

# Crest Lines

October 2022  
Volume 7, Issue 6

## Inside this Issue

Employee of the Month	2
Remembering Bozeman	3
Hillcrest Neighbors at Aspen Pointe	4
Spiritual Offerings	5
October Calendar	Center
Program Descriptions	8
Wise & Well	9
It Happened in October	10
Hillcrest Neighbors at Birchwood	10
American Revolution Chapter 2	11
Sudoku Puzzle	12

## Active Aging Week October 3-7, 2022

Celebrating the benefits of active living at any age, Active Aging Week (AAW) showcases the many capabilities of older adults. Join us for a week full of fun, informative and engaging events. Look for a **booklet with full descriptions** in your cubby. Here is the basic schedule:

### Monday, October 3rd

#### AAW Kick-Off

10am-11am in the AP Commons

Keynote Speaker:

John Zombro, physical therapist, athletic performance coach, business owner, and author.

#### Event: Speed-Friending

3pm-4pm in the AP Commons

### Tuesday, October 4th

Event: **Senior Nutrition** by MSU

Nutrition Intern  
10am-11am in the AP Commons

#### Event: **Stepping On**

(Session 1 of 7)

Presented by Allison Hugus & Nick Valera

2pm-4pm in the Learning Center

#### Event: **Singing Souls Choir**

3:30-4:30pm in AP Commons

### Wednesday, October 5th

#### Event: **Agility and Condition**

10am-10:45am in the AP

Commons

#### Event: **The Gift of Legacy Letter Workshop**

Presented by Jill Davis

3pm-4pm in the Learning Center

### Thursday, October 6th

Event: **Art Group** in the ARC

10am-11am

Event: **Keeping Your Brain Healthy** by Dr. Koltz

3pm-4pm in the AP Commons

AP Commons

### Friday, October 7th

Event: **Corn Hole Tournament**

10am-11am in AP Commons

Event: **Dance Party with Treble Makers**

3pm-4pm in the AP Commons



## Meet Our Hillcrest Staff — Leo Combs

by Edis Kittrell

Leo Combs is a man of many talents who now, in his third retirement and at a youthful age of 70-years-old, works in Birchwood as a Resident Assistant (RA). He has been a high school teacher, a security officer at a nuclear facility, an athletic trainer, a Paramedic in an ER, and more. There is one constant: he loves working with people and sharing a positive energy.

His roots were not so positive, however. He spent his first twelve years, his “toughest” as he describes it, in segregated Southern in Louisiana. Although he “didn’t recognize segregation” because it was just a way of life, he also rarely talked to a white person. For him and his family, experiences with racism and the KKK were horribly real, not just something on TV. Actually, his family didn’t have a TV. “Black people didn’t own TVs,” he points out. His news came from the folks who frequented the gas station where his father worked, and the news was bad. This was a time of attempts to desegregate. Crosses burned on front lawns. Lynching occurred. Riots, troops, and much danger was in the forecast, so Leo’s dad took the family north to Washington state. What started as a temporary retreat, turned out to be a permanent move.

It was a huge change. Leo found himself the only Black person in his high school. At first, no one would talk to him. But once a popular white girl touched his arm to see if the black color would rub off (and it didn’t) other kids became more friendly. When Leo became involved in high school sports, mostly track, he excelled greatly. That’s when he became the popular kid on the block. Sports also earned him a full

scholarship at Eastern Washington University, where he graduated in Education. Teaching at the high school level followed, then work as a Paramedic, and finally working as an Athletic Trainer for Indoor Football teams. Along the way, he started a business teaching CPR, as well. Those years in Washington also

included two marriages & four daughters. Leo points out that since he grew up with eight sisters (and three brothers) and has four daughters, he knows how to get along with women: “Just do what they say.” Good advice! One of his daughters met a native Montanan while in college and eventually moved to the Bozeman area, which is why Leo eventually moved here two years ago. Once here, and even though he was retired, he found he needed to work again. Getting work as an RA at Birchwood was an answered prayer for Leo. He loves Hillcrest and being able to use his background in medicine. It is obvious that those at Hillcrest love him back; he earned the Employee of the Quarter award



last quarter, and the resulting special parking spot.

Also a significant part of Leo’s life is his involvement with his Seventh-day Adventist Church, which started when he was in his mid-20s. When asked if the bible is important to him, he responded, “Not important, essential!” He follows the Sabbath (he is able to work Saturday’s here because it is medical field work) and he tries to live a Godly life as well as share and support others in that path.

A visit with Leo is sure to bring a smile—to both you and Leo!

## Remembering Bozeman Part One

by Tony Garcia, resident

Bozeman. It was first referred to as “Missouri,” but later named for John Bozeman. John Bozeman was a Georgian who left his family to search for gold in Montana. He was better known for the short cut trail he established in 1863 with his friend John Jacobs. It connected the Oregon Trail to Bozeman and the gold fields of Virginia City. It ran along a route just west of Fort Laramie, Wyoming, and headed along the North Platte River.

