I've always wanted to travel the world, and I was able to do it in one afternoon! My family and I attended the recent Travel & Adventure Show at the Convention Center in Denver.

All of the vendors were like mini trips. Every vendor offered tips and places to go for unique travel experiences.

We visited many different booths from all kinds of countries, states and cities. In addition to finding out about the places, a lot of the stands had goodies and food samples including popular candy from the locations they were representing. The booths felt very complete with samples and experiences, because it felt like everything was there, including culture demonstrations of music, dancing and crafts.

As if this was not enough fun, there were also talks with travel show hosts about things like getting off the tourist path. The speakers included Rick Steves, Josh Gates, Pauline Frommer and Valerie Joy Wilson. It was wild to see your favorite travel show host in real life!

My parents really like Rick Steves and Josh Gates, and my mother always has some Rick Steves book around the house to research our next vacations. Josh Gates does many programs but the ones that are most popular are “Expedition Unknown” on the Travel Channel and “Destination Truth” on SyFy.

His shows are a little of a travel show but more of an adventure show that’s not telling you a lot about the destination. On the other hand, Rick Steves shows are more on the travel side. I also met David McGuffin who has a company that offers pre-designed trips throughout Europe.

He looked familiar, and it was because I had previously seen his YouTube videos. I asked him “What trips do you recommend for families?” and he answered with a question himself: “Where do you want to go?” I think this means that the start of a good trip is to go somewhere you really want to go.

I was super close to getting to meet Josh Gates but Rick Steves went over his time slot by 15 minutes. All of the vendors are like mini trips. Every vendor offered tips and places to go for unique travel experiences. A custom safari in Africa, a biking tour in France, a cruise to Luxembourg or a zip line experience in Costa Rica and much more. You name it, they had it.

We even learned about some adventure opportunities that were local, like Georgetown Loop Railroad and a new Jellystone resort called Yogi Bear opening just in time for summer.

One tip: If you want to travel internationally, you should get a passport. I was able to meet with someone from the Department of State and was provided information on how to get a passport for kids under 16. The process for kids is a little more difficult because you have to get your parents involved in the process to approve the passport. More information is available at the U.S. Department of State website: https://travel.state.gov/content/travel/en/passports.html.

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He was the youngest member of the United States Women’s National Team, you’ll find that “On the Field with Megan Rapinoe, Alex Morgan, Carli Lloyd, and Mallory Pugh,” by Matt Christopher, is a terrific way to learn a lot of fun facts about these four female soccer stars.

I liked this book because I am a soccer player and the players highlighted in this book are my peers. Matt Christopher wrote such interesting facts, like that Megan Rapinoe is a twin and she and her twin had to drive two and a half hours to their practices to play for Elk Grove, and that Alex Morgan’s parents wanted her to be a boy.

Alex Morgan has the nickname “Baby Horse.” Her teammates gave it to her because of how she looked when she ran, all long legs and longer strides, and “Baby” because, at just 21 years old, she was the youngest member of the United States Women’s National Team. Carli Lloyd, whose team won the Olympics gold medal match because of her incredible goal, started in the Olympic Development Program when she was only 14 years old.

And Mallory Pugh was born here in Littleton, and has loved soccer since age four. She helped to win the U12 state championship in 2010 for Real Colorado and her U13 team won it again the next year! She made the U.S. Women’s National Team at age 15 and in 2015, was named the U.S. soccer young female player of the year. This book is filled with lots of facts about these four talented female soccer stars. Read it if you want to learn a lot more about them, and don’t forget to cheer for the US Women’s National Team!

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Yo-Yo Ma, who is the world’s greatest cellist, gave a wonderful performance at the Denver Post Live at the Rose Ballroom, and it was a real treat. Yo-Yo Ma is a multifaceted musician and teacher, and he has been a powerful force in the world of music. His music and messages of peace and hope are truly inspiring.

Register today! Go to ColoradoNIE.com for more details, FAQs and registration form.
Take a step into an alternate reality...The Star-Spun Web by Sinead O’Hart, is about an orphan girl named Tess and the alternate realities of the world she lives in. The story starts in an orphanage for girls owned by a lady named Mrs. Ackerbee. One day, a man named Mr. Cleat arrives on their doorstep and claims to be a relative of Tess. She does not want to go with him, but the orphanage and her friends would be in danger if she would not. She goes to Mr. Cleat’s mansion and lives there alongside the staff and Mrs. Thistleton, a woman who hates Tess. Tess is out exploring, and stumbles upon a mysterious place. Can she save the universes? Or will she be destroyed trying?

