

**PIKES PEAK**

APRIL - MAY 2024

# SENIOR NEWS

LIFESTYLE MAGAZINE FOR THE MODERN SENIOR



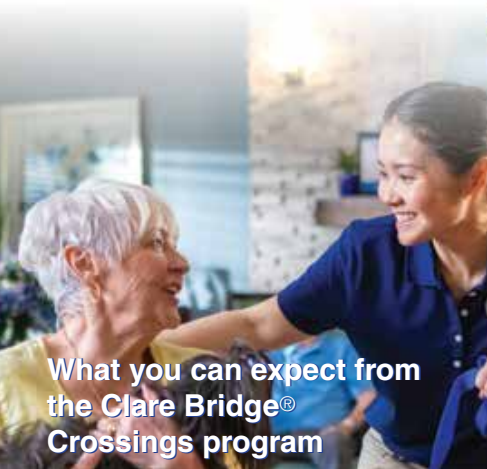
## 2nd Annual **Senior Lifestyle Expo** & *Cherry Blossom Celebration*

Resources for Senior Living and Community Services

See pages 12-19 for Expo Program and Class Schedule

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# Pikes Peak **SENIOR NEWS**

A publication of the Senior Resource Center of Southern Colorado a 501c3 nonprofit



*April - May 2024*

- 4 • Blooming Traditions: Tracing the History of Cherry Blossom Festivals in the United States**
- 8 • Healthier by Design: Impact of Windows and Sunlight on Health, Productivity, Stress**
- 12 • Senior Lifestyle Expo Program and Class Schedule**
- 20 • Pickleball Gains Popularity Locally and Beyond**
- 24 • Tinseltown Talks: Diane Baker Remembers TCM Host Robert Osborne**
- 26 • Crossword Puzzle**
- 27 • Sudoku**
- 30 • Business Directory**

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**pg 20**



**pg 4**

# Blooming Traditions: Tracing the History of Cherry Blossom Festivals in the United States

By Rob Ott

Now that it is officially spring, it is time to celebrate the new life the season brings to the world. The spring season is known for its vibrant colors as the sun returns to light up the earth and give the planet longer days.

The spring season is always a good time of year to focus on everything new. From new hobbies to new exercise routines the warmth brought by the spring season often inspires people to change.

In order to help with the changing universe, Pikes Peak Senior News is sponsoring their annual Senior Expo that takes place at the Antler Hotel in Colorado Springs on April 24. The expo will be filled with information on resources to help those over 50 take on their new lives for the spring season.

And to honor the changes that come with the season, the expo this year will be themed around the beautiful occurrence of blooming cherry blossoms. The theme will give tribute to cherry blossoms festivals that take place all across the world. Like every tradition, cherry blossoms and events surrounding them have a long history in the U.S. and beyond.

Cherry blossom festivals in the United States are vibrant celebrations that pay homage to the delicate beauty of these

iconic flowers. These annual events have become integral to American culture, drawing millions of visitors each year. However, the history of these festivals is deeply rooted in a story of friendship, diplomacy, and cultural exchange between nations.

The captivating tale of cherry blossoms in the United States begins with a generous gesture from the nation of Japan. In 1912, Tokyo Mayor Yukio Ozaki gifted 3,000 cherry blossom trees, known as sakura, to the city of Washington, D.C. as a symbol of friendship between the two countries. This gesture aimed to strengthen the budding relationship between Japan and the United States, marking the lasting bond between the two nations.

First Lady Helen Taft and Viscountess Chinda, wife of the Japanese ambassador, planted the first two trees on the northern bank of the Tidal Basin in Washington, D.C. These initial plantings laid the foundation for what would later become an enduring tradition.

Over the years, the cherry blossom trees flourished, gracing the nation's capital with their stunning pink and white blooms every spring. The beauty and symbolism of these blossoms captured the hearts

of Americans, prompting the establishment of the National Cherry Blossom Festival in 1935.

Initially, the festival was a modest affair, primarily focused on celebrating the cherry blossoms. However, it gradually evolved into a grand event featuring diverse cultural performances, art exhibitions, parades, and various activities that showcased both American and Japanese traditions.

The outbreak of World War II interrupted the festival's continuity, leading to strained relations between the United States and Japan. Sadly, during this period, some of the cherry blossom trees suffered acts of vandalism, reflecting the tension of the times. However, the spirit of reconciliation prevailed post-war, and efforts were made to restore and strengthen the bond symbolized by these cherished trees.

Throughout the latter half of the 20th century and into the 21st century, cherry blossom festivals expanded beyond Washington, D.C. Other cities across the United States, such as San Francisco, Philadelphia, and Macon, Georgia, established their own celebrations, planting cherry blossom trees and organizing events to honor this cultural tradition.



The festivals have not only become popular tourist attractions but also serve as a platform for cultural exchange, promoting understanding and appreciation of Japanese arts, music, cuisine, and traditions among diverse communities in the United States.

In recent years, these festivals have taken on new dimensions, incorporating modern elements while preserving their traditional essence. They continue to symbolize the enduring friendship between Japan and the United States, reminding people of the beauty found in cultural diversity and the significance of fostering international relationships.

As we anticipate each spring's arrival, the blooming cherry blossoms and the festivities they inspire serve as a poignant reminder of the enduring legacy of friendship between nations and the beauty that arises from cultural connections. The cherry blossom festivals in the United States stand as a testament to the power of nature, diplomacy, and shared heritage, inviting people of all backgrounds to come together and celebrate the fleeting yet breathtaking beauty of these blossoms.

