that little kid in the movies,'" Kibrick recalled. His parents really pushed him and his brother, Leonard, into acting.

"I was earning \$750 a week in 'Our Gang' which was a lot in those days, especially during the Depression," he said. "But by the time I was 15, I'd had enough. My parents wanted me to continue, but finally my mother went along with my wishes. I later attended college and became a



real estate developer. So I had a very successful post-Hollywood career.”

Last year, Kibrick attended the opening of an exhibit at the Hollywood Museum honoring the 100th anniversary of the “Our Gang” series. “It’s nice to be remembered!” he said.

Nick Thomas teaches at Auburn University at Montgomery, in Alabama, and writes about classic film, television, and music for numerous magazines and newspapers. See [www.getnickt.org](http://www.getnickt.org).

## Your hearing can age healthily with **annual hearing screenings!**

A key part of healthy aging is taking care of your physical, mental, and hearing health!

**STOCK UP ON SUPPLIES!**

Check out our NEW E-Store  
[abetterhearingcenter.com/shop](http://abetterhearingcenter.com/shop)



### **Tips for Good Hearing Health:**

- Avoid loud sounds
- Wear hearing protection when sounds exceed 85 decibels
- Don't stick objects in your ears (such as cotton swabs)
- Stay socially engaged
- Eat a balanced diet
- Have your hearing tested annually

Start practicing these healthy habits today by scheduling your annual hearing screening!

**Call A Better Hearing Center today to make your appointment.**



**A BETTER HEARING CENTER**  
HAPPINESS IS BETTER HEARING

**MONUMENT, CO**

574 W. Hwy 105  
Monument, CO 80132

**WOODLAND PARK, CO**

316 W. Midland Ave.  
Woodland Park, CO 80863



**Jim Stobaugh**  
HAD, HAS, NBC-HIS, BA

**FREE Hearing Screening**

Expires 11/30/2023. Not to be combined with any other offer.

[abetterhearingcenter.com](http://abetterhearingcenter.com) • **719-627-9271**



# 29 Ways to Improve Senior Vitality

By Lorraine Donovan

Know how you can tell if you are old? People say things like, “Mike had a fall,” instead of, “Mike tripped on a sidewalk crack,” or: “Don had a foggy moment” versus: “Don forgot where he put his keys.” It’s condescending phrases like these that are reserved for the chronologically advanced. Even TV commercials attempt to confirm you’re old, in case you’re not sure. Suffering from low back or joint pain? Hearing loss? You are advised to purchase products in a tone of voice that could insult a third grader.

Older adults feel compelled to buy these products for one reason: fear. Specifically, the fear of two things: loss of independence, and getting hurt/falling. According to the Center for Disease Control, last year the youngest baby boomer turned 50. In the next 5 years, one in five Americans will be over the age of 65. 34 billion dollars each year are spent on the single biggest cause of the fatalities among older adults-falls. Hospital bills account for two thirds of that sum. The average hospital bill after a fall is \$30,000.

However, simple tasks may be incorporated into day to day rudimentary activities which re-search studies suggest will not only combat symptoms of aging, but reverse them. Lawrence Katz, PhD, of Duke University coined the term “Neurobics”, challenging us to incorporate adjustments to our routine that invigorate- and even grow- neural pathways on both sides of the brain. Putting these ideas to use can improve memory recall, verbal fluency, and profoundly impact the quality, and indeed the duration of life.

1. **Wear your watch upside down, or turn desk photos upside down.** It teaches the brain to interpret familiar information in an unfamiliar way.
2. **Talk or read out loud to yourself-** the neural connections that



encode words decline if words are not spoken out loud.

3. **Consume vitamins B and C, along with omega 3's and flax seed.** They are linked to improving mental acuity, joint function and brain volume.
4. **Wear closed-toe, low profile shoes.** As we age, sensory receptors in our feet decline. Thick soled shoes complicate the challenge.
5. **Use your non-dominant hand to brush teeth, dial phone, put on Chapstick, etc.** It will engage immediate and substantial brain activity within the more dormant opposite cortex.
6. **German studies reveal that juggling scarves, knitting, playing the piano, and engaging in activities that incorporate both hands promote the use of both sides of the brain, and assist balance performance.**
7. **Spend five minutes per day studying your favorite poem.** Mine is: If you were coming in the Fall, by Emily Dickinson. I say it out loud when I'm by myself, and it has the added effect of bringing me joy.
8. **Go for a walk-** a study out of Toronto finds subjects who walk in nature improved memory retention 16% more than those who walked in the city, though improvement was found in both groups.
9. **Hydrate.** 80% of your brain is made up of water. Drink half your body weight in ounces per day. A 160 pound person require 80 ounces of water per day. I like to start the day with a big stein with the appropriate amount and make sure it's consumed by the time I go to bed. 80% of your brain is made up of water.



ASSISTED LIVING | MEMORY SUPPORT | SKILLED NURSING | REHABILITATION

# Well loved. Your life, live it well.

You bring generosity and kindness  
to the community you cherish.

When you brighten the lives of  
others, you live your life well.

***Call today to schedule a tour!***  
**719.689.8383**



THE LIVING CENTER  
AT SUNNY VISTA  
REHABILITATION AND LONG-TERM SUPPORT

2445 E. Cache La Poudre St. | Colorado Springs, CO 80909



Cappella



THE RETREAT  
AT SUNNY VISTA  
ASSISTED LIVING AND MEMORY SUPPORT

2450 E. Cache La Poudre St. | Colorado Springs, CO 80909

[sunnyvista.org](http://sunnyvista.org)





**10. Listen to music.** A research study on the brain plasticity in rats found that rats who were exposed to television did not perform as well on puzzles and mazes as rats who were provided with classical music instead. The left side of the brain is responsible for language, but both sides process music. When Congresswoman Gabby Giffords was shot, she claimed music therapy was instrumental in her ability to re-learn basic tasks.

**11. Learn something new.** Teach yourself to learn a new language on Rosetta Stone. This has the added benefit of speaking words out loud.

**12. When you have a “foggy” moment, say the words out loud that spring to mind as you search for the missing target.** I was just today trying to think of the word “diplomat,” so out loud I walk around carrying on to myself: “delegate, political, Laundromat, diplomat!”

**13. Write a Haiku.** Remember the syllable-line format- 5-7-5. Here is one of mine to motivate you:



*My story is not  
The one that was taught to me  
It's the one I seek*

**14. Laugh.** There is one person who can move me into a fit of laughter with no prompt, other than looking at the expression on her face: my mom. Spend time around people that make you giggle and act silly. Laughter is the single best medicine for depression.



**15. See how many breeds of dogs, types of flowers, etc. you can list in one minute.**

**16. Get a guided meditation CD.** Learn to focus on the sounds you hear in the room, the scents you pick up, the taste in your mouth- in the present.

**17. Retrieve a word of the day from a website like FreeRice.com,** which donates rice to impoverished countries with each new word.

**18. Keep your body mass index within a healthy range.** Studies support the theory that when BMI goes down, cognitive functioning goes up.

**19. Eat breakfast.** Can we stop the controversy over this? Eating first thing in the morning stokes metabolism and signals the brain we are not starving, so there is no need to conserve calories.

Skipping breakfast also negatively impacts verbal fluency. Just eat it.

**20. Provide yourself with a challenging environment.** University of California in San Francisco studied dexterity challenges in monkeys. They placed them in exceedingly more challenging routines and watched the improvement of their brain activity. There are many ways to create practical challenges during the course of your day. Start by turning off the TV and having conversations with real people, shrink the size of your utensils, or dedicate true effort to a cross-word puzzle.

**21. Join a book club or Trivia team!** If a Google search doesn't yield opportunities in your community, go to the library. Most libraries also offer support communities for older adults. If you're not sure, ask anyone at the library. You will be amazed at the wealth of information you will find there.

**22. Take a Tai Chi class-** this progressive mind-body experience has been proven to battle anger, tension and depression.





**23. Close your eyes during routine and safe endeavors: teeth brushing, hair washing, etc.** this will help strengthen proprioception, the brain's ability to know what the body is doing without the use of vision. Make sure to have something nearby to hold on to for balance as you practice.

**24. Write a letter to yourself with your non-dominant hand.** This awakens the part of the brain associated with memory and emotion. Just drawing shapes alone will recruit brain circuits that are never called upon to fire.

**25. Exercise.** The only truly effective exercise is exercise that's done routinely. A Seattle study found that exercise grows new cells, aids sleep, stabilizes blood sugar levels and mood, and cuts the risk of dementia 38%. Fit 3rd and 5th grade kids in a study from University of Illinois outperformed their sedentary peers academically.

**26. Heel-toe walk:** try to walk a straight line with the heel of your right foot touching the toes of your left foot, then lead with your left foot to do the same. Count how many steps you can take like this without losing your balance. Challenge someone to compete against you!

