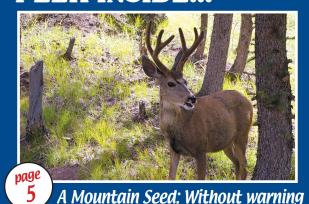
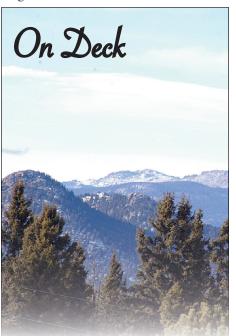


PEEK INSIDE...









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

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, call 719-686-7393 or via www.utecountrynews.com.

— 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.

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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 t 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.

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

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/scientistsverify-folk-medicine-elderberry-beats-fluprevents-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 acetam nophen 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 at 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 PickholzWeiner, 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 hypervigilant or extremely on quard 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!

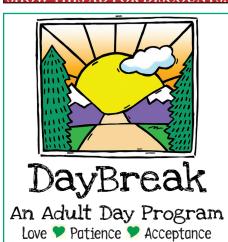
When the brain is consistently bombarded by stressful circumstances, becoming hypervigilant or extremely on guard is common. Instead of responding, you're just reacting. Over time, the consequences of untreated trauma are PTSD, depression and anxiety, among other difficulties.

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, CACI-II, 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).

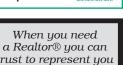




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Guffey round-up

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.

Clean-up Day

June 9 is the date of the next Guffey Cleanup 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 Royse.

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

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, velveteen 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 ac-

cidents, 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. Racoons 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... unexpect-

ed. 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.

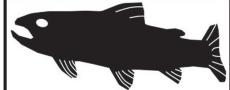
There are times when life gives us beautiful things without any warning. They occur more often than we realize. Wives tell their husbands they will be fathers. A hard worker is given a promotion. Two longtime friends fall in love with each other. You receive a hefty Christmas bonus. Your best friend, 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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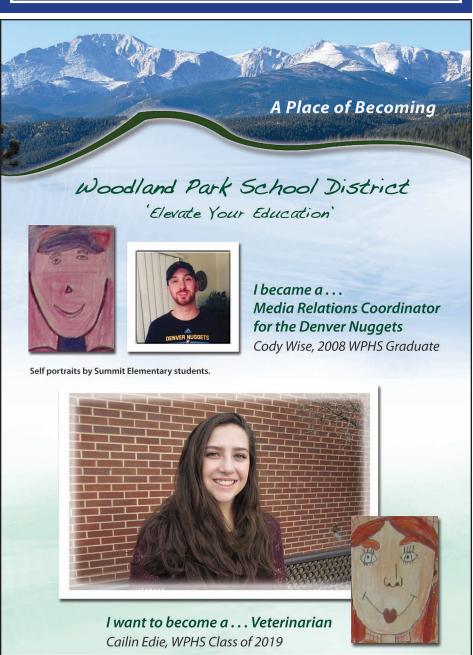
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Braces	\$5,800	\$4,640

*Based upon survey of average fees in the area. **With enrollment in Gloss Dental Discount Plan.

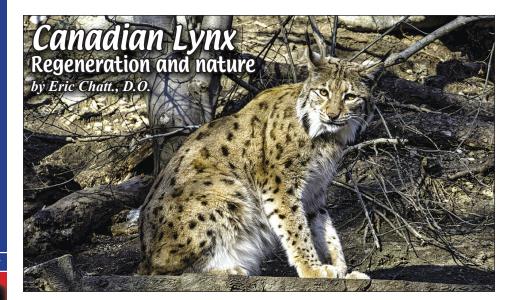
^Must be presented at the time of service. Includes cleaning (in absence of periodontal disease), oral exam, all necessary x-rays, cancer screening, and gum disease screening. Cannot be combined with any other offer.

