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February 2018

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Vol. 10, No. 2

## Welcome to Ute Country

**"Love keeps the cold out better than a cloak."**

— Henry Wadsworth Longfellow



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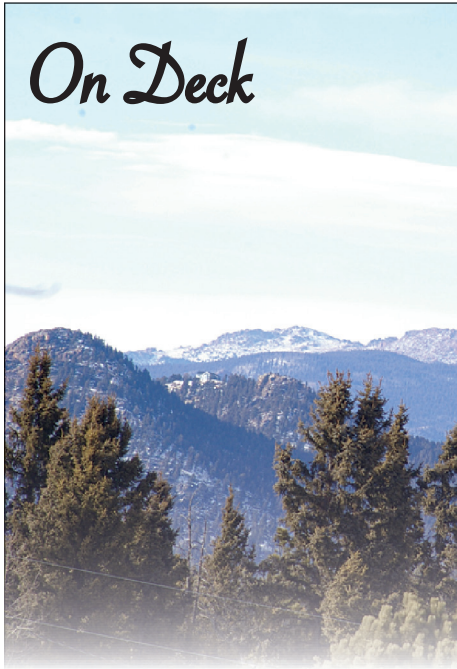
*Feeding more folks than ever before!*



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*Life lessons from the Native Way*





The cover photo brings fond memories of a cold day spent enjoying the beautiful vistas in Twin Lakes. How fun to step into the cold with the heat of the Colorado sun warming our faces as it forces the chill out of the bones.

Whether you enjoy venturing inside or outside, the pages ahead offer plenty of opportunities to enjoy this beautiful state and its people. You can discover new ways to appreciate various creatures (including us humans) and how all living things are interdependent upon each other. We cannot think of a better month than February to draw our attention to what really makes the world go 'round; compassion and love!

Please continue to send in your photos of animals for Critter Corner, as well as your comments, questions, and suggestions. We love hearing from you and appreciate your feedback! Feel free to email [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com), call 719-686-7393 or via [www.utecountrynews.com](http://www.utecountrynews.com).

Thank you,  
— Kathy & Jeff Hansen

A special thanks to all listed here for their professional work and time to make this issue possible. If you have any questions please contact the publishers.

**Publishers:**  
High Pine Design  
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POB 753, Divide, CO 80814  
719-686-7393  
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## The Thymekeeper Fact or faux?

by Mari Marques-Worden

What is the difference between the truth and a fact? If I said carrots are orange and vanilla is cream to white in color, you would probably agree that's true. When in fact carrots come in a range of colors and vanilla comes from a black bean. If you've only ever experienced orange carrots and vanilla ice cream this becomes your truth, albeit far from factual.

It seems that it's becoming increasingly harder to distinguish truth from non-truth these days. I think most people would agree, which makes it even more important than ever to do your homework before making decisions that could impact your health and that of your family.

Every year we go through the same hype and hoopla regarding the flu. It only takes a look back in time to say haven't we done this before? I remember back in 2009 when the H1N1 was such a big deal, or so it seemed. It was supposed to be a deadly pandemic reaching across the world. As it turned out, it wasn't so bad after all. The swine flu pandemic is considered to have been a fairly mild one in retrospect. However, at the time the hype was full on and fear spread over us like the plague.

Given the media coverage leading up to this year's flu epidemic, you would think death was knocking at your door when in fact, the flu is just a really bad cold and the fever that accompanies it is your immune response to an invading pathogen.

If you listen to the news organizations in southern California, this is the worst flu season EVER! In their words, emergency rooms are slammed, wait times at hospitals are through the roof, hospitals are struggling to keep up with patients and some are having to turn away ambulances. Tents are being set up for the emergency room overflow.

The Los Angeles Times headline reads "California hospitals face a 'war zone' of flu patients and are setting up tents to deal with them." "Hospitals across the state are sending away ambulances, flying in nurses from out of state and not letting children visit their loved ones from fear of spreading the flu. Others are cancelling surgeries and erecting tents in their parking lots to triage the hordes of flu patients." Using critical thinking for a moment, one may wonder why nurses would leave another state to go to California if it's spread across the entire country.

One way to find out the truth is to do your own research. Catharine Layton, aka mom on the street and producer for Highwire Talk radio decided to find out for herself just how bad the epidemic was in California. Camera in hand she hit the streets the day after The LA Times article to capture the chaos. She visited five hospitals in the Los Angeles area and the results of her investigation revealed something quite different than the media coverage. The tents were devoid of people, one was closed and not in use and there were anywhere from four to six people in the waiting rooms with plenty of empty seats.

Per CNN, one of the deadliest flu outbreaks in recent memory is raging with over 100 people dead in one California county alone. I'm not sure who's doing the fact check for them but per Dr. Tom Jefferson (epidemiologist, Cochrane Collaboration) states that fears of influenza are exaggerated and that there are no real figures on death from influenza because no one collects the data.

Even the Center for Disease Control states on their website, "Seasonal influenza-related deaths are deaths that occur in people for whom seasonal influenza infection was likely a contributor to the cause of death, but not necessarily the primary cause of death." It goes on to say the CDC does not know exactly how many people die from seasonal flu each year. One reason for this is the CDC uses estimates when determining death by influenza based on different factors, not factual numbers. For more information check out the CDC website page: [https://www.cdc.gov/flu/about/disease/us\\_flu-related\\_deaths.htm](https://www.cdc.gov/flu/about/disease/us_flu-related_deaths.htm).

According to an article published by the Huffington Post: "to say those estimates are controversial is an understatement. U.S. data on influenza deaths are a mess," states a 2005 article in the British Medical Journal entitled Are U.S. flu death figures more public relations than science?

The article further declares that "most pneumonia deaths are unrelated to influenza. Stomach acid suppressing drugs are associated with a higher risk of community acquired pneumonia, but such drugs and pneumonia are not compiled as a single statistic," explained Dr. David Rosenthal, director of Harvard University Health Services. [http://www.huffingtonpost.ca/lawrence-solomon/death-by-influenza\\_b\\_4661442.html](http://www.huffingtonpost.ca/lawrence-solomon/death-by-influenza_b_4661442.html)

### Is the flu deadly?

If not treated properly the flu can lead to secondary bacterial pneumonia. However, according to the American Lung Association, pneumonia has more than 30 different causes and the CDC itself acknowledges there is a slim relationship between flu and death by pneumonia, saying "only a small proportion of deaths, only 8.5% of all pneumonia and influenza deaths are influenza-related."

Just how deadly is the flu? Your unique immune system and overall health status will determine how you fare through it. If the flu is nothing more than a really bad cold, why all the hoopla? As with all fear campaigns I guess you'd have to follow the money on that and I don't think you'll be surprised at the end of that trail.

### Let's get real.

Let's take a look at some facts. **Fact:** Unlike bacteria, virus is not alive, it is a packet of DNA that has the capacity to cause your cells to reproduce it. It must attach to a cell in order to do this. Like a pirate that takes over your DNA that makes you do things you wouldn't want to do. Eventually the immune system will come along and knock out the invader and this is how you build immunity to the virus.

There are several respiratory viruses that have many of the same symptoms as the flu that may infect us during the winter. RSV, rhino virus, parainfluenza virus, metapneumo virus, and adenovirus to name a few. In fact, there are over 200 per Dr. Rima Laibow, Medical Director of the Natural Solutions Foundation. There are no vaccinations for any of these viruses with the flu being the exception. **Prevention:** The Center for Disease Control states that the only way to prevent the flu is to receive the vaccine.

**Fact:** According to the vaccine insert, the most common side effect of the vaccine is the flu.

Knowing the mechanics of a virus I ask myself, why would I want to inject dead flu virus into my body in the form of a vaccine? I never have, but to each his own. My own mother got a flu shot every year and like clockwork, soon afterward she got sick with flu like symptoms. It's important to do your homework before injecting anything into your bloodstream. You're bypassing one of the most effective immune barriers you have; your SKIN. When you catch something, you develop immunity, when it is injected in you the antibodies are not the same and therefore don't work the same. **Prevention:** I don't agree with the CDC's assessment on prevention. Vitamin D3 and Vitamin C are important for fending off any kind of winter virus that may come your



way. Winter robs us of our vitamin D so supplementation during the dark months is a must. As for vitamin C, got any lemons in the house? Squeeze some into your drinking water in the morning or freeze them and use the whole lemon, rind included, to grate into your favorite recipes. Make sure you use organic when utilizing the rind.

Science is now confirming what folk medicine has known for a very long time. Black elderberry can prevent cold and flu; it is a potent anti-viral and will enhance the immune without nasty side effects. The flowers of the elder plant are just as valuable for helping ease the symptoms of a fever. In addition, the plant contains a flavonoid that acts as an antioxidant and anti-inflammatory. Elderberry products can be found in most health food stores and is simple enough to prepare as tea or syrup for those who like to make their own. <http://econewsmedia.net/2017/10/23/scientists-verify-folk-medicine-elderberry-beats-flu-prevents-colds-strengthens-immunity/>

### What if you suspect you are infected?

Steam up your respiratory system with an anti-microbial herb like thyme first and foremost. Infected cells cannot survive above 99 degrees. The volatile oils from the herb will coat the mucous membrane of the entire respiratory system making it hard for an invader to set up shop. It will open the sinuses which facilitates clearer thought process and assists in decongesting the lungs allowing for more energy overall. Afterward enjoy a cup of thyme tea or use the liquid to gargle with.

A spoonful of honey and cinnamon is a great way to introduce an antimicrobial to children.

One of the single most important dangers of respiratory infection is dehydration. It's important to stay hydrated with small sips during the day. If dehydration does occur, you will need to go to the hospital or doctor to get rehydrated.

Avoid solid food while fever is present, bone broth is acceptable.

Wash your hands often using regular soap; avoid the anti-bacterial soaps as they contribute to antibiotic resistance.

Keep that mucous moving. A bit of horseradish was my grandfather's immediate remedy for nasal congestion and an onion poultice applied to the chest will effectively move congestion from the lungs.

Rest, rest and rest some more! If you don't, you will only manage to extend what could have been a 7-10-day illness into an ailment lasting weeks. Nobody wants to be around you when you're sick anyway. Stay home and rest! That doesn't mean scrubbing the floors on day three.

**Fact:** NSAIDS like ibuprofen and acetaminophen suppress the immune system's ability to burn out a virus and so does sugar.

**Fact:** Dairy products create copious amounts of mucous and are to be avoided when afflicted with respiratory virus. That's right, no vanilla ice cream until it's over.

Mari Marques-Worden is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: [Mari@mugsyspad@aol.com](mailto:Mari@mugsyspad@aol.com) or 719-439-7303 or 719-748-3388. Mari is available for private consultation.



## Life-Enhancing Journeys Limbic system: amygdala part I

by Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII

This is part I in a series about the limbic system in an effort to understand why we do some of the things we do automatically and what we can do to regulate this area of our brain.

Did you ever stop and think about what is motivating you to do and say some of the things you do? Although it may seem perplexing, many of our behaviors and reactions are connected to experiences from our past which may pop up at some of the most inconvenient times. Although you are responding to a situation happening now, your responses may be linked to painful and unhealed incidents from your past. How, then, do we avoid past triggers and fully live in the present?

In order to answer these questions, it's useful to first understand what is happening inside our brains; specifically, in our limbic system. The limbic system is the area in the brain which is associated with memory, emotions and motivation.

Although our limbic system has several different structures, this series of articles will focus on three of those structures: the amygdala, the hippocampus and Broca's area.