**27. Get a hearing aid.** Sensory awareness is critical in maintaining vitality, and safety. Thickening of ear drums as we get older leads to challenges with hearing and balance. Today they are smaller, easier to use, and cheaper than ever before.

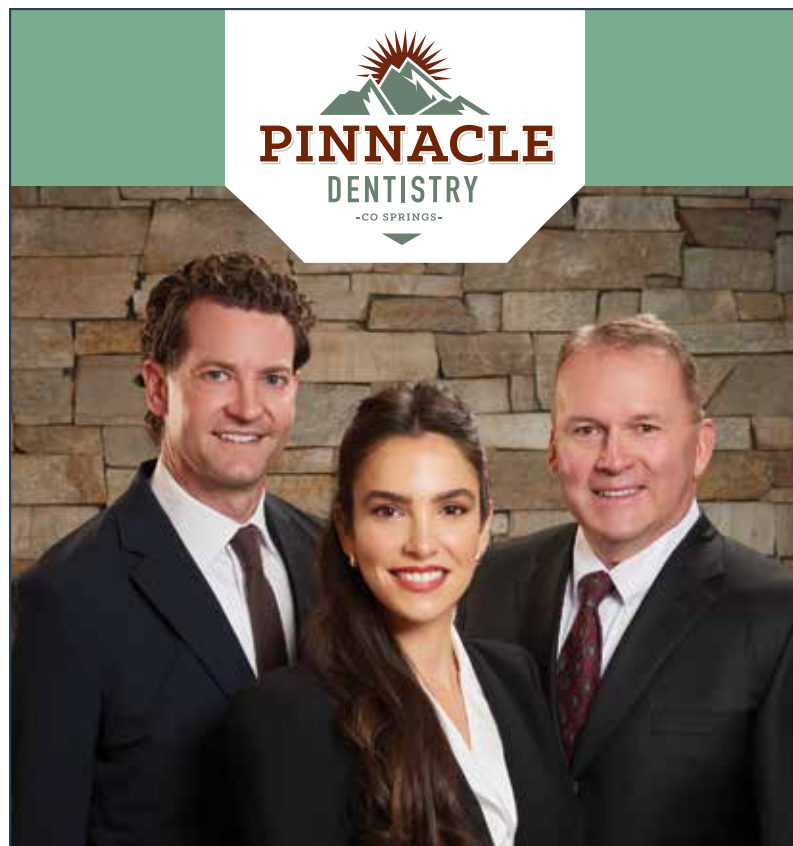
**28. Sleep.** Avoid napping during the day, and set a regular bedtime so you'll be prepared to enjoy more consecutive hours of restorative sleep at night.

**29. Aromatherapy.** Research reflects frankincense essential oil had the highest rating in memory recall and alertness.

The single most important thing we can do for continued vitality is to maintain a healthy social network. We all need human interaction! Perhaps you can challenge a friend or relative to incorporate one of these suggestions into both your routines today, and be accountable to each other for their results. Maybe tie in a little wager- loser has to arrive early and save the comfy booth at Trivia Night.

Best of luck to you in coming up with your own ideas for enriching your surroundings, which is in itself, well, enriching.

*Lorraine Donovan is a certified personal trainer, author, guest lecturer, and owner of Core Edge Fitness. Specializing in cognitive and physical fitness for older adults, Lorraine teaches "Neurobics" at assisted living communities and in private residences, where she offers home safety consultations.*



## US Army Veteran, Honor Program Recipient and Cosmetic Dentistry Specialist

### WELCOMING DR. COURTNEY LAMONDIN

After just a few minutes in the office with Dr. Lamondin, you'll feel her upbeat personality, dedication to her patients and love for dentistry.

- Biomimetic, Minimally Invasive Dentistry
- Cosmetic Dentistry
- Botox Cosmetic Treatments
- Fluent in English and Spanish
- Trained Combat Medics in Trauma Dentistry
- Avid Outdoor Enthusiast

### NOW SEEING NEW PATIENTS

Call or Scan the QR Code to Request an Appointment

**719.590.7100**



[www.pinnacledentistryco.com](http://www.pinnacledentistryco.com)

# Frank Connors: Navy Veteran and City Council Member

## From Military Service to Helping a City Manage Growth

By Trevor Phipps

After a life of serving the country, many U.S. military veterans choose to continue their legacy of serving the public once they leave service. Some used what they learned in the military to pursue careers in realms like law enforcement. Others choose to give back to their communities by running for city council or other political offices in hopes to make a difference.

Frank Connors grew up as a military brat bouncing from place to place with his father whose assignments would constantly change during his 37 years in the Navy. He lived in various places across the world including a stint in Washington, D.C. where he graduated high school.



Once he became an adult, Connors chose to follow in his father's footsteps and he joined the Navy. While serving in the Navy, he was a special warfare combat swimmer for seven years, a medical deep sea diver and a manpower analyst.

He spent 20 years in active duty and then another 10 years in reserves. During his career, he received four Navy achievement medals and participated in a number of underwater experiments.

"I was in an experimental dive that lasted many weeks," Connors recalled. "We were in an enclosed hyperbaric chamber and we would ride bikes, draw blood on each other and do all of the stuff you had to do to ensure that you could have a safe, level dive. I was purposely given pulmonary oxygen toxicity and another neurological deficit type disease during those dives to specifically find out how they could be treated in a hyperbaric atmosphere."

After Connors retired from the Navy, he went to work as a diver on oil rigs. He continued his career for 20 years in Louisiana before he and his wife of 41 years made the

decision to retire in Colorado. He retired as an Operations Manager overseeing seven offshore ships and several hundred divers and technicians.

Once Connors moved to Woodland Park, he became involved as the chairman of the city's charter review committee before deciding to run for city council in April 2022. Connors said that his neighbors motivated him to get involved with the city after complaints surrounding a short term rental property operating in his neighborhood.

In 2019, Connors tried to go to the city to question the legality of allowing a short term rental business to operate in his residential neighborhood. In the end, he didn't like the answers the city was giving him and he decided to get directly involved.

He applied for the planning commission, but he was not appointed to the position. He then was accepted to join the charter review committee where he helped get a conflict of interest policy for city council voted into law by the citizens.

In 2022, he made the decision to run for council to help his neighbors deal with the issue of short term rental properties. After the election, Connors was elected to a two year





term on city council to fill the position of a council member who resigned from the dais.

Ever since he was elected, he has continued his fight against non-owner occupied short term rental properties. Over the last several months, Connors has aided a group of citizens who have launched a campaign to ban short term rental properties in residential neighborhoods

if the owner does not permanently live on the property.

Late last year, the group started with successfully filing a referendum initiative to repeal a short term rental ordinance passed by the majority of the city council. The group had issues with the new ordinance allowing a limited number of short term rental properties in city areas zoned as residential.

After the ordinance was successfully repealed, the group went to council to get their own ordinance passed that would only allow short term rentals in residential neighborhoods if the owner lives on the

property. After council expressed opinions against their idea, they launched a citizen's initiative campaign to get their ordinance put on the ballot for a vote.

At the end of August, the group turned in more than enough signatures to put the ordinance in front of council for the local representatives to either vote it into law or send it to a vote of the people during a special election in November. The outcome of the process has not yet been determined as the signatures have not yet been verified.

Despite helping lead the efforts against short term rentals, Connors has also led the charge to help the community in other ways. He has been a voice for local veterans and helped the city become a designated Purple Heart Community.

Connors also resurrected talks with a local Boy Scout camp to secure the property for another reservoir to help the city have ample water resources to grow in the future. Recently, Connors has voiced concerns over the water usage of developments proposed to city council.

Once his short city council term is up next April, Connors his not sure of his next moves. Since he is not term-limited, he could run for a four term council seat, but he has not officially decided if that's what he wants to do.



Let us help you  
manage your Medicare!

**719-420-0182**

503 N Main St, Ste 339  
Pueblo, CO

323 S Purcell  
Pueblo West, CO

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

[www.medicareforu.com](http://www.medicareforu.com)



**Terri Cook**  
Owner, Broker  
Cell: **719.240.5396**  
terricookais@gmail.com



**Kelsie Cook**  
Broker  
Cell: **719.553.7471**  
kelscook.ia@gmail.com



**Samantha Nau**  
Broker  
Cell: **719.647.2194**  
samanthamedicareinsurance.com



**Julie Uhernik**  
Broker  
Cell: **719.821.0223**  
julieu11050@gmail.com



**Lorraine Glach**  
Broker  
Cell: **(719) 778-5432**  
lgmed4you@gmail.com



**Sandy Singleton**  
Broker  
Cell: **719-251-1428**  
ssmedicare4u@gmail.com

**LIVE BETTER**

Be comfortable and carefree in our premier independent and assisted living community.

