

AUGUST - SEPTEMBER 2026



**Pikes Peak**

# SENIOR NEWS

*A non-profit publication of the SOCO Senior Resource Center*

## Our Pikes Peak Heritage

**Stress  
Doesn't Retire**

**Calendar of Events  
in the Region**



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*August - September 2026*

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# Stress Doesn't Retire:

## *A Healthier Approach for Older Adults in Colorado*

By Dr. Michael Harper, Optum Colorado



**Optum**

As Colorado's population continues to age, supporting healthy aging means paying attention to more than physical health alone. Stress, emotional well-being, and the ways older adults cope with life's challenges all play an important role in long-term health.

Stress doesn't disappear as we get older – it simply takes on new forms, often tied to changes in health, routine, caregiving responsibilities, and daily life.

For many older adults in Colorado



Springs, stress can come from life transitions like retirement, managing chronic health conditions, caregiving, or changes in daily routine. Even positive changes can bring uncertainty. Over time, that stress can affect both mental and physical health in ways that are easy to overlook.

Stress may contribute to a range of symptoms, including sleep disruption, headaches, digestive issues, trouble concentrating, and changes in mood. Some people notice shifts in appetite or energy, while others may feel more irritable, anxious, or withdrawn. In some cases, people may begin relying more on substances like alcohol as a way to cope.

Alcohol use is common; nearly half of Americans report drinking in the past month. But using alcohol to manage stress can create a cycle that is difficult to break.

While alcohol may provide temporary relief, it does not address the underlying causes of stress – and over time, it can make things worse. Excessive alcohol use is a leading cause of preventable death in the United States, contributing to more than 178,000 deaths each year and millions of emergency visits. It is also linked to serious health conditions, including liver disease, heart disease, cognitive decline, and certain cancers.

For older adults, these risks can be





even greater. As we age, our bodies process alcohol differently, and it may interact with medications or existing health conditions. Even moderate drinking – defined as one drink or less per day for women and two or fewer for men – may still carry risks.

That's why it's important to focus on healthier, more sustainable ways to manage stress.

Taking care of your body is a good place to start. Getting enough sleep, staying physically active, and maintaining a balanced diet can all improve how the body responds to stress. Even light movement, such as walking or stretching, can make a difference.

Equally important is taking care of your mind. Staying connected with others, making time to unwind, and practicing gratitude can help shift focus and improve overall well-being. Relaxation techniques such as deep breathing, meditation, and mindfulness have been shown to reduce stress and may even help lower blood pressure.

It's also important to recognize when more support may be needed. If stress is ongoing or begins to interfere with sleep, daily routines, or overall health, talking with a health care provider can help. Primary care doctors can connect patients with behavioral health resources, counseling and other treatment options tailored to their needs. In primary care settings across Colorado, including here at Optum, behavioral health is increasingly integrated into routine care, allowing providers to support both physical and mental well-being. There are simple, effective strategies that can help reduce stress without relying on alcohol.

Managing stress is an essential part of staying healthy at any age. By taking a more intentional approach, older adults can protect their health and continue to enjoy the communities and lifestyle that make Colorado such a special place to live.

*\*\*\*\*If you or someone you know is struggling emotionally or in crisis, help is available through the 988 Suicide & Crisis Lifeline, which provides free, confidential support 24/7.*



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# *Our Pikes Peak Heritage*

*America at 250, Colorado at 150: Celebrating the Place We Call Home*

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By Staff



The year 2026 gives us two remarkable reasons to pause and reflect. This year, the United States commemorates the 250th anniversary of the signing of the Declaration of Independence, while Colorado celebrates 150 years of statehood.

These anniversaries are more than dates on a calendar. They invite us to consider where we have been, how our communities have changed and what we hope to preserve for future generations. Here in the Pikes Peak region, the story of America and the story of Colorado come together in a particularly meaningful way.

Long before Colorado became a state, and long before Colorado Springs, Manitou Springs and Old Colorado City appeared on a map-the land surrounding Pikes Peak was home to Native peoples. The Ute people have maintained a connection to this region since time immemorial. Cheyenne, Arapaho

and other Tribal nations also traveled, hunted, gathered and built communities along the mountains and plains.