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Woodland Park School District 719.686.2000 www.wpsdk12.org



BEAVER PONDS

Mother Nature contains phenomenal regenerative capacity when given a fighting chance. Sustainability is a common phrase in today's environmental lexicon. Sometimes this term "sustainable" clouds the notion of how urgently we should counteract and repair current and prior en-

vironmental damage. Philosophically we really should be talking about regeneration. In this article we will discuss a recent move by the U.S. Fish and Wildlife to delist one of Colorado's largest and most threatened native cats from the protected status it currently enjoys.

In January of 2018, U.S. Fish and Wildlife (FWS) officials suggested that the Canadian lynx (lynx Canadensis) no longer needs special federal protection as a threatened species. In the year 2000 this cat was listed as threatened by the Endangered Species Act (ESA). Last year Washington state wildlife officials changed the status in that state from threatened to endangered, meaning the concern level remains high despite the current conservation efforts. Jeff Lewis a biologist with the Washington Department of Fish and Wildlife, was quoted in the Methow Valley *News* Jan. 2018 as saying this about the new assessment, "It's a bit unexpected, because of how we see the population. We're seeing the need for aggressive recovery action. We're not seeing that they have recovered."

The reintroduction of a few hundred of the lynx into the San Juan Mountains occurred in the late 1990s until about 2010, and populations are found as far North as Summit County. Vail resorts and developers in Breckenridge have had to navigate the regulatory challenges associated with ski resort and development plans near lynx habitat. Populations of lynx are difficult to assess. The lynx thrives in boreal forests, feasting on snowshoe hares primarily. They are closely related to the bobcat and visually differ in less notable spot patterns on the pelt and have a downward sloping appearance due to relatively shorter front legs.

This winter is a good example of how snowpack can vary from year to year. Weather extremes are more and more likely as climate change persists, and these extremes contribute to fire danger. Since the lynx depends on deep snowy forests, the impact of climate change coupled with more intense and frequent wildfires is a real threat to the species, minimizing their habitat over time by decreasing forest cover and snowpack.

Discrepancies between climate models in research influenced the differing opinions on conservation methods. In an asse published in 2016, the predictions were for a timeline going out to the year 2100. "The earlier finding was that lynx remain in danger and are likely to be exterminated by the end of the century. Since that's the best science, then we need to follow that," says Matthew Bishop with the Western Environmental Law Center (quoted from the Associated Press 1/11/18).

This new "Species Status Assessment" looking at snowshoe hare populations, climate change, and habitat had a timeline going out to the year 2050 and determined climate change was important in considering

ynx conservation policy. The language indicated that in the foreseeable future (after reducing the scope by many decades in this study), lynx are not at risk of extinction from climate change. Loss of habitat is the concern for these creatures. The question is not whether climate change

is a factor, rather it is how much and how quickly.

How can we act as society members to demonstrate we care about future generations? Protecting our water, protecting the biodiversity that has evolved, improving the soil and crop biodiversity in big agriculture business, composting, improving transportation systems to move away from fossil fuels, and producing our energy in a regenerative way is how we give mother nature a nudge

Citizen science and citizen input is very important for the future of our lands. There are special interests that have tremendous influence. From the unprecedented opening of new offshore oil drilling to the elimination of protection of various species to the shrinking of National Monuments such as Bears Ears in Utah. If we care about the future it is our duty to educate ourselves on important topics and participate in local discussions and efforts to dissuade irresponsible and short-sighted actions. In short, do what we can as individuals. Preserving and improving the biodiversity, our water quality, food quality, soil quality, and proper forest management is the type of dynastic wealth we should be focusing on. Biodiversity is part of the health of our planet and our own bodies, we can do more than we are currently to help.

As a 501(c)3 non-profit, BPEEC (Beaver Ponds Environmental Education Center) is involved in providing tools for people of all ages to be better stewards of the Earth. This topic is of particular relevance as it ties together multiple subjects that are important in understanding our environment. In Colorado we have various threats to our water, air, animals, and plants. Some of these threats can be influenced by local action, and some need national or international collaboration.