It's useful to begin by defining the function of each of the structures, starting with the Amygdala:

**Amygdala** (automatic, reactive, survival)  
• Primitive  
• Present at birth  
• Controls survival - fight/flight/freeze/faint  
• Reacts reflexively to emotional stimuli  
• Instinctive  
• Quick to react  
• Only sees the big picture  
• Automatic  
• Stores implicit memories

The amygdala encodes, stores, and retrieves memories based on feeling (e.g., fear). It has no sense of time; therefore, it experiences memories as if they are happening now.

When we experience trauma (any life experience which occurs unexpectedly where you believe you are helpless, powerless or threatened), the amygdala is activated and we go into survival mode. This makes sense, because in the face of perceived danger, we must react quickly. This is an important and necessary remnant from our primitive brain where, in order to survive, we needed to be aware and react instantaneously or we might get eaten by a predator like a saber-toothed tiger.

What happens when we go into survival mode? When we are traumatized or stressed, blood moves from the fore brain (higher learning centers) into the hind brain (primitive or survival centers), and it leaves the trunk of the body and moves into our arms and legs in anticipation of fighting or running. Did you realize that living with stress or trauma actually makes you less intelligent? The blood no longer nourishes our executive skills in our brains. Most

of it has moved to our extremities. When blood flow to the brain is diminished, we are unable to think and we simply react; therefore, we make really poor decisions in the moment when we are stressed. If we believe we cannot get away from the danger, we may freeze (become paralyzed) or faint. It's important to note that trauma triggers are deeply seated in our unconscious mind and are initially and quickly felt as body sensations (tightness in the muscles, butterflies in the gut, a racing heart, a lump in your throat, sweaty palms, etc.). Your body is clever enough to know when you are stressed and learning how to listen to the body signals can be really useful. Because the amygdala reacts in just a fortieth of a second, the body gets the alerts far faster than our thoughts (our thoughts are very slow relative to the quickness of body reactions).

### When the brain is consistently bombarded by stressful circumstances, becoming hyper-vigilant or extremely on guard is common.

The essential point here is to recognize we are focusing on "perceived danger." What we believe and think of as dangerous becomes our reality. Here is an example:

Consider witnessing the experience of 5-year-old twins who go to the supermarket with their mother. The twins become separated from their mother. One twin is terrified, lying on the floor sobbing out of fear while the other twin is running up and down the aisles thinking that this is the greatest adventure, "... freedom... now I can go exploring..." The scenario is the same; however, the experience of each twin is so different. What causes the difference in viewpoint? It's difficult to ascertain what created the difference, yet we know that our perception of a given situation informs our beliefs and reactions to it. Imagine what would happen the next time the mom tells the twins she will be taking them to the supermarket. Depending upon their previous experience, they'd either experience fun or fear.

As a child, you have minimal life experiences, wisdom, resources or knowledge to know there are other ways of responding (e.g., asking another adult for help), and the other brain structures have yet to be developed enough for you to be able to examine a situation rationally (e.g., we know Mommy hasn't abandoned us so it's just a matter of time until we find her). Your

reaction is controlled by the amygdala, where you may go into survival mode based on your understanding of the incident. The memory is accompanied by all of the sights, sounds, smells and feelings that occurred at the time of the event, which then becomes stored in the unconscious mind. As an adult, you may be perplexed as to why going to the grocery store fills you with such anxiety. Your history, or past experiences, may reveal the reasons why. Becoming aware of earlier events may enable you to adjust your brain's perception in order to view life in a new way. That can assist you in depicting the supermarket differently, preferably less frightening, for example. The key to healing past trauma is to adjust one's perception.

Unless you deal with the emotional strain and stress caused by the traumatic experience, the amygdala will continue to get triggered off, more quickly and with less stimuli, any time there are perceived threats. The brain can get stuck in a trauma trigger loop over and over again. Although some people may think about PTSD (Post Traumatic Stress Disorder) as only related to the military, it does apply to all people who have experienced other threatening situations. For example, my uncle was involved in a car crash where a 12-year-old girl was killed. Following that incident, he stopped driving and never was even a passenger in a car again. This severely limited his life. He had nightmares, flashbacks, intrusive thoughts and images about the car crash until he died. What a sad way to live out his life!

When the brain is consistently bombarded by stressful circumstances, becoming hyper-vigilant or extremely on guard is common. Instead of responding, you're just reacting. Over time, the consequences of untreated trauma are PTSD, depression and anxiety, among other difficulties.

As we've focused on the amygdala, it seems as if that brain structure has a mind of its own. Well, it actually does. Remember, its job is to help us survive, and it performs its job quite well. Fortunately, we possess other brain structures which perfectly balance the reactivity of the amygdala. We need it all.

In future articles, other brain structures will be highlighted which will enable you to get a more complete picture of how our brain works and what we can do to regulate this amazing organ for optimum performance.

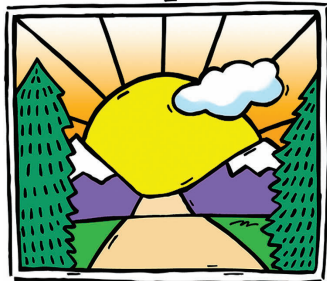
Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys Counseling Center, Inc., we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best version of yourself. To contact Barbara, call 719-687-6927 (office) or 719-510-1268 (cell).

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ONE NATION WALKING TOGETHER

Miller

Guffey round-up

by Flip Boettcher  
photo by Flip Boettcher

**9th Annual Pie Palooza**  
Bakers are whispering behind closed doors about what kind of pie they are going to make and everyone seems to be talking about the upcoming 9th Annual Pie Palooza. The Pie Palooza is sponsored by the Guffey Community Charter School and is a pie contest as well as a fundraising auction for the school. Over the last eight years, the school has raised almost \$30,000 auctioning off pies. Last year \$7,375 was raised and the top selling pie sold for \$410. The Pie Palooza will be February 8 at 5 p.m. at the school. There are four categories of pie — cream, fruit, savory, and other. Those bakers wishing to enter a pie in the contest and the auction have to submit two pies for each entry. Bakers are welcome to submit one pie for the auction only, too. Who will be this year's Grand Champion pie maker? For more information and to get an entry form, contact the school at [www.guffeyschool.org](http://www.guffeyschool.org).

**Clean-up Day**  
June 9 is the date of the next Guffey Clean-up Day sponsored by Rural Coloradans for a Brighter Future. The last Clean-up Day last September, was a great success with the group taking 600 pounds of trash to the dump plus all the recyclables they collected, according to event organizer Louise Peterson. The last Clean-up Day the group started at State Highway 9 at the Guffey turnoff and continued along County Road 102 to CR 59. The June pick-up day will continue east along CR 102 from CR 59 as far as time permits, said Peterson. Just about everyone in Guffey will be participating including trash pickers, trash shuttles, and trash sorting volunteers; the Road and Bridge department will be mowing the sides of the roadway, supplying "event in progress" signs and trash disposal; Friends of the Guffey Library and the Guffey Community Association will be providing refreshments on site for the volunteers; the eating establishments in Guffey will be offering some sort of discount coupons for volunteers; and the school will be picking up trash along the road on the Thursday before June 9. Residents who live along CR 102 are encouraged to pick up trash along their part of the road. Like last year, trash bags will be provided and if left on the side of the road full, will be picked up the day of the event.

**Guffey Gorge**  
The Guffey Gorge is an 80 acre, very popular, scenic location for picnicking, hiking, and swimming located on West Four Mile Creek north of CR 102 northeast of Guffey. The gorge is surrounded by private property and managed by the Bureau of Land Management (BLM). Over the past five years, a significant increase in visitation to the area has caused problems with adjacent residents, raised public health and safety concerns and impacted the natural resources of the area, said Shawna Crocker, BLM, in a December 26, 2017 email. While the wheels of change move slowly at the BLM, positive steps have been made since the 2015 Guffey Gorge Management Plan, which focuses on making the gorge more of a family place. In 2017, according to Linda Skinner, BLM, the BLM had an intern at the gorge during



Last year's Grand Champion Pat Lamb in the front at the Pie Palooza. the pie judges in the back from left to right Julie Frost, Eugene Farmer, Marion Carver, and Betty Roysce.

the busy summer that focused on educating visitors about the Leave No Trace program. The Leave No Trace program was very well received by the visitors and will continue in the future, Skinner said. A public pit toilet was installed and the parking areas improved. Starting the end of May, 2018, the BLM will implement fees for day usage and implement some new rules for the area, said Skinner. The fee will be \$6 per vehicle per day and there will be no alcohol allowed, all vehicles must be parked in designated areas only, no amplified music is allowed and all dogs must be on a leash, said Skinner. Daily passes are available for onsite purchase only. These rules implement decisions outlined in the Guffey Gorge Management Plan, stated Crocker. A big THANK YOU to the BLM for all that they have done at the gorge. It is looking a lot better, said Bill Betz, Guffey Community Association president. To review the management or business plan for the Guffey Gorge go to <https://go.usa.gov/xnKWH>. **Veteran's Memorial** The Veteran's Memorial committee had their first meeting December 6, 2017. The committee is looking for a site in Guffey town, possibly donated, for the memorial. One site was already graciously donated by Dana Peters, owner of Strictly Guffey and the Bakery, but was turned down as being too close to the school. The committee is to come up with a design for the memorial which is to also be a memorial for our area pioneers and an approximate cost for the memorial. A 501(c)3 non-profit organization will be set up and funding for the memorial will be through grants and donations, said Betz. The group's next meeting was set for January 17, 2018.

**Library Signs**  
Recently there has been quite the controversy about historic Guffey looking too "citified" and town residents not having a say in changes in town. What really seemed to bring the issue to a head was the new Park County Guffey Branch Library sign the county recently put up, taking down the old wooden sign. Park County Libraries and the Friends of the Guffey Library (FGL) were all happy about the sign and went through the proper channels to get it put up, but a group of about 25 townspeople signed a petition to have the old sign put back up and the new one moved back from the road or taken down altogether. At the quarterly meeting of the FGL the new sign issue was discussed. It seems that the first step to move the new sign requires a discussion meeting with the county commissioners. After a lot of discussion about the sign and discussion about resolving this issue at this meeting, FGL agreed to have both the old refurbished sign and the new sign up in front of the library. They would look into having the county move the new sign farther back.

Adopt Me by TCRAS

Bryce

Hi! My name is Bryce. I am looking for a forever home. I am such a handsome boy with lots of love to give! I know my house manners. I would look so good in a sunny spot or a lap where we can take naps together. Would you please come to meet me? I am at TCRAS at 308 Weaverville Road in Divide. If you need directions call 719-686-7707.