Pikes Peak was not simply a landmark to be admired from a distance. It held cultural and spiritual meaning and served as a familiar guide across the landscape. Any honest telling of our local heritage must begin by recognizing that the history of this region did not start with the arrival of European explorers or American settlers.

During the 1800s, the great mountain became a symbol of opportunity for people traveling west. The discovery of gold in Colorado in 1858 and 1859 brought thousands of prospectors, merchants and families into the territory. The phrase “Pikes Peak or Bust” appeared on wagons heading west, even though much of the early gold activity occurred closer to present-day Denver.

Colorado City, now known as Old Colorado City, was established in 1859. It became an important supply center for miners and travelers moving through the region. Stores, saloons, hotels, blacksmith shops and homes soon appeared along its dusty streets.

The early settlers who came here were drawn by many things. Some came looking for gold. Others came to establish ranches, farms and businesses. Some saw possibilities on the railroads that were beginning to connect western communities with the rest of the nation. Still others came for the scenery, sunshine, clean air and the hope of better health.

In 1871, General William Jackson Palmer founded Colorado Springs along the route of his Denver and Rio Grande Railway. Palmer envisioned more than a railroad stop. He wanted to create a



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carefully planned community known for natural beauty, education, culture and healthy living.

Wide streets, parks, and neighborhoods became part of the developing city. Colorado College was founded, hotels welcomed travelers and visitors arrived to experience Garden of the Gods, the mineral springs of Manitou and the mountain scenery that seemed unlike anything they had seen before.

Colorado officially became the 38th state on August 1, 1876, exactly 100 years after the signing of the Declaration of Independence. That timing gave Colorado its familiar nickname, the Centennial State. Now, 150 years later, we are celebrating Colorado's story during America's 250th year.

One of the most enduring connections between our region and the nation occurred in the summer of 1893.

Katharine Lee Bates, a professor, writer and poet from Wellesley College in Massachusetts, traveled west to teach in Colorado Springs. During her visit, she made the journey to the summit of Pikes Peak.

Looking across the broad plains from the top of the mountain, Bates was overwhelmed by the view. The landscape she had observed during her cross-country travels, the spacious skies, fields of grain and towering mountain came together in her mind. That experience inspired the poem that later became the beloved patriotic song "America the Beautiful."

More than a century later, people across the country still sing words inspired by the view from our own Pikes Peak. Few communities can claim such a direct connection to one of America's most recognized expressions of beauty, gratitude and national hope.

The Pikes Peak region continued to change throughout the late 1800s and early 1900s. Colorado Springs became known as the "City of Sunshine" and attracted thousands of people seeking relief from tuberculosis. Before effective medical treatments were available, doctors frequently recommended sunshine, fresh air, nutritious food and rest.

Sanatoriums, hospitals, nursing schools and treatment cottages became part of the local landscape. Many people who recovered remained here, opened businesses, raised families and helped build the community. That history of welcoming

people in search of health helped establish a foundation for the medical services, senior resources and caregiving organizations that remain important today.

Mining, agriculture, tourism, education and the railroad all shaped the area. Later generations brought military installations, aerospace and technology industries, new neighborhoods, cultural institutions and expanded healthcare systems.



Colorado Springs has grown from a small, planned community into one of Colorado's largest cities. Roads now stretch across places that were once open fields. Shopping areas have replaced ranchland, and neighborhoods extend east and north far beyond what earlier residents could have imagined.

**Yet some things have remained remarkably familiar.**

Pikes Peak still rises above us each morning. Garden of the Gods continues to inspire visitors and longtime residents alike. Families still gather in neighborhood parks, volunteers still step forward when help is needed and local organizations continue working to make life better for others.

Our community has faced economic downturns, drought, destructive fires, floods, severe storms, public-health emergencies and the challenges that come with rapid growth. Again and again, residents have responded by helping neighbors, supporting first responders, rebuilding homes and creating resources for those who need assistance.