**THE INN AT GARDEN PLAZA**  
A CENTURY PARK COMMUNITY

**719.630.1155**  
2520 International Circle  
Colorado Springs, CO  
[InnAtGardenPlaza.com](http://InnAtGardenPlaza.com)

**THE BRIDGE AT COLORADO SPRINGS**  
A CENTURY PARK COMMUNITY

**719.630.3330**  
2494 International Circle  
Colorado Springs, CO  
[BridgeAtColoradoSprings.com](http://BridgeAtColoradoSprings.com)

CALL TODAY FOR MOVE-IN SPECIALS!

**BEST**  
INDEPENDENT LIVING  
USNews  
2022-23

**BEST**  
Great Place To Work.  
Certified  
JAN 2024/2025

# Lighting Up the Lives of Ukraine's Orphans

*Submitted by Nova Spark Foundation*

**By Julia Boozer**

In the midst of turmoil and conflict, shining beacons of hope often emerge. Nova Spark Foundation, a non-profit organization founded by Yulia Boozer and Olga Funk, two native Ukrainians now residing in the United States, stands as one such beacon. Their mission is simple: to make the world a better place for orphaned children in Ukraine. Through mentorship, education, and unwavering support, Nova Spark Foundation has been sowing the seeds of change in the lives of countless young souls.

Nova Spark Foundation's mission is clear and powerful: to enable orphaned children worldwide to reach their full potential. The founders were deeply moved by the suffering of children who lost their parents during the onset of the war in Ukraine. Their core belief is that every child deserves a fulfilling childhood, characterized by safety, growth, and access to quality education.

The war in Ukraine has created a dire situation for orphans and vulnerable children across the country. Disrupted education due to the conflict has deprived them of the necessary learning environment and opportunities for personal growth. The displacement caused by the war has uprooted these children from their familiar surroundings, exacerbating their feelings of insecurity and instability. The breakdown of infrastructure during the conflict has resulted in limited access to basic services, including healthcare, nutrition, and clean water, further endangering their well-being.

Nova Spark recognizes that addressing the essential needs of these children is crucial before they can fully engage in their educational pursuits. In collaboration with established Ukrainian non-profit organizations, they provide vital support, including food, clothing, medicine, and school supplies. Financial aid is extended to repair damages sustained by orphanages during the war, ensuring a safe and healthy living environment for the children.

Nova Spark's primary focus is on providing educational support. They believe that education is a fundamental right that should be accessible to all children, regardless of their circumstances. Nova Spark works tirelessly to ensure orphaned children in Ukraine have access to online schooling, even in displacement or occupied areas. They provide mobile devices for students from kindergarten to 12th grade, enabling uninterrupted

education regardless of location or war-related challenges.

Nova Spark Foundation envisions a world where orphaned children have equal opportunities for education and personal development, just like children who grow up in supportive families.

The foundation's impactful initiatives for orphaned children in Ukraine encompass repairing and restoring orphanage buildings, providing heating systems, ensuring uninterrupted power supply with generators, distributing mobile devices for online schooling, and supplying school and art materials. They also prioritize children's health with hygiene and medical kits, support cognitive development with STEM kits, and improve living conditions with essential household items. These efforts collectively illuminate a brighter future for Ukraine's orphaned children.

Various testimonials from orphanages across Ukraine can be found on the Nova Spark website, painting a vivid picture of the tangible difference Nova Spark Foundation has made in the lives of orphaned children and families in Ukraine. From providing materials for creative development to ensuring warmth and shelter during harsh winters, Nova Spark's efforts have brought comfort, hope, and a brighter future to those affected by the ongoing conflict. Their dedication to making a meaningful impact shines through in the words of those they've touched.

This fall, Nova Spark Foundation collaborates with Bel Canto Legacy and Colorado Springs Community Cultural Collective to magnify their impact, addressing the urgent humanitarian crisis faced by Ukrainian children. Together, they present the "Poem About Ukraine" benefit event on October 7, 2023, at City Auditorium in Colorado Springs, symbolizing their collective commitment to supporting children in need. The event features a benefit concert and a heartfelt fashion show, inviting the community to join them in providing hope, assistance, and opportunities for a brighter future. Visit Nova Spark Foundation Events page for more details and to contribute to this noble cause: <https://www.novasparkfoundation.org/events>.







**Call or Drop  
By Anytime!**

## Support for All Seniors

- Reserve & Ride
- Companionship
- Thrift Stores
- Food Pantry
- Behavioral Health Case Management
- Connections Cafés
- Home-Delivered Meals



**Website:**  
[silverkey.org](http://silverkey.org)

**Silver Line:**  
**719-884-2300**

**Email:**  
[info@silverkey.org](mailto:info@silverkey.org)



## WINSLOW★COURT

A STELLAR LIVING COMMUNITY

### Independent and Assisted Living in the heart of Colorado Springs

COME  
**TOUR  
TODAY**

Resident Driven Programs, Events,  
and Activities

Pet Friendly with Gated Dog Park

All-Day Dining

Transportation

Mature Landscaping

Large Multi-Purpose Areas

Guest Suite Available

Weekly Linen & Towel Service

Utilities Included (Except Phone)

24 Hour Staffing & Emergency Response

3920 E San Miguel St, Colorado Springs, CO 80909

**CALL 719.597.1700**



# Mysterious Ghost Ships That Have Plagued the Waters of the World

## Tales of the World's Most Famous Phantom Ships

By Trevor Phipps

Appearances of ghost ships have been reported all across the world for centuries. The term ghost ship actually has multiple meanings from ships that have appeared and disappeared on the waters, to ships that have been found aimlessly floating around the seas either without a crew or only carrying the dead.

Some of the tales could be folklore or fiction while others have gone down in the history books as unsolved mysteries. Some of these ships seen are said to have a crew of ghosts that are forced to wander the oceans of the world for eternity. Many sailors tend to think that seeing ships like these while out sailing the waters is a bad omen and a sign that bad luck is on the way for the ship or the crew.

Ghost ships that have been abandoned without a crew have also been known to cause problems for other sailors. In the recent series on Paramount called "1923" which is a prequel to "Yellowstone," there is a scene where a seasoned sailor warns one of the series' main characters about the presence of ghost ships.

The sailor states that these ships can cause problems for captains

who are not paying attention to where they are sailing. And then one scene in the movie shows a tragedy when the sailor passes away while the ship is headed straight towards an abandoned one.

However, whether the tales are fact or fiction, October is always a good time of the year to take a look at creepy stories from the past. Therefore, the following includes the stories of some of the world's most famous ghost ships.

### The Caleuche



This ship is a famous legend told for generations by the people who live in the Chiloé Archipelago, in the south of Chile. The Chilota myth states that the Caleuche is a ghost ship that appears every night around the island of Chiloe.

According to the tales, the ship carries all of the souls of people who have drowned at sea. People who have seen the ship describe it as being very bright and beautiful. When the ship appears, people can hear the sounds of party music and laughter.

However, the ship only stays above water for a few minutes until it either disappears in thin air or submerges under the water. According to the myth, three Chilota water spirits who resemble mermaids coined the Sirena Chilota, the Pincoya, and the Picoy are the ones who summon the spirits of those drowned and put them on the ship.

### SV Kaz II

In 2007, two brothers and a captain set sail on a



yacht for a two-month tour around Australia. But then just a few days later, the ship was found close to the Barrier Reef with nobody on board. When entering the ship a half empty coffee cup, an open newspaper, and knives thrown all over the floor were found.

The vessel was in perfect shape



besides having one shredded sail. Some said that one of the inexperienced sailors might have gone overboard and the other two drowned trying to save him.

Investigators also said that the crew might have drowned trying to untangle a fishing lure. Others have blamed severe weather, pirates, communists or even a sea monster. But, the three men were never found.

## **The SS Valencia**

Back in 1906, the SS Valencia sank just off the coast from Vancouver, Canada after running into vicious weather. Only 37 of the 108 people on the ship were saved with lifeboats

after one of the rescue vessels disappeared. Ever since it happened, many fishermen in the area have claimed to see a ghost ship floating around with human skeletons decades after the ship sank.



## **The JianSeng**

This ship was found in 2006 with a broken tow rope suggesting that it was lost while being dragged. When investigators did their research they were unable to find anything to identify the ship, no records of distress signals, no reports of a missing boat, and no identifying documents or belongings. To this day, it has not been determined as to why nobody tried to save the boat after it broke off while being towed.

## **The SS Ourang Medan**

In 1947, two American ships left their route while in the Strait of Malacca to go on a rescue mission after they got a distress call from the Ourang Medan. The person calling said they were a crew member and that everyone else on the boat was dead.

But then while talking to his rescuers, his words strangely ended in, "I die." Once the rescuers got to the ship they found it unharmed but everyone inside the boat including a dog were deceased with terrified expressions on their faces.

And then to make things worse before the investigation could get completed, the ship exploded most likely due to the nitroglycerin the ship was illegally carrying. Many have speculated that the people on the boat encountered paranormal activity or perhaps even aliens.



## **High Aim No. 6**

The ship left the coasts of Taiwan on Halloween in 2002, but the Australian Navy was baffled when they found it floating around empty in January 2003. The engine was on full throttle, the main gas tank was empty, but the auxiliary gas tanks were full and untouched.