Bozeman discovered that the trail was regularly used by the Lakota. Bozeman led some 3500 settlers on wagon trains into Bozeman. In my previous story about Nelson Story, you will remember that the Bozeman Trail was used by

Story when he and tired hands disobeyed the Army’s orders to turn around. Story’s crew wrapped pieces of blankets around the longhorn and horses’ hooves to quietly sneak around the Fort Phil Kearney and continued to Bozeman. Remember the movie *Lone-some Dove*? It is a much modified version, with exciting but fictional tales of Nelson Story’s 2500 mile trip from south Texas border to Bozeman with Tommy Lee Jones and Robert Duval. I could loan it to you, if you wish.

In 1866, Lakota Chief Red Cloud met with the U.S. Army. The Army wanted to have safe travel along the trail. Unfortunately, during the initial talks, Red Cloud discovered that the Army had already been using the trail without the Lakota permission. Red Cloud was furious and declared war. The U.S. Army then built 3 forts along the trail running patrols along the route. This plan was costly, unsuccessful, and led to the Treaty of Fort Laramie in 1868. It was probably the only settlement the Native Americans ever achieved. The last fort which entered the Gallatin Valley, Fort Ellis, was built in 1867 and was closed about 20 years later. Only a historic marker is left marking its site on the Frontage Road just

east of Bozeman, leading to Livingston.

Native Americans first occupied the land which became Bozeman. They traveled it for thousands of years, and it was settled primarily by the Crow. They called it the Valley of the Flowers. In July 1806, Captain William Clark and his group passed through here on their way east, camping on the east side of Bozeman by Kelly Canyon Rd.

In September 1871, the *Avant Courier* became the first newspaper in Bozeman. There were only 168 people living in Bozeman, so the gossip columns must have been a laugh. The *Avant Courier* sign still hangs on its store front on the north side of Main St. The Northern

Pacific Railway came from the east and reached Bozeman in 1883. Thanks to Nelson Story’s gift of land, Montana State College was founded as a land grant college.

The population of Bozeman grew to 3500, and Bozeman got its first high school in 1902. It was called the Gallatin Valley High School and later the Willson School after the famous architect Fred Willson who designed most of the buildings in Bozeman. Farmers

planted peas in Gallatin Valley. They were just for seed and canning. By the 1920’s it is estimated that 75% of the nation’s seed peas were produced in Bozeman canneries. For fun, Bozeman business owners began what they called the Sweet Pea Carnival in 1906. They even had a contest for selecting the Sweet Pea Queen and featured her in the annual parade. The parade died out in 1916, but restarted in 1977. Then it became a three day event. Sweet peas are inedible but have fragrant and pretty flowers. There are beautiful posters to collect from these annual August events. Like other “cow towns,” ranchers drove cattle right down Main Street. Main Street finally got paved in 1908.

To be continued in the November Issue



# Hillcrest Neighbors In Aspen Pointe

By Tony Garcia, Resident

## Meet Marilyn Costigan

When you were ten years old, did you know what you wanted to be in life? I'll bet not. Marilyn Costigan did, and it happened!

Marilyn, who joined us at Aspen Pointe in January, was born in 1938 in Billings, MT, the eldest of 3 girls. "A summertime activity in our neighborhood was to climb the 'Rims' up to the airport. I was ten and a stewardess asked our little group if we would like to see the inside of her airplane." They climbed aboard the DC-3 and that was IT! She was going to be a stewardess.

Marilyn went to school in Billings, but at the end of her sophomore year in college her family moved to Los Angeles. Her father was with the FBI. During the summer of her last two years of college, Marilyn worked in the Los Angeles field office of the FBI as a clerk. There, she met her future husband, Bill Costigan. Marilyn attended a small girl's college in Xavier, KS. There were about 400 students, taught by the Sisters of Charity. She graduated in 1960 and went to American Airlines Stewardess College near Forth Worth, TX for six weeks of training. It was the "Golden Age" of flying. People dressed up when they travelled. Airline food was excellent with many amenities for both classes of service. Stewardesses had to be a certain height and weight, and could not be married. If still single at age 32, they had to resign or take a ground job. "Our training not only included knowledge of all the 'equipment' we would be flying in, but also emergency procedures and food services as well. Emphasis was put on treating the passenger like 'company' and addressing them by name (Mr. Jones, Miss Smith). We hung their coats and delivered them back to the passengers before landing." There were a variety of magazines to hand out and playing cards to give away. Airplane configurations included lounge



areas where people could leave their seats and visit. Also there were seats that faced each other for conversation and always with plenty of leg room for everyone. "We were encouraged to visit with passengers after the meal service. On long flights we might play cards with passengers or help entertain children. In addition, we had our share of celebrities onboard and many 'stews' met their husbands on their flights." When Marilyn finished training, she was based in New York and shared an apartment in Jackson Heights, Queens, with three of her stewardess classmates.