A Mountain Seed: Without warning

by Jessica Kerr

All year long, up here in the small mountain towns nestled deep in the Rockies, mule deer decorate our meadows, forests, lawns, and even streets. These large members of the cervidae order sport a coat of ruddy brown in the summer and fade to gray for the winter. In the spring, bucks can be seen roaming the wilderness of the Rockies carrying large, velvet antlers atop their heads. In the fall, the delicate velvet has been shed and the bone of the antler is exposed. Bucks keep their antlers through the winter until they shed them and begin to regrow new ones in the late winter or early spring. Although one might see deer year-round in the mountain towns of Colorado, they seem to pile into town during rut. In the fall and winter months, deer are so prevalent in town that it's not uncommon to see them in your yards, on your daily walks, or even on your porch. Personally, I have come to know some of the deer by their looks, by the slight variations in color or features that distinguish one from the other. Though I have not given them names, it has crossed my mind. Though this is a unique and somewhat amazing aspect of mountain living, it comes with its downsides. Occasionally a car will drive by that has a dent in its grille, fenders, doors, or it might even be missing a headlight. It's also common to see an unmoving body of a deer or fawn on the side of the road. Unfortunately, this is common. Even more unfortunately, this is a good metaphor for real life. Deer sometimes run onto the highway without warning. Life will run, without warning, onto our proverbial highway. If you've ever hit a deer — or if a deer has ever hit your vehicle—then you know

how frustrating it can be. Not only do you have damaged property, but you also have to deal with an injured or dead animal. It's unfortunate to have a dented or damaged vehicle, and it's even more unfortunate to see an animal die in such a way. In life, the "deer" that cross our highway are things like car accidents, sickness, disease, injury, eviction notices, the death of a child, a house fire, the abandonment of a parent or spouse, theft... the list literally is endless. Most often, when our human ears hear "without warning", we assume the worst and think of things that are bad. We think of the evictions, the deaths, the tragedies, the rock slides, the accidents, the times filled with frustration and sorrow. However, in the birth of this new year, I would like to remind you, my friends, that not all of life's "without warnings" are bad. A couple of springs ago, I was driving home late from class at Colorado Mountain College. I parked in my driveway and sat for a few minutes, enjoying the rest of the song I was listening to. Suddenly, under the neighbor's green, beat up old Chevy, a tiny form moved. I flicked on my car's low beams. Raccoons and skunks are common around here. Underneath the old truck lay a tiny fawn, not even an hour old. It still glistened from birth; its fur was tawny and giant white dots flecked its back. It was so tiny and helpless and beautiful and... unexpected. I sure wasn't expecting to find a newborn



deer in my driveway when I came home from class, and no one sent me a postcard a week before saying, "Next week, a baby deer will be born in your yard." It just happened, and I was lucky enough to witness it. There are times when life gives us beautiful things without any warning. They occur more often than we realize. Wives tell their husbands they will be fathers. A hard worker is given a promotion. Two longtime friends fall in love with each other. You receive a hefty Christmas bonus. Your best friend, who has been separated from you by miles and years, shows up at your front door. A stranger pays for your groceries. When the mail comes, you find a happy little letter from your niece in it. The doorbell rings and a wife opens it to find her husband home from service overseas... this list literally is endless, too. For some reason, bad things in life grab our attention more than good things, but the good is there just as much as the bad. Although these things are harder to see than the bad "suddenlies" of life, I would argue that these good things are just as abundant. Look a little harder for the good. It's there.

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# Hilltop MARKET

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The Dunns raised their family, two children, James and Suzi in the back room. James, after graduating from CSU, has made a successful career at Raymond James Financial in Florida with his wife, Carol and his Shelby. Suzi married Brian Dieter in 1993 and have two sons, Easton and Cameron. Suzi worked at Hilltop as one of the few female meat cutters in the industry. In 2013, Suzi and Brian joined Ray and Carol as partners in the business. Brian made many needed repairs and Suzi has taken over much of the day-to-day management.

The grocery business has gone through some significant changes during 45 years of Hilltop's existence, but the demographic shifts, the surge of online purchases and other recent developments have caused Ray and Carol and Brian and Suzi to seriously evaluate the viability of the Hilltop business model. Carol says, "The decision to close the business was not easy. We have no excuses, just reasons. A famous quote says, "The only certainty in life is change"




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# Best Year Ever!

## 2017 Tweeds Holiday Home Tour, a tradition for 19 years

by Barbara Berger

The mission statement for this non-profit is to raise funds for the greater Teller County nonprofit organizations that foster art, culture, human services, environmental stewardship or sports and recreation.

Each year the Holiday Home Tour Selection Committee reviews applications and selects up to three non-profits to share the proceeds after all expenses are covered and 10% is put aside as seed money for the following year. None of this money goes for salaries because everyone is a non-paid volunteer.

The 2017 proceeds from the tour went to CHOICES, Friends of Mueller State Park and Woodland Park Senior Citizens Club. Checks were presented on January 19th by Tanner Coy at Tweeds Fine Furnishing. CHOICES and the Friends of Mueller State Park each received \$4,482 and the Woodland Park Senior Citizens Club's check was for \$1,121. It was the best year ever for the tour.



Tweeds Fine Furnishing's Tanner Coy presents a check to Kathryn Perry, CEO of CHOICES.

Additional information on Tweeds Holiday Home Tour can be found at [www.wphht.org](http://www.wphht.org).

# Salida Teen Night

## Sellers' PfCA Program launched

Sellers Project Space's PfCA (Partnership for Community Action) Program has created a partnership between itself, Seasons Cafe, Chaffee County's Family and Youth Initiatives, the Chaffee County Youth Alliance, and the Boys and Girls Clubs of Chaffee County to bring a weekly night for teenagers in Salida. The program launched on Thursday, February 1st at Seasons Cafe, 300 West Sackett Avenue in Salida, from 6 to 9 p.m.

Seasons Cafe has created a simple and affordable menu for teens. Local youth are managing the stage to create a place for youth musicians, poets, and stand up to present their talents. Some events will take on special themes while most of the time, this place is a simple public venue for teens to experience their freedom, hang out with friends, and to have fun in a substance/bullying free environment.


For more information on the PfCA's Teen Night visit <http://www.salidateennight.com>. If you have any questions, ideas, or contributions please contact Jimmy Sellers at [hello@goPfCA.com](mailto:hello@goPfCA.com).

The Partnership for Community Action (PfCA) is a Sellers Project Space program that creates tools to strengthen the community's shared voices while providing opportunities for the community to work and play together. For more information on the program and events visit <http://www.goPfCA.com>. For more information call 719-221-9893. To contribute to the cause visit [https://www.gofundme.com/support-teen-night-in-salida?utm\\_source=internal&utm\\_medium=email&utm\\_content=cta\\_button&utm\\_campaign=up\\_d\\_n](https://www.gofundme.com/support-teen-night-in-salida?utm_source=internal&utm_medium=email&utm_content=cta_button&utm_campaign=up_d_n)

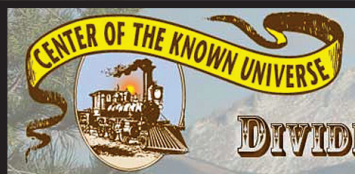
# Adopt Me

## Rocky

Rocky has been at our shelter for two long years. He is a lovable guy about 60 pounds, neutered and is 3 years old. Rocky has quite a sense of humor. He is not good with other dogs. Once upon a time he had a female playmate. We bring him to Colorado Springs to N. Nevada Petco almost every Saturday. Please call ahead to 719-587-WOOF (9663).



by SLV Animal Welfare Society



# Spotlight on the Divide Chamber

Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future - [www.dividechamber.org](http://www.dividechamber.org).

- Flood Realty with Dave Martinek: 719-687-9656 or [www.davidmartinekco.com](http://www.davidmartinekco.com). Real Estate specializing in buying and selling of mountain homes, properties and vacant land.
- Edward Jones Investments by Lee Taylor: 719-687-9541 or [www.edwardjones.com](http://www.edwardjones.com). Providing the investments, service and information individuals need to achieve their financial goals.
- Park State Bank & Trust: 719-687-9234 or [www.psitrust.com](http://www.psitrust.com). Community bank.
- Andersen Enterprises, Inc: 719-687-1179 or [www.andersenent.net](http://www.andersenent.net). Residential and commercial construction for new build and remodels.
- Peak Vista Community Health Centers: [www.peakvista.org](http://www.peakvista.org) or 719-687-4460. Divide location offering primary, medical, dental and behavioral health care.



# Our oceans and our lives

by Patricia Turner



Many of us living in the mountains of Colorado may not feel much concern for what is happening in our oceans. Our Earth is 70% water and our oceans affect the lives of every living being on the earth. What happens to our oceans affects us here in profound ways. Consider 97% of all our water and nearly 70% of all oxygen comes from our oceans. In contrast 28% of all our oxygen comes from rain forests. We are a water world.

Global Warming is killing our oceans, they absorb 90% of all the CO2 that we produce and are the heat sink that protects us every day. We have lost more than 80% of all corals in the Caribbean and around 50% globally and these corals produce 25% of all marine life. It takes more than 10,000 years for these corals to recover. Our oceans have absorbed so much CO2 that they are now 30% more acidic than before the industrial revolution as CO2 combines with sea water to create a weak acid. The shell fish industries on our coasts are suffering severely because the more acidic seas prevent those animals which create shells from making those shells.

What does this mean to us? Ocean currents are like a subway, they convey warmer waters to the north and cooler waters to the south to balance the unequal distribution of solar radiation. Our weather is created in the seas. As the arctic ice melts, the water becomes lighter. Cold water and high salt content causes the water to become heavier and it sinks to the depths allowing warmer water to move in and this has been a global current for centuries moving warmer waters to the north and cooler waters to the South. Europe and other countries in the northern hemispheres will experience colder weather patterns as southern areas continue to become warmer and warmer. As the fresh water ice melts, sea levels rise and those waters in the north will become less salty and warmer so the global currents are being interrupted. The currents of the ocean create our global climate. Nearly all rainfall is directly related to the ocean currents where heat and evaporation enter our atmosphere. Outside of equatorial regions our weather patterns are driven by the oceans currents.

We have witnessed a year of the most devastating storms, fires and mudslides that most have never seen in our lifetimes. More than 97% of all the world's climatologists agree this is happening due to global warming and much of it is caused by the use of fossil fuels.

I wish to challenge you to every month learn one more fact about climate change and make a motion to help us alleviate this. I am a chapter leader for an organization called Citizens' Climate Lobby and our one goal is to put a price on carbon. More than 21 nations have initiated a price on carbon and research has shown that they have

reduced their carbon footprint significantly and enjoy a healthy and happy lifestyle while still growing their GDP. (World Resources Institute.) Norway has been voted the happiest country in the world and they are one of these future-thinking countries.

We are at a cross-roads; we do not have decades to change our behaviors. We are currently living under an administration which makes it difficult to pass federal bills protecting our planet, but we are powerful.

I invite each and every one of you to write to your utility boards and ask them to start getting your power through renewables. In Colorado Springs, the people's comments succeeded in getting their utility board to buy 75 KW more from solar power instead of from coal just a few months ago and it meant only 50 cents to \$1.50 per household in increased costs.

Many of us are part of utility cooperatives and we are part owners and vote for the board of directors of our utility companies. Many of our companies buy their power from different sources rather than producing our power directly. If enough of us demand renewables we can become like dominoes and see cleaner energy forms without any help on a federal level. It only takes a few minutes to look up and email your utility boards. Do it today, I challenge you. For those of you who continue to believe we have nothing to do with global warming I just ask, either way, wouldn't it be so much better to leave cleaner air and water for our children?

I hope some of you will join me in taking steps towards healing our planet and remember as we work to save our species let's remember to savor the beauty.

Sources of information come from NOAA, NASA, National Geographic and Protect Planet Ocean, an initiative by IUCN and UNEP-WCMC.

If you would like to know more about Citizens' Climate Lobby, see Out & About on page 20 under Divide, or go to [www.citizensclimatelobby.org](http://www.citizensclimatelobby.org)

Patricia Turner is a retired research scientist from the University of California and Scripps Institution of Oceanography.