At Beaver Ponds we conduct hands-on learning around topics such as: how we manage the forest to decrease wildfire risk and promote biodiversity, watershed ecology, beaver ecology, regenerative agriculture, alternative energy (wind, solar, micro-hydro, geothermal), and some citizen science projects for volunteers who wish to get involved.

Doing what we can involves being active in your local communities and beyond. There is a huge need for individuals such as citizen scientists and volunteers to help with environmental projects. Along with getting outside and enjoying a hike in some of our protected lands, get active in different ways and let your voice be heard, help build solid data, support good science and collaborative efforts and help to catalyze a new age of regeneration.

CPW (Colorado Parks and Wildlife)-Citizen lynx sighting form is available and the data is utilized for research. http://cpw.state.co.us/ learn/Pages/SOC-LynxSightingForm.aspx

Little Chapel Food Pantry Feeding more folks than ever before!

by Kathy Hansen

The stock market is doing great this year and I unemployment numbers are down, both signs of a thriving economy, right? Well, not so true if you take a look at what's going on at the Little Chapel Food Pantry in Divide, Colorado. They are feeding even more people than they did a year ago. The 2017 numbers are up across the board; they served more adults, children, seniors, disabled people, made more home deliveries and served 356 new families, netting 63,437 ADDITIONAL pounds of food than they did in 2016 (613,696 total pounds of food distributed in 2017).

They feed people from west of I-25 clear into Park County. They feed hungry people from Guffey, Cripple Creek and Victor. They feed students from elementary school to college age. You may ask, how can it be that there are so many hungry people when these economic indicators say our economy is thriving?

We asked Ken and Judi Hesselberg, directors of the pantry what they attribute the growing number of hungry people to and they answered, "We attribute it to the extremely high cost of housing and things like gas, utilities, etc. The cost of housing has risen drastically in the past couple years, and income has not risen at anywhere near the same level. People are spending all of their disposable income just to have a place to live and put gas in their cars to get to work, with very little left over for food."

The Little Chapel Food Pantry has been operational since 2001. They have made it their mission to feed the hungry, and feed them they do! It starts the Thursday prior to distribution when Care-N-Share sends a semi of food. The pantry can purchase food at a much lower rate from Care-N-Share, increasing the number of bellies they feed with the resources they have.

The LCFP distributes two boxes of food totaling at least 80 pounds of food to each person in line. One box has produce and bread/bakery items and the other box has shelf-stable canned/dried goods with one package of frozen meat



Standing with Team Leader Kaycee

With increased demand comes an increased need for donations. See how you can help at the Those who have pets can pick up dog or cat food from the Pet Food Pantry connex at the same time. Our readers may be familiar with Zack, the Pet Food Pantry mascot as seen on page 19 of this issue. The Pet Food Pantry distributes on average 870 pounds of dog food and 300 pounds of cat food each distribution. The total amount distributed in 2017 was 35,279 pounds of dry/canned dog and cat food. These fine folks can truly appreciate the

The cars were lined up for food distribution, a very efficient and smooth running operation.

the pet is surrendered to a local animal shelter. The distribution is an operation to behold. They have the entire process down to a science, which they continue to hone by learning from mistakes, thinking outside the box and listening to the ideas of their incredible volunteers.

unconditional love animals and humans share

with each other. They also recognize it is just

when the relationship is torn apart because the

family can't afford to feed their beloved pet, so

as hard on the animal as it is on the human

We had the opportunity to meet some of the 60 or so volunteers. They are some of the hardest working while least complaining folks we've ever met! In fact, these folks know how to have fun while getting the job done safely. They understand the duties of their area, they serve under five team leaders and interface cooperatively with the adjacent areas at overlapping points. Their efficiency is truly amazing!

The volunteers range in age from teenagers to seniors 80+ years old. Every volunteer we spoke to has been doing this for a minimum of six years; that level of commitment

When we began asking why they continue to volunteer we heard these answers...