On her first day of flying, her schedule included three roundtrips on a Convair 240, a 40 passenger piston prop plane, between La Guardia and Hartford, CT. Then she flew to Buffalo and back, and finally, a one hour dinner flight roundtrip to Washington, D.C. "It was a one stewardess airplane and I felt like pro at the end of the day. We rookies would come home with our 'war stories' and have some good laughs."

Within the airlines, everything goes by seniority. Many stewardesses left their job to get married, so Marilyn moved up in seniority quickly. She began flying on Boeing 707's roundtrip between New York and Los Angeles. She flew for four years, during which she only had two identical incidents when an engine caught on fire just after takeoff. The fires were quickly put out with the engine's Freon system. Fuel was dumped over the ocean to reduce weight before returning to the airport.

Marilyn became engaged to Bill and planned their wedding for three months later in 1964. They bought a home in Santa Monica where they resided for 54 years, raising two boys and two girls. When the kids reached school age, Marilyn went back to work part time. For 41 years she was an Airport Guide for the city of

**Continued on page 5**

## Spiritual Offerings

Sunday worship service is at 9:00am in the Birchwood Activity Room and 10:00am in the Aspen Pointe Commons.

<b>October 2</b>	Chaplain Allen Jones
<b>October 9</b>	Chaplain Allen Jones
<b>October 16</b>	Chaplain Allen Jones
<b>October 23</b>	Chaplain Melissa Johansen
<b>October 30</b>	Poetry Sunday, Chaplain Jones

## Transitions Group Aspen Pointe

The Aspen Pointe Transitions group is very simply a time for residents to talk about the changes that are happening in our lives when we move to Aspen Pointe and the changes that continue to happen as we live here. Sharing happens at the initiative of each person.

**October 13<sup>th</sup>** - "Our Kids, Things are Different Now."

**October 27<sup>th</sup>**—"What Am I Doing Now?"

**November 10<sup>th</sup>**—"Reflection, Ah"

One of the things that is done very well at Aspen Pointe is that way folks care for each other.

Come and enjoy some more of that. It will be a good time!

### Continued from page 4

Los Angeles at the LAX airport. She and other former stewardesses gave tours of the airport to school children, "Just one of our many hats over the years. It was a fun and enjoyable time." In the 1970's, American Airlines hired back former stewardesses to work one day a week in the District Sales office. "The incentive was earning free passes for travel. We took our family to Barbados, Hawaii, New Zealand, Brazil, Hong Kong and Europe."

In 2018, Bill passed away and two years later, Marilyn sold their home in Santa Monica and moved one hour south of Los Angeles to Corona Del Mar, CA. As with most of us, we are at Aspen Pointe with the encouragement of our families. "The decision was mine but I did vacillate for several months." One of her daughters, Coco, and her husband, Tom, and their children had moved to Bozeman three years ago. Oldest son Billy has lived in Bozeman for over 25 years. Marilyn's sister, Sheila and family also live in Bozeman. Marilyn is a delight to talk with. If you are in need of a topic try the "Golden Age" of travel and countries you have travelled to.

**Catholic Rosary & Communion** at 2:00pm Wednesdays in the AP Chapel.

**Lutheran Communion** at 3:00pm the 3rd Wednesday of each month in the AP Chapel.

**Methodist** at 2pm the 2nd Thursday in AP Chapel  
**Bible Circle** at 10:00 am on Thursdays in the Birchwood BW Act Rm.

**Spiritual Care** from 9-4, every Tuesday, Wednesday, and Thursday. For an appointment, call Chaplain Allen at 907-460-8109.

## Library News

 by Marcia Gans, Resident

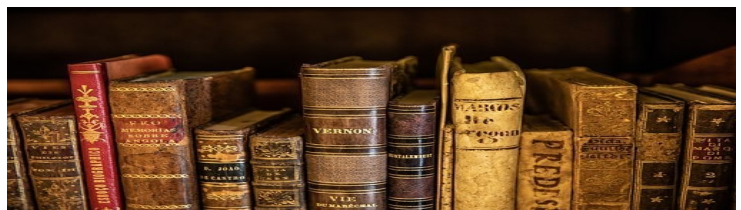
Aspen Point residents make excellent use of Hillcrest Library.

The library has very active book circulation. A recent count found 567 books returned to the library during an 8 month period ending July 2022. Among the returned books, 27 percent were non-fiction, 39 percent were general fiction, and 34 percent were mystery and suspense fiction. Popular fiction and mystery authors include Ivan Doig, Ernest Hemingway, John Grisham, Ann Tyler, David Baldacci, and Louise Penny. In non-fiction, Montana Places and History are popular.

A new sign on the book display table requests that books being returned be placed in the basket on the table. The books displayed on the table are new or of special interest.

Small donations of books are to be left on the counter of the center book shelf unit. Before making a large donation (11 or more books) please provide the library committee or administration with a list of all the titles for committee consideration.

As of September, the library welcomed a new periodical to its regular collection. It is Sports Illustrated and arrives monthly.



