

The Five Senses of Autumn

By Molly Hegman

Autumn, it is tops on my list of seasons. Though it is a time when flowers and trees are dying or going into hibernation, it is also a time when all of my senses become tuned in to my surroundings.

Autumn's dance begins in September when the sun disappears earlier every night. Frequently, it sets with a spectacular array of colors in the sky. The early flowers are dying, leaving only brown stalks and leaves. In their place the fall flowers of yellow, orange, red and purple, mature and a treat for our eyes.

What I miss in Colorado are the specular display of leaves that I have witnessed in Ohio. Some years they were show stopping. Once as I was driving east from Dayton to Ligonier, Pennsylvania, the leaves were so intensely colorful that drivers were pulling off the highway and getting out of their cars to take photos of the display.

Another early fall visual phenomenon that I only remember witnessing three times in my life was the sky turning so pink that everything looked pink. I called it the "Great Pinkness."

In late September to early October we begin to hear our friends the geese arriving. Maybe they are blown in by the winds that assail my shades at night, causing them to bang against the window and causing me to get up, close the windows and turn on the air conditioner.

Another sound that arrives in autumn is the rousing voices of football fans cheering on their favorite teams! While cheering, these fans frequently wear colorful costumes, and have raucous parties with interesting refreshments.

Farmers' Markets in autumn are filled with seasonal vegetables, various kinds of squash, pumpkins and many kinds of apples. That is when my senses really get aroused. Close your eyes and imagine biting into a crisp new apple. Do you hear the crunch when you take that first bite? It is so fresh you can feel the juice running down your chin. And then, close your eyes again and recall the smell and taste of a warm apple pie ... yum! It's a wonderful time of the year!

I like the feel of the air in autumn. Like that fresh apple, the air is frequently cool and crisp. The sky is super blue. I even enjoy the wind in the daytime. The air itself takes on its own feel and aroma. To me it is an exciting time, filling me with feelings of new beginnings and good things to come. You can have summer, I will take autumn any day!