That resilience is one of the strongest threads running through our Pikes Peak heritage.

It is also one reason the region remains such an appealing place for older adults. Seniors here can enjoy mountain views, four distinct seasons, parks, trails, cultural attractions, educational opportunities, healthcare services, faith communities and a growing network of nonprofit and senior-serving organizations.

Just as important, older residents contribute greatly to the character of our community. They volunteer, mentor younger generations, support local businesses, participate in civic life and preserve the stories that might otherwise be forgotten.

A community does not become senior-friendly simply by offering



services. It becomes senior-friendly when older adults are respected, included and recognized as an essential part of its future.

As America celebrates 250 years and Colorado marks 150 years of statehood, we have an opportunity to look backward with honesty and forward with purpose. Our history contains inspiring accomplishments, difficult chapters, courageous individuals and ordinary people who quietly strengthened their communities.

"Our Pikes Peak Heritage" will explore those stories in future issues, the people, neighborhoods, landmarks, businesses and traditions that helped shape the place we call home.

Our landscape may be changing, but the spirit that brought people together at the foot of Pikes Peak remains. It is a spirit of possibility, resilience and community.

***That may be our greatest heritage of all.***



*Photograph by Chalmers Butterfield | Used under Creative Commons license*

# August & September 2026 Local Events

## Southern Colorado Community Calendar

Enjoy festivals, concerts, art shows, markets and community celebrations throughout Colorado Springs, the Pikes Peak Region and Pueblo. Please note: Event dates, times, admission prices and schedules may change. Confirm details with the event organizer before attending.

### AUGUST 2026

#### Colorado Day: Colorado’s 150th Birthday Celebration

**When:** Saturday, August 1 | 10 a.m.–4 p.m.  
**Where:** Colorado Springs Pioneers Museum | 215 S. Tejon St., Colorado Springs  
**What:** Celebrate Colorado’s 150th birthday with live music, food trucks, family activities, birthday cake and the opening of a new museum exhibit. Admission is free, but advance registration is encouraged.  
**Website:** [www.cspm.org/events/colorado-day/](http://www.cspm.org/events/colorado-day/)

#### Vino & Notes Wine and Music Festival

**When:** Saturday, August 1 | 11 a.m.–5 p.m.  
**Where:** Memorial Park | 200 N. Park St., Woodland Park  
**What:** Sample wines from more than 20 Colorado wineries while enjoying food, vendors and live music in a beautiful mountain setting. Tickets are required, and non-drinker tickets are available.  
**Website:** [www.vinoandnotes.com](http://www.vinoandnotes.com)

#### United We Rock Festival

**When:** Saturday, August 1 | 2–8 p.m.  
**Where:** Rock Ledge Ranch Historic Site | 3105 Gateway Road, Colorado Springs  
**What:** Celebrate Colorado’s birthday with live music, food trucks, arts and crafts vendors, western activities and optional beer and whiskey tastings.  
**Website:** [www.visitcos.com/events/united-we-rock/](http://www.visitcos.com/events/united-we-rock/)

#### First Friday Downtown

**When:** Friday, August 7 | 5–9 p.m.  
**Where:** Participating galleries and businesses throughout Downtown Colorado Springs  
**What:** Explore new art exhibitions, live music, artist receptions and special activities at galleries, retailers and nonprofit organizations. Admission is free.  
**Website:** [www.downtowncs.com/first-friday/](http://www.downtowncs.com/first-friday/)

#### First Friday ArtWalk in Old Colorado City

**When:** Friday, August 7 | 5–8 p.m.  
**Where:** Galleries and businesses along West Colorado Avenue  
Approximately 23rd through 27th streets, Colorado Springs  
**What:** Browse galleries, meet local artists and visit shops and restaurants during this free, self-guided monthly art walk.  
**Website:** [www.shopoldcoloradocity.com/first-friday-occ](http://www.shopoldcoloradocity.com/first-friday-occ)