Sun	Mon	Tue	
<p><b>2</b> 10:00am Worship Service in Commons</p> <p>2:00pm Bingo in ARC</p>	<p><b>3 ACTIVE AGING WEEK BEGINS!</b></p> <p>10:00am AAW Keynote speaker in AP Commons</p> <p>3:00pm Speed-Friending in AP Commons</p>	<p><b>4</b> 9:00am Yoga in LC</p> <p>9:00am Shopping Bus to Walmart/Town &amp; Country</p> <p>10:00am Senior Nutrition in AP Commons</p> <p><b>2-4 pm Stepping On in the LC</b></p> <p>3:30pm Singing Souls Choir in AP Commons</p> <p>6:30pm Bridge in FSR</p>	<p><b>5</b> 10:00am Agility &amp; AP Commons</p> <p>11:15am Lunch and shop at the M</p> <p>2:00pm Catholic in AP Chapel</p> <p>3:00pm Legacy L</p> <p><b>6:30pm Prayer Vigi</b></p>
<p><b>9</b> 10:00am Worship Service in Commons</p> <p>2:00pm Bingo in ARC</p>	<p><b>10</b> 10:00am Chair Exercise in Commons</p> <p><b>3:30pm Creative Minds in ARC</b></p> <p>2:00pm Timely Topics in ARC</p> <p><b>7:00pm Cliff &amp; Edis in Commons (guitar &amp; piano)</b></p>	<p><b>11</b> 9:00am Yoga in LC</p> <p>9:00am Shopping Bus to Walmart/Town &amp; Country</p> <p><b>2-4 pm Stepping On in the LC</b></p> <p>6:30pm Bridge in FSR</p>	<p><b>12</b> 10:00am Chair E</p> <p>2:00pm Catholic in AP Chapel</p> <p><b>3:00pm Comm. S Commons</b></p> <p><b>6:30pm Prayer Vigi</b></p>
<p><b>16</b> 10:00am Worship Service in Commons</p> <p>2:00pm Bingo in ARC</p>	<p><b>17</b> 10:00am Chair Exercise in Commons</p> <p>2:00pm Timely Topics in ARC</p> <p><b>3:00pm "Avoid Colds &amp; Flu" by Bob Flatherty in AP Commons</b></p>	<p><b>18</b> 9:00am Yoga in LC</p> <p>9:00am Shopping Bus to Walmart/Town &amp; Country</p> <p>11:15am Tai Chi in ARC TBD</p> <p><b>2-4 pm Stepping On in the LC</b></p> <p>3:30pm Singing Souls Choir in Commons</p> <p>6:30pm Bridge in FSR</p>	<p><b>19</b> 10:00am C Commons</p> <p><b>11:45-12:15 Book Commons</b></p> <p>2:00pm Catholic in AP Chapel</p> <p>3:00pm Lutheran Chapel</p> <p><b>6:30pm Prayer Vigi</b></p>
<p><b>23</b> 10:00am Worship Service in Commons</p> <p><b>MacBeth at the Ellen 12:30pm meet at front desk, sign up at front desk</b></p> <p>2:00pm Bingo in ARC</p>	<p><b>24</b> 10:00am Chair Exercise in Commons</p> <p><b>3:30pm Creative Minds in ARC</b></p> <p>2:00pm Timely Topics in ARC</p>	<p><b>25</b> 9:00am Yoga in LC</p> <p>9:00am Shopping Bus to Walmart/Town &amp; Country</p> <p>11:15am Tai Chi in ARC TBD</p> <p><b>2-4 pm Stepping On in the LC</b></p> <p>3:30pm Singing Souls Choir in Commons</p> <p>6:30pm Bridge in FSR</p>	<p><b>26</b> 10:00am Chair E</p> <p>2:00pm Catholic in AP Chapel</p> <p><b>3:00 Wine &amp; Che (new day)</b></p> <p><b>6:30pm Prayer Vigi</b></p>
<p><b>30</b> 10:00am Worship Service in Commons Poetry Sunday</p> <p>2:00pm Bingo in ARC</p> <p>1:45pm Bozeman Symphony</p>	<p><b>31</b> 10:00am Chair Exercise in Commons</p> <p>2:00pm Timely Topics in ARC</p> <p><b>3pm Halloween Party</b></p>	 <h1 style="font-family: cursive;">October</h1>	