10 tons of tuna were found kept cold but no crew was located. But later, an Indonesian fisherman was arrested after confessing that the crew worked with pirates to murder the ship's captain and main engineer. However, nobody ever found out why it happened.

## **The SS Baychimo**

This ship that was built in the 1920s got stuck in ice near Alaska, forcing the crew to abandon it. For the next 38 years, it could be seen floating aimlessly around the waters near Alaska.

Poor weather conditions made it impossible to be salvaged and in 1969 it was said to have disappeared completely.

## **The Nina Yacht**

In 2013, the ship's crew sent out concerns to meteorologists that dangerous weather conditions were on their way. The ship was most likely lost after suffering through 70 mile per hour winds and 26 foot high waves.



Three weeks after the ship went missing one of the meteorologists received a text that said "Thanks storm sails shredded last night, now bare poles." The message also said that the boat was still on the move. A satellite photo may have found the ship, but many said that the image only captured a large wave.





### The Carroll A. Deering

The ship hauled coal from the U.S. to Rio de Janeiro, Brazil in 1920, but it never made it back to Virginia. A light ship keeper in North Carolina said a crew man reported that the ship lost its anchors.

A few days later, the Coast Guard found the ship undamaged with food on the table like the crew was getting ready to eat a meal. But the navigational equipment, log book, and two life boats were missing from the ship.

Investigations showed that a few other ships had gone missing around the same time. Many speculated that pirates, crew mutiny, or extraterrestrial activity could be blamed for the missing ships.

### The MV Joyita

This merchant ship took off into the South Pacific for a two-day journey in 1955, but it never made it to its destination. A rescue crew went out and couldn't find any sign of the ship until a month later when they found it half-sunk.

When it was found, there was no sign of passengers, crew members or cargo. The rescuers did find a doctor's bag and several bloody bandages on the deck. The ship's broken radio was tuned to the universal stress signal. One theory suggested a pipe broke on the ship and caused it to flood and the crew abandoned it, but the crew was never found.



### The Mummy Ghost Ship

In 2016, a Filipino fisherman jumped aboard a yacht he thought was abandoned. But when he boarded, he was shocked to see the mummified body of a German sailor. The sailor had been sailing around the world for 20 years and was last heard from in 2015. There was no sign of foul play, but a year would have been long enough for the warm salty air to mummify his body. But, an autopsy found that he had only been dead about a week.

### The Octavius

This ship was a legend that people would talk about until a whaling ship found it drifting off the coast of Greenland in 1775 with all of its crew frozen to death. The ship's captain was found sitting at his desk with a log book in front of him.

He appeared as if he was finishing a log entry from



1762. This possibly means that the Octavius had been floating around the ocean for 13 years.

### The Sam Rataulangi

This Myanmar ship was found in 2018 without any people or cargo. But later it was determined that the freighter was on its way to be dismantled. It was being towed by a tugboat when the cable snapped forcing the crew to abandon it.



### The Lady Lovibond

This ship set sail the day before Valentine's Day in 1748 to celebrate the captain's wedding. But his friend who was also in love with the captain's wife guided the boat into the notorious Goodwind Sands. The ship sank and killed everyone on board.

But after that tragic day it was spotted every 50 years in 1798, 1848, 1898 and 1948. Some boats that saw it sent out rescuers thinking it was in distress, but it could never actually be found. However, there was no known sighting of the ship in 1998.

### Ghost Ship Jenny

In 1840, a ship called "Hope" came across the "Jenny" that was frozen in ice in the Antarctic Drake Passage. The crew was still on board, but everyone was frozen to death.

The captain was frozen sitting at his desk. His last log entry read "May 4, 1823. No food for 71 days. I am the only one left alive."





### The Flying Dutchman

The old maritime folklore story of “The Flying Dutchmen” was so popular that it was featured in the movie “the Pirates of the Caribbean, the Dead Man’s



Chest.” The ship’s captain Van der Decken who was on his way to the East Indies was determined to make his destination despite severe weather approaching.

The captain turned towards the adverse weather in the Cape of Good Hope, but he failed after he vowed to drift until doomsday. The legend states that since then the ship and its crew have been forced to sail the oceans for all eternity. In present time, fisherman and sailors still claim to have seen the lost ship sailing on its never-ending voyage across the waters of the world.



### The Mary Celeste

The captain of this ship set sail in November 1872 with his wife, two year old daughter and a crew of seven men. The boat was en route from New York to Italy, but after it should have arrived to its destination a British ship found the boat drifting across the Atlantic.

When the ship was boarded, six months’ worth of food, all of the crew’s belongings, and a cargo of over 1,500 alcohol barrels were there. But, the ships’ crew and a life boat were missing.

There were three feet of water on the ship’s floor, but it was not beyond repair. Sir Arthur Conan Doyle made the boat famous when he wrote the short story, “J. Habakuk Jephson’s Statement” that listed theories

including, pirates, murder, mutiny, and food poisoning that made the crew mad.

But it has been said that it was more likely that the captain overestimated the ship’s damage and ordered the crew to flee on the life boat. The life boat then either made it to shore or the crew died in it trying to find land.

### The Mysterious Bermuda Triangle

The Bermuda Triangle (a.k.a. The Devil’s Triangle) has for centuries been known as a mysterious region between the southern part of Florida, Bermuda and Puerto Rico. The stories first began several hundred years ago when Christopher Columbus said he saw a flame of fire crashing into the sea in the triangle during his first voyage west.

The stories continue to present day when a Navy cargo ship called the USS Cyclops went missing in the triangle with 300 people on board. In 2021, a small engine airplane with four people aboard disappeared from radar while flying through the triangle from Puerto Rico to Florida.

Being a heavily traveled region, the exact number of planes and ships that have disappeared in the Bermuda Triangle is unknown. But it is estimated that the mysterious region has been the location for the disappearance of 50 ships and 20 airplanes.

Although some of the wreckage from the planes and ships have been found, many of it has not. People have speculated about several theories around the cause of the disappearances, but to this day nobody knows exactly what happened to the dozens of ships and planes.





# Crossword Puzzle

## ACROSS

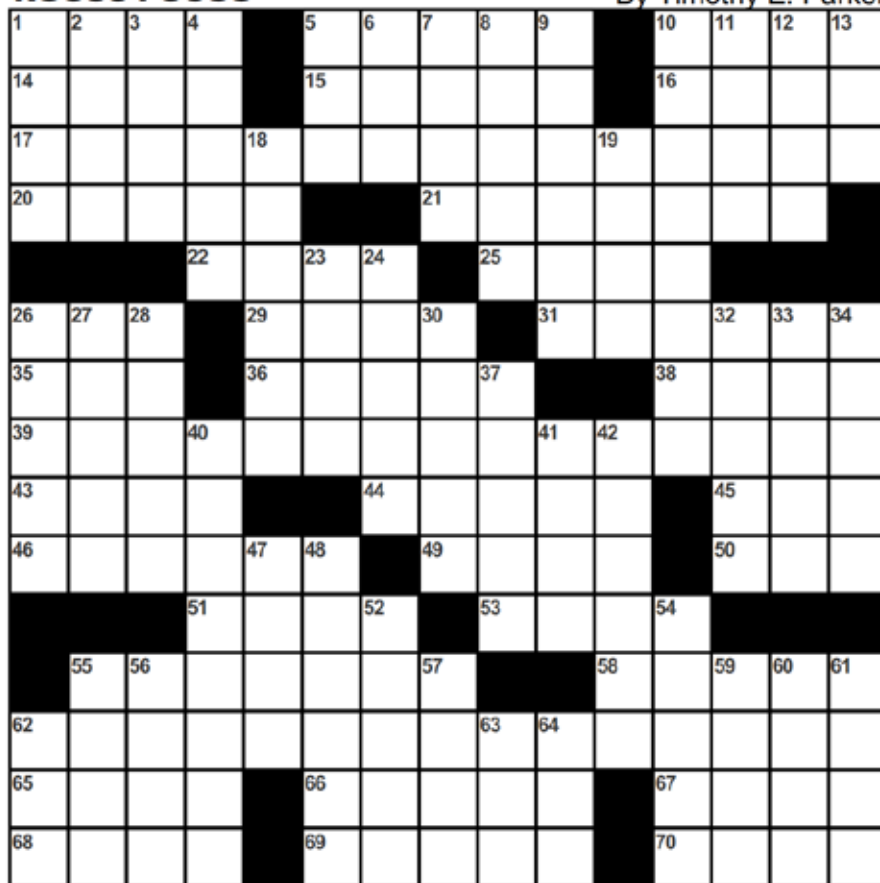
- 1) Less than decent
- 5) Saved-up supply
- 10) Conceal, as a card
- 14) "Belly" or "back" attachment
- 15) It's debatable
- 16) Coating of frost
- 17) Three magic things
- 20) Earth dweller
- 21) Recipient of transferred property
- 22) Certain speech impediment
- 25) Humble Mongolian residence, sometimes
- 26) Suffix with "Darwin"
- 29) Large African antelopes
- 31) Spot of an illness?
- 35) Tax expert
- 36) Rich soil component
- 38) Leg part
- 39) Two magic things
- 43) Inner forearm bone
- 44) Slalomed
- 45) Always, to a poet
- 46) It's in the blood
- 49) Was begging for a citation
- 50) Mind someone else's business
- 51) 25-Across, for one
- 53) Hop and jump partner
- 55) Sharp feelings of pain
- 58) \_\_\_ music (compose a score for)
- 62) One Magic and a magic thing
- 65) More than eager
- 66) Jeweler's viewer
- 67) Greedy one's request
- 68) Butts into
- 69) Nervous feeling
- 70) Birthday suit material