#### Manitou Springs First Friday Art Walk

**When:** Friday, August 7 | 5–9 p.m.  
**Where:** Galleries and businesses throughout Downtown Manitou Springs  
**What:** Explore Manitou Springs’ creative district while visiting galleries, studios and locally owned shops. Admission is free.  
**Website:** [www.manitousprings.org](http://www.manitousprings.org)

#### Black Forest Festival

**When:** Saturday, August 8 | 6:30 a.m.–3 p.m.  
**Where:** Black Forest Community Center | 12530 Black Forest Road, Colorado Springs  
**What:** This longtime community festival includes a pancake breakfast, parade, live music, artisan booths, food vendors, demonstrations and family activities. Admission is free.  
**Website:** [www.bfcommunityclub.org/we-are-black-forest/](http://www.bfcommunityclub.org/we-are-black-forest/)

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# Calendar of Events

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## Tacos & Tequila Festival

**When:** Saturday, August 8 | Begins at 2 p.m.

**Where:** UCHealth Park | 4385 Tutt Blvd., Colorado Springs

**What:** Enjoy tacos, craft margaritas, tequila tastings, live music, lucha libre wrestling, specialty vendors and other entertainment. This is a ticketed event for guests age 21 and older.

**Website:** [www.visitcos.com/events/tacos-tequila-festival/](http://www.visitcos.com/events/tacos-tequila-festival/)

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## 41st Annual Mountain Arts Festival

**When:** Saturday–Sunday, August 8–9

**Where:** Memorial Park | North Park Street and West Lake Avenue, Woodland Park

**What:** Browse paintings, photography, jewelry, pottery, sculpture and other original work from more than 70 artists. Food and live entertainment will also be available. Admission is free.

**Website:** [www.themountainartists.org](http://www.themountainartists.org)

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## Salute to American Veterans Rally

**When:** Friday–Saturday, August 21–22

**Where:** Bennett Avenue and other Wheres throughout Cripple Creek

**What:** Honor veterans and active-duty military members during a two-day street festival featuring a veterans parade, remembrance ceremony, vendors, live music, a street dance and other patriotic activities. The rally is free and open to the public.

**Website:** [www.theveteransrally.org](http://www.theveteransrally.org)

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## Colorado Springs Greek Festival

**When:** Friday, August 21 | 5–10 p.m. • Saturday, August 22 | 11 a.m.–10 p.m. Sunday, August 23 | 11 a.m.–3 p.m.

**Where:** Archangel Michael Greek Orthodox Church | 2215 Paseo Road, Colorado Springs

**What:** Experience Greek culture through traditional food, freshly baked pastries, music, dancing, wine and community activities.

**Website:** [www.amgoc.org/about/festival](http://www.amgoc.org/about/festival)

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## ¡La Vida! Colorado Springs

**When:** Saturday, August 22

**Where:** Country Club of Colorado at Cheyenne Mountain Resort | 125 Clubhouse Drive, Colorado Springs

**What:** Celebrate Hispanic and Latin American culture with cuisine, beverages, entertainment and traditions representing numerous countries and regions. Tickets are required.

**Website:** [www.cshispanicchamber.com/events/la-vida/](http://www.cshispanicchamber.com/events/la-vida/)

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## Colorado State Fair and Rodeo

**When:** Friday, August 28–Monday, September 7

**Regular Hours:** Monday–Thursday | 3–11 p.m.

Friday–Sunday | 11 a.m.–11 p.m.

Labor Day | 11 a.m.–9 p.m.

**Where:** Colorado State Fairgrounds | 1001 Beulah Ave., Pueblo

**What:** The 11-day fair features carnival rides, livestock exhibitions, rodeos, concerts, competitions, food vendors, agricultural displays and family attractions. Scheduled entertainment includes Ian Munsick, Dylan Scott, Neal McCoy, The Beach Boys, Jordan Davis, the I Love the '90s Tour, The Fray, monster trucks and a demolition derby. Some concerts and arena events require separate tickets.

**Website:** [www.coloradostatefair.com](http://www.coloradostatefair.com)

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## Colorado State Fair Parade

**When:** Saturday, August 29 | 10 a.m.–Noon

**Where:** Downtown Pueblo

**What:** Enjoy colorful floats, marching bands, equestrian entries, community groups and local organizations during one of Pueblo's longest-running traditions. The parade is free.