Wed	Thu	Fri	Sat
& Conditioning in at Sidewinders Grill Marketplace Rosary/Communion Letter Workshop in LC <u>11 AP Chapel</u>	<b>6</b> 9:00am Yoga in LC 10:00am Art Group in the ARC 10:00-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Rosauers/Macys 3-4:00pm Keeping Your Brain Healthy in the AP Commons	<b>7</b> 10:00am Corn hole Tournament in AP Commons 1:30pm Cribbage in FSR 3:30-4:30pm Dance Party	<b>1</b> 2:00pm Movie in Commons  <b>8</b> 2:00pm Movie in Commons
Exercise in Commons Rosary/Communion  <u>11 AP Chapel</u>	<b>13</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge <u>10:00am Resident Council Mtg in ARC</u> 10:00-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Rosauers/Macys <u>2pm Methodist Group in AP Chapel</u> <u>2 pm Transition Group in ARC</u> 3-4:00pm Gentlemen's Beer:30 in FSR	<b>14</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 3:30-4:30pm Ladies Wine Gathering in FSR	<b>15</b> 2:00pm Movie in Commons
Chair Exercise in  <b>11 AP Chapel</b> Rosary/Communion Communion in  <u>11 AP Chapel</u>	<b>20</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:00-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Rosauers/Macys 3-4:00pm Gentlemen's Beer:30 in FSR	<b>21</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 3:30-4:30pm Ladies Wine Gathering in FSR	<b>22</b> 2:00pm Movie in Commons
Exercise in Commons Rosary/Communion  <b>11 AP Chapel</b> Communion in Commons	<b>27</b> 9:00am Yoga in LC 9:30am-12 Nail Care 3rd Flr A-Wing Lounge 10:00-12pm Wii Bowling in Commons 1:30pm Shopping Bus to Rosauers/Macys <u>2 pm Transition Group in ARC</u> 3-4:00pm Gentlemen's Beer:30 in FSR <b>Birthday Night</b>	<b>28</b> 10:00am Chair Exercise in Commons 1:30pm Cribbage in FSR 3:30-4:30pm Ladies Wine Gathering in FSR	<b>29</b> 2:00pm Movie in Commons

# 2022



### Abbreviations:

BW: Birchwood  
 AP: Aspen Pointe  
 FSR: Fireside Room  
 LC: Learning Center  
 ARC: Act/Rec/Crafts Center  
 BW Act: BW Activity Room  
 BW DR: BW Dining Room  
 BW NS 1 or 2: Nurses Station



**Aspen Pointe**



10/2 Lunch at Sidewinders and shop at Marketplace, meet Nick at 11:15am at the front desk.

[10/3 Active Aging Week begins! Refer to the booklet for all activities and the descriptions.](#)

10/4, 10/11, 10/18, 10/25 Stepping On fitness program in LC.

10/4, 10/18, 10/25 Singing Souls Choir at 3:30pm in Commons

10/10 Edis & Cliff: This fabulous duo will be making music together in the AP Commons at 7:00pm.

10/12 Community Seminar Series “Digital Advancements” Kei Hallau, from MSU will speak about where we are headed digitally & will provide updates on some ways new technologies, such as virtual reality, are being used.

10/12 Book Club and Conversation at 3:00pm in A-wing 3rd floor lounge.

10/13 Resident Council: 10am All residents are welcome to join the council members in the ARC to hear what’s going on at Hillcrest, voice issues, comments or concerns.

[10/17 “Avoid Colds & Flu” by Bob Flatherty, it’s cold & flu season! Learn about ways to avoid these infections & what to do if you do get sick. 3:00pm in AP Commons](#)

[10/23 Free tickets to see Macbeth at the Ellen. Sign up sheet at the front desk](#)

10/27 Birthday Night after the evening meal. Celebrate all the birthdays in October with cake and beverages. Happy birthday everyone!

### Monthly Activities with Multiple Dates:

Every Monday, Wednesday & Friday:

Chair Exercise at 10 am in the Commons: Meet up with Nick for this class.

Tuesday is Timely Topics in ARC.

Every Tuesday & Thursday: Yoga in the Learning Center at 9:00am.

Like to shop? Every Tuesday and Thursday sign up at the front desk to catch a ride.

Every Thursday: Nail Care on 3rd floor in A-wing at 9:30am.

Every Thursday at 10:00am try WII bowling in the Commons, it’s fun!

Every Friday this month is Ladies Wine Gathering in the Fireside Room at 3:30pm.

### A Couple of Reminders About the Hillcrest Shuttle Service

The Hillcrest Shuttle Driver is available Monday through Friday starting at 8:15am. We ask that you not schedule appointments after 3:00pm. Final pick-ups for the day are between 3:30 and 4:00pm so our driver can be back by 4:15pm.

We ask that you do not schedule appointments for Tuesday mornings and Thursday afternoons due to our normally scheduled shopping buses. If there is a need we will TRY to accommodate to the best of our ability.

All request forms need to be filled out entirely and returned to the front desk 24 hours in advance. This means appointments for Monday need to be in Friday by noon. The front desk will not accept request forms after Friday at noon through the weekend for Mondays. If you have a request for Monday please call the shuttle driver directly Monday morning at 8:00am.

If an emergency arises and it is less than 24 hours’ notice during the shuttle driver’s usual hours, please call the shuttle driver directly and they will do their best to accommodate you. Keep in mind that this may require an early departure or a late pick up due to short notice.

PLEASE fill out the entire shuttle request form to make communication easier between yourself and the shuttle driver. Everything is to be filled out EXCEPT the departure time. The shuttle driver will fill in the departure time based on other appointments for the day and put the yellow copy in your cubby.

Please feel free to contact the shuttle driver with any questions (406) 922-5392.