## DOWN

- 1) Strip of wood
- 2) Hosiery color, often
- 3) Sudden impulse
- 4) Transferred sticker
- 5) Nickname within the family
- 6) Recipe amt.
- 7) On an ocean liner
- 8) Tom Hanks film
- 9) Balloon filler
- 10) Apparition
- 11) Blue-ribbon
- 12) Fill a ship's hold
- 13) One of a common couple
- 18) Round Table member
- 19) "The Way We \_\_\_"
- 23) Turn a cold shoulder to
- 24) Some big cats
- 26) Freeze, as a windshield
- 27) Exxon Valdez calamity
- 28) \_\_\_ cum laude
- 30) Mopes about
- 32) Ovine creature
- 33) Winter jacket feature
- 34) Journal notation
- 37) Minor mistakes
- 40) William the Conqueror's decisive battle
- 41) Far from assertive
- 42) Somewhat peculiar
- 47) Kind of room
- 48) Neighbor of Zambia
- 52) Part of a dovetail joint
- 54) Salon services
- 55) Old senate wrap
- 56) "For \_\_\_ the Bell Tolls"
- 57) Very pleased with oneself
- 59) Swiped
- 60) A famous Amos
- 61) Gathering clouds, to some
- 62) Pickle's place, often
- 63) Downs' opposites
- 64) Where to find an acting president?

## HOCUS POCUS

By Timothy E. Parker



Key on page 21.





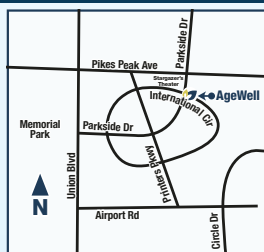
*We Focus on Primary Care for Older Adults.*

*AgeWell is growing and adding new providers!*

We are pleased to announce that Fernando Thadepalli, MD and Stephanie Vanlandingham, MD have joined us in practice.



**WE ARE SCHEDULING NEW PATIENTS NOW!**



- Friendly receptionists to answer your questions and get you scheduled
- Accessible facility for disabled and convenient handicapped parking
- Behavioral Health Services offered on-site

**Schedule Your Flu Shot Appointment Now!**

*We Have Drive-Through and In-Office Spots Available for Our Patients Only*



Same-day urgent appointments and  
24-hour Emergency On-Call Provider

**2350 International Circle, Colorado Springs 80910  
(719) 475-5065 • [www.agewellmedical.com](http://www.agewellmedical.com)**

LEFT TO RIGHT, TOP TO BOTTOM:

Mike Kenny, PsyD • Jeffrey Kulp, MD • Brad Bingham, NP-C  
Lisa Foster, NP • Whitney Pahl, NP • Paula Hardy, NP

## Retire Well. Retire Here.

At Aspen Trail, we offer more than just a community, we offer worry-free independent retirement living. Designed exclusively for adults 55 and over, we take care of everything with one monthly price and no buy-in fee, so you can enjoy the good things in life.

**Tour Today!**

Experience our Signature **Freedom Dining** program for yourself!  
Schedule a private tour and be our guest for a fabulous meal.



Call today to plan your visit!

**719-387-4308**



5455 New Car Drive ♦ Colorado Springs, CO 80923  
[AspenTrailRetirement.com](http://AspenTrailRetirement.com)



## Chicken Tortellini Soup

### Ingredients

- |                                     |   |
|-------------------------------------|---|
| 2 tbsp. olive oil                   | 1/4 tsp. red pepper flakes                          |
| 1 medium yellow onion, chopped      | 3 qt. chicken broth                                 |
| 3 medium carrots, peeled and sliced | 3 1/2 c. shredded rotisserie chicken                |
| 3 stalks celery, sliced             | 1 (20-ounce) package refrigerated cheese tortellini |
| 3 cloves garlic, finely chopped     | 1/4 c. chopped fresh parsley                        |
| 1 tsp. kosher salt                  | Grated parmesan cheese, to serve                    |
| 1/2 tsp. ground black pepper        |   |
| 1/2 tsp. Italian seasoning          |   |



### Directions

1. In a medium Dutch oven over medium heat, heat the olive oil. Add the onion, carrot, and celery. Cook, stirring frequently, until the vegetables start to soften, 5 to 7 minutes. Add the garlic, salt, pepper, Italian seasoning, and red pepper flakes, cooking until fragrant, 1 minute.
2. Stir in the chicken broth and bring to a boil. Add the chicken and tortellini and simmer until the chicken is warmed through and the tortellini is tender, 3 to 5 minutes. Sprinkle with the fresh parsley and serve hot with grated parmesan cheese.

## Chocolate Marbled Pumpkin Bread

### Ingredients

- |   |  |
|---|--|
| 3/4 cup granulated sugar                      | 1/2 teaspoon baking soda               |
| 2 large eggs                                  | 1 teaspoon baking powder               |
| 1/2 cup unsalted butter, melted               | 1/2 teaspoon salt                      |
| 1/4 cup milk                                  | 2 teaspoons pumpkin pie spice          |
| 3/4 cup canned pumpkin puree, not pie filling | 1/4 cup unsweetened cocoa powder       |
| 1 teaspoon vanilla extract                    | 1 tablespoon coarse sugar, for topping |
| 1 cup all-purpose flour, divided              |  |



### Directions

1. Preheat oven to 350°F. Lightly grease the sides and bottom of an 8.5x4-inch loaf pan. Set aside.
2. In a medium mixing bowl whisk together the sugar, eggs, butter, milk, pumpkin and vanilla until combined.
3. Place a large fine mesh sieve over the egg mixture. Add 3/4 cup of the flour, baking soda, baking powder, salt and pumpkin pie spice to the sieve and sift into the egg mixture. Use a rubber spatula to gently fold the dry ingredients into the egg mixture. Blend until smooth.
4. Remove half the batter to another small bowl and add the cocoa powder. Fold to combine. Add the remaining 1/4 cup of flour to the non-chocolate batter. Fold until blended.
5. Alternate scoops of the two batters into the bottom of the prepared loaf pan, in the following manner: Create two rows of batter, using three alternating scoops in each row. In the left row, make your first scoop pumpkin, then chocolate, then pumpkin. In the other row, start with chocolate, then pumpkin, then chocolate. Repeat with another alternating layer on top. Lightly swirl the combined batters using a large skewer or knife, creating two figure eights, to marble. Top with coarse sugar, if using.
6. Bake at 350°F for 50 to 55 minutes or until the center is set and firm to the touch and a skewer comes out with no wet batter. Allow the cake to cool for 15 minutes then remove to a wire rack.



# De-Stress Downsizing!

If you're looking to make a move, Goodwill's Things Forgotten Not Gone's licensed and bonded staff can help you downsize, declutter or relocate with ease.

Our fully customizable, professional services include:

- Managing every aspect of your move
- House clearing
- White glove concierge service
- Consignment or donation

**Call (719) 428-9271 for a FREE, no-obligation quote today!**

[ThingsForgotten@GoodwillColorado.org](mailto:ThingsForgotten@GoodwillColorado.org)  
[ThingsForgottenNotGone.com](http://ThingsForgottenNotGone.com)



## Crossword Puzzle Solution

1	L	E	W	D		5	S	T	A	S	H		10	P	A	L	M		
14	A	C	H	E		15	I	S	S	U	E		16	H	O	A	R		
17	T	R	I	C	K	18	S	P	E	L	L	19	W	A	N	D	S		
20	H	U	M	A	N					21	A	L	I	E	N	E	E		
					22	L	I	S	P			25	Y	U	R	T			
26	I	S	M		29	G	N	U	S		31	M	E	A	S	L	E		
35	C	P	A		36	H	U	M	U	S		38	S	H	I	N			
39	E	I	G	H	T	B	A	L	L	M	O	M	E	N	T				
43	U	L	N	A			44	S	K	I	E	D		45	E	E	R		
46	P	L	A	S	M	A		49	S	P	E	D		50	P	R	Y		
					51	T	E	N	T		53	S	K	I	P				
					55	T	W	I	N	G	E	S		58	S	E	T	T	O
62	J	O	H	N	S	O	N	M	U	S		64	S	H	R	O	O	M	
65	A	G	O	G			66	L	O	U	P	E		67	M	O	R	E	
68	R	A	M	S			69	A	N	G	S	T		70	S	K	I	N	