**How are Cherry Blossom festivals in the US different from the ones in Japan?**

Cherry blossom festivals in the United States and Japan share common roots in their celebration of the iconic sakura (cherry blossoms), yet they exhibit distinct differences influenced by cultural, historical, and geographical factors. Here are some key differences between the cherry blossom festivals in the US and those in Japan:

**Cultural Significance:**

In Japan, the cherry blossom holds deep cultural significance, symbolizing the transient nature of life (mono no aware) and the beauty of fleeting moments. The Japanese tradition of hanami, or flower viewing, involves picnicking under blooming



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## Arts and Culture

cherry trees, appreciating their beauty, and reflecting on the ephemeral nature of life.

In the US, while cherry blossoms are admired for their beauty, the cultural significance is often more associated with the friendship between Japan and the United States. The festivals in the US serve as a celebration of this diplomatic relationship and a showcase of both American and Japanese culture.

### Timing and Varieties of Cherry Blossoms:

In Japan, the cherry blossom season, known as “sakura season,” is highly anticipated and celebrated nationwide. The timing varies annually but generally occurs from late March to early April, and the blooming period is closely monitored and reported by meteorological agencies. Japan boasts various species of cherry trees, with different regions showcasing distinct varieties.

In the US, the timing of cherry blossom festivals varies depending on the location and the local climate. For instance, the National Cherry Blossom Festival in Washington, D.C., typically takes place from late March to early April, coinciding with the blooming of Yoshino cherry trees gifted by Japan. Other cities may have different varieties of cherry trees that bloom at varying times during spring.

### Festival Activities and Traditions:

Japanese cherry blossom festivals often include traditional performances, tea ceremonies, and cultural events showcasing various aspects of Japanese heritage. Hanami

gatherings under cherry blossoms in parks are a central part of the celebration, where people enjoy food, drinks, and the beauty of the blossoms.

In the US, cherry blossom festivals feature a blend of American and Japanese cultural elements, such as art exhibitions, music performances, parades, and food festivals. These events aim to foster cultural exchange, showcasing both nations’ traditions and customs while highlighting the beauty of cherry blossoms.

### Scale and Context:

Cherry blossom festivals in Japan are deeply ingrained in the country’s cultural fabric and are celebrated across the nation, attracting locals and tourists alike. The festivals often have historical significance tied to specific regions or landmarks.

In the US, while the National Cherry Blossom Festival in Washington, D.C., is a prominent and widely recognized event, other cities may have smaller-scale celebrations. These festivals often serve as opportunities for communities to come together, appreciate nature, and celebrate cultural diversity.

While both the US and Japan celebrate the beauty of cherry blossoms, the festivals carry different nuances shaped by their respective cultural contexts, historical backgrounds, and the ways in which they honor these stunning flowers.

### Where are the most impressive Cherry Blossom Festivals held in Japan?

Japan is renowned for its spectacular cherry blossom festivals, known as “sakuramatsuri,” held in various locations across the country. Some of the most impressive cherry blossom festivals in Japan include:

#### ***Hirosaki Cherry Blossom Festival (Hirosaki Park, Aomori Prefecture):***

Hirosaki Park is famous for its more than 2,500 cherry trees, particularly the majestic weeping cherry trees. The festival, usually held from late April to early May, includes evening illuminations, boat rides on the park’s moat, and traditional performances.

#### ***Sakura Matsuri in Kyoto (Multiple locations in Kyoto):***

Kyoto, with its historical temples and gardens, hosts numerous cherry blossom events throughout the city. Maruyama Park, Philosopher’s Path, and the area around Kiyomizu-dera Temple are popular spots for enjoying cherry blossoms in Kyoto.

#### ***Shinjuku Gyoen National Garden (Tokyo):***

Shinjuku Gyoen is a vast garden with diverse cherry blossom varieties, offering a tranquil escape in the bustling city. The park’s cherry blossom season, usually from late March to early April, attracts crowds for hanami picnics and strolling among the blossoms.

#### ***Cherry Blossom Festival at Chidorigafuchi (Tokyo):***

The area around Chidorigafuchi, near the Imperial Palace

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in Tokyo, is adorned with hundreds of cherry trees along a moat. Visitors can rent rowing boats to admire the blossoms from the water, and illuminated evening views are particularly enchanting.

**Himeji Castle Cherry Blossom Viewing (Himeji, Hyogo Prefecture):**

Himeji Castle, a UNESCO World Heritage site, is surrounded by cherry trees. The castle's striking backdrop combined with the blossoms creates a stunning sight during the sakura season.

**Takato Castle Ruins Park (Ina, Nagano Prefecture):**

Takato Castle Ruins Park is renowned for its picturesque mountainous setting and approximately 1,500 cherry trees, including the rare TakatoKohigan cherry blossoms. The festival, held in early to mid-April, offers beautiful panoramic views.