# Adopt Me

## Help us find Ronin a forever home!

There has to be someone that is willing to give Ronin, a handsome mature male German Shepherd 8 years young, a home. This needs to be someone that wants just one pet and who is able to provide a secure environment for him. He is a lover of people, NOT other animals because he was never socialized. Ronin loves to play outside and walks well on a leash. He is a big boy and very strong, and will require a dog savvy person who will be willing to do positive reinforcement training with him. He is an escape artist, so a securely fenced yard, with approved and required modifications made, is imperative for his safety. He is loving and sweet and a real social butterfly with people. He wants to be your one and only and will need to be the only dog in your home. If you are looking for a fun and really sweet companion, Ronin could be your boy!

Ronin has been at the National Mill Dog Rescue for 2 years. He was relinquished by a breeder. If you are interest or know someone that is, please plan on meeting him. To Learn about National Mill Dog Rescue (NMDR), visit our website: <http://milldogrescue.org>. Prior to adopting him, you will need to fill an application. Because NMDR wants to make sure that Ronin finds a great forever home, his new owner will need to go through an approval process.

National Mill Dog Rescue saves commercial breeding dogs from puppy mills, giving them a final chance to find happiness and comfort in a loving home. For more info, call 719-445-6787.





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# Woman

by Danielle Dellinger



Jayne Markshim was the CEO of a military aircraft manufacturing company that she'd started in her late twenties. She had her pilot's license and could fly any plane she sat in. For nearly three decades, she'd been in what was once a male-dominated field, and had shown them that a woman was just as capable as any man for the job. She had led the way into the future by engineering virtually piloted planes, specifically for military use. It had revolutionized the industry, had opened up the hiring pool, and reduced the cost of physically training someone to pilot a plane. As long as they were skilled with computers, they were hired. Jaynee lived in an age where technology was so advanced that people were literally becoming friends with robots. It was the age of AI, or artificial intelligence. It was the next step toward virtually piloted aircraft, military and nonmilitary. Coincidentally, it was also going to be the next step in Jaynee's dating life. She sat at her desk, the full calendar on her computer screen making her head hurt. She hadn't had a free moment in over five years. Her company had hit an unexpected growth spurt, forcing her to devote all of her attention to it so she could land a couple big clients. She'd tried dating sites, but they were all cesspools. There was one instance she could easily recall. She'd been chatting with a much older man, and the conversation had kept digressing to him talking about how much he loved the female body, specifically certain body parts of hers he'd seen in her pictures. She'd never felt more uncomfortable and objectified. She told him how she was feeling and that she no longer felt comfortable meeting him in person. But instead of apologizing for his behavior, he called her a flake and said to lose all of his contact info. That had been the final straw for her. She'd endured similar conversations over the years, but that particular one had gotten so far under her skin it made her delete her account on the site after. On other sites, she'd reported men, but very little action was taken. It was hard when men weren't being held accountable for their disgusting treatment of women, especially when that man had held a major public office.

The culture of toxic masculinity was partly the problem. Men were taught that to be strong and man enough, they had to be rough and put people in their place, so they could

be on top, no one else. Jaynee wished every man knew that being "man enough" actually meant being a kind, compassionate, and sympathetic person to all things living. Kindness and vulnerability are actually strengths, not weaknesses. Yes, the thought of being hurt is scary, but being able to cope with that fear in a healthy manner is a strength.

She'd had a friend who somehow found the strength to always call a man out on his deplorable actions and comments, and more often than not, the man would respond with derogatory things, tearing away at her friend's self-esteem. Her friend had had a tough skin to begin with, but everyone reaches their limits. That limit came after a rather demoralizing and vile response from some man-troll. Her friend swallowed a bottle of pills and never awoke the next morning. Despite all this, Jaynee knew it was a two-way street. There were women who could be just as monstrous as some men. She wished everyone would learn how to respect each other. She wished people truly understood the power and impact of words. It didn't make sense to her how people could say the things they do.

As she sat at her computer, clicking through news media tabs, she spotted a headline about Hollywood women starting a legal defense fund to end sexual harassment, assault, and discrimination against women in the workplace. It was called Time's Up. The site, [www.timesupnow.com](http://www.timesupnow.com), listed statistics, bringing home just how pervasive the problem was. Her eyes moved along each statistic.

- **1 in 3 women ages 18 to 34 have been sexually harassed at work; 71% of those women said they did not report it.**
- **Nearly half of working women in the U.S. say they have experienced harassment in the workplace.**
- **Research has shown that women in male-dominated occupations, especially those in male-dominated work contexts, are sexually harassed more than women in balanced or female-dominated ones.**
- **White non-Hispanic women are paid 81 cents on the dollar compared to white non-Hispanic men. Asian women are paid 88 cents on the dollar. Black and Hispanic women are only paid 65 cents and 59 cents on the white male dollar, respectively.**

Jayne's eyes finally came to the Donate Now button, and she did exactly that. She'd experienced vile sexual harassment in the workplace before, so this was a cause close to her heart she wanted to support. It caused her physical pain in her gut to think that there were people out there who would look at this movement and scoff, and think it was silly. This is just one of many reasons why it's hard to be a human, she thought. By now, even though she was still looking at the computer screen, she

had completely zoned out.

From the doorway, there came a robotic clearing of the throat.

Jayne looked up to see her main assistant, Sam. He was the latest model of assistant robot on the market. She smiled at him.

"Hey, Sam. What can I do for you?"

"I was just stopping in to see if we're done for the day." He stepped further into the room.

"What?" She checked the time. "Oh, geez, Sam. I'm sorry to have kept you so late."

He shook his head; soft whirring sounds the only tell-tale sound of his movements. "Not to worry, ma'am. Is everything okay?"

Jayne smirked, rising from her chair to pack away binders in her briefcase. "I could say yes, but I know you'll call me out on lying."

"Right you are," Sam replied. "My sensors have the latest update, which allows me to perceive human body language even better than before."

"Very good, Sam. Thank you for keeping your software up to date."

"Of course, but you are deflecting now."

She clicked her briefcase shut and looked at Sam. "I was just coming to the realization that I've been single for a very long time now, and I'm not sure how to change that. Human men can be," she paused, her eyes dropping to the now dark computer screen. "Let's just say they can be difficult. It makes a woman wonder if it's worth the hassle of going through the dating game."

"What's the dating game?" Sam asked, cocking his head slightly to the left.

"It's a metaphor to describe the issue of trying to find someone you can get along with both platonically and romantically," she answered, coming around her desk.

"This game seems to sadden you," Sam noted, turning and following her to the door.

She stopped and looked back at him. "It does. It saddens most people, actually."

"Then why do it?"

"Most humans have this persistent fear of dying alone. Whether it's an innate fear or a socially constructed one, that's still up for debate."

"Oh. That's a hard concept for me to understand."

Jayne chuckled. "That's okay. It is for us humans too." She headed for the exit. "Goodnight, Sam. Please power off in five minutes."

"Yes, ma'am. Goodnight and see you in the morning."

She glanced back at him before the door shut. She always felt bad that he had to stand on a charging station alone each and every night.

As she cooked dinner at home, an idea slowly came to mind. What if she created an AI robot specifically designed to be a companion? She could program desirable qualities into it, thus creating the perfect candidate for a relationship. Over the next few hours, while sipping hot tea, she drew up blueprints for her new project. In the morning, she called Sam

to let him know that she would be working out of the warehouse for the next week or so. When she arrived at the warehouse, she pulled a few of her very best workers to help bring her creation to life. Together, they all worked hard and tirelessly, the immense pressure of the project not lost on any of them.

When the bell chimed at 5 o'clock Friday evening, she and her team took a step back to admire the finished product. The eyes lit up a faint green, meshing well with the matte silver exterior coating of the robot's body. The eyes shifted from one person to the next. Jaynee stepped forward.

"Hello, my name is Jaynee. What is yours?" she asked. The most important part of the robot's programming was free will and autonomy. She would let the robot decide the entirety of its identity on its own.

"Zander."

Jayne smiled. "Pleased to meet you, Zander. How do you identify? As a female, male, or something else?"

"Male," Zander replied after a moment of thought.

"What career do you desire to have?"

"A marriage therapist."

"Good, good. Would you like to come be my roommate?" she asked.

"I can't stay here?" Zander asked, gesturing to the warehouse.

"It wouldn't be appropriate. No one, including me, is allowed to use the premises as a residence."

Zander thought for another moment. "Is the rent affordable?"

"Yes. But until you get your feet under you, work around the house will compensate for the temporary lack of rent. However, you are free to change your mind at any time."

Zander nodded, stepping forward and offering his hand. "Thank you very much for your hospitality."

Jayne shook his hand. "Alright. Come along then." She led the way out to her car. As she and Zander were getting in, she received a call from Sam.

"Yes, Sam?"

"Could you come by the office? There is something that requires your attention."

"Are you sure you can't handle it for me?"

"I'm sure, ma'am. You know I hate disturbing you unless it's necessary."

"Right. I'll be there soon." She hung up, glancing at Zander. "Sorry about that. I hope you don't mind a detour."

Zander shook his head. "No worries."

A little bit later, she parked at the office. "I shouldn't be long," she said. "Wait here?"

He was looking out the window at the building. "I'd actually like to see where you work, if that's okay."

"Oh, sure. That's totally fine." Jaynee was so far impressed with her programming.

Sam greeted them as they walked into the office. Immediately, his eyes were on Zander, and he was instantly suspicious of this newcomer.

Jayne stood beside Sam to introduce them. "Zander, this is Sam. Sam, meet Zander."

"What's he doing here?" Sam asked, turning to face Jaynee.

"He's going home with me. He's my new roommate."

Even for a robot with limited facial movements, Sam was very expressive. "Oh. Well, that's nice."

Jayne watched him, getting the feeling he didn't like Zander. "So, what's the urgent issue?" she asked, hoping to change the subject and cut the building tension.

Sam gave one last look to Zander before walking over to Jaynee's office. "A general came by and left this package. He said that he needed you to open it posthaste."

She examined the package before opening it and reading a short note. She clicked her tongue and shook her head, grumbling under her breath as she retaped the box shut. As she was about to exit her office, Sam stepped up beside her.

"Ma'am, may I speak with you privately?"

"Oh, yes." She checked to make sure Zander was still out in the cubicle area; he was studying a Mac.

Sam thanked her and closed the door.

"Uh, I've been thinking," he said, his tone betraying his nervousness, which was strange to hear coming from a robot.

"About what?" She sat on the corner of her desk.

"About what you said the other day about your frustrations with human men."

Jayne had never seen Sam unable to make eye contact before.

"Yes?"

"Well, would you be open to going out on a date with me?"

The shock dropped her jaw to the floor. Sam panicked when he finally forced himself to see her reaction. It wasn't what he'd been expecting.

"I'm sorry, I'm sorry," he said hastily, anxiously tapping the tips of his fingers together.

Jayne studied him after picking her jaw up off the ground. "What brought this on?"

Sam lifted his head, watching Zander. "I've worked with you closely all these years. I've grown to really value your companionship." He slowly turned his gaze to her. "As your assistant, it's important that I know what you're doing and where you are. I know why you were at the warehouse all week. I know why Zander was created. I saw you uploading his "companion qualities" to the database for download. So," he paused as if he were taking a breath, "I

downloaded it too."

She stared at him, absolutely stunned. Silence fell between them.

"It's okay, you don't have to say anything. If you wish to decline, I will respect that and not push the issue further."

"Would you really?" she asked. "Sam, take a seat over here, let me show you why the dating game makes me sad." She showed him the Time's Up website. "Sexual assault and harassment don't just happen in the workplace. These acts happen everywhere. Dating sites are a playground for people with this mentality." Jaynee could see him processing the information. "So," she continued, "if I say no to anything, anything at all, will you respect that?"