## EXPERIENCE SENIOR LIVING AT ITS PEAK.

Legend of Colorado Springs provides resort-style amenities, gives you the opportunities to make new friends, an independent lifestyle with just the right amount of assistance from our experts in senior living. Visit us today and watch us meet your high expectations

**CALL OUR SENIOR LIVING EXPERTS  
TO LEARN MORE**

**(719) 309-0070**

Broomfield • Greeley • Colorado Springs

**LEGEND**  
 ASSISTED LIVING & MEMORY CARE  
 of Colorado Springs

2368 Research Parkway  
 Colorado Springs, CO 80920  
 A Residence of Legend Senior Living®  
[LegendSeniorLiving.com](http://LegendSeniorLiving.com)





## Calendar of Events October 2023

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

### Romance at the Chautauqua (Original melodrama by Richard Sebastian-Coleman)

**What:** Set in 1901, the light-hearted melodrama features a cast of local actors portraying real-life characters, including the town's namesake, General William Palmer, who swoops in just in time to give the play a very happy ending. Commissioned and produced by the Palmer Lake Arts Council, Romance at the Chautauqua has suspense, heroes, villains, and a damsel in dis tress, making for fun family entertainment.

**When:** Friday, October 6th, 7:00pm Sunday, October 8th, at 2:00pm and 6:00pm.

**Where:** Palmer Lake Town Hall, 42 Crescent Valley St., Palmer Lake

**Web:** PLArtsCouncil.org



### Harvest Festival at Rock Ledge Ranch

**What:** The Ranch is filled with activities and fun in the crisp autumn air! Take a wagon ride with the family, listen to old-time music, pick a pumpkin to take home, scramble for candy, kick back on the lawn with a slice of pie, and take time to tour the Historic Homes, visit the Blacksmith and more. Pumpkins are \$5 each. Bring small bills for pumpkins, bull rides, and food/beverages. ATM on site! Plan to stay through the day as food vendors will be on site.

**When:** Sat, Oct 07, 10:00am-5:00pm

**Where:** Rock Ledge Ranch 3105 Gateway Rd, Colorado Spring

**Contact:** info@rockledgeranch.com - (719) 578-6777

**Cost:** \$3.00 to \$8.00 - Credit/debit accepted for admission.



### Cripple Creek Fall Festival Weekend of October 6-8, 2023

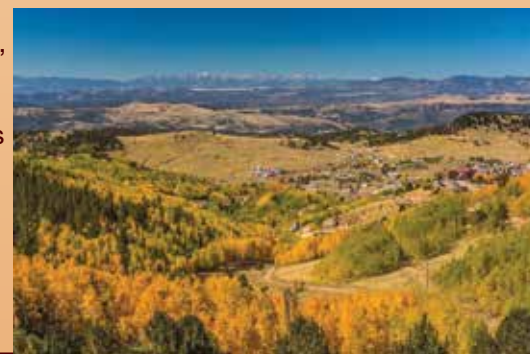
**What:** Produced by the Two Mile High Club. There will be live music, a beer garden, vendors, and professional wood carving displays, demonstrations, and sculptures for sale. This is a free event which is open to the general public. Plan your trip to check out the fall colors and spend a little time enjoying Cripple Creek. Live Music by The Locals and The Bushcocks on Saturday, and The Tenderfoot Bluegrass Band on Sunday.

\*All proceeds collected during the event will be used for the care and upkeep of our beloved wild donkey herd that roams the streets of Cripple Creek

**When:** Starts: October 6 @ 11:00 am, Ends: October 8 @ 8:00 pm

**Where:** 337 E. Bennett Ave. - Cripple Creek, CO 80813

**Contact:** 719-689-2502



### Curiosity Unlimited UCCS Fun Opportunity for Continuous Learning

**What:** "Preparing the Next Generation of Teachers to Teach All Learners" Lecture by UCCS Professors Katie Anderson-Pence & Kylie Swanson, College of Education

**When:** October 13, 2023 - Coffee at 9:30 with lecture to follow at 10:00.

**Where:** ENT Center for the Arts Chapman Recital Hall

**Contact:** 719-470-1230 www.uccs.edu/curiosity

**Cost:** Free, guests and non-members welcome!

### Cheyenne Mountain Newcomers Club

**What:** "Hidden Treasures and Unique Things to Do in Colorado Springs" will be presented to Cheyenne Mountain Newcomers Club (CMNC) by Christy Long, Director of Visitor Services and Doris McCraw, Information Specialist for Visit Colorado Springs Welcome Center. Snacks, meet and greet, and the Club's activities sign-ups will begin at 9:30 a.m., followed by the program. All are welcome to attend, membership not required.

**When:** October 11th

**Where:** Broadmoor Community Church, 315 Lake Avenue.

**Web:** Those interested in CMNC can find the organization on its website at cmnccos.org.



# Business Directory



## Community Dental Health

Dental Service for Seniors, Vets, Adults  
With the closure of the Colorado Springs  
Senior Center, our new location is  
3650 Rebecca Lane CS 80917

Grant Funding support for low-income, uninsured  
people of all ages to make dental care affordable.

**Medicare, Medicaid & various  
insurance also accepted.**

**719-310-3315**  
3650 Rebecca Lane  
Colorado Springs, CO

One Stop Shop For Medical Professionals & Your Homecare Needs  
**Affordable Medical Supply**  
LOCALLY OWNED & OPERATED



- Blood Pressure Units
- PPE Supplies Masks
- Compression Socks
- Pedifix Foot Care
- Bathroom Safety
- Stethoscopes
- Sombra Topical Pain Reliever
- Wrist & Elbow Braces
- Knee & Back Braces
- First Aid Products
- Hot & Cold Packs
- CBD Products

Rentals Available

**AffordableMedMart.com**  
**719-632-4036**  
1833 N CIRCLE  
COLORADO SPRINGS, CO 80909



## Leslie Scott, REALTOR®

**SRES - Seniors Real Estate Specialist**  
**MRP - Military Relocation Professional**

**kw** KELLERWILLIAMS  
CLIENTS' CHOICE REALTY

**719.310.1813**  
lesliek.scott@kw.com  
<https://lesliek-scott.kw.com>



1175 Kelly Johnson Blvd.  
Colorado Springs, Colorado 80920

**Be stress free, call Leslie!**   **MLS**

## Consign Your Valuables for Extra Cash!

**Art • Memorabilia • Silver  
Antiques • Musical Instruments**



Goodwill of Colorado's Senior Move Service  
**Things Forgotten**  
— Not Gone

(719) 428-9271

ThingsForgotten@GoodwillColorado.org  
Serving Our Community Since 2005 | Licensed and Insured

MEMORY SUPPORT • ASSISTED LIVING  
SHORT-TERM REHAB • LONG-TERM CARE



**THE LIVING CENTER**  
AT SUNNY VISTA  
REHABILITATION AND LONG-TERM SUPPORT  
**(719) 291-9692**



**THE RETREAT**  
AT SUNNY VISTA  
ASSISTED LIVING AND MEMORY SUPPORT  
**(719) 377-6735**

**SCHEDULE A VIRTUAL TOUR TODAY!**  
*Discover more at: SunnyVista.org*

**Advertise your Business  
or Service here.**  
**Contact Anne for rates today!**

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

## ? Brain Teasers ?

Q1: What comes once in a minute,  
twice in a moment, but never  
in a thousand years?

Q2: What always ends everything?

Q3: How much dirt is in a hole that  
measures 2 feet by 3 feet by 4 feet?

Q4: I have seas without water, coasts  
without sand, towns without people, and  
mountains without land. What am I?

Q5: A man shaves several times a day  
but still has a beard. Who is he?

Q6: What coat is best put on wet?

Answers on page 30

## 100 word story

### Kindness Repaid *by Sandra James*

Bella never forgot the day she decided to become a nurse. Youngest of the neighborhood children, the others ran off after throwing stones on the roof of the house at the end of the street. The witch's cottage. Bella tripped and fell, grazing her knee and no one heard her cries. Only the witch. Mrs Jenkins

gently bathed away blood and dirt, applied soothing cream and a bandage. Bella knew she wasn't a witch after all. Twenty years later, a new dementia patient at the nursing home. Bella gently washed her fragile skin. Mrs Jenkins smiled, recalling a dim memory.



## Rocky Mountain Women's Film Festival

**What:** Join us for another year, as we continue to celebrate the drive, spirit, and diversity of women through film. As the longest-running women's film festival in North America with over three decades sharing films, we are more excited than ever to bring you a curated collection of films made by and about women at the 36th annual Rocky Mountain Women's Film Festival!

