



O C T O B E R 2 0 2 3

Pensacola Park Post

A Monthly Pensacola Park Neighborhood Association Distribution
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Samhain and Dia de los Muertos by Jesse Voigt

October is upon us and most everyone (84% of Americans in fact) celebrate Halloween, a day for people to carve pumpkins, dress up, and get candy, but there are also other fall traditions to this holiday celebrated in other parts of the world. The end of October and the beginning of November is widely celebrated in Ireland and Scotland, and is known as Samhain (pronounced Sow-in); and also in Mexico, which refers to it as the Dia de los Muertos (Day of the Dead). Both holidays are known as liminal or “threshold festivals,” with the belief that the boundary between our world and the Otherworld is thinned. To the Irish and Scots, it was believed that many Otherworlds existed, known as the *aos si*, which could inhabit ancestors, other spirits, fairies, and even gods. During this time one had a chance to ask for favors (like a good harvest), or to connect with past loved ones. In Mexico, the idea to connect with past loved ones was a central theme to their holiday. In doing so, one built *ofrendas* (which were private alters) to honor their ancestors; these would showcase memorabilia of past loved ones, and be decorated with marigolds, known as *flor de muerto*, or “flower of the dead.”

Orange was an important color to the Irish, Scots, and Mexicans. For those that celebrated Samhain, orange represented the bonfires that burned during the festival, to light the darkest nights. For Dia de Los Muertos the use of the bright orange marigold was used to help guide the ancestors back home, like a beacon in the dark.

So how did we get to dressing up? Well, there are many theories, but some believe that mumming and guising led to the rise of costumes. This was when people dressed up during the holiday (otherwise known as mumming). For many it was a way to fool the Otherworld, both the bad and good elements, so that they would either be invited into your home or repelled from it. This became such a popular pastime in Ireland and Scotland that many young men pretended to be the Otherworld entities by dressing up (otherwise known as guising) and going door to door to receive offerings from households, a tradition that carried well into the 20th century. Samhain was also nicknamed “Mischief Night,” as imitating spirits often led to pranks.

As to Mexico, don't let the traditions of *calaveras* (or skulls) decorating the festival fool you into thinking they believed in mischief, or even evil spirits. Most of the traditions, for Dia dos les Muertos, center on the family, and welcoming back ancestors into one's home, a practice to ensure that people remember their roots. It was a way to celebrate life, by remembering those who have died.

There is debate on how indigenous Dia De Los Muertos is and whether or not it has roots in European traditions, like Samhain. What we do know is that it is currently a widely celebrated holiday that has also become quite popular in the United States. In fact, Bluegrass Youth Ballet, located on Southland Drive, holds a ballet show every year to celebrate Dia De Los Muertos, and many of the children in our neighborhood participate in this show. You can buy tickets to this event at bluegrassyouthballet.org. It will be held at the Lexington Opera House Friday (Nov 3rd) at 7:00pm and Saturday (Nov 4th) at 2:00 pm.



PPNA RECEIVES GRANT!!

PPNA was awarded a grant to participate in an effort to help curb disposable plastic bag use, by distributing durable canvas bags and informational pamphlets. Look for your canvas bag, along with other goodies, coming soon.

Other October Things Happening

- Oct 6th Freaky Flicks: (Masterson Station Park showing Hocus Pocus), Oct 13th (Moondance Amphitheater showing Casper), Oct 20th (Moondance Amphitheater showing Monsters, Inc). 6:30pm. Bring your blankets and picnic to watch the flicks, though there will also be food trucks available. Admission is free.
- Oct 10th Witch’s Brew Botany. Duncan Park from 6-7pm. Admission is Free. Examine the world of plants and fungi that have been historically associated with witchcraft and potions.
- Oct 15th Raven’s Run Sanctuary from 1-2:30 pm. Use nature as your inspiration to create some woodland themed fall décor. Admission Free.
- Oct 25th - Oct 28th Jack-O-Lantern Trail from 6:30-10pm at McConnell Springs Park. Hundreds of carved and lit pumpkins line the trail for you to see. If you would like to place a pumpkin on the trail, you can drop off between Sunday Oct. 22nd until Wednesday Oct 25th (before 5 pm, so they have time to place it on the trail). \$6 dollars for adults, kids under 11 are free.
- Oct 28th Full Moon Hike. Raven Run Nature Sanctuary. 6:30-8pm Cost \$5. Take a walk through the nighttime park to look and listen for our nocturnal wildlife as the moon rises.
- Oct 29th – Downtown Halloween Parade starts at 6:30-7pm on Main street. Followed by the Thriller Parade at 7-9pm. Get there early if you want to find parking and a good spot to view the parade.
- Oct. 31st (TUESDAY) – TRICK OR TREAT 6-8 pm.
- Nov 2nd Day of the Dead Festival located in Valley Park from 6-10 pm. Admission is free.