Sam quickly lifted his eyes to hers. "Yes, yes, of course, ma'am!"

"But you're not going to act desperate now to get me to go on a date with you?"

He shook his head. "No. I just would be honored if you agreed to go with me."

She powered off her computer, sighing as she looked out to see Zander looking at a motivational poster. Sam followed her gaze.

"I'm sorry about my poor timing..."

Jayne shrugged. "It's life. It happens." She grabbed her things, moved to the door, and rested her hand on the doorknob, staring at it. "You know, Sam, I wish I hadn't been so blind. I wish I had seen you sooner." She looked to him, smiling. "So, that being said, my answer is yes."

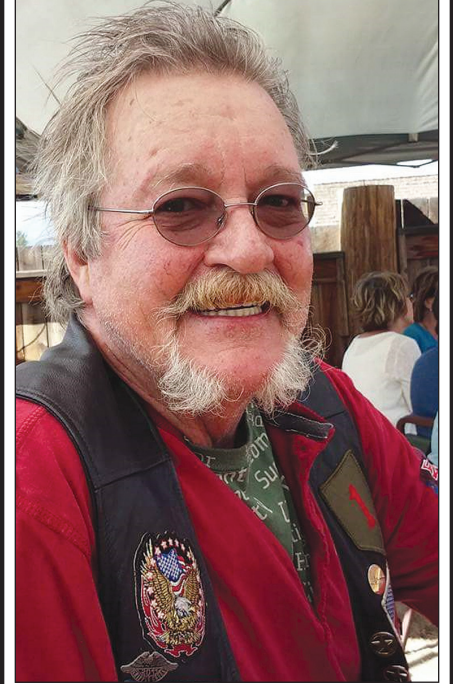
Sam's eyes glowed brighter with happiness.

**To be continued . . .**

## Obituary

**Robert "R.T." Tarpley**  
October 2, 1949 - January 6, 2018

Father, Grandfather  
Brother, Friend  
Vietnam Veteran  
Purple Heart  
Bronze Star  
Vietnam Service Metal  
Air Medal  
R.I.P



Robert Odell Tarpley "R.T." 68, of Angola, Indiana, passed away January 6, 2018 at his beloved home and property in Florissant Colorado.

R.T. was born in Dallas Texas on October 2, 1949 to Ray Tarpley, and Alma Pfefferkorn. He was raised by his mother in his "hometown" of Angola, Indiana where he graduated high school before enrolling in the United States Army. While in school he was passionate about basketball, helping his mother, teasing his sister, and becoming an award winning gymnast.

R.T. was a dedicated Army soldier who received the Air Medal, Purple Heart, Bronze Star, and Vietnam Service Medal for his sacrifice and time in Vietnam. He was and is a true Vet, and true hero who took pride in our country.

R.T. retired from the US Postal Service with 33 years of service.

R.T. is survived by his two daughters Deyanira Tarpley, and Leokesh Santistevan. His grandchildren, who he adored more than anything, Kaia Lynn Sullivan, and Simon Robert Sullivan of Papillion Nebraska. His loving sister Mary Dulkowski, and his beloved nieces Misty Rayl, Kaitlin Schneider, and Krista McNamara. He was preceded in death by his Father, Ray Hilliard Tarpley, and his mother, who was his greatest role model and inspiration, Alma Marie Pfefferkorn.

Special thank you to Carmen and Greg Johnke for their friendship they gave R.T. during the last few years of his life. You gave him the physical care and quality time he needed before he passed, and helped him through the struggles of his PTSD that a lot of Veterans do not receive. His daughters will always consider you family.

Thank you, Leokesh, her husband Tony, our mother Leonor, Aunt Mary, and most of all his fellow Veterans and Mountain Family through this time of grief. The love and support this community has shown our family is a large reflection of our dad, and the big heart he had that not everyone got the chance to see. A big thank you to Russ and the T-Bird. You gave him a home away from home, and the extended family he needed for the last 36 years. He was a grumpy man, who had a sense of humor all his own, with a heart of gold for those he cared for. He loved his family, and his country more than anything. He will be greatly missed. Love you Daddy.



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## Growing Ideas

### Love connection

by Karen Anderson "The Plant Lady"



February greetings community folk! This is the month we associate with LOVE, as Valentine's Day is formidably celebrated by many every year on the 14th of February. Yes, material gifts are always appreciated by our loved ones, but there is so much more to love than tokens of affection as we all know.

One of the definitions of LOVE in the dictionary is "the unselfish, loyal and benevolent concern for the good of another." I am inspired by a passage from the book, *A Cherokee Feast of Days, Volume II* followed by a quote from Pushmataha:

"Words are judged by what we have in our Hearts. Our ears pick up the words we hear, but once inside, the heart decides the meaning. Love is one of those words. To some, it is purely physical — and others hear it as a flowery springtime with little substance. But to some, it is healing and a deep and wonderful commitment that can not waver. It is the power at the core of a person, a strength not dependent on muscle and bone, but life and principle and character. If the Heart is Right, the decision cannot fail."

"I shall exercise my calm, deliberate judgment in [sic] behalf of those most dear to me" (Pushmataha - Choctaw Leader).

Hope you are enjoying the mid-winter days with love as they come and go. Although we have not been graced with the usual seasonal snows so far, I have faith in Mother Nature to bring the needed moisture to our land sooner or later. I feel we were all grateful for the snowfall on January 21st. Yay!

Dry winters are hard on trees and perennials and we certainly need the protective blanket of snow to achieve the best results for our gardening endeavors in the outside world. I personally thoroughly enjoy a good old-fashioned snow day. Things are fairly quiet and I LOVE the simple acts of stoking the fire and stirring the soup! Then, it's time to shovel and snow blow and attend to all the chores that come with the blessings of snow.

As I reviewed my notes and thoughts (and there's a lot of them!) for this article, it appears that there is a hodge-podge of tidbits I'd like to share with our readers. As always, please take what resonates for you and leave the rest.

In the houseplant department, I would like to encourage you to move more delicate, soft-leaved plants such as coleus, geraniums and others, away from the cold and frigid windows of your home and relocate them to a more suitable, comfy and warmer place. Succulents are hardy enough to withstand a certain degree of 'nippy' environments, but if it is zero degrees outside and they are up against a northern facing window — not so much! Frozen houseplants are a real bummer!

When you propagate plants by cuttings, you may want to consider utilizing 'right sized' nice, attractive vases in lieu of plain ol' pickle jars that you can't get all the stupid ragged paper labels off of, although I do use those, too. This practice simply creates a more beautiful presentation while you are waiting for them to establish their roots. You might even apply a few drops of 'root stimulator' (B-1 vitamin) to help with quicker root growth. Remember to make your cuttings rather short as the purpose is usually to eliminate the 'legginess' of overgrown plants. Any stems or leaves left over after a trim can be composted as long as there are no disease or insect issues going on.

As I learned from our good friend and longtime local gardener, Helen Olson, when Kathy and Jeff Hansen and I visited her awe-

some year-round greenhouse last summer, egg shells are a super supplemental source for tomato plants, especially for the blooming process. I am strongly inclined to think that this source of calcium is good for other flowering food providing plants as well, such as peppers, squash, cucumbers and others.

So, I have been saving my egg shells and allowing them to dry up a little bit in a medium sized container stored in the back room until I have a couple of dozen shells. Then, the old blender (which has been retired from food uses is perfect for this type of project), is used to grind them up into a fairly fine powdery consistency. There will be some bigger pieces left and that's perfectly okay. Do a few shells at a time, and add more as you go. I would ask you to take caution and allow the 'dust to settle' before opening the lid of the blender as you don't want to breathe it in. A labeled glass jar is used to store this valuable amendment for our greenhouse plants until our true gardening season arrives and the ground-up shells can be incorporated into the soil. The water that is used to rinse the blender can then be used to hydrate and feed a houseplant or two. Thanks Helen, for your knowledge and wisdom!

In the recycling area, since citrus fruits are natural de-greasers, I like to drop pieces of lemons, limes, oranges and grapefruit into my dishwasher to help with greasy clean ups. It really helps with the 'squeaky clean' thing. This usually happens when there are leftover chunks that may be a little bit too old to consume, but not moldy. Then of course, when the dishes are done, the soggy citrus pieces are added to the compost — full circle.

Tips for fresh cut flowers, since there will be flowers this Valentine's Day! Always re-cut the stems at a sharp angle with sharp pair of scissors or knife so they are able to absorb more water. You can even split the end of the stems in half. Use lukewarm water as it helps clear blockages and moves up the stems faster than cold. Tulips and other flowering bulbs seem to prefer only cold water, but most bloomers thrive on the warmth. I like to add a small layer of colored aquarium gravel and/or pretty marbles and other smooth glass 'pebbles' in the bottom of my vases. This gives me a foundation to keep the flowers in place as I create the arrangement. Be sure to spike the water with the packages of crystals that are provided or you can achieve the same results by adding 1 tsp. sugar, 2 tsp. lemon juice, and 1 tsp. bleach to a quart of warm water. (This is a new one on me, but I'm definitely going to give it a try!) If you want to keep your flowers fresher — longer, repeat this whole process every few days or when the water becomes cloudy and maybe even a bit smelly. Re-cut the stems, add fresh water and 'food' and it is important to keep your arrangements out of direct sunshine. Also, please take time to smell the roses!

Although the flowers and the candy are nice, I would like to offer the opportunity to check out my LOVE BEAD COLLECTION on display for purchase at Mountain Naturals in Woodland Park and at the Outpost in Florissant. Give the gift that keeps on giving forever with one of these beautiful trinkets symbolizing your love. I might add, give the gift that keeps on living! Special Valentine's plant arrangements are also offered at both stores. I am always available at 719-748-3521 or e-mail plantladyspeaks@gmail.com if you have inquiries for me.

In closing this month, I would like to ask that you just LOVE each other and yourself, with respect and kindness. Love makes the world go round and all ya need is love and love is all ya need. Until next time, LOVE YA

## Winter drought

by Coalition for the Upper South Platte

Right now, most of the Upper South Platte Watershed is experiencing abnormally dry conditions with the easternmost part experiencing moderate drought. Predication models for precipitation for the next three months fall below average for the watershed.

Even though a winter storm came through the region on January 21st, the average snow fall in the watershed was only around 4 inches. The snow that accumulated on Pikes Peak, while desperately needed, may easily blow away with the sunny windy weather predicted just after the snow fall.

We reached out to Nolan Doesken, State Climatologist and founder of the nonprofit CoCoRaHS (Community Collaborative Rain, Hail & Snow") Network for some insight about drought impacts and forecast- ing in our watershed.

Nolan noted that current drought conditions are unusual for our region, but extraordinary and a few good snow storms with good accumulation could move us out of drought conditions. The last year that we experienced a winter drought that was followed by spring and summer droughts was in 2002 (the summer of the Hayman fire).

Dangers of winter drought are similar to those of drought in warmer weather. Understory vegetation that, though dormant, receives no moisture become potential dangerous fire fuels. As we move further into the 21st century, we in the arid west are seeing a blurring of "seasonal" edges, and "fire" season becomes a year-round threat, not limited to the hot months of summer. Therefore, it is important for homeowners to remain vigilant year-round and protect their properties by maintaining defensible space around their homes, keeping gutters free of leaf debris and maintaining an updated fire plan.

What is different about winter drought is the importance of snow pack vs. rain-



fall. Snow pack and the seasonal melt that follows, feeds reservoirs and stream flows and sustains the healthy growth of forests. The longer, slower absorption of snow melt over time is different than the more rapid absorption of rain water. Spring and summer rains are essential for keeping both forest understory and prairies supple, nourished and resistant to wildfire.