**Website:** [www.pueblochamber.org](http://www.pueblochamber.org)

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### First Friday Downtown

**When:** Friday, September 4 | 5–9 p.m.

**Where:** Participating galleries and businesses throughout Downtown Colorado Springs

**What:** Enjoy new art exhibitions, live music, artist receptions and special activities during this free monthly celebration of the arts.

**Website:** [www.downtowncs.com/first-friday/](http://www.downtowncs.com/first-friday/)

### First Friday ArtWalk in Old Colorado City

**When:** Friday, September 4 | 5–8 p.m.

**Where:** Galleries and businesses along West Colorado Avenue  
Approximately 23rd through 27th streets, Colorado Springs

Stroll through historic Old Colorado City while visiting galleries, artist studios, boutiques and restaurants. Admission is free.

**Website:** [www.shopoldcoloradocity.com/first-friday-occ](http://www.shopoldcoloradocity.com/first-friday-occ)

### Manitou Springs First Friday Art Walk

**When:** Friday, September 4 | 5–9 p.m.

**Where:** Galleries and businesses throughout  
Downtown Manitou Springs

**What:** Meet local artists and explore galleries, studios and shops throughout Manitou Springs' certified creative district.

**Website:** [www.manitousprings.org](http://www.manitousprings.org)

### Colorado Springs Labor Day Lift Off

**Dates:** Saturday–Monday, September 5–7

**Where:** Memorial Park  
1605 E. Pikes Peak Ave., Colorado Springs

**What:** Watch dozens of colorful hot-air balloons launch shortly after sunrise. Weekend activities traditionally include evening balloon glows, live entertainment, food vendors, interactive displays and family activities. Balloon launches and glows depend on safe weather conditions. General admission to Memorial Park is free, although some activities and preferred parking may have a fee.

**Website:** [www.labordayliftoff.com](http://www.labordayliftoff.com)

### 52nd Annual Commonwheel

#### Labor Day Art Festival

**When:** Saturday–Monday,  
September 5–7 | 10 a.m.–5 p.m. daily

**Where:** Memorial Park  
502 Manitou Ave., Manitou Springs

**What:** Browse original fine art and contemporary crafts from approximately 100 artists while enjoying live music, food vendors and family activities. Admission is free.

**Website:** [www.commonwheel.com/festival.html](http://www.commonwheel.com/festival.html)

### Colorado State Fair—Labor Day Weekend

**When:** Saturday–Monday, September 5–7

**Where:** Colorado State Fairgrounds  
1001 Beulah Ave., Pueblo

**What:** The final weekend of the State Fair includes carnival attractions, agricultural exhibits, food, entertainment and major ticketed events, including monster trucks, a demolition derby, concerts and Celebración de los Charros.

**Website:** [www.coloradostatefair.com](http://www.coloradostatefair.com)

### Boots on the Mesa

**When:** Saturday, September 12 | Noon–6:30 p.m.

**Where:** Gold Hill Mesa Community Center lawn  
142 S. Raven Mine Drive, Colorado Springs

**What:** Bring a lawn chair or blanket and enjoy a free outdoor country music festival featuring Colorado bands. Food trucks and beverages will be available.

**Website:** [www.bluesonthemesa.org](http://www.bluesonthemesa.org)

### Pueblo Chile & Frijoles Festival

**When:** Friday, September 18 | 3 p.m.–Midnight

Saturday, September 19 | 10 a.m.–Midnight

Sunday, September 20 | 10 a.m.–6 p.m.

**Where:** Historic Downtown Pueblo

Union Avenue between First and B streets, Pueblo

**What:** Celebrate Pueblo's famous green chile with live music, street vendors, cooking competitions, local farmers, arts and crafts, food and family activities.