If the shuttle driver is unable to answer or it is after hours, please leave a message.



## Wise & Well:

By Nick Valera, Exercise Specialist/Activity assistant

This month's wise and well is a special one. Every October we celebrate "Healthy Aging Month" as well as "Active Aging Week." No one wants to live in bad health. It brings on increased risk of disease, muscle weakness, depression, and is often a cause of a shorter lifespan. On the flip side, good health can mean a decreased risk of diseases, less muscle and joint pain, and a happier, energy-filled higher quality of life! My physical therapist and coach gave me a book to read that I now want to share with you titled *Younger Next Year*. It was a great read, giving the basic tips it takes in order to turn back your biological clock and live stronger, fitter, smarter, and longer. This article will be reviewing some of the main topics in this book.

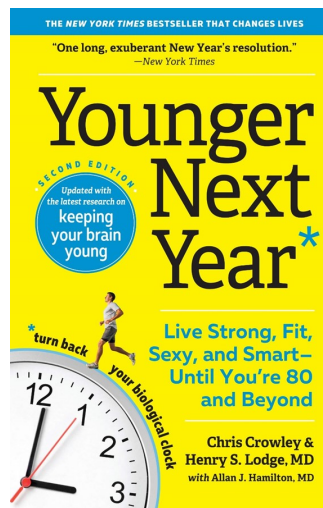
As you know from hearing about it from friends or experiencing it yourself, there CAN BE decline in our physical ability and health once we hit 50 years old. Things such as muscle loss (sarcopenia) and osteoporosis start to kick in. We also know that the average age of retirement in America is 63 years old. The average age of adults is said to be another 15-20 passed that. And what is common, especially in this country and in this decade we are in, is to be sedentary no matter what age we are. Being sedentary in retirement is not the answer to a healthy last chapter in one's life.

There is a lot of great advice in the book, but let's start with this one: in living things, there is either growth or decay. The human body is made to be active and physical, triggering growth. Unfortunately for those of us who enjoy being lazy sometime (myself included), a sedentary lifestyle triggers our bodies for decay. Did you know that 70% of premature deaths are lifestyle related? I previously mentioned sarcopenia and osteoporosis; both of those and many other diseases that ail us can be eliminated! Yes, **ELIMINATED!**

Here are some more fun facts; muscle cells in your thigh replace daily one at a time, blood platelets replace every 10 days, bones every couple of years, and taste buds are replaced every day. Internally, we have the chance to change and adapt to be healthier. The authors write, "Everything you do physically, everything you eat, everything you think and feel, every emotion and experience changes your body and your brain in physical ways that were set in stone millions or billions of years ago."

Now this book is not all about exercise. Life is not all about exercise. But it does play a very important role. We want to promote healthy growth in our body, not decay, and being physically active is the best way to do it. One of the authors, Dr. Henry Lodge, gives his 5 rules for turning back the biological clock:

- Be physically active 6 days per week
- Do serious aerobic exercise 4 days per week
- Do serious strength training 2 days per week
- Spend less than you make
- Quit eating crap



That might seem a bit extreme at first. But keep in mind everyone's level of "easy" and "serious" are different when looking at physical capabilities. But no matter what, "serious" means the activity should be physically challenging. If you choose to change, know that it will be hard, but also know your efforts will be worth it as your quality of life improves. Also, here is a dirty little secret: not everyone loves exercise. Actually, most people exercising are not having fun at all. I have been there plenty of times and will have that feeling many more in my lifetime. But improving my abilities and my health takes a much higher priority than my comfort level for those few hours a week of exercise. And if you have an interest in something active such as hiking, biking, rowing, etc., that's even better than sitting in a gym!

## It Happened in October

By Tony Garcia, Resident

- Oct 1, 1908** Henry Ford's Model T, the universal car, went on sale.
- Oct 3, 1863** Abraham Lincoln proclaimed the last Thursday of November as Thanksgiving.
- Oct 4, 1957** The Russians launched Sputnik shocking the U.S. and beginning the space race.
- Oct 5, 1964** 57 East Germans escaped to West Berlin through a tunnel under the wall.
- Oct 6, 1978** Khomeini was granted asylum in Paris after being expelled by the Shah.
- Oct 10, 1954** Ho Chi Minh entered Hanoi ending the 7 year war with the French.
- Oct 11, 1939** Albert Einstein warned FDR that the Nazi's could build an atomic bomb.
- Oct 12, 1492** Christopher Columbus arrived in El Salvador claiming it for Spain.
- Oct 13, 1884** Greenwich time was established, creating standard times worldwide.
- Oct 14, 1947** Chuck Yeager broke the sound barrier for the first time.
- Oct 14, 1912** Former President FDR escaped assassination, saved by his glasses case.
- Oct 17, 1944** The Battle of Leyte Gulf was the largest naval battle in history.
- Oct 18, 1945** The Nuremberg War Crimes Trial of 24 Nazi leaders began.
- Oct 21, 1879** Thomas Edison successfully tested an electric incandescent lamp.
- Oct 21, 1967** Thousands protested the Vietnam War at the Pentagon. 250 were arrested.
- Oct 22, 1962** President Kennedy announced the Americans Soviet missiles were in Cuba.
- Oct 22, 1979** The Shah of Iran arrived in the U.S. Weeks later Iranians seized 66 Americans.
- Oct 23, 1983** Terrorists drove a truckload of TNT the U.S. headquarters killing 241 Marines.
- Oct 25, 1983** U.S. forces invaded Grenada ousting the communist Soviets and Cubans.
- Oct 25, 1955** Austria resumed sovereignty. It had been occupied by Nazi's 1938-1945.
- Oct 27, 1904** The first underground and underwater subway opened in New York City.
- Oct 28, 1886** The Statue of Liberty was dedicated on Bedloe Island, New York City.
- Oct 29, 1929** The stock market crashed, beginning The Great Depression until WWI.
- Oct 31, 1940** The Battle of Britain ended. British pilots downed 1700 Nazi planes.
- Oct 31, 1952** The U.S. detonated its first hydrogen bomb in the Marshall Islands.