While nature's behavior can be difficult to predict, we often rely on understanding trends over time to help us prepare for what we might face in the future. The CoCoRaHS Network has become an invaluable tool in tracking weather on a local level and applying the results to a larger picture that helps us see and understand climate issues. CoCoRaHS is used by a wide variety of organizations and individuals including, but not limited to:

- The National Weather Service
- Meteorologists
- Hydrologists
- Emergency managers
- Municipal utilities
- Insurance adjusters
- USDA

- The ranching community
- Outdoor recreationalists
- Teachers and educators

Established in 1998 (the same year that CUSP became a nonprofit), the non-profit CoCoRaHS Network, based at the Colorado Climate Center at CSU in Ft. Collins it is a unique, community-based network of volunteers of all ages and backgrounds working together to measure and map precipitation (rain, hail and snow) to provide the highest quality data for natural resource, education and research application. Participants from many different locales are trained to use effective, low-cost measurement tools to collect data that is shared using an interactive web-site. The program began in Colorado but rapidly grew and is now active in all 50 states, Puerto Rico, the U.S. Virgin Islands, the Canadian Provinces and most recently, the Bahamas.

*There is always a need for volunteers, especially locally in Park County. If you are interested in volunteering, you can learn more by visiting [www.cocorahs.org](http://www.cocorahs.org).*

## Permit Fee Hike?

Forest Service seeks your input

The USDA Forest Service's Rocky Mountain Region is seeking public input on proposed fee increases for Christmas tree cutting permits on some national forests in Colorado, including the Arapaho, Roosevelt, Pike, Grand Mesa, Uncompahgre and Gunnison. The proposed fee would be \$20 per permit.

Revenue from the fee increase will help provide maps, signs and information to visitors; cover rising costs for plowing roads and parking areas; offer portable restrooms in some high traffic areas; extend permit sales; and expand safety patrols and overall Forest Service presence at cutting areas. Other enhancements could include warming areas and educational activities.

For generations, friends and families throughout Colorado have made cutting their own Christmas tree on a national forest a treasured holiday tradition and the program offers them an opportunity to be good stewards of their public lands. The Christmas tree cutting program brings thousands of people into small mountain communities and supports local economies such as restaurants, stores and gas stations during the holiday season. The program is enjoyed by all who participate while helping to thin regeneration growth and meet important restoration objectives. The program also encourages people to get outdoors and discover their national forests.

Comments are being accepted online or by mail through Feb. 16, 2018. To provide input on the proposed Christmas tree permit fee increase, please visit <http://bit.ly/FSR2-treefee>.

**Comment Information:**  
Pike National Forest  
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Comment online: <http://tiny.cc/PikeXmasTrees>

# Congratulations Dean Johnson!

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Since 2010, broadcast veteran Dean Johnson has spent countless hours volunteering for Chaffee County organizations. Thank you for donating your time and talent to the Salida community, Dean!



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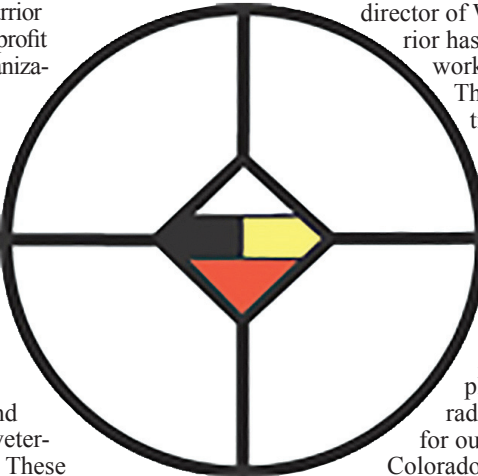
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## Featured Non-Profit

# Welcome Home Warriors

by Barbara Berger



Welcome Home Warrior (WHW) is a non-profit 501(c)3 tax exempt organization located in Woodland Park, Colorado. Established in 2007 to initially serve veterans of Afghanistan and Iraq, the mission has been expended to be inclusive of all combat veterans.

WHW currently does free retreats for families of deployed soldiers, active duty and families with combat veterans out of the military. These retreats are done over long weekends and are held at the Golden Bell Camp and Conference Center near Divide. Golden Bell is on 340 wooded acres, with a lake, pond and a hiking trail. Families stay in the main lodge which has large rooms and private bathrooms with all meals provided. There are daily optional activities for everyone, with indoor and outdoor sports, a tubing run and zip lines. There are special groups for couples, children and teens, provided by interns from the military, Marriage and Family Certificate program at Regis University. There is child care for babies and children through age 6. There are 12-15 families and couples at the retreats, with 50-55 adults and children. There are other special activities daily, including a spa afternoon on Saturdays, and an outing on Sunday morning. Previous outings have been to Florissant Fossil Beds and the Rocky Mountain Wolf and Wildlife Center. There is a camp fire and s'mores on Saturday evenings.

These retreats give families and couples quality time together in order to reconnect. Adults have time alone, while children are involved in supervised activities. Families have opportunities to have fun together. WHW strives to provide a stress-free environment with help available when needed.

Donna M. Finicle, founder and executive director of Welcome Home Warrior has been honored for her work with two awards from The National Association of Social Workers including: Outstanding Social Worker of the Year for the Pikes Peak Region in 2009 and Outstanding Social Worker for Colorado in 2010. Last year in April, 2017 she received a plaque from The Colorado Veterans Committee for outstanding service to Colorado veterans.

The logo for WHW is the Cherokee Medicine Wheel. "The most commonly held belief is that the medicine wheel represents the natural cycles of life and the basic way in which the natural world, including humans, moves and evolves." From this perspective, war experiences create problems with disconnection internally and externally and healing involves becoming reconnected. This summarizes the mission of Welcome Home Warrior, which works to help combat veterans to reconnect with family and the community.

This year's family retreat will be held April 20-22 at Golden Bell. For more information or to donate, call Donna Finicle, director at 719 439-3621 or send an email to: [welcomehomewarrior@comcast.net](mailto:welcomehomewarrior@comcast.net).

Donations can be sent to: Welcome Home Warrior, P.O. Box 7217, Woodland Park, CO. 80863.

WHW retreats are funded by grants and donations from public and private sources. Most are provided by individuals, businesses in Woodland Park, Divide and Florissant. Military Service organizations in Woodland Park and Cripple Creek are great supporters of WHW retreats, as well as the City of Woodland Park, Community Investment Fund.

## Adopt Me

by Ark Valley Humane Society

# Sand

Here is Sand. Sand is an 11-year-old male Domestic Shorthair mix who was found as a stray with a large abscess. He's healed, healthy and ready to find his new home! He's extremely sweet and is looking for a calm home where he can spend his golden years. Because of his age, his adoption fee is waived! Come to meet Sand today! We're located at 701 Gregg Drive in Buena Vista 719-395-2737.



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## A quiet mind

### Bill O'Connell

by Flip Boettcher  
photo by Flip Boettcher



2012 was a milestone year for Guffey resident Bill O'Connell. In that year, O'Connell attended Rocky Mountain School of Animal Acupressure and Massage to learn equine massage, which got him started on the path of holistic healing in the summer of that same year, and he hasn't looked back.

In 2014, O'Connell achieved levels I and II in his Reiki training, as well as beginning meditation, yoga, and sound healing/meditation. Anna Twinney was his Reiki teacher. O'Connell's first yoga class was such a powerful experience for him, he became a vegetarian the same day, he said.

In 2015, O'Connell attained his level III Reiki, taught by Laurelle Gaia and her husband, Michael, at the Peace Place in Sedona, Arizona, and became a Reiki master/teacher. The next year, 2016, O'Connell attended a meditation workshop given by Dr. Bill Morgan, an experienced meditation teacher. After the meditation workshop, O'Connell started leading mindful meditations for the Guffey community and all the Guffey school students.

In 2017, O'Connell started sound healing sessions for the Guffey community and attended a sound healing workshop led by Jonathan Goldman that summer. In November, 2017, O'Connell became a 200-hour-certified yoga instructor.

For O'Connell, yoga and Reiki are his spiritual pathways in this world and he wants to share his blessings with others, he stated. O'Connell has been fortunate to train with good, knowledgeable teachers, he added.

Reiki is "a laying on of hands touch healing system of incomparable ease and power," *Essential Reiki*, by Diane Stern. "Rei" means a universal, spiritual life force and "ki" means energy.

The history of Reiki is veiled in mystery, but is thought to be thousands of years old, originating with the civilization of Mu and was taught to the school students there.

With the sinking of Mu, the Reiki knowledge was passed secretly through the rest of the world, finally re-emerging in the 19th century in Japan as the traditional Reiki we know today.

While there are maybe 50 types of Reiki, O'Connell studied Usui/Holy Fire Reiki which works through chi (energy) with love and light to rest and relax the body to promote one's own self-healing. O'Connell practices off-body, on-body and distance Reiki healing.

While there are many modalities used to quiet the mind, achieve inner peace and unite one's mind-body-spirit, yoga and meditation are two of the oldest.

Many people associate yoga with only an exercise class, which it is, but it is also a way of life. Yoga means to join or yoke together and is about 5,000 years old. According to the Bhagavad-Gita, yoga is "a journey of the self, through the self, to the self," said O'Connell.

There are eight "limbs" of yoga; the yoga positions or asana being only one of those limbs. One of the purposes of yoga is to use the breath through movement and meditation to quiet the mind; to unite and balance one's body-mind-spirit; and to see the divine in all, said O'Connell.

O'Connell took his 200-hour, three-week yoga teacher training and got his certificate from the Shoshoni Yoga Retreat in Rollinsville, Colorado, last November. This yoga school is one of the oldest Ashrams of its kind still in existence in the United States and was started in 1987, said O'Connell. O'Connell studied mantras, meditation, breath work, philosophies, Sanskrit, and learned 50 asana as part of his 200-hour yoga training there, he said.

With yoga, one can connect with their true inner self by quieting the mind, said O'Connell. A quiet mind leads to a more peaceful way of living. Yoga and Reiki, O'Connell added, help in "opening the heart and living in a heart space" as opening the mind opens one to love.

Yoga, Reiki, meditation and sound healing all work hand-in-hand and can all influence

Bill O'Connell holding two Tibetan singing bowls which he uses in his sound healing.

energy within the body, to bring about balance, inner peace, and healing. O'Connell was introduced to sound healing by his sister, a doctor of physical therapy, and a chiropractor friend who had been studying and using sound healing for years in her practice.

O'Connell was drawn to the sound of the Tibetan singing bowls and uses them in his sound healings, he said. O'Connell believes everything started with sound and sound can influence the body's energy in many different ways.

Today, O'Connell volunteers at the Guffey school teaching yoga and meditation to Jenny Hartman's K-2 classes one day a week. O'Connell said he has been using "mindful humming" with the students. It's like a cat purring, he said. Humming vibrates one's glands producing melatonin, endorphins, oxytocin and nitric (not nitrous) oxide, which opens the blood vessels and veins, he added.

Starting on Sundays, O'Connell will be teaching an hour-long yoga class at the Guffey School starting at 10 a.m. with tea and socializing afterward. O'Connell also is offering sound healing and mindful meditation two times a month at The Bakery at Strictly Guffey.

O'Connell is offering private yoga classes in people's homes, as well as Reiki sessions for clients and classes for those interested in learning Reiki. O'Connell also offers Reiki and yoga outside the Guffey area.