**Website:** [www.pueblochilefestival.com](http://www.pueblochilefestival.com)

### Pikes Peak Ascent

**When:** Saturday, September 19 | Race begins at 7 a.m.

**Where:** Race begins in Downtown Manitou Springs  
and finishes near the summit of Pikes Peak

**What:** Cheer for runners as they climb approximately 7,800 vertical feet along Barr Trail during this challenging 13.3-mile mountain race. Expect crowds, street closures and limited parking in Manitou Springs.

**Website:** [www.pikespeakmarathon.org/ascent.html](http://www.pikespeakmarathon.org/ascent.html)

### Greenways Park Free Summer Concert

**When:** Saturday, September 19 | 6–8 p.m.

**Where:** Greenways Park, Colorado Springs

**What:** Bring a chair or blanket and enjoy an evening of live outdoor music. Check the event listing for updated parking and weather information.

**Website:** [www.peakradar.com](http://www.peakradar.com)

### Pikes Peak Regional Airshow

**When:** Saturday–Sunday, September 19–20

Gates Open: 8:30 a.m.

Airshow Performances: Approximately 11 a.m.–2 p.m.

**Where:** Colorado Springs Airport

7330 Embraer Heights, Colorado Springs

**What:** See modern military aircraft, historic warbirds, aerial demonstrations and ground displays. The event also includes aviation exhibits, veteran recognition and family activities. Tickets must be purchased online and may sell out before the event.

**Website:** [www.pprairshow.org](http://www.pprairshow.org)

## Pikes Peak Marathon

**When:** Sunday, September 20

**Where:** Race begins and ends in Manitou Springs and travels along Barr Trail to Pikes Peak

**What:** Athletes climb from Manitou Springs to the summit of Pikes Peak before returning to town, covering 26.2 miles and approximately 7,800 feet of elevation gain. Expect crowds, road restrictions and limited parking near the starting and finishing areas.

**Website:** [www.pikespeakmarathon.org](http://www.pikespeakmarathon.org)

## ONGOING AUGUST– SEPTEMBER ACTIVITIES

### Pueblo Farmers Market

**When :** Saturdays through September | 7:30 a.m.–Noon

**Where:** Mineral Palace Park  
1600 N. Santa Fe Ave., Pueblo

**What:** Shop for seasonal produce, baked goods, local food and handmade products from Pueblo-area farmers and small businesses. Admission is free.

**Website:** [www.pueblo.us](http://www.pueblo.us)

### Colorado Springs Pioneers Museum

**When :** Open Tuesday–Saturday during regular museum hours

**Where:** Colorado Springs Pioneers Museum  
215 S. Tejon St., Colorado Springs

**What:** Explore free exhibits about the history and development of Colorado Springs and the Pikes Peak Region.

**Website:** [www.cspm.org](http://www.cspm.org)

### Garden of the Gods Visitor and Nature Center

**When :** Open daily; guided programs vary

**Where:** Garden of the Gods Visitor and Nature Center  
1805 N. 30th St., Colorado Springs

**What:** Learn about the park's geology, wildlife, plants and cultural history. The Visitor Center and park are free, although some guided programs may have a fee.

**Website:** [www.gardenofgods.com](http://www.gardenofgods.com)

## Penrose Heritage Museum

**When :** Open during regular museum hours

**Where:** Penrose Heritage Museum  
11 Lake Circle, Colorado Springs

**What:** View historic carriages, race cars and artifacts connected to Spencer and Julie Penrose, The Broadmoor and the Pikes Peak International Hill Climb. Admission is free.

**Website:** [www.elpomar.org/About-Us/museum-and-legacy-properties/penrose-heritage-museum](http://www.elpomar.org/About-Us/museum-and-legacy-properties/penrose-heritage-museum)

## Bear Creek Nature Center Programs

**When :** Various dates throughout August and September

**Where:** Bear Creek Nature Center  
245 Bear Creek Road, Colorado Springs

**What:** Participate in guided nature walks, wildlife programs & educational activities. Many programs are free or low cost, although advance registration may be required.