There was a time my daughter had to take time off work to care for her children who were sick

- People go through tough times and need help. There are hungry people out there who wouldn't eat if we weren't here.
- People are in need.
- It feels good to give back!
- This is God's love in action!

If you have any question about the last statement, arrange to visit during a distribution to feel it for yourself. Be warned; it is likely your heart will open, soften, and possibly even grow like the infamous Grinch did in Whoville (see *How the Grinch Stole*

Team Leader Jim shared an experience one evening when a new volunteer came to help. The new guy made a comment, "some of these people drive newer, more expensive vehicles than my old beater!" to which a response followed, "you have no idea what their circumstances are. Imagine making your mortgage and car payment, then losing your job or having to take time off for a medical condition. It can take a long time to get back on your feet. You just



Larry Toy took only six months off after his quadruple bypass surgery. He could hardly wait to come back to volunteer at the pantry!

The goal of the Little Chapel Food Pantry is to feed hungry people. There is no judgement or prodding into why they are in line. When they have the candy, there is a youth volunteer who will greet each vehicle by offering a bucket of candy. This helps to put the kids at ease and feel welcome. Given the fun-loving dispositions of the volunteers, it is easy to see how people would be made to feel comfortable. Don't take my word for it. Show up for a distribution and see for yourself.

Food is distributed on the second and fourth Monday of each month (which changes to first and third Mondays in November and December to accommodate the holidays). We print their schedule in our Out & About section each month.

Their website is set up to receive donations (littlechapelfoodpantry.com), and this is probably the best way to contribute, although checks can be sent to Little Chapel Food Pantry, 69 CR 5, Divide, CO 80814.

Donations for the Pet Food Pantry can be made via their website www.PetFoodPantryTC.com or in person. See page 19 for where Zack is this month.



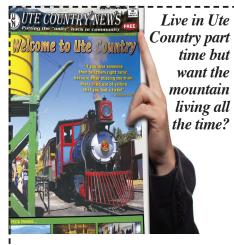
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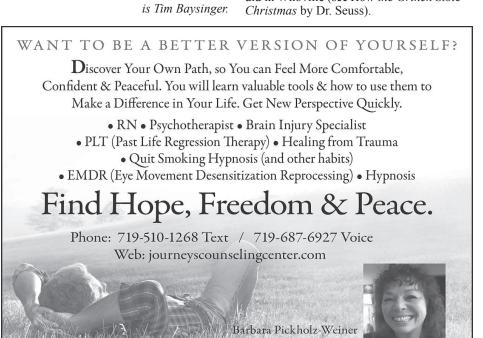
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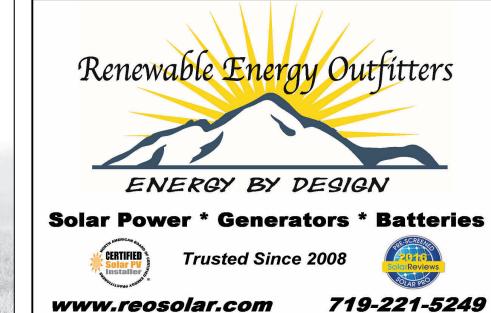
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Thank you to our Hilltop Customers!

What a great 45 years we have had here on top of the hill in Canon City. Ray and Carol started out in 1972 with just a little money and a big dream of owning their own business.

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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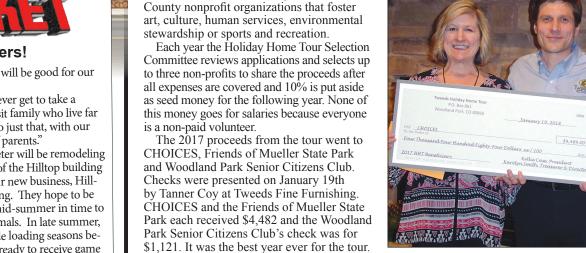
Cripple Creek, CO 80813

Check out our Facebook page and this hard change will be good for our

Brian says, "We never get to take a family vacation or visit family who live far away. Now we can do just that, with our boys and both sets of parents."