O'Connell travels yearly to North Carolina and Alaska to teach Reiki and yoga. O'Connell is a member of the Reiki Membership Association, which is a part of the International Center for Reiki Training.

O'Connell moved to Colorado in 1994 from North Carolina and moved to Guffey in 2006.

For more information contact O'Connell at 719-479-4013 or [lighttimejourneys@yahoo.com](mailto:lighttimejourneys@yahoo.com), or visit his website [www.lighttimejourneys.com](http://www.lighttimejourneys.com).

## Obituary

Carol A. Colby was born Feb. 17, 1931 and died Jan. 18, 2018. Longtime Woodland Park resident. She is survived by MANY who loved her. Memorial service is 12 p.m. Feb. 4 at Mountain Memorial Services, 51 CR 5 Divide. Burial at Woodland Park Cemetery. Call 719-687-0333 for more details.



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## Reiki Heaven and Earth

### Reiki and pain - part II

by Olga Daich

In the first part of this article (see January, 2018 issue of *Ute Country News*), I was describing two different experiences related with pain management. During those experiences I didn't have any training as a Reiki practitioner. In the next two stories that I am about to share, I had achieved Reiki master.

#### Third story.

I was called to help a physical therapist with a patient who went through cardiac surgery the day before. We had to help him get out of bed and take his first post-surgery steps. Larry (fictional name here) was in a lot of pain, his skin was cold and pale and he was sweating. He was a relatively young man, maybe in his 50s. It was very hard for him to stand from the sitting position. After taking five steps, he told us that he needed to sit back down. His pain didn't allow him anymore movement. His physical therapist decided to give him a sitting break. This situation was the type that connects everybody present with a strong feeling of compassion. That is what I saw in the therapist's eyes, that was the emotion that I had in my heart. I started to think, "should I try Reiki?" As I have said before, for me, Reiki is a way of praying. There is no harm in that. I don't touch my patients. How could I stop myself from trying to help him? I quietly decided to place my hand near the back of his head while the physical therapist was giving him a few minutes to recover. I remember asking for help (in my heart), asking angels to take away his pain. After a few minutes the physical therapist asked him if he was willing to try again but he refused, so we helped him back in to his bed.

A week later, I was working in the Rehab unit, in the same hospital where I saw him the first time. He was sitting in a chair in his room. I came in to say hi to him. I asked him how was his pain. Larry told me that it was getting better. I told him that I was very glad to hear that. I asked him "do you remember me?" He said no. I told him that I was with him when he took his first steps after his surgery. He didn't recall that. His pain was so intense that he didn't remember much of anything about that day. Larry looked very different. He had more vitality, more energy in him by this time. This is what he told me, "I want to share with you something strange that has been happening to me. Every time that I feel the pain coming back, my brain is sending me pictures of beautiful flowers that I have never seen before. It is a Universe of colorful flowers. Somehow that image in my mind takes away my pain!"

I smiled. I recognized the way that the angels were using to take away his pain. I felt so thankful and blessed.

I asked him if he knew what Reiki was. He said that he has heard of it before but, he really didn't know what it was. I told him that I did Reiki for him the first time we met to try to ease his pain. I explained to him what Reiki is. That opened a door for him. Larry decided to share with me more about his recent spiritual experiences. He told me that before his surgery he didn't care about God or religion. But, now he has a complete understanding of God and our relationship with him. He draws a picture to try to explain to me how the invisible world works.

#### Workshop Heaven & Earth

The best way to understand concepts such as healing energies, distant healing, connections with different realms, intuition, connections with higher spiritual beings, among some others, is through the study of our own being in a deeper way.

For that purpose, the first part of this workshop will provide information about what is energy? What is our physical world made of? What principles rule our invisible world? What are we perceiving as our reality? What is the connection between emotions and wellness? The FIELD that connect us and multidimensionality.

This first part will provide the tools to understand the second part of the workshop where we will talk about healing techniques like bal-



I asked him, "How do you know all of that?" He answered me, "I don't know where the information comes from, but I just know this is true. Now I understand these concepts as never before." It was like the universe opened itself up to him. He describes himself like a different man than the one before the surgery. What he was trying to explain wasn't new to me. It was a confirmation of the Divine and Its presence in our lives. I am glad he woke up from the dream. Isn't it amazing the beauty of the angel's work?

#### Fourth story.

While I was working in a hospital setting, I went to help a physical therapist with a patient. This was a very strong war vet. I will call him Tony. Tony's spine was falling apart after three previous spinal surgeries. He was laying down in bed, sweating, breathing at a very fast pace. Tony refused to get out of bed. We could see that he was a very strong man (had been in two wars), his pain barely allowed him to speak. Here again, I placed my hand near the top of his head. He had his eyes closed. The physical therapist saw how I placed my hand close to his head. She knew that I was a Reiki practitioner. She looked at me and remained quiet for a few minutes. She knew what I was doing. I asked him to slow down his breathing. After a few minutes we saw how he calmed down and fell asleep. The physical therapist decided to postpone his treatment until the next day.

I came back to work after a week. I saw Tony in his room and decided to go and say hi to him. I said, "Hi! How are you doing?" He said, "I am better." I asked him, "Do you remember me?" He said, "of course! You helped me with my pain!"

How could he know that? I didn't touch him. I didn't tell him what I was doing. Then he said, "You did something to me and took the pain away." Tony was a funny man. The way he said that made me laugh. He asked me, "What did you do to me?"

I told him I did Reiki. Tony had never heard about Reiki before. I asked him, "did you feel anything?" He said, "yes! I felt something like electricity in my head."

I would like the reader to take a minute and think about these four different experiences that I described in this article. The four of them had the same outcome (pain relief). However, during the first two stories I didn't have my Reiki training. What was present in all four situations that allowed us to have the same outcome? *The answer is something that we all are capable of holding in our hearts: compassion.*

It doesn't matter which pain relief technique you want to use. The outcome will be a reflection of what is in our hearts at the moment that we want to help. Love, compassion, intention and faith is what must be present in your heart. It has nothing to do with our minds.

## Archery

by Flip Boettcher  
 photo by Flip Boettcher

Archery is one of the oldest of arts still practiced today, probably dating back to the Stone Age (20,000 B.C.). Archery originated for hunting, as a means of survival, and warfare. We see the influence in figures in the mythologies of many cultures. The first people known to have used bows and arrows were the ancient Egyptians, about 5,000 years ago. Around 1500 A.D. with the invention of gunpowder, archery was gradually replaced by firearms.

Cupid is the most recognized symbol of love and Valentine's Day. Cupid was the Roman god of love and is often depicted as a mischievous winged child whose "love arrows" pierce the hearts of his victims, causing them to fall in love or hate. According to Wikipedia, cupid has two kinds of arrows, sharp golden pointed ones which when shot through a person's heart cause uncontrollable desire, and blunt lead tipped arrows which cause aversion and the desire to flee when shot through a person's heart.

Another famous archer was William Tell, a Swiss man who was set to be executed with his son for disrespectful behavior to the king. Tell could win his son's and his freedom if he could shoot an apple off his son's head with one arrow, which he did.

Robin Hood was known as a highly skilled archer who robbed from the rich and gave to the poor with his merry band of men living in Sherwood Forest. Robin Hood won many archery tournaments from the evil Sheriff of Nottingham.

Fact or fiction, all three famous archers had to practice. Whether you fancy yourself



John Vernetti, owner of the Royal Gorge Archery & Range in Cañon City in front of his store at 309 Main Street.

a William Tell, a Robin Hood, or a Cupid, you will need equipment and practice to develop your archery skills.

Royal Gorge Archery & Range on historic Main Street in Cañon City offers everything an archer needs from the beginner to the advanced student. An archer is a person who shoots with a bow and arrow.

RGA offers a 20-yard tournament regulation shooting range, according to owner John Vernetti. They also offer private lessons, shooting with one's own equipment during regular business hours.

RGA stocks all kinds of new and used archery and crossbow equipment and gives a 5% discount on bows and a 10% discount on all accessories to 4-H archers, said Vernetti.

Vernetti bought the business in October, 2015 and is starting his third year in the business. Vernetti is a fourth-generation resident of Fremont County and RGA prides itself on their great customer service, Vernetti said.

For more information contact RGA at 719-276-3221 or [royalgorgearchery@gmail.com](mailto:royalgorgearchery@gmail.com), or [www.royalgorgearcheryandrange.com](http://www.royalgorgearcheryandrange.com). RGA is located at 309 Main Street, Cañon City.

## Where is Zack this month?

Zack is a certified therapy dog and the mascot for the Pet Food Pantry for Teller County. He has dedicated himself to helping families keep their furry best friends when they fall on hard economic times.

On Saturday, February 10th from 10:30 a.m. to 2:30 p.m., Zack will be at Tractor Supply in Woodland Park collecting donations and food for his feline and canine friends in exchange for homemade "Heart" shaped dog biscuits and/or catnip toys.

Please stop by and give Zack a hug for Valentine's Day! Thank you for your support.

For more information, go to [www.Pet-FoodPantryTC.com](http://www.Pet-FoodPantryTC.com).



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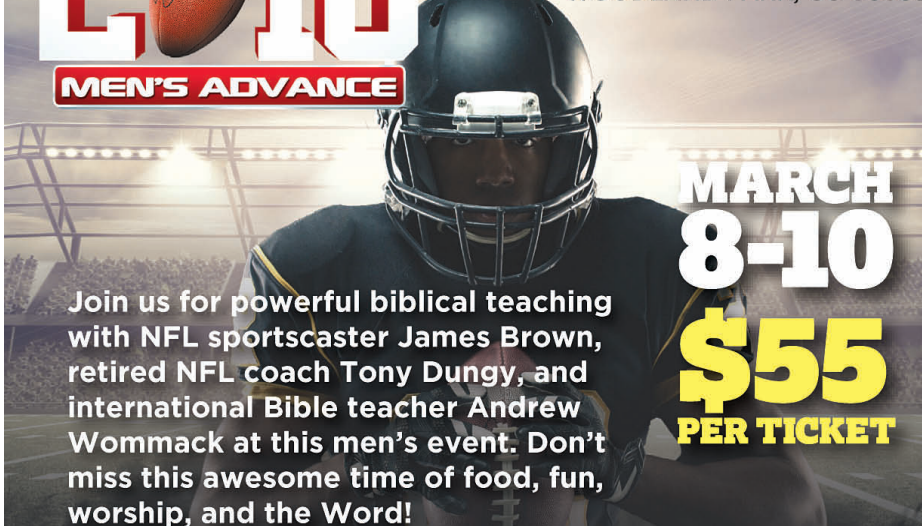
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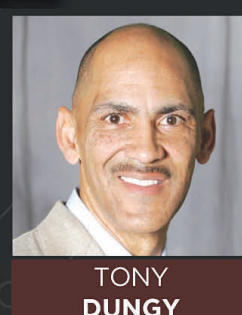
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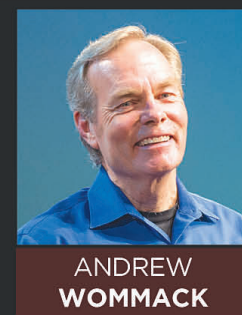
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# One Nation Walking Together

## Life lessons from the Native Way

by Urban Turzi

Sometimes you just can't improve on something. To paraphrase Shakespeare, if it ain't broke, don't fix it. I found this to be the case while reading Kent Nerburn's book *Voices in the Stones* with permission from the publisher, I offer the following thoughts from the author for you to ponder...