**Website:** [www.communityservices.elpasoco.com/nature-centers/bear-creek-nature-center/](http://www.communityservices.elpasoco.com/nature-centers/bear-creek-nature-center/)

## Fountain Creek Nature Center Programs

**When :** Various dates throughout August and September

**Where:** Fountain Creek Nature Center  
320 Pepper Grass Lane, Fountain

**What:** Enjoy bird walks, nature programs and educational activities near Fountain Creek. Many programs are free or low cost, with registration recommended.

**Website:** [www.communityservices.elpasoco.com/nature-centers/fountain-creek-nature-center/](http://www.communityservices.elpasoco.com/nature-centers/fountain-creek-nature-center/)

## Western Museum of Mining and Industry

**When :** Open during regular museum hours

**Where:** Western Museum of Mining and Industry  
225 North Gate Blvd., Colorado Springs

**What:** Explore Colorado's mining and industrial history through working machinery, historic exhibits and outdoor displays. Regular admission applies, with discounts available for seniors.

**Website:** [www.wmmi.org](http://www.wmmi.org)



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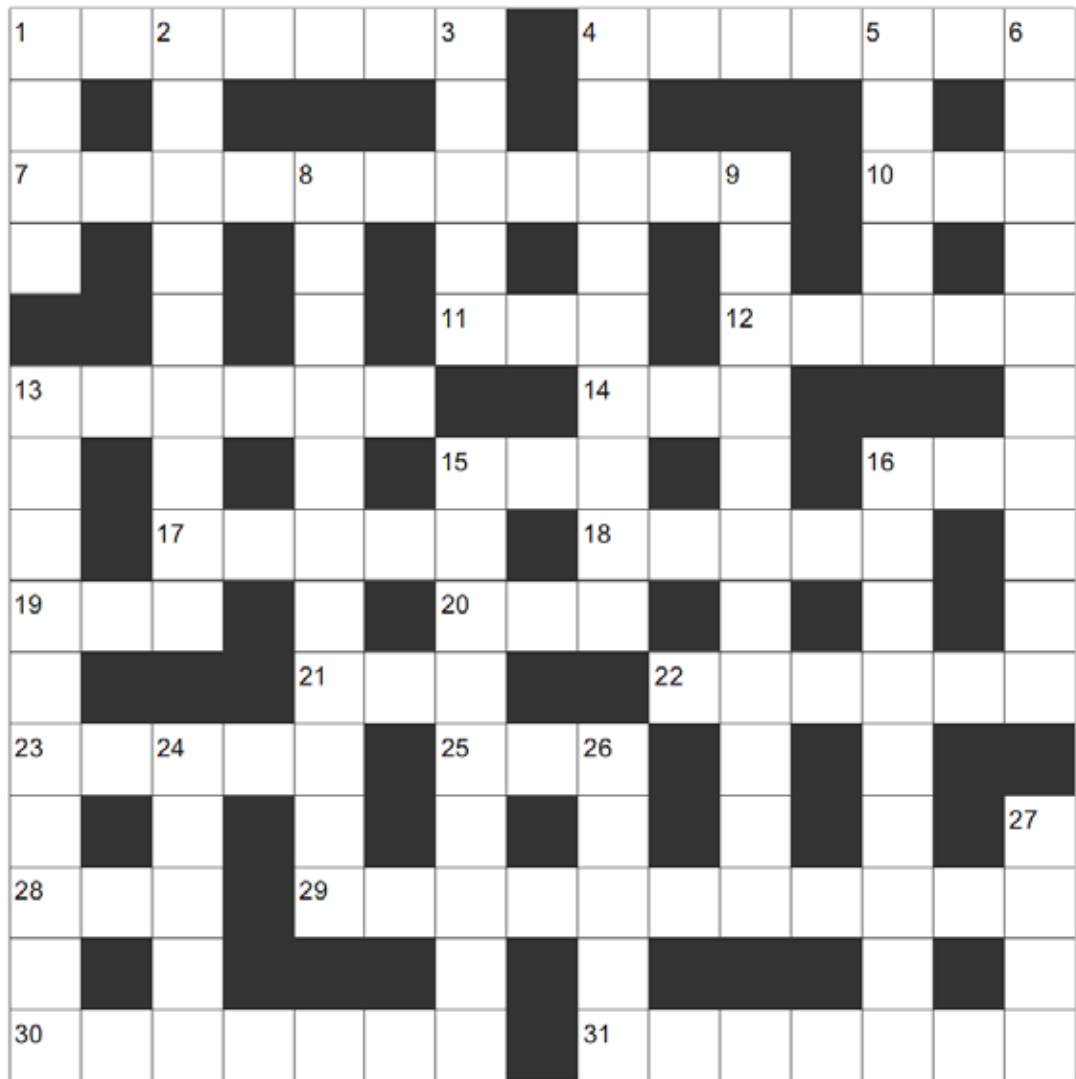