**Miyajima Island (Hiroshima Prefecture):**

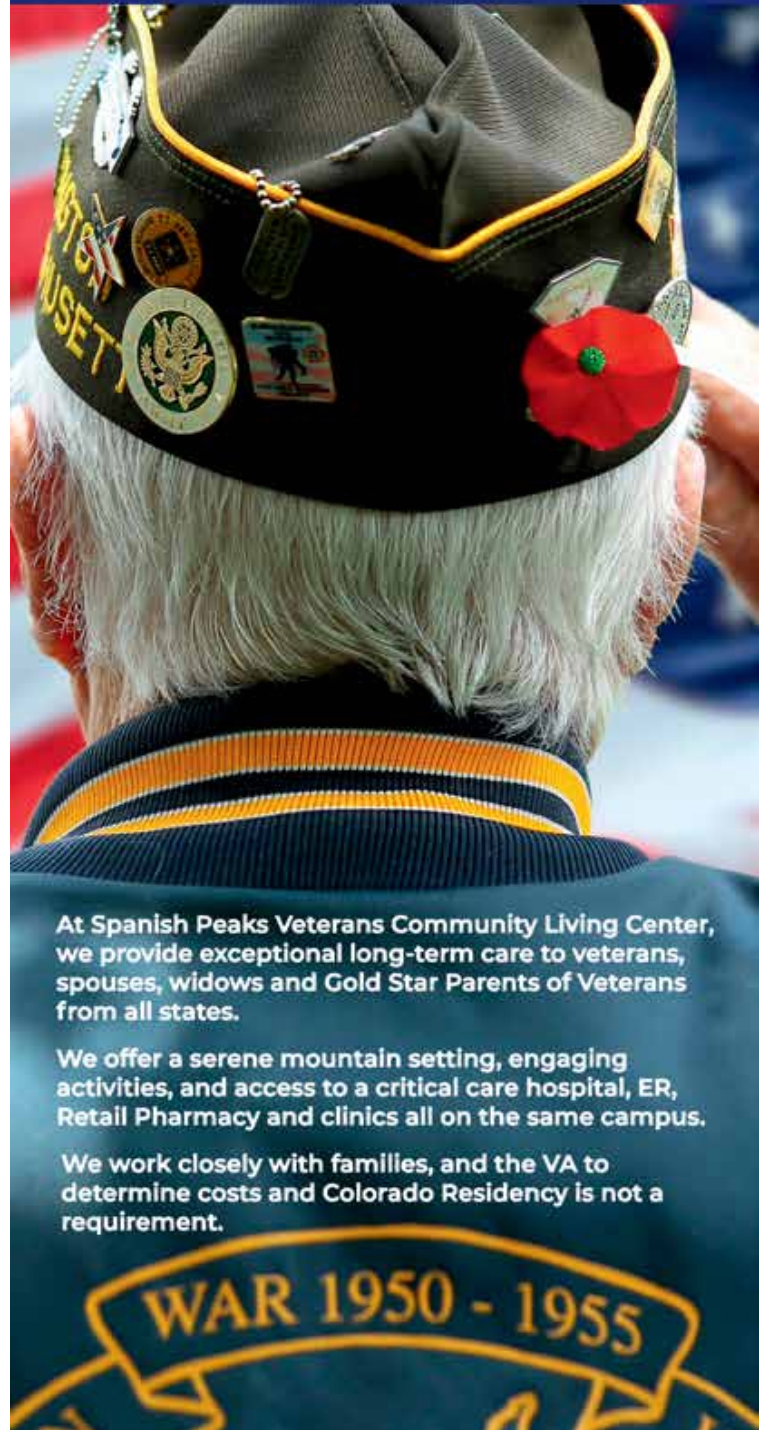
While primarily famous for the Itsukushima Shrine and its "floating" torii gate, Miyajima Island also boasts cherry blossoms in spring. The contrast of the blossoms against the island's scenic beauty is a captivating sight.

These locations are just a few examples of the many incredible cherry blossom festivals and viewing spots in Japan. Each offers a unique experience, whether it's through historical settings, natural landscapes, or cultural events, making Japan a prime destination during the enchanting sakura season.

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# Healthier by Design:

## Impact of Windows and Sunlight on Health, Productivity, Stress



By David Trilling

For decades, scientists have known that daylight is essential to human health. Back in 1948, the British Medical Journal poked fun at a group of engineers who tried to convince doctors that artificial light was superior to sunlight.

By the 1980s, insufficient daylight came to be seen as a possible factor in “sick building syndrome,” a set of symptoms afflicting some office workers. A number of subsequent studies have bolstered the link.

Scholars more recently have established that workers in windowless offices are less happy and less healthy than their colleagues with steady sources of daylight.

Workers without daylight are more stressed, too. By contrast, workers with windows are more satisfied; students who sit near windows perform better.

But is there a connection, as some contend, between daylight and worker productivity?

### Sadness, Stress, and Lack of Daylight

Absenteeism costs the American economy about \$225.8 billion annually, according to the Centers for Disease Control and Prevention; that’s \$1,685 per worker. Major causes of absenteeism and “presenteeism” (reduced performance and productivity at work) are stress and depression. And both of these ailments have been associated with a lack of daylight.

In one widely cited 1992 study, Swedish researchers compared students in classrooms with windows and students studying under only fluorescent lights. They found that students without daylight produced less of a hormone that helps the body deal with stress and infection. “Work in classrooms without daylight may upset the basic hormone pattern, and

this in turn may influence the children’s ability to concentrate or cooperate, and also eventually have an impact on annual body growth and sick leave,” the researchers wrote in the *Journal of Environmental Psychology*.

“Windowless classrooms should be avoided for permanent use.”

Nurses in a Turkish hospital were subjects in another study, published in 2005. About half of 141 nurses had more than three hours of daylight exposure per day; about half had less. Those with more than three hours were less stressed and more satisfied with their work. Another study of nurses found them 95 percent more likely to make medical errors in mid-winter than in the fall, when there is more light.

Other research has compared workers in the Arctic during winter, when daylight hours are extremely short, and the tropics, where the length of the day is largely consistent year-round. It found workers in the Arctic winter feel they are not getting enough sleep. They are also more prone to depression — a finding backed by extensive research on seasonal affective disorder (SAD), when some people grow depressed during the shorter winter days.

For those suffering bipolar disorder, strong midday light may have therapeutic qualities. A 2017 study in the *American Journal of Psychiatry* found bright light between noon and 2:30 p.m. may decrease mood swings and depression in bipolar patients.