The book flows well with the moment and transitions between characters in a way that keeps the reader reading. The characters are developed with their own unique personalities in their own special way. The author builds on the main ideas and makes new ones at the same time. That makes the story very interesting in a way that made me want to see what happens next. The book itself isn’t very suspenseful, or just doesn’t build the suspense. It was also hard to determine what time period that the story takes place in.

Ancient beads show ancient allies

A n old way of showing friendship between groups has been shown to be far older than thought, thanks to some ostrich shell beads. The beads were found by archaeologists working in Lesotho, a small, high-elevation nation surrounded by South Africa, and date back about 33,000 years. By analyzing the chemicals within the beads, the University of Michigan researchers were able to tell what the ostrich who laid the egg from which the beads were made had been eating. It turns out the string of beads, made by punching a hole in a shaped piece of shell and stringing it on a strand of sinew, had been made 1,000 miles from where it was discovered. It’s long been known that many ancient people traded crafts and tools at those sites, but there’s been little evidence, except for the beads, that this type of bead was not simply a decoration but this type of bead was not simply a decoration but these are ancient alliances.

Feeling stressed? Try one of these toys!

There are a ton of new stress toys today, and there are additional ones being made, so the real question is, what are the first-rate stress toys?

In my class, our teacher lets us have stress tools whenever we want, and I have used this many times and it helps me focus really well. There’s a lot in the thin metal case and you can have this stuff for a very long time. The Denver Post • 11, a CK Reporter From Cherry Hills Village

My second-favorite stress toy is “Crazy Aaron’s Thinking Putty. ” Many people actually love this stress toy and recommend it. These stress toys are rated four or five stars on most websites that sell stress-relief tools. I personally love this stress toy and recommend it. Many people absolutely love these and a ton of people have them.

These stress toys are rated four or five stars on most websites that sell stress-relief tools. I personally love this stress toy and recommend it. Many people absolutely love these and a ton of people have them. My second-favorite stress toy is “Crazy Aaron’s Thinking Putty. ” I have used this many times and it helps me focus really well. There’s a lot in the thin metal case and you can have this stuff for a very long time.

The characters all play their parts very well which gives the book a nice structure, and, if you like young protagonists against adult antagonists, this book might be for you. The novel has many sides of the story, and different characters narrate during different characters, somewhat like the “Percy Jackson” series. As a reader, you really feel like you are the main character because of the way the parts of the story are laid out. The presentation of the characters is fun, and it is an enjoyable adventure overall. If you have ever wanted to step into another reality — well, if you read books, you always do — “The Star-Spun Web” could be for you.

The book itself isn’t very suspenseful, or just doesn’t build the suspense. It was also hard to determine what time period that the story takes place in.
World goes on lockdown to fight COVID-19

L ast Saturday should have seen Denver's 58th St. Patrick's Day parade. Instead, it saw nearly empty streets. Parades in other major cities were also canceled, leaving paraders, parade fans and businesses that count on the crowds disappointed. It's only one part of a fast-changing worldwide attempt to avoid crowds and avoid the spread of the virus that causes COVID-19 disease.

In Europe, the EuroLeague has begun its tournament in empty stadiums, while the NCAA has canceled both the annual "March Madness" men's basketball tournament and the women's basketball finals.

The National Basketball Association has also put its season on hold after a player for the Utah Jazz tested positive for the virus. Their thought was that players come in contact with thousands of people in a week, so putting it to rest wouldn't be enough to stop the spread of COVID-19.

Players bringing the virus home from a road trip would not only endanger themselves but risk endangering their home communities. It's not just entertainment events that are being impacted: Churches and colleges have told students to stay home after Spring Break and finish their courses online or through distance learning.

Meanwhile, businesses are having workers who can work from home stay away from the office, and workers who can't do their jobs from home are simply not allowed to work. It's inconvenient, it's disappointing and it's a little scary.

But it could be worse. Italy has been one of the hardest hit nations by the coronavirus and much of the country is on lockdown, with only groceries and necessarily store-opened stores, and opened pubs to keep the economy from freezing.

In Denver, the city of New Rochelle, New York, is under similar lockdown because of a large number of cases of COVID-19, while Canadian Prime Minister Justin Trudeau went into self-quarantine, staying home and avoiding other people, after his wife tested positive for the virus, while the US Capitol building was largely shut down because of an infected visitor from Brazil.