**When:** Oct 20-22, 2023

**Where:** Colorado College

**Web:** <https://rmwfilm.org/>

## Fall Festival and Bazaar

**What:** Shop local vendors, HOMEMADE soups & desserts. Door prizes & raffles. FREE kid activities, bounce house & face painting

**When:** Sat, Oct 21, 9 AM–3 PM

**Where:** Stratmoor Hills Methodist Church - 1705 Cheyenne Meadows Rd, Colorado Springs

## Barks and Boos Fall Fest A Fall Festival just for your PUP!

**What:** Get your pup dressed and ready for the HOWL-O-WEEN Pup Parade and Costume Contest! Pup Parade will run every half hour 11:30am-2:30pm for your chance to win great prizes from PURINA! Well mannered dogs welcome. All dogs must be on leash at all times. Dogs may not go nose to nose. Owners responsible for dogs. Please potty your dog outside prior to entering. Dogs must be up to date on all vaccinations. Costumes for pups ONLY, humans please leave your costumes and masks at home.

**When:** Sunday October 22nd, 11am-3pm

**Cost:** Admission is FREE!



## Emma Crawford Coffin Races

**What:** Enjoy a full day of spooky fun at the annual Emma Crawford Coffin Races in Manitou Springs, featuring impersonators dressed as late local legend, Emma Crawford, riding on coffin-like karts pulled by teams "mourners," each vying for awards such as "Best Emma" and "Most Creative Coffin." Accompanying events include the Emma Crawford Estate Sidewalk Sale and a Victorian Wake at Miramont Castle held the evening before the races.

**When:** October 28, 2023 - 12-3:00 p.m., Parade begins down Manitou Ave. at 12pm, races begin directly after. 5pm After Party in Soda Springs Park

**Where:** 800 Manitou Avenue (Downtown Historic Manitou Springs)

**Cost:** FREE



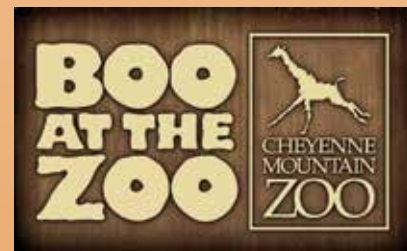
## Boo at the Zoo

**What:** Cheyenne Mountain Zoo comes alive with the spirit of Halloween. Boo at the Zoo gives your family an alternative to traditional trick-or-treating, complete with your favorite animals! Set in a unique environment, attendees will feel good about collecting candy made with sustainable palm oil to help protect wild orangutans. Put on your costume and bring your trick-or-treat bag to the wildest Halloween event in town. It'll be a frightfully good time!

**When:** October 20-22, 27-29, and 31, 2023 - 4:00pm - 8:00pm

**Where:** Cheyenne Mountain Zoo

**Cost:** \$22-\$24. Advance timed tickets only



## Colorado Springs Senior Chorale of the Rockies

**What:** Tenor/Bass singers especially needed but all voices are welcome. Come join the Colorado Springs Senior Chorale of the Rockies. No tryouts required. Two main performances, June and December.

**When:** Practice is every Monday 1:15 to 3:15 pm

**Where:** The downtown YMCA. Free parking in the YMCA parking structure.

**Contact:** Please call Elizabeth at 719-392-6031.



YOU MAY QUALIFY FOR  
**FREE GRAB BARS**  
CALL AND ASK US HOW!






STAIR LIFTS  
GRAB BARS  
RAMPS


**EXTEND YOUR ABILITY TO LIVE AT HOME**

**Next Day Access**  **719-749-3930**  
To find out more visit us online at:  
[www.NextDayAccess.com/colorado-springs-co/](http://www.NextDayAccess.com/colorado-springs-co/)


 

 **STAIR LIFTS • GRAB BARS • RAMPS • PATIENT LIFTS**

**COMMUNITY HEALTH SAVES LIVES**



**Peak Vista**  
Community Health Centers



**GET YOUR COVID-19 VACCINATION**  
— Learn more at [peakvista.org/COVID](http://peakvista.org/COVID) or call (719) 632-5700 —



**The Palisades**  
at Broadmoor Park  
MBK SENIOR LIVING

*We Put You First in Everything We Do*

Everything we offer at The Palisades at Broadmoor Park is geared toward creating a place our residents are happy to call home. We enhance the everyday experience of our residents with signature programs, exceptional food, warm and inviting community spaces, and spacious apartment homes where they can relax and live well.

Call us at **719-355-3200**  
to schedule your tour today!

INDEPENDENT • ASSISTED LIVING • MEMORY CARE

4547 Palisades Park View,  
Colorado Springs, CO 80906  
[PalisadesatBroadmoorPark.com](http://PalisadesatBroadmoorPark.com)



**MBK Mind + Body Wellness**

At MBK Senior Living, we believe what is good for the body is good for the mind. Building on the Substantial body of scientific research illuminating the mind-body connection to health and well-being, our MBK Mind + Body Wellness approach provides residents the opportunity to choose from a number of activities, programs and classes that enrich the whole person.




**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.





## Gateways: Opening Doors to the Choral Art

- What:** Promoting musical awareness through the study and performance of great choral repertoire, to foster a lifelong passion for the choral art. Featuring works by Thomas Tallis, Harry Escott, Claude Debussy, Elaine Hagenberg, Alexander Blake, and more. Selections performed with guest ensemble Air Academy High School Chamber Singers conducted by Austina Lee
- When:** Friday, Oct. 20, 2023, 7:30 p.m.
- Where:** St. Mary's Cathedral, 22 West Kiowa St.
- Cost:** There are no tickets required for entry; admission is free, with donations gratefully accepted.

## Thrift Boutique Sale by Salvation Army Women's Auxiliary

- What:** Affordable coats, accessories, career and casual clothing.
- When:** Friday and Saturday Oct 20th and 21st, 9am to 3pm
- Where:** The Salvation Army 908 Yuma St. Colorado Springs 80909
- Contact:** 719-636-3891



## Calendar of Events November 2023

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

## Black Forest Arts And Crafts Guild Fall Craft Show

- What:** A Craft Show organized by Black Forest Arts and Crafts Guild. This Colorado Craft Show will have crafts, fine art and fine craft exhibitors, and no food booths. This event will also include baked goods.
- When:** November 1 - 5, 2023 - Wed 4pm-7pm, Thu 9am-7pm, Fri 9am-7pm, Sat 9am-7pm, Sun 10am-2pm
- Where:** Black Forest Community Center, 12530 Black Forest Road, Black Forest 80908



## Pottery Palooza

- What:** Celebrating the 11 exceptional ceramic artists represented at 45°. Along with their core collections, we will be featuring wall hung functional and sculptural works. Expect one of a kind pieces plus all of the bowls, mugs, platter and vessels that are the core of each artists' collections. We are anticipating over 900 pieces for you to choose from.
- When:** Opening night is Friday, November 3rd from 5pm-8pm. Pottery Palooza will continue through the end of November or until the show sells out.
- Where:** 45° is located at 2528 W Colorado Ave, ste B in Colorado Springs



## Colorado Springs Women's Expo

- What:** The 17th Annual Colorado Springs Women's Expo With A Cause will be the largest two-day event for women in Colorado Springs. Women can sample and shop at 170 booths, and take part in special events on two stages!
- When:** November 5-6th, 2022 - SAT 10:00am-5:30pm, Sun 11:00am-4:30pm
- Where:** Norris Penrose Event Center 1045 Lower Gold Camp Road 80905.
- Web:** <https://www.cantonfair.net/event/21579-colorado-springs-womens-expo>
- Cost:** Tickets for \$7 general admission/ \$5 online or with coupon/12 and under free. Tickets are available at the Box Office during Expo Days!



## Cheyenne Mountain Newcomers Club

- What:** The second annual Members' Art Show and Holiday Bazaar of Cheyenne Mountain Newcomers Club will be held November 8th. The morning begins at 9:30 a.m. and members will be showing their creative interests and passions. From paintings to photography, jewelry to published books, quilting to haute couture sewing, every form of creativity will be on display to order, purchase or just appreciate. Membership in CMNC is not required.
- When:** November 8, 2023
- Where:** Broadmoor Community Church, 315 Lake Avenue, beginning at 9:30
- Web:** For more information about CMNC go to their website at [cmnccos.org](http://cmnccos.org).





# Iron Springs Chateau

Colorado's Fun Melodrama

444 Ruxton Ave, Manitou Spgs, CO  
(719) 685-5104

## JOIN US FOR THE HOLIDAYS!

### LARGE GROUPS / OFFICE PARTIES

A delicious three course meal followed  
by our musical comedy melodrama  
**FUN FOR THE WHOLE FAMILY!**

Tickets available at:

<http://ironspringschateau.com>



Closed on Sunday & Monday

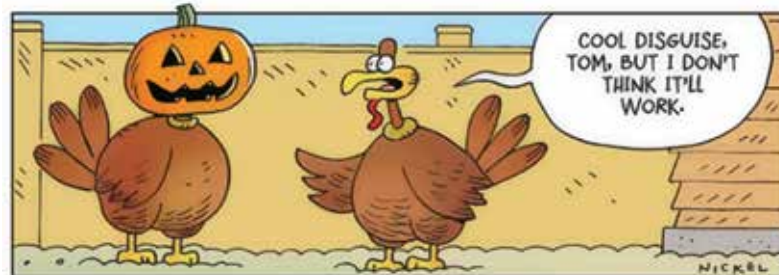
Senior, Military &  
Group Rates  
Available



## PLAY SUDUKO

Key on page 30.