### Health, Sleep, and Artificial Light

Replacing daylight with artificial lamps appears to affect the brain’s production of melatonin, a hormone that regulates sleep, enhances immune function, and may prevent some forms of cancer. Studies have found lower melatonin levels in night-shift workers and day workers in

windowless workspaces; both groups sleep worse than workers with access to daylight. A 2010 study of eighth-grade students found that lack of exposure to morning daylight may delay bedtime that evening, cutting into their sleep.

A poor night’s sleep can negatively impact overall health, memory and attention span. A 2014 study in the *Journal of Clinical Sleep Medicine*, led by Mohamed Boubekri of the University of Illinois at Urbana-Champaign, examined the quality of office workers’ sleep and found evidence that workers who spend most of their days in rooms without windows sleep worse than those with windows nearby. Moreover, they reported lower scores on all eight factors measured by the short-form health survey (SF-36), an established test of overall physical and mental health.

A 2012 study of patients’ average length of stay in a Korean hospital found significant benefits correlated with brighter rooms, especially ones with ample daylight. Patients recovering in rooms facing southeast left the hospital between 16 and 41 percent faster than patients in rooms facing northwest (which receive less direct sunlight in the northern hemisphere). The researchers, led by an engineer at the Missouri University of Science and Technology, also conclude that morning light may be more beneficial to patients’ health than afternoon light.

### Natural Light and Work Productivity

Some research has claimed that sustainably designed offices — that is, offices in buildings that are relatively energy efficient, filter air and maximize the use of natural light — improve worker productivity. A number of design standards, such as WELL certification by the International WELL Building Institute in Washington, D.C., are often touted for boosting



productivity. But while the evidence is extensive that design features such as windows can improve workers' health and happiness, a 2016 literature review challenges claims that design can impact output. There is "no agreed definition of productivity in an office environment," the paper notes.

Students, however, because they take tests regularly, are easier to measure. A paper funded by the state of California found broad performance improvement among students in classrooms with the most natural light. The 2002 study looked at 21,000 students in three school districts (in California, Washington state, and Colorado). Some scholars have questioned the paper's methodology while acknowledging the findings merit further study: It suggests that students in classrooms with the most daylight progressed 20 percent faster in math over one year compared to their peers with less light, and 26 percent faster in reading.

### Daylight and Ethical Behavior

Probed less often by researchers is the relationship between daylight and moral behavior. But in 2013, two Taiwanese researchers writing in the Journal of Environmental Psychology described three experiments that appear to show people acting more ethically in well-lit rooms than in dingy ones — in one of the tests, for example, doling out more money to strangers from a common pot. The researchers found "brighter surroundings can induce people to act less selfishly and increase the likelihood of honesty."

Lastly, scholars have also focused on shoppers, finding that windows allowing daylight into stores may even boost sales.

David Trilling is a staff writer for Journalist's Resource. David worked for 10 years in the former Soviet Union and Middle East, most recently as The Economist's Central Asia correspondent and as an editor at EurasiaNet.org. He has written for Foreign Affairs, Foreign Policy, The Nation, The Guardian and other publications.

Originally published on Journalist's Resource, a publication of Harvard's Shorenstein Center on Media, Politics and Public Policy.



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\*registration recommended, but not required to attend



# Speaker Presentations



## JACKSON ROOM

### Travel Leaders



**8:30am** Senior Friendly Travel Tips & Traveling Solo: Explore the world with confidence! Discover senior-friendly travel tips, from packing essentials to navigating new destinations solo, empowering you to embark on unforgettable journeys tailored to your pace and preferences.

**9:30am** Group Trips: Domestic Bus Tours and International Groups - Traveling Safely with Others: Join us as we delve into the joys of group travel, whether it's a scenic bus tour within the country or an exciting adventure abroad. Learn valuable insights on safety, camaraderie, and the enriching experiences that come with exploring the world in the company of like-minded individuals.

**10:30am** Video Presentation on a Selection of Trips: Immerse yourself in a visual feast of enticing travel destinations! Our video presentation will showcase a curated selection of captivating trips, providing a sneak peek into the incredible adventures awaiting you. *\*Attendees have the chance to win a one-night stay in Blackhawk - adding an extra touch of excitement to the day!*

*"Donna Evanoika, the visionary President and CEO of Travel League Inc., has dedicated over four decades to shaping the agency into a full-service travel provider. With a team of five specialized agents, Donna ensures personalized attention to each client's needs, making Travel Leaders the go-to destination for tailored travel experiences as the only storefront agency in Colorado Springs. Under her leadership, Travel Leaders has survived Covid and expanded its services to include individual and group travel, as well as specialized segments such as Senior Friendly Travel, Mission-Non-Profit, Women's Travel and much more. Our commitment to computer security ensures that all client information remains safeguarded, setting Travel Leaders COS apart as the leading choice for travelers worldwide."*



### Brookdale Senior Living

**12:00 noon** Optimal Life Brain Health



**Noon - 2:00 pm** We will be in the Jackson room for questions and consultations.

Topics covered in the Class: What is Brain Health? The Functions of the Brain, Normal Changes Versus Warning Signs with Brain Aging, Alzheimer's Disease and Dementia, Brain Healthy Updates You Can Make and Brain Healthy Lifestyle . Maureen Connoll - Divisional dementia care manager, Brookdale Senior Living

*Maureen is a Divisional Dementia Care Manager for the East Division. Maureen has served with Brookdale Senior Living for over 17 years in a variety of roles both at the community and regional level. She previously served as the Executive Director of Brookdale Weddington Park and as an Executive Director Pro-Tem for the former Southeast Division. She has served as a committed mentor to other directors and has provided her expertise and assistance in multiple communities. She is licensed in North Carolina as an Assisted Living Administrator. She is a Certified Dementia Care Practitioner (CDP) and received her Bachelor's Degree from Merrimack College in North Andover, MA. Maureen's passion is serving those with Dementia.*



**CARSON ROOM**

**EPIC Law Group**



9:00am

**”Protecting Your Family and Leaving a Legacy  
- Why Most Estate Plans Fail and What to Do About It”  
Presented by Chad Spencer, EPIC Law Group**

The purpose of estate planning is to help you examine your financial and non-financial goals, take action to minimize the impact on your family, and ensure that your legacy lives on through those you love.