## Hillcrest Neighbors in Birch-

### Meet Gloria Hansard

We are delighted to announce that Gloria Hansard is the October resident of the month in Birchwood! In case you have never had the pleasure of meeting her acquaintance, here is a little bit of Gloria's story: Gloria was born in Missouri, the 2nd youngest in a family of four: 3 girls and 1 boy.

When she was a young girl she moved to Los Angeles with her family, where she eventually met her husband, Donald Hansard Sr. and got married at the age of 25. Donald worked in the film industry producing movies, and this led Gloria and Donald to travel all over the globe for both work and play. Together they raised 3 sons. Gloria is much adored by her numerous grandchildren, most of whom live in the Bozeman area. And, in case you missed it, Gloria recently celebrated her 100<sup>th</sup> birthday this past May!

We are honored to know Gloria and spend days with her working on puzzles, exercising, and reading poetry with her!



# Remembering The American Revolution—Chapter Two

By Tony Garcia, Resident

Chapter One published in August 2022 Crestline The siege of Boston was a great victory for the Americans, but General Howe was determined to test the Americans at Brooklyn. On August 21, 1776, General Howe arrived with 132 ships and landed 32,000 troops. It was the largest invasion in history. Washington described looking at the thousands of wooden masts as looking like a forest.

Washington had only 20,000 troops and was convinced Howe's landing was a bluff, so he left 1500 with General Greene in Manhattan. Washington was wrong. Just before midnight on August 26th, the British began their attack. Washington retreated with his troops to Brooklyn Heights, with his back to the East River. An estimated 3000 American troops were killed. He ordered a group to take boats from shoreside residents and start campfires scattered along the heights giving the appearance that his troops were camped for the night. Washington then had his men work all night load his troops, horses and cannons in to the boats and row through a thick fog across the river to Manhattan. Washington climbed into the last boat the British caught on to what was happening. The British began firing but the fog was too much. The war might have ended right there, but Washington was safe at least for a while.

Washington lost more than 3000 troops in Brooklyn, and lots more after several defeats from lower Manhattan to Washington Heights. Washington was now on the run. He led his army across the Hudson and then south towards Trenton, NJ. The lamp of freedom was now dimming to the members of Congress. Some had thoughts of replacing him.

Washington decided to read to his troops "The American Crisis," by Thomas Paine. It was a great morale booster. Congress, the Army and all Americans were desperate for some good news.

Washington knew he had to come up with a victory. The only battle he won was Boston. They were camped not far from Trenton, NJ, so Washington sent a spy to Trenton. The spy returned reporting that the town had Hessian volunteers of the British occupying it.

Washington came up with an attack plan. He would cross the Delaware on December 24th with his estimated 2400 men, 18 cannons and 75 horses. He would then have his Generals split into three groups to surround Trenton and block all bridges to prevent escape.

Knowing the Hessians would be doing a lot of drinking on Christmas Eve, he would then attack. Unfortunately, the weather on Christmas Eve was the worst. American troops clothing was poor and had deteriorated. Some did not even have shoes or socks. They had wrapped their feet in rags. They had to march 9 miles after crossing the Delaware, and two soldiers died from frostbite before they arrived at the edge of Trenton.

At 8 a.m. the attack began. American troops performed exactly as planned. In the battle, only 8 Americans were wounded, including future President James Monroe. By noon, Washington told his men it was a glorious day for all Americans, and then led his troops to a winter encampment at a place called Valley Forge..... Thank you.



## Just a reminder:

Please put a plate or tray under any live pumpkins used for decoration.

Thanks and Happy October!



## Nature's Opulent Display of Fall Colors

By Ken Walcheck, Resident

A warm Montana October sun bathes my face as I sit in a seasoned wicker chair on my back patio, sipping hot apple cider, & admiring the brilliant fall colors of the maple, willow, mountain ash & cottonwood trees in my back yard the crispness of distant snow-capped Tobacco Root Mountains adds to the splendor. A brisk westerly wind drifts in & strips some of the cottonwood's brilliant mustard yellow leaves from the trees. Every autumn amazes me to see the magic of bright greens of spring & summer subtly transition to fiery oranges, reds & burgundies – lavish bouquets of “flowers” display for sparkling viewing.