Brian and Suzi Dieter will be remodeling and revamping part of the Hilltop building to accommodate their new business, Hilltop Custom Processing. They hope to be up and running by mid-summer in time to process 4-H Fair animals. In late summer, as archery and muzzle loading seasons begin, the shop will be ready to receive game animals, deer, elk and antelope. The Dieter family are all avid hunters who know how important the final step in the hunt can be. Each animal will be processed separately from cutting to grinding and wrapping, then quickly stored and frozen. The hunter can choose to have several types of sausage made from their meat.

Through the years, Hilltop has employed many people, including many young people starting their first job. Several generations have put food on the dinner table from Hilltop. Ray and Carol both say they will miss the many customers who have become friends and hope the same friends will wish them a "happy retirement". "We know the Fremont County community will be accepting and welcome Brian and Suzi in their new venture."



2017 Tweeds Holiday Home Tour, a tradition for 19 years

Best Year Ever!

The mission statement for this non-profit is to raise funds for the greater Teller

by Barbara Berger

Tweeds Fine Furnishing's Tanner Coy presents a check to Kathyrn Perry, CEO of

Salida Teen Night Sellars' PfCA Program launched

Additional information on Tweeds Holiday

Home Tour can be found at www.wphht.org.

ellars 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 Sellars at hello@goPfCA.com.

The Partnership for Community Action (PfCA) is a Sellars 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.goP-CA.com. For more information call 719-221-9893. To contribute to the cause visit https://www.gofundme.com/support-teennight-in-salida?utm source=internal&utm medium=email&utm content=cta button&utm campaign=upd n

Adopt Me

Welfare Society

Rocky

R ocky 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).





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Spotlight on the Divide Chamber

Lach month we feature our new and renewing members of the Divide Chamber $m{L}$ of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future - www.dividechamber.org

- Flood Realty with Dave Martinek: 719-687-9656 or www.davidmartinekco.com. Real Estate specializing in buying and selling of mountain homes, properties and
- Edward Jones Investments by Lee Taylor: 719-687-9541 or www.edwardiones. com. Providing the investments, service and information individuals need to achieve
- Park State Bank & Trust: 719-687-9234 or www.psbtrust.com. Community bank.
- Andersen Enterprises, Inc: 719-687-1179 or www.andersenent.net. Residential and commercial construction for new build and remodels.
- Peak Vista Community Health Centers: 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

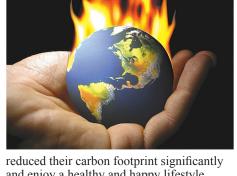
Many of us living in the mountains of Colorado may not feel much concern for what is happening in our oceans. Our Earth is 70% water and our oceans affect the lives of every living being on the earth. What happens to our oceans affects us here in profound ways. Consider 97% of all our water and nearly 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



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.

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 ent sources rather than producing our power ergy forms without any help on a federal level. For those of you who continue to believe we have nothing to do with global warming I just leave cleaner air and water for our children?

steps towards healing our planet and reremember to savor the beauty.

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

Citizens' Climate Lobby, see Out & About on page 20 under Divide, or go to www. citizensclimatelobby.org

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

Adopt Me by National Mill Dog Rescue

Help us find Ronin a forever home!

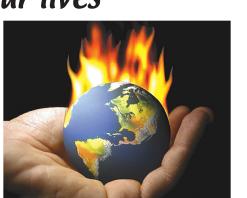
There has to be someone that is willing to give Ronin, a handsome mature male German Shepherd 8 years young, a home. This needs to be someone that wants just one pet and who is able to provide a secure environment for him. He is a lover of people, NOT other animals because he was never socialized. Ronin

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.