*Chad Spencer, from the EPIC Law Group, focuses his practice on educating people on how they can painlessly preserve and protect what they hold most dear. Boasting 25+ years of varied experience, including 10 years in estate planning and 18 as a Colorado attorney, Chad brings a holistic approach to his practice. Away from the office, Chad enjoys as much family time as he can get with his gorgeous wife, beautifully intelligent daughters, and handsome caring son (and the occasional round of golf, if they let him).*



**Bingo Reverse Mortgage**

10:00am

**Myth Busting**

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**Busting Reverse Mortgages 101” is an enlightening class designed to debunk common misconceptions surrounding reverse mortgages. Gain clarity on how this valuable financial tool can enhance your retirement plans by leveraging your home’s equity to build generational wealth, explore tax deduction strategies, and enjoy the freedom of no monthly mortgage payments. Join us to unlock the secrets to maximizing your financial security in retirement. Company NMLS: 2268418**



*Brian Wilbur is a Marine Corps Veteran and is the managing broker of Bingo Reverse Mortgage. He and his local boutique team have the experience to help you discover how to use a Reverse Mortgage as a financial tool in your retirement.*



**Department of Human Services**

11:00am

**APS Overview with  
Christine Ogolla, APS Intake Supervisor.**

*My first encounter with the elderly population was 2015 as an undergrad student doing my internship. During this period, I developed a passion in serving the At-Risk Adults. I have never looked back since then. In 2017, I was employed at the Adult Protective Services unit as a caseworker. I investigated the various mistreatments in the report. I also connected the At-Risk adults with the appropriate, available resources to help improve their quality of life. In May 2022, I was promoted to a Lead Casework position. I continued to carry a caseload while also supporting my colleagues in the field. In 2023, I was promoted to an intake supervisor position. I currently oversee the reports made into our intake hotline, emails into the inbox, the clients that walk into the building to make reports, the call screens from law enforcement. All the reports made are reviewed the following morning by a leadership team.*



# Senior Expo 2024

## FREMONT ROOM

### Bonaventure

9:00am

TBD



Brianna Westlake, Regional Director of Operations for Bonaventure.

### Rocky Mountain PACE

10:00am

Staying Safe at Home  
with Rocky Mountain PACE Medical



Services and Support. Carolyn will explain the benefits of the PACE program. Attendees can participate in the conversation and ask questions about this unique program of all-inclusive care. Rocky Mountain PACE understands that most older adults want to age in their homes while remaining independent. Therefore, Rocky Mountain PACE offers older individuals all medical services, including medical transportation, at little or no cost. You can learn more about the benefits of Rocky Mountain PACE services and see if Rocky Mountain PACE is right for you or a loved one. Carolyn Wilson, MA, will explain how qualifying for this remarkable program costs most people nothing!

*Carolyn M. Wilson is a Colorado Native who grew up in southern Colorado. After retiring from a career in public education, Carolyn wanted to give back to the community by working for a non-profit, so she found Rocky Mountain PACE. Carolyn has been with Rocky Mountain PACE for about six years. She is passionate about her work at Rocky Mountain PACE because she and her brothers are caregivers for her parents, who are over 90 and still live at home. Carolyn is active in the Fountain Valley, Tri-Lakes, Manitou, and Colorado Springs communities and regularly attends age-friendly events. She is knowledgeable about the environment of older adults in the Pikes Peak region and is honored to be a presenter today.*



### Beneficent

11:00 am

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### Leventhal, Lewis, Kuhn, Taylor, Swan, PC

12:00 noon

Class Title "Wills, Trusts, and Estate Planning - 5 Facts You  
Need to Know" by Rabea Taylor, J.D.



*Ms. Taylor is a shareholder at Leventhal Lewis Kuhn Taylor Swan PC. She combines a background in business with a wide range of legal and personal experience to provide her clients with a uniquely practical perspective. Ms. Taylor earned her first law degree from the University of Tübingen in Germany in 2000 and her Juris Doctorate from the University of Denver Sturm College of Law in 2011.*



## FREMONT ROOM

### PILLAR Institute and Lifelong Learning

**1:00 pm** Pillar Mini-Class

Lifelong learning has many health benefits. Keeping the brain active and fit is as important as physical health as we age. In addition to a short session about lifelong learning, PILLAR will be offering a PILLAR mini-class so you can see what PILLAR is all about! PILLAR Institute for Lifelong Learning is a 501(c)3 membership organization. It has a three-part mission: learning, volunteering and socializing.

*Sandy Halby: BS in Mathematics from the University of Alaska. She is a military veteran and retired from the federal government as a civil servant. Currently, she is president of a local Mensa group and active in the Pikes Peak Beekeepers Association. Sandy has been an instructor and member of PILLAR Institute for almost 10 years.*



## STRATTON ROOM

### Oak Street Health

**9:00am & 1:00PM** Pickleball isn't just for Athletes

Introduction to the game of Pickleball - Come and learn the basics of the game, While having a fun, social and engaging experience with others like yourself. Class Participants can enter a drawing for a free Pickleball starter kit provided by Oak street Health. Taught by Delaine Elsrode, Oak Street Health. Delaine Elsrode, Outreach Executive II

*Delaine has lived in Colorado Springs for over 40 years and loves all that Colorado Springs has to offer. Delaine and her husband enjoy fishing, golfing, and traveling around Colorado. They are both learning to play pickleball as a fun way of getting some exercise and sunshine while meeting new people in our neighborhoods.*