The story of fall colors opens with Act One with our ability to perceive both quality & beauty while viewing one of Mother Nature's colorful presentations. With repeated viewings, it expands through successive stages of appreciation to values yet uncaptured, values beyond the reach of words – values that evoke something precious & deep within. French author, Albert Camus, reminds us that “autumn is a second spring when every leaf is a flower.”

The Second Act involves an understanding of the biological sequence of why leaves change color in the fall, & how the process occurs. Each leaf is a specialized nutritive organ, whose function is to carry on photosynthesis, the process of synthesizing carbohydrates (sugars & starches) from carbon dioxide & water, utilizing the radiant energy of light captured by the chlorophyll molecules in plant cells. This process slows & eventually stops as summer fades due to several factors including: genetics, decreasing temperatures & precipitation, lower soil moisture levels, & geographic locations. But the main reason is due to declining daylight hours. Leaves can sense the loss of light, due to the chemical light receptors, photochromic & crypto chrome, which can register day-length changes of as little as thirty minutes. The change in color of the leaves that we see occurs due to the fading & eventual death of the masking green chlorophyll exposing the hidden xanthophyll (yellow), carotene (orange), anthocyanin (red, purple, burgundy), & tannin (brown) pigments resulting in seasonal changes departing from a luscious green to bright hues showing a fiery display of leaf colors.

Soil moisture levels have an impact on the ability to produce good fall colors. A prolonged drought can delay color change for a few weeks. Freezing temperatures & an early hard frost can trigger an early shutdown leading to poor fall colors. Ideal conditions for providing the best fall colors are favorable summer temperatures, timely rainfall & sunny days, combined with cool frostless night temperatures. Achieving a display of peak colors depends on a delicate balance & one currently jeopardized by climate change. Warmer temperatures & drier summers lead to environmental stress than can accelerate leaf pigment deterioration, & earlier leaf drop. Severe climate environmental changes essentially mean that a tree can't properly function thereby preventing a normal display of vibrant fall colors. Act Three focuses on leaf departure from the tree. As autumn days grow shorter & colder, a hormone in deciduous trees is triggered to send a chemical message to every leaf that says, in essence, “Time for departure. “ At the location where the petiole (stalk) of the leaf is attached to the stem is a special layer of thin-walled cells, the abscission layer (separation layer), extending across the base of the petiole. This abscission layer functions in weakening the base of the leaf. Abscission cells have the same root as the word scissors, meaning they function like scissors when activated, to make a cut. The cellular part next to the stem becomes cork-like & forms a protective layer which remains when the leaf falls off sealing off the vessels that supplied the leaf with nutrients & water. The combination of reduced light, colder temperatures, chlorophyll death, activation of the abscission layer, & a little push of the wind & pull of gravity act as catalysts for leaf departure. The broad, thin leaves of deciduous trees are in reality an Achilles' heel when these latter forces of wind & gravity are activated. A spectator might conclude, that with leaf departure, the story of fall colors ends. Since Mother Nature seems to abhor waste, it's not surprising to know that for the final curtain call, fallen leaves still have not exhausted their ecological calling. As they decompose & decay, their bloodstream nutrients seep into the soil providing & releasing a flow of energy that feed future generations of plant & animal life. The soil's intricate & dynamic digestive apparatus, bacteria & fungi, break down the complex compounds of dead organic matter, & in doing so release simpler inorganic compounds back into the ecosystem again. This is the yin & yang of biotic continuance. Together, they provide for the breakdown of organic matter, recycling it & making it available for new organisms to utilize - a complete energy circuit that reminds us that there is no life without death.

When fall colors start to show, put on your walking shoes, fill the car's gas tank for a drive to a favorite viewing area, or hop on your bike for a day's outing. Whatever your preference of travel may be, unlimited opportunities await viewers to verify the ancient doctrine that the best things in life are free. That includes the opportunity to view Montana's vivid tapestry of vivid reds, orange, yellow, gold, purple, & other varying shades of leaf colors during fall days.

Although many would agree that New England's northern tier landscapes rank best in the nation for viewing a beautiful tapestry of vivid fall colors, many Montanans would argue that the Treasure State also provides a good sampling of fall colors to viewers in all reaches of the Big Sky Country, from the high plains of eastern Montana to the Rocky Mountain west. So, when fall colors start to show, put on your walking shoes, fill the car's gas tank for a drive to a favorite viewing area, or hop on your bike for a day's outing. Whatever your preference of travel may be, unlimited opportunities await viewers to verify the ancient doctrine that the best things in life are free. That includes the opportunity to view Montana's vivid tapestry of vivid reds, orange, yellow, gold, purple, & other varying shades of leaf colors during fall days.