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# Crossword Puzzle

## ACROSS

1. Extreme (measures)
4. Evaporated (5,2)
7. Make on small-scale or greatly reduce in size
10. Kid
11. Cover
12. Elector
13. Expel (barrister)
14. Hawaiian garland
15. French friend
16. Batty
17. Prize
18. Hangman's loop
19. Chewing pellet
20. Mat
21. I am, you ...
22. Bestow (knowledge)
23. Bushy plant
25. Pester
28. Hotel or tavern
29. Allotments
30. Pickled cucumber
31. Vulgar



## DOWN

1. Trial showing
2. Over & over again (2,7)
3. Heartless
4. Diminishing
5. Overthrow, coup ... (1'4)
6. Faded away (7,3)
8. Magician's chant
9. Habitat or natural surroundings
13. Appalling
15. Stimulation hormone
16. Voice amplifier
24. Wash soap from
26. Lizard
27. ... of Capri

Key on page 21.

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# Crossword Puzzle Solution

|    |   |   |    |   |    |    |    |    |    |    |   |    |    |    |   |    |   |   |   |   |
|----|---|---|----|---|----|----|----|----|----|----|---|----|----|----|---|----|---|---|---|---|
| 1  | D | R | 2  | A | S  | T  | I  | 3  | C  |    | 4 | D  | R  | I  | E | 5  | D | U | 6 | P |
|    | E |   | D  |   |    |    |    | R  |    | W  |   |    |    |    |   |    | E |   |   | E |
| 7  | M | I | N  | I | 8  | A  | T  | U  | R  | I  | S | 9  | E  |    |   | 10 | T | O | T |   |
|    | O |   | A  |   | B  |    |    | E  |    | N  |   |    | N  |    |   | A  |   |   |   | E |
|    |   |   | U  |   | R  |    |    | 11 | L  | I  | D |    | 12 | V  | O | T  | E | R |   |   |
| 13 | D | I | S  | B | A  | R  |    |    | 14 | L  | E | I  |    |    |   |    |   |   |   | E |
|    | I |   | E  |   | C  |    | 15 | A  | M  | I  |   | R  |    | 16 | M | A  | D |   |   |   |
|    | S |   | 17 | A | W  | A  | R  | D  |    | 18 | N | O  | O  | S  | E |    |   | O |   |   |
| 19 | G | U | M  |   |    | D  |    | 20 | R  | U  | G |    | N  |    | G |    |   | U |   |   |
|    | U |   |    |   |    | 21 | A  | R  | E  |    |   | 22 | I  | M  | P | A  | R | T |   |   |
| 23 | S | H | R  | U | B  |    |    | 25 | N  | A  | G |    | E  |    | P |    |   |   |   |   |
|    | T |   | I  |   | R  |    |    | A  |    | E  |   | N  |    | H  |   | 27 | I |   |   |   |
| 28 | I | N | N  |   | 29 | A  | L  | L  | O  | C  | A | T  | I  | O  | N | S  |   |   |   |   |
|    | N |   | S  |   |    |    |    | I  |    | K  |   |    |    | N  |   | L  |   |   |   |   |
| 30 | G | H | E  | R | K  | I  | N  |    |    | 31 | O | B  | S  | C  | E | N  | E |   |   |   |

# PLAY SUDUKO Key on page 22.

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

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## SUDUKO KEY

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



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