## CAMERON ROOM

**10:00am & 1:00pm** Tai Chi Dance

Through the spiritual movements of Tai Chi which is poetry in motion with Master Christophe J Clarke

*Master Christophe J Clarke, world renowned Tai Chi expert, motivational speaker, film and radio personality, and two time Olympic Gold Medalist, who has worked with the Denver Broncos and the FBI.*



## HAYDEN ROOM

**8:30- Noon** Hearing Screenings by Beltone

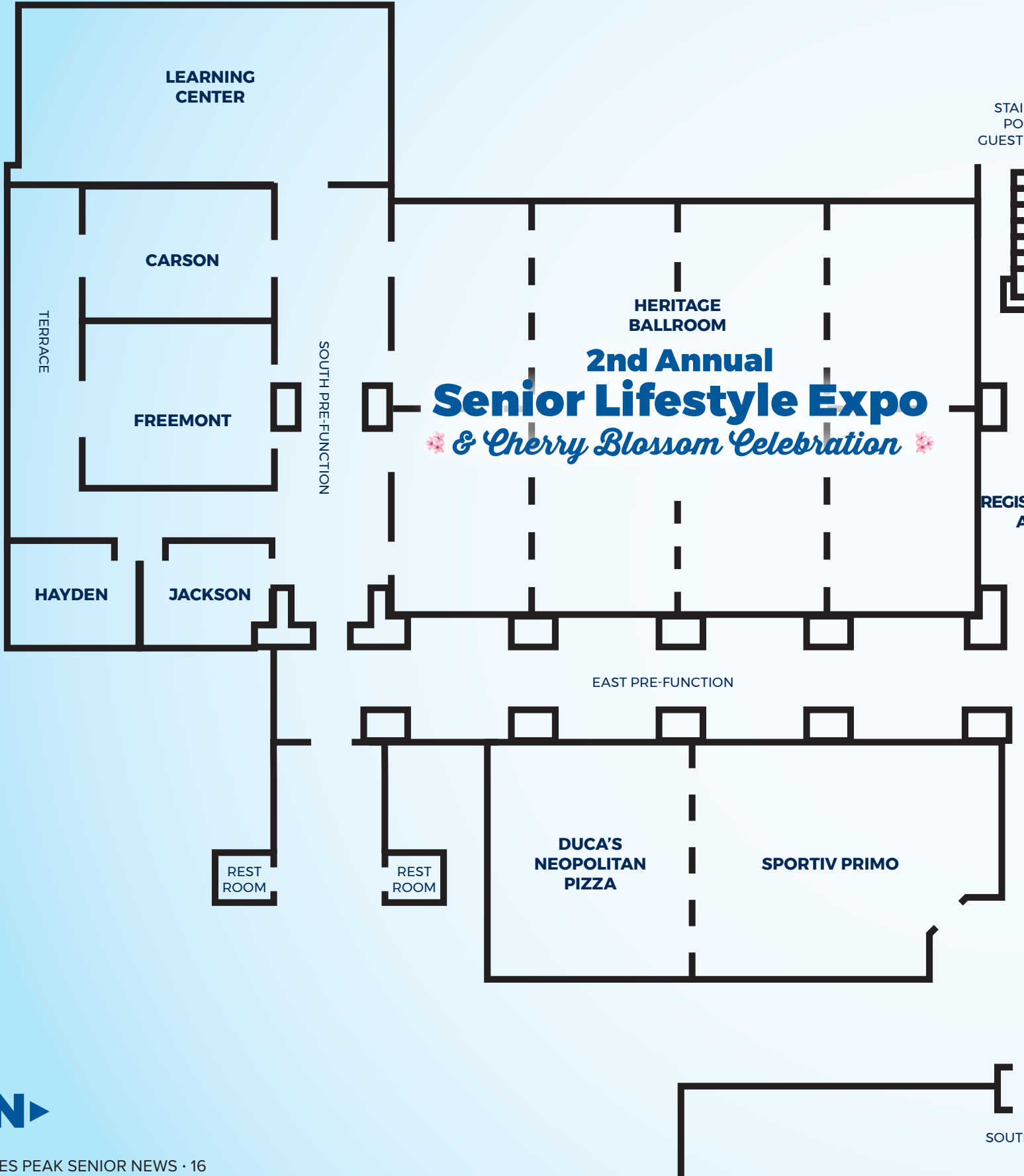


## HERITAGE BALLROOM

**8:30 am - 10:30 am** The stringed quartet from the Colorado Springs Chamber Orchestra will be performing.



# Senior Expo Floorplan







STAIRS TO  
FLOOR &  
ROOFS

PHONES

**CLUB  
ROOM**

**STRATTON**

REST  
ROOMS

**CAMERON**

ELEVATORS

**ANTLERS  
GRILL**

RECEPTION  
AREA

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 Pillar Institute  
 for Lifelong Learning  
 Porchlight Friends  
 Prime IV Hydration and Wellns  
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# Pickleball Gains Popularity Locally and Beyond

By Trevor Phipps

Even though the sport has been around several decades, a few years ago many did not even know what pickleball was. But over the last few years, the pastime activity that once had a small but dedicated following has now grown vastly in popularity.

In fact, many pickleball experts say that it is currently the fastest growing sport in the country with an estimated 10 million people playing. Locally, the activity has become played by more and more residents especially after Springs Pickleball (an indoor pickleball court) opened up in Colorado Springs in late 2022.

With the growing interest in the sport, the senior citizen community especially enjoys it as a way to have fun and stay active. As more courts and clubs open up, seniors find pickleball less strenuous to play than other sports and a good way to meet new friends.