Is there any good news to be had? In fact, there is: China, where the virus began, has seen results from its own lockdown, with many fewer cases of the disease, and other nations that have enforced quarantines and lockdowns are beginning to see positive results from keeping people from spreading the virus to each other.

With luck, and with a lot of hand-washing and careful behavior, the pandemic will come under control and let the world go back to business, and fun, as usual.

In honor of St. Patrick's Day, our answers this week will be famous Americans of Irish ancestry.
1. Author of the "Hunger Games" series
2. First Irish Catholic president of the United States, he was assassinated in 1963
3. If you've listened to Broncos games on the radio, you know the voice of this Wheat Ridge and CU alumus, a former NFL player who calls Bronco games.
4. Teacher and astronaut who died in the explosion of the Challenger shuttle.
5. You can visit the Denver home of this survivor of the Titanic, whose maiden name was Tobin and whose parents were immigrants from Ireland.
6. Nicknamed the "GOAT," this quarterback has won six of the nine Super Bowls his team has played in.
7. Former NFL star known for "Groundhog Day," "Caddyshack" and "Ghostbusters"
8. 19th Century daring newspaper reporter famed for recreating James VanDer's "Around the World in 80 Days" in only 79 days
9. Author and illustrator of the "Diary of a Wimpy Kid" series
10. Irish on her mother's side, African on her father's, this "All I Want For Christmas Is You" singer-songwriter-produce-actress is one of the top rock and hip-hop acts ever.

Sudoku

Rules: Every row across, every column down and each of the six smaller boxes must contain numerals 1, 2, 3, 4, 5 and 6, one time and one time only.
The solution to this week's puzzle is on Page 4.

Presidential peril in a complex package

Y ou've heard of the assassination of John F. Kennedy, but did you know that Kennedy and his fellow survivors survived a week on a deserted island during World War II, eating nothing but coconuts? How about when George Washington was served poisoned peas for dinner and a girl threw the poisoned peas out the window just in time?


In this book, there are many different events, from the 19th century that could have been a little touch of virus, and moist places, such as wet hands, are a good place for germs and viruses to grow.

You might think a nice blast of warm air would be a better choice. Because they get wet, paper towels aren't recyclable like other paper products, but they're still a good way to dry your hands in a pandemic. Electric hand dryers aren't hot enough to sterilize your hands, or they'd cook the skin right off them.

Worse, they may blow any remaining germs from your hands onto your clothes as you stand in front of the dryer.

Your best bet, if you have a choice, is to use a paper towel.

And if it's the type of dispenser you don't have to touch, that's even better!
Two great American artists

The Denver Art Museum is currently exhibiting works by two major American artists, Winslow Homer (top) and Frederic Remington (above). Winslow Homer (1836-1910), who was considered the most original painter of his time, prospered by creating masterful depictions of the Eastern Seaboard, while Frederic Remington (1861-1909) became famous for his iconic representations of the American West. The work of these two self-taught artists continues to be celebrated as independent, innovative, and homegrown.

For more information, visit https://denverartmuseum.org/exhibitions/natural-forces

Doublecheck for cancellation of events due to the coronavirus.

Free Days! Check the schedule for yourself!

Don’t forget that there are SCFD Free Days at area museums and attractions on a varying schedule. Take a look at https://scfd.org/find-culture/free-days/ and plan for the times when kids and families can enjoy an experience at no cost, thanks to the Scientific & Cultural Facilities District and its participating communities and organizations.

Sunday, March 22
Thomas Lennon, author of the Ronan Boyle books, will be at the Tattered Cover Downtown, at 2 pm, to talk about his new book, “Ronan Boyle and the Swamp of Certain Death,” second in the series.

Wednesday, March 25
60 Minutes in Space, 7 pm, Denver Museum of Nature and Science. Go “behind the stories” with space scientists Dr. Steve Lee and Dr. Ka Chun Yu as they use the best images and animation available to help understand new developments. No reservations required. Seating is first-come, first-served.

Saturday, May 9
Carbondale’s 22nd annual Dandelion Day will have local non-profits, artists, farmers, food vendors, brewers, and musicians in Sopris Park, celebrating the arrival of their official Town Flower. For more information, visit https://www.carbondale.com/event/dandelion-day/

Saturday, May 23
The Spring Constellations arrive, and Dark Skies of the Wet Mountain Valley will welcome them, beginning at 9 pm at Smokey Jack Observatory, 100 S. Adams in Westcliffe. A chance to learn and enjoy the skies without city lights. For more information, visit https://www.darkskiescolorado.org/events/2020/5/23/public-star-party-the-spring-constellations-arrive