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





## Curiosity Unlimited UCCS Fun Opportunity for Continuous Learning

**What:** “Autonomous Systems: The Impact on 21st Century Life” - Lecture by William Michael, Instructor, Electrical and Computer Engineering

**When:** November 10, 2023 - Coffee at 9:30 with lecture to follow at 10:00.

**Where:** ENT Center for the Arts Chapman Recital Hall

**Contact:** 719-470-1230 - [www.uccs.edu/curiosity](http://www.uccs.edu/curiosity)

**Cost:** Free, guests and non-members welcome!

## Vintage Market Days

**What:** Vintage Market Days of Colorado Springs is celebrating 10 years of bringing the vintage experience to you. We are so excited to present our Holiday coming to Colorado Springs November 17th-19th, 2023. Join us for an unforgettable weekend full of shopping our carefully curated vendors, enjoying live music and local yummy eats and treats while you shop!

**When:** Fri, Nov 17, 10 AM–Sun, Nov 19, 4 PM

**Where:** Norris Penrose Event Center 1045 Lower Gold Camp Rd, Colorado Springs



## Trans-Siberian Orchestra

**What:** Prepare for a musical journey like no other this winter as Trans-Siberian Orchestra (TSO) presents “The Ghosts of Christmas Eve – the Best of TSO & More.” This year’s tour promises a new and larger presentation of the beloved holiday tradition, “The Ghosts of Christmas Eve,” which has captured the hearts of multiple generations.

**When:** Sunday, November 19, 2:00 pm matinee /Sunday, November 19, 7:00 pm

**Where:** Broadmoor World Arena

**Web:** [www.pbs12.org/tickets/trans-siberian-orchestra-concert/](http://www.pbs12.org/tickets/trans-siberian-orchestra-concert/)



## Handel’s Messiah presented with Parish House Baroque

**What:** Elevate your spirit with the timeless majesty of Handel’s Messiah as the Colorado Vocal Arts Ensemble and Parish House Baroque unite, conjuring an unforgettable evening of authenticity and emotion. With Parish House Baroque echoing the era’s elegance, and the Colorado Vocal Arts Ensemble’s harmonious voices breathing life into the music’s profound themes, experience a musical journey that transcends faith, hope, and redemption.

**When:** Saturday, Nov. 25, 2023, 4:00 p.m. and 7:00 p.m. at Glen Eyrie Castle, 3820 N 30th St.

**Where:** Two performances at the historic Glen Eyrie Castle.



## Colorado Springs Holiday Craft & Gift Show

**What:** Join us on Black Friday, Saturday, and Sunday for our largest shopping event of the year. Meet over 250+ local and national vendors for this three day event.

**When:** November 24th - 26th Friday 3pm - 7pm, Saturday 10am - 4pm, Sunday 10am - 4pm

**Where:** Norris Penrose Event Center 1045 Lower Gold Camp Rd

## The Nutcracker

**What:** Colorado Springs comes alive with the joyous tradition of The Nutcracker, enchanting hearts and filling the air with holiday cheer. Experience the timeless tale that never fails to captivate, igniting wonder, and kindling the festive spirit.

**When:** Fri, Nov 24, 8 AM–Tue, Nov 28, 5 PM

**Where:** Pikes Peak Center For The Performing Arts  
190 S Cascade Ave, Colorado Springs

**Web:** [csphilharmonic.org/event/thenutcracker/](http://csphilharmonic.org/event/thenutcracker/)





# Thanksgiving Meals for the Community



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

Please call to confirm date of community Thanksgiving meal.

## **Crossfire Ministries**

3975 N. Academy Blvd  
Colorado Springs.  
(719) 447-1806

crossfireministries.org to pre-register  
Households need to be pre-registered for take out food basket. Pick up date and time will be assigned at registration.

## **Silver Key Senior Services**

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

They will be doing their annual Bountiful Bags again in 2023  
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) 636-3891 or (719) 635-1287

They are also planning to have a community meal.

Please call to confirm the details.

## **Fishes and Loves**

2221 N Wahsatch Ave.,  
Colorado Springs.  
(817) 966-7939

For 2023, 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

A food pantry will provide a basket with a turkey on November 21st. Call to sign up.

## **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 19th at 9am.

Food pantry is open first and third Saturdays between 1pm and 3pm.

## **Regency Tower** *apartment living for the Young at Heart!*

*Beautifully Designed  
apartment homes and  
luxurious accommodations.*



Friendly Management,  
Outstanding Features, and  
Prompt, Efficient Service.

Newly remodeled  
apartments available.

Regency Towers offers Clean,  
Relaxing, Comfortable  
Lifestyle for the 55+ Crowd.

**WE  
WON!**  
THANK YOU  
FOR YOUR SUPPORT  
[thebestofthesprings.com](http://thebestofthesprings.com)

**BEST OF THE  
SPRINGS  
2023  
WINNER**

921 Green Star Dr., Colorado Springs, CO 80905 • 719 - 633 - 2121 • [www.regencytowersllc.com](http://www.regencytowersllc.com)





Presented by



**Saturday  
November 11, 2023  
5:00 p.m.**

Colorado Springs  
Pioneers Museum  
215 South Tejon Street  
Colorado Springs, CO 80903

During the winter holiday season, the trees surrounding the Colorado Springs Pioneers Museum are lit up for the Trees of Life celebration in memory of thousands of loved ones.



To learn more about our services call 719.633.3400  
To make a donation call 719.457.8103

**[www.PikesPeakHospice.org](http://www.PikesPeakHospice.org)**

## SUDUKO KEY

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

## Page 23 Brain Teaser Answers:

A1: The letter "M"

A2: The letter "G"

A3: None

A4: A map

A5: A barber

A6: A coat of paint

## We buy & sell coins, currency, scrap gold & silver and much more!

- U.S. Coins
- U.S. Currency
- Gold Bullion
- Silver Bullion
- Platinum
- Gold and Sterling Silver Jewelry
- Scrap Gold Jewelry
- Sterling Silver Flatware
- Scrap Silver Jewelry
- Foreign Coins & Currency
- Dental Gold



In Business since 1983!

HOURS

Mon-Fri: 9:30-5:30

Saturday: 10-4



# *HALLENBECK COIN GALLERY*

711 N Nevada Ave • Colorado Springs, CO 80903 • 719-634-3313

[www.HallenbeckCoinGallery.com](http://www.HallenbeckCoinGallery.com) •

PRESENT  
THIS COUPON  
FOR A

# FREE

VERBAL APPRAISAL  
FOR UP TO 50 COINS.

Hallenbeck Coin Gallery



We're honored to join you in  
supporting Pikes Peak Senior News.

Thanks for standing with the  
Colorado Springs community.

Ready to learn more about Humana plans?  
Get in touch with a licensed Humana sales agent.



**Humana MarketPoint® Office**  
**719-532-7700 (TTY: 711)**

5310 N. Nevada Ave Colorado Springs, CO 80918  
Monday – Friday, 8 a.m. – 5 p.m.

For accommodation of persons with special needs at meetings, call 1-877-320-1235 (TTY: 711).



# Have You Stress Tested Your Retirement?

**WHEN WOULD YOU WANT TO KNOW if there was something going on with your retirement, investments or taxes, that you were unaware of?**

*We are YOUR Retirement Resource!*

*All SERVICES (Tax, Legal, and Financial) under one roof working together meeting your RETIREMENT NEEDS!*

- Safe Money Planning
- Retirement Income Solutions
- Advanced Tax Planning
- Annuities
- Life Insurance
- Long-Term Care Insurance and Alternatives
- 401(k)/IRA Rollovers
- Tax Preparation
- Estate Planning
- Income Planning
- Retirement Planning
- Social Security Planning
- Advisory Services



*The dedicated staff at Senior Tax Advisory Group*

**IDENTIFY ALL THE NECESSARY FACTS IN 5 KEY AREAS:  
MARKET RISK, INFLATION, TAXES, LONGEVITY AND SURVIVORSHIP  
CALL TODAY TO SCHEDULE YOUR  
FREE RETIREMENT STRESS TEST!**



**SENIORTAX**  
ADVISORY GROUP

**719-596-4844**

6775 Rangewood Drive | Colorado Springs, CO

**[www.SpringsTax.com](http://www.SpringsTax.com)**

Investment advisory services offered through Senior Tax Advisory Group, a SEC Registered Investment Advisor.  
Subadvisory services may be provided by unaffiliated Registered Investment Advisors.