According to Cynthia Lewis from Rocky Mountain Senior Games, many of the senior citizens that have signed up to play pickleball are former tennis players. "Many of the seniors that have signed up to play pickleball have suffered prior tennis injuries," Lewis said. "Pickleball is similar to tennis but the sport requires a little less agility than tennis."

## The History of Pickleball

According to the United States Of America Pickleball Association or USAPA, the sport was invented in 1965 when Washington State Congressmen Joel Pritchard and successful businessman Bill Bell were bored one day. Due to a lack of supplies, they started playing the paddle sport that combines elements of badminton, tennis, and table tennis.

The name given by Pritchard's wife Joan was a peculiar choice because no actual pickles are involved when playing the sport. She gave the sport the name "pickleball" because of how it combined so many different sports.

She said that it reminded her of a pickle boat that chose their crew members from the leftovers of other boats. However, a family friend swore that they called the sport they invented pickleball based on a dog the Pritchard



family owned named Pickles that would always go running after the ball.

No matter the exact story of how the game started, it quickly became a neighborhood sensation. The first permanent pickleball course was built in the backyard of Pritchard's friend and neighbor, Bob O'Brian in 1967.

By 1972 a corporation was formed to protect the creation of the sport. In 1975 and 1976 The National Observer and Tennis Magazine published articles about "America's Newest Racquet Sport." During the spring of 1976, the first pickleball tournament was played in Washington. In 1984 the USAPA was established "to perpetuate the growth and advancement of pickleball on a national level." By 1990, pickleball was officially being played in all 50 states.

The game can be played with either two people or teams of two with a total of four players. The court is smaller than a tennis court and close to the size of a doubles badminton court sitting at 20 by 44 feet for both singles and doubles games.

The rules are similar to tennis, but the game requires less physical effort. The game is played with wooden paddles that are similar to table tennis paddles as opposed to tennis racquets. Instead of tennis balls, the players hit small plastic perforated balls that look like a smaller version of a woofle ball.

## Several Pickleball Options in the Pikes Peak Region

With the growing senior population in the Pikes Peak



region, pickleball has become prominent in both Woodland Park and Colorado Springs. Since 2012, the Pikes Peak Pickleball Association or PPPA has hosted pickleball tournaments and classes for people of all ages. Players can go to Monument Valley Park located just north of downtown Colorado Springs and learn how to play the sport that continues to expand in popularity.

Even though the sport is trendy with seniors, Lewis feels that more younger people will continue to join their older friends on the pickleball court in unprecedented numbers. "A lot of seniors influence younger people to play," Lewis stated. "The sport is definitely growing. I have been hearing more and more of my peers talking about playing pickleball. More people are trying the sport and liking it."

Colorado Springs is the home to several places where people can learn to play the sport that is quickly becoming beloved by all. Monument Valley Park has regular round robin

tournament and days where people can go to learn and play. The University Of Colorado at Colorado Springs also has courts where people can play the sport. Those wanting to play even when the weather does not permit, can play indoors at the Villa Sport Athletic Club and Spa located on the east side of Colorado Springs.

However, the rather new Springs Pickleball has become the new hot spot of pickleball fanatics. The facility located at 780 Vondelpark Drive is now the city's largest indoor pickleball facility sporting eight courts, a practice area and a player's lounge that can be enjoyed no matter what the weather is like.

Players at Springs Pickleball have the option to become a member or just rent a court for a couple of hours. The facility hosts leagues, tournaments, social events and there are even free classes available for beginners.

As for Teller County enthusiasts, the Meadow Wood Sports Complex

located in Woodland Park has the necessary set up for pickleball. Several days a week starting at 8 a.m. several residents can be seen at the park playing on a smaller court drawn out onto the park's tennis courts. The local pickleball players have established a club in Woodland Park and welcome new players to stop by and learn the game.

During this year's annual Pikes Peak Senior News Senior Expo there will be a special pickleball demonstration for those who may be interested in learning the sport. On April 24 at 9 a.m. and 1 p.m. "Pickleball isn't just for Athletes" will be held in the Stratton room inside the Antlers Hotel

The introduction to pickleball class will be taught by Delaine Elsrode, the Outreach Executive at Oak Street Health. Expo attendees are welcome to come and learn the basics of the game, while having a fun, social and engaging experience with others like themselves. Class attendees can enter to win a pickleball starter kit.



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# *Tinseltown Talks:*

## **Diane Baker Remembers TCM Host Robert Osborne**

**By Nick Thomas**



The 15th Turner Classic Movies Film Festival is scheduled for April 18-21, in Hollywood. Canceled for a couple of years due to the pandemic, no one was more pleased to attend the festival when it resumed in person two years ago than actress Diane Baker, a popular guest at many of the past festivals.

“I love them!” said Baker from Los Angeles, who noted that the 2020 and 2021 events had been held virtually.

The five current TCM hosts (Ben Mankiewicz, Alicia Malone, Dave Karger, Eddie Muller, and Jacqueline Stewart) will be on hand to introduce dozens of movies during the four-day event as the classic film community rallies around this year’s “Most Wanted: Crime and Justice in Film.” (see [www.filmfestival.tcm.com](http://www.filmfestival.tcm.com)).

A prolific film and television actor, producer, and college teacher, Baker remembers when the TCM cable channel came into existence 30 years ago this month and its first host.

“I was there the night of the announcement at the Writer’s Guild Theater in Los Angeles,” she recalled. “Roger Mayer (the late Columbia Pictures, MGM, and Turner former executive) came on stage to announce Turner Classic

Movies was going to be launched and with no commercials, and that Robert Osborne (1932-2017) would be the new full-time host.”