Simple Apple Strudel

This simple apple strudel recipe combines the perfect flavor of apples with a rich buttery pastry. As made by Jennine Rye.



Ingredients:

- 1 Sheet frozen puff pastry
- 3 Granny Smith apples (Honey Crisp work too)
- 2 tablespoons butter
- 3 tablespoons granulated sugar, divided
- 3 tablespoons brown sugar
- 3 teaspoons corn starch
- ½ teaspoon cinnamon
- ¼ teaspoon allspice (or cardamom)
- 1/3 cup raisons (not necessary if you don’t like raisins)
- 1 beaten egg
- 1 tablespoon milk (you can also use heavy whipping cream here to make it more decadent)

Directions:

1. Preheat the oven to 425 F.
2. Set the puff pastry sheet on the counter to thaw.
3. Peel and core the apples and slice them thinly.
4. Melt the butter over medium-low heat.
5. Add the apples to the pan along with 2 tablespoons of granulated sugar plus all of the brown sugar, cornstarch, cinnamon, and allspice.
6. Sauté the apples for around 5 minutes, until they’re coated with sauce. Turn off the heat; stir in the raisins, and then leave the apples to cool completely.
7. Mix together the beaten egg and the milk.
8. Roll out the puff pastry into a rectangular shape. Pile the apple mixture down the center of the pastry, leaving an inch of pastry at the sides, and the top apple-free.
9. Fold the top and bottom of the pastry over the apple mixture, and then fold 1 of the sides over the tope, covering half of the apples. Using the egg and milk mixture as pastry glue, brush the exposed side of the pastry before folding the other side of the pastry, slightly overlapping the first half.
10. Roll the pastry over so the fold part is on the bottom and place on a baking sheet. Score the top of the strudel with a sharp knife.
11. Brush the top of the pastry with the egg and milk, then sprinkle with the remaining granulated sugar.
12. Bake the strudel for 25 minutes until the pastry is golden and flakey. Allow the strudel to cool for 20 minutes before serving.

HOW TO ORDER A PENSACOLA PARK EMBLEM

Please visit our website www.pensacolapark.org to order any emblems, or write us at pensacolapark@gmail.com. Payment is via PayPal, check, or cash. Metal Plaque is made up of holly bronze and comes in two sizes: 8x8 (\$165) and 5x5 (\$100)



PLEASE CONSIDER DONATING TO PENSACOLA PARK NEIGHBORHOOD ASSOCIATION

As an organization we do not currently collect any neighborhood association dues, instead we function off of grants, fundraisers, and donations from the neighborhood. Donations allow us to go after matching grants, buy trees to increase our canopy, improve street conditions, throw community events, and be able to print this newsletter. If you would like to donate, you can either: (1) Drop off Cash or Check to our GREEN PPNA mailbox at 107 Lackawanna Rd / (2) Use Paypal @ pensacolapark@gmail.com

ABOUT PENSACOLA PARK PRESERVATION SOCIETY AND PENSACOLA PARK NEIGHBORHOOD ASSOCIATION

Pensacola Park Preservation Society is a non-profit 501(c)3 formed by Pensacola Park Neighborhood Association in order to bring together residents and businesses located in the Pensacola Park Nationally Registered Historic Boundary, for the common good of (1) preserving the historic integrity and resources of the area; (2) creating an environment that promotes sustainable and appropriate growth for the neighborhood; (3) providing historic education and assistance to those in the Pensacola Park Neighborhood for the preservation and rehabilitation of historic homes, structures, and landscapes; and (4)Unifying and being representative of all the original streets in the Pensacola Park Historic boundary. Also check us out online at www.pensacolapark.org, and follow us on Facebook @ Pensacola Park Neighborhood Association.

If you have any questions or would like to submit topics or op-eds to Pensacola Park Post, please feel free to write us at pensacolapark@gmail.com. If you would like to stop receiving the free monthly post, please write us and put “stop post” in the heading, along with your physical address. Thank you.

Pensacola Park Neighborhood Association (PPNA) and Pensacola Park Preservation Society (PPPS), our nonprofit. PPNA/PPPS represent ALL streets in Pensacola Park Historic District, including: Goodrich, Lackwanna, Nicholasville, Norfolk, Penmoken, Pensacola, Rosemont, Suburban, and Wabash.