"To most of us, Native America is an unknown world shrouded in myth and misconceptions. To that extent, we imagine a world of drunks, welfare cheats, and casino millionaires or conversely, elders possessed of deep, mystical earth wisdom.



"What we don't see are people who predate us here on this continent and who, in their many ways and many centuries of life here, have evolved a way of understanding and interacting with the land that is at once distinctly different from the Euro-American way and rich with knowledge of its own. "Over the centuries and generations, all cultures develop and refine a particular genius. The genius of the Native peoples has been to care for and pay deep attention to the relationship with nature. They do not build, they listen. They seek harmony, not mastery. They value connections, not distinctions. As one elder put it, "we are an honoring people, not a discovering people. We look upon life as a mystery to be honored not a puzzle to be solved".

Imagine America without roads. Imagine hundreds of groups of people with different languages and ways of life. It is a simple world where everything interacts and everything has power, and our modern rules of cause and effect do not matter; where plants have

dominion, as well as trees, the wind, water, clouds and spirits. With each of these powers comes responsibilities and failure to meet these responsibilities or to show proper respect for what you have been given, can result in that power turning on you. So, your task in life is not to dominate, but to understand.

Now imagine in a clearing in a field you are suddenly confronted by strange men of strange appearance and strange habits. These new people have come among you in increasing numbers. They have brought claims of a different understanding of the Creator. For you, the presence of the Creator has never been in doubt as it lies at the heart of every aspect of life. But these new people have brought a different understanding. They claim a new truth written in a book that only they have. They have a strange way of living where all is divided into "mine" and "yours".

They do not understand your families, your way of sharing, your relationship with the Creator, your way of raising children and honoring the elders, or what constitutes the right conduct of life. They cannot understand silence before speaking is the sign of a composed and reflective mind, that interrupting another is an act of deepest disrespect. Your heart is troubled.

They are driving you from your homes, your way of living, they take from you what they want and insist their way should govern all your dealings with them. They use their language to twist the truth. They are everywhere, who understands nothing of giving but everything of taking. The newcomers have taken your land, your homes, your food, your God and your way of life.

Then the day comes when they take your children as they set up schools run by their government and churches and they tell you that you must send your children to them. If you resist, they take your children by force or punish you by withholding food and the goods you need to live. Your children are put on trains and in wagons and taken to these schools, where their



Lakota chief Sitting Bull

hair is cut, their heads washed with kerosene, and they burn the clothes your grandmothers made and force them to wear uniforms. They are made to eat strange foods and not allowed to speak their own language. They are disciplined by beatings and imprisonment, they are tortured and abused. They are taught to hate who they are and raised without love and filled with fear and taught to ignore the ways of their ancestors. Your communities are shattered; your men can no longer provide for their families and are filled with shame. The mothers see their children being raised by the meanness of men and not the love of women.

The newcomers who have taken over their land have broken every promise they made, and place a government over you that tells you how to live. They reduce you to cartoons, mascots and caricatures and ignore the pain it causes you and your children. They fill you with shame, sadness and anger. You survive in a wreckage of abuse and alcohol.

You see the ways of the newcomers beginning to fail. You know they are good people. Their faith in the future has caused them to ignore the lessons of the past. Their belief in the individual has caused them to lose touch with the ways of the Creator. Their ways have betrayed them. You wish to help and guide them but you were trained to speak softly and only to offer counsel when it is sought.

As we made our way through history, we annihilated these people — by force, by fiat, by assimilation, by cultural genocide. They were the barrier to our forward progress. No act of violence or guile was beyond us. By ignoring the real people, we lose more than an honest understanding of a dark but significant part of our history... we lose a significant link

to a rare expression of humanity. It is a way where giving is the greatest human value; where our first responsibility is to others and not ourselves, and where children and elders are held sacred because they are the closest to the Creator. It is to the credit of the Native peoples that they retain their beliefs and practices after years of concerted effort to eradicate their way of life and their presence on earth.

In our celebration of limitless potential, we have not paid heed to the land with its lessons and cautionary notes. Instead, we have sought to master it and transform it. But the earth is teaching us now by asking us to be a part of nature. Perhaps we came here to learn from the Native people. Perhaps we came to meld our unique genius of restless curiosity and discovery with their unique genius of quiet attention to the spiritual in all works of creation.

For now, here on the earth we all share, the task is much simpler. It was stated most beautifully by the great Lakota chief Sitting Bull, when he spoke to the U.S. government, "Come," he said, "let us put our minds together to see what kind of lives we can create for our children." But their vision still remains and it guides them, as it could guide us all.

*One Nation Walking Together strives to create brighter futures in the lives of Native Americans. A people that are greatly underserved and misrepresented, ONWT is an organization about people helping people — not a cause. We deliver the basic necessities of life while uplifting the lives of the most impoverished people in our country. Our mission can only succeed and make a positive difference in the lives of Native People with a personal investment of you: of your time as a volunteer, a donor of goods or a financial contributor. Walk with us to make your difference! For more information on how you can help please visit [www.onenationwt.org](http://www.onenationwt.org) or email, [office@onenationwt.org](mailto:office@onenationwt.org) or call, 719-329-0251. See ad for the One Nation Film Festival on page 4.*

continued from page 20

Storytime Fridays 10-10:45 a.m. Join Miss Leslie for stories, songs, and fingerplays. Recommended for ages 3 and up. Florissant Public Library will be closed February 19 in observance of President's Day.

**THUNDERBIRD INN**  
Every Thursday night is open mic jam at 7 p.m.

### GUFFEY

8 Pie Palooza 5 p.m. see page 4.

### BULL MOOSE

2 Groundhog Day Celebration hosted by Piz & Pitbull hoping for an early spring! BBQ picnic so wear your shorts and flip-flops to enjoy music by the Beach Boys and other summer favorites.

5, 19 BINGO with cash prizes

9, 16 & 23 Karaoke

10 Open Mic hosted by Super Chuck

12 Family Game Night

17 Sweetheart Night hosted by Lissa Hanner and Super Chuck, also celebrating Karen's birthday.

24 Donovan Lee

26 Chili Cook-Off (red or green). Call 719-689-4199 to sign up. All events 6-9 p.m. For more information visit [www.thebullmooseinguffey.com](http://www.thebullmooseinguffey.com), facebook call 719-689-4199 or call 719-689-4199.

### FRESHWATER BAR & GRILL

3 Fonda Cash (Johnny Cash's Niece)

10 Howie Henderson

17 Sandy Wells

24 Brian Grace & JC Pringle

March 3 Adam Ashley & Joe Bellavia

All shows 5-8 p.m.

### STRICTLY GUFFEY

11 Beginning silver jewelry class noon-4 p.m. \$65

25 Mokemugane jewelry class 10-4 p.m. \$95.

• Yoga every Saturday morning from 8:30-9:30 a.m. with Kristie.

• Talking Threads the 3rd Thursday from 10-12 noon.

• Drum Circle the 3rd Thursday night from 6-8pm.

### GUFFEY LIBRARY

5 Talking Threads 1 p.m. Guffey knitting group.

12 Patches & Pieces 11 a.m. Guffey quilting group.

14 Love Your Library Day noon

dessert and assorted teas served — donations appreciated.

17 Jigsaw Puzzle Day noon.

24 STEAM 11-1 p.m.

26 Guffey Literary Society 1 p.m.

27 Veteran Outreach 1-4 p.m.

### JEFFERSON

10 The Jefferson Community Civic Association will host a Valentine Dinner beginning at 5:30 p.m. at the Jefferson Community Center. The menu is yet to be announced. There will be entertainment and Valentine Bingo will follow dinner.

The cost is \$10 per person and everyone is welcome. If you have questions, please call Helen Baker 719-836-0173 or Deb Elser 303-838-7491.

24 A Wintery Poetry Walk 1-3 p.m.

Learn to write a nature poem. Join volunteer interpreter Steven Veatch and discover your inner poet. The program will begin inside the visitor center with a brief discussion on poetry writing techniques. Participants will then explore part of the Monument while hiking on easy nature trails (less than 1 mile). Call 719-748-3253 for info up to date information.

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### LIBRARY

10 Winter Fun Day. Enjoy activities, crafts and games with the whole family 10-noon.

Adults

12 Let's Read Amok! Book Club at 11 a.m., Board Room. This is a non-traditional, off-the-wall book club - the idea is to enjoy alternative books and activities. Many times you will not need to read anything ahead of time - just show up, bring a snack or your lunch, and have a good time.

8 Free Legal Clinic 3-4 p.m. for those who have no attorney on the second Thursday of each month. Please pre-register by calling 719-748-3939. For free legal information for Colorado civil issues visit [www.checkerboard.co](http://www.checkerboard.co)

21 Bookworms Book Club 10:30-noon. Currently reading: *Maya's Notebook* by Isabel Allende

February: *A Lady's Life in the Rocky Mountains* by Isabella Bird.

25 New! Craft and Create 1-2 p.m.

This month's creative adventure is beaded earrings. Supplies provided. Space is limited to 15. Call 719-748-3939 to sign up.

On-going

Tai Chi Mondays at 10 a.m.

continued on next page

### LAKE GEORGE

**LAKE GEORGE CHARTER SCHOOL**  
13 Charter Board Meeting 6 p.m.  
13 Midterm  
14 Class parties 3 p.m.  
19 President's Day — No School

### SALIDA

**ALL MONTH** Triptych Arts Collaboration: The Big Bad Mood and Other Love Stories

Think of it as a triptych arts collaboration — it's unlike anything ever presented in Salida. It is original poems; original art works inspired by the poems and local artists presenting the premiere of a one-act play, created from the poems. The work of over 30 Salida-area artists have contributed to the collaboration to present "The Big Bad Mood and Other Love Stories."

Throughout the month of February, the lobby space, Paquette Gallery of the Salida SteamPlant Event Center, will house the art exhibit. The play will be presented in the theatre February 25, doors open at 3 p.m., performance at 3:30 p.m.

1 Chaffee County's Emergency Food Assistance Program & Commodity Supplemental Food Program distributions on the 1st Thursday of each month at Salida Community Center, 305 F Street, from 9-30 a.m. until 2 p.m. Call Elaine Allenang for more information 719-539-3351.

8 SCTFA's Creative Mixer at Paquette Gallery in the lobby of the Steam-Plant at 5:30 p.m.

14 Free Legal Clinic for parties who have no attorney 2-5 p.m. by computer link. Please contact the Salida Regional Library to schedule an appointment 719-539-4826. For free legal information for Colorado civil issues visit [www.checkerboard.co](http://www.checkerboard.co)

### VICTOR

2, 9, 16, 23 Celebrate Recovery at the Victor Community Center at 6:15 p.m. For more information call 719-243-4970.

10-11, 17-18 Free Ice Skating at Victor Ice Rink noon-2 p.m.

17 Preservation of our Natural Wonders — President's Day Special. Don Moon as Teddy Roosevelt

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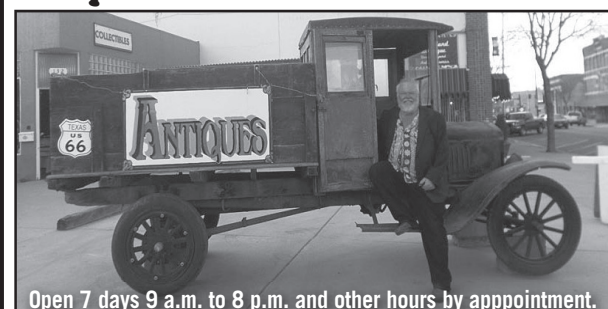
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