During his subsequent two decades with the channel, Osborne became the beloved public face of TCM due to his genial on-screen nature, mellow comforting voice, and encyclopedic knowledge of the entertainment industry.

“I’d known Robert since I was 19 years old,” said Baker. “He studied journalism at the University of Washington but came to LA to try acting and lived in the neighborhood where I was growing up - Sherman Oaks.”

When attempting to secure her first Hollywood contract, Baker even read audition scenes with Osborne.

“I was offered a contract and he was not!” said Baker, who signed with Twentieth Century Fox and soon began filming her first feature, 1959’s emotionally charged “The Diary of Anne Frank.” Osborne, she says, accompanied her to the premiere.

Filmed almost entirely on a cramped stage setting to reproduce the confined attic where the Frank family hid for two years during the Nazi occupation of the Netherlands,

Baker still vividly recalls her role as Anne’s sister, Margot, seven decades earlier.

“Mr. Stevens (director) wanted us to be there most of the time even if we weren’t in the scene because it was claustrophobic and he wanted that feeling of being a family closed off,” she recalled. “He was very kind and gentle with us newcomers (and) used to give me little peppermint candies so I would be confident and less nervous before a scene. I’ll never forget getting a beautiful box of yellow roses when the filming ended, from Mr. Stevens.”

She also recalls the last time she met with Osborne. “We stayed friends until he passed away and I saw him in his apartment just two weeks before. He was in a wheelchair, and we just talked and talked. I’ve always been involved with TCM and Robert was their rockstar.”

**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).**



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# Crossword Puzzle

## ACROSS

- |                                      |                               |
|--------------------------------------|-------------------------------|
| 1) Above                             | 44) Siberian forest           |
| 5) Kermit's cousin                   | 45) Powdery starch            |
| 9) Something staked                  | 46) Young 'uns                |
| 14) Hindi equivalent of Mr.          | 47) Not level                 |
| 15) Southwest stewpot                | 49) Game with sticks          |
| 16) Artist Matisse                   | 51) Peggy or Spike            |
| 17) Sign over a door                 | 52) Geneva-based UN org.      |
| 18) Come closer to                   | 54) What some caddies carry   |
| 19) Follow, as an impulse            | 56) Littlest pup, e.g.        |
| 20) Just a bit, if that              | 65) Asimov of science fiction |
| 23) Bread, for gravy                 | 66) Ready the machete         |
| 24) Didn't play                      | 67) British title of rank     |
| 25) Sharable ride                    | 68) Raymond's sitcom wife     |
| 28) Ending for "theater" or "church" | 69) Time going backward?      |
| 31) Shoulder cape with hanging ends  | 70) Minuscule lake organism   |
| 36) Fairy-tale villain               | 71) A lot of sass?            |
| 38) Not odd                          | 72) Many wines                |
| 40) ___ no stone unturned            | 73) Witnessed                 |
| 41) What a forgetful one has         |                               |

## DOWN

- 1) Cain's victim
- 2) Prepare to take off
- 3) Memorial column
- 4) Short golf strokes
- 5) Orchestral composition based on literature
- 6) Stick in the fridge?
- 7) Withdrawn orchard spray
- 8) Sews socks
- 9) In a talkative manner
- 10) Polish labor leader Walesa
- 11) Prefix with "lock" or "knock"
- 12) Former Monopoly token
- 13) Type of expensive vase
- 21) The captain may keep it
- 22) Nibble for a horse
- 25) \_\_\_ Mesa, California
- 26) Turkish leaders
- 27) Toaster oven setting
- 29) Times in classifieds
- 30) Update, as a 55-Down
- 32) Annoying person
- 33) Pertaining to the Holy See
- 34) Sidestep
- 35) Nervous
- 37) Therefore
- 39) NASA failure
- 42) Some puddings
- 43) Small plant outgrowths
- 48) Santa's helper
- 50) Hawaiian souvenir
- 53) Turn the \_\_\_ cheek
- 55) World book?
- 56) Amusement park attraction
- 57) Operates, as a computer
- 58) Collars
- 59) Shipping weight deduction
- 60) Where the heart is?
- 61) "National Velvet" author Bagnold
- 62) Raconteur's offering
- 63) Outer boundary
- 64) O'Neal of "Love Story"

### WE SHALL OVERCOME

By Richard Auer

1	2	3	4		5	6	7	8		9	10	11	12	13
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56	57	58	59				60	61				62	63	64
65						66					67			
68						69					70			
71						72					73			

Key on page 28.



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## PLAY SUDUKO Key on page 28.

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

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## SUDUKO KEY

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

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1	A	T	O	P	5	T	O	A	D	9	C	L	A	I	M		
14	B	A	B	U	15	O	L	L	A	16	H	E	N	R	I		
17	E	X	I	T	18	N	E	A	R	19	A	C	T	O	N		
20	L	I	T	T	21	L	E	O	R	22	N	O	T	H	I	N	G
23	S	O	P	24	S	A	T										
25	C	A	B	26	G	O	E	R	27	T	I	P	P	E	T		
36	O	G	R	37	E	38	E	V	E	N	39	L	E	A	V	E	
41	S	H	O	R	T	42	M	E	M	O	R	43	Y	S	P	A	N
44	T	A	I	G	A	45	S	A	G	O	46	T	A	D	S		
47	A	S	L	O	P	E	48	P	O	O	L	49	L	E	E		
52	I	L	O	53	54	T	E	A	55								
56	R	U	N	T	O	F	60	T	H	E	L	I	T	T	E	R	
65	I	S	A	A	C	66	H	O	N	E	67	L	A	D	Y		
68	D	E	B	R	A	69	E	M	I	T	70	A	L	G	A		
71	E	S	S	E	S	72	R	E	D	S	73	S	E	E	N		

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