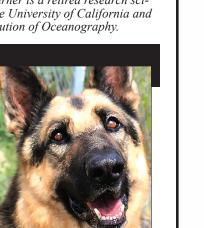
Woodland Medical Center

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.

our companies buy their power from differdirectly. If enough of us demand renewables we can become like dominoes and see cleaner en-It only takes a few minutes to look up and email your utility boards. Do it today, I challenge you. ask, either way, wouldn't it be so much better to

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This is a one day workshop to be held in Woodland Park, CO. For more information please text Olga Daich 801-628-9273, or email: olgacely@hotmail.com. Cost \$40.



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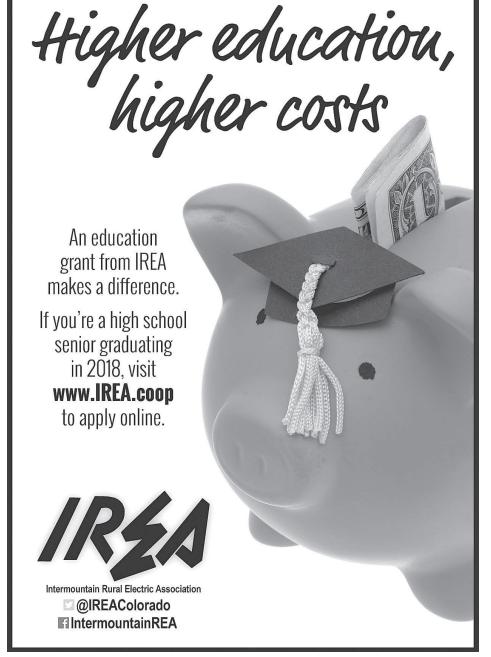
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Healthcare math

Don't let the title scare you off, I promise this type of math won't be too painful. In November of last year our family received our new health insurance premium rates for 2018. Our 2017 rates for a family of three was \$1,238 a month. This year our rates jumped to \$1,647/month for a family of two very healthy 58-year-olds, with a sickly bronze plan (\$11,500 deductible). Our relatively healthy 21-year-old was placed on a Silver Plan thanks to Obamacare with no deductible. She pays \$113 for that privilege, and the government picks up \$281.17. What a racket.

These insurance companies are banking big bucks not only on behalf of private citizens, but the government as well. Then these companies have the gall to lament the fact that hospitals are charging outrageous sums for medical procedures, which of course is true; hospitals are part of the problem. But, the insurance industry can hardly wail and gnash their teeth as the average insurance company denies care to one out of four people. (https://www.hcup-us.ahrq.gov/reports/ statbriefs/sb204-Most-Expensive-Hospital-Conditions.jsp) It is no small thing that these insurance companies have elected to pay their CEO millions of dollars annually, while employing entire departments of people to deny those claims. (https://www.fraserinstitute.org/sites/ default/files/health-care-in-canada-costs-typicalcanadian-family-more-than-11000.pdf) You gotta wonder who is running the show here.

Other countries with universal healthcare do not allow this type of behavior; their main objective is healthcare, not big business. They negotiate with drug companies, hospitals, and doctors to keep prices reasonable for patients. Not only do these countries spend half of what we pay for healthcare here in the U.S., they also have better health outcomes. So, the folks who holler about how universal healthcare cannot work here in the U.S. haven't done their homework. (http://www.commonwealthfund. org/publications/fund-reports/2014/jun/mirrormirror) They are comparing apples to oranges.

Although, they are right; universal health care can't work in the U.S., at least not with our current system of extreme capitalism on steroids. When we allow big business to make huge profits over peoples' health and well-being, then this is where we diverge from the rest of the countries with universal healthcare. This is the reason for inflated prices, and lack of positive outcomes. Allowing big business to interfere with a person's health is not only morally corrupt, it is financially ruinous as we are seeing with tens of thousands of bankruptcies due to medical bills. Don't think smaller businesses are getting off lightly; I am sure they are throwing up their hands when they see the rate increases their company has to absorb, or pass on to the consumer. No, big business has no business in the middle of our healthcare.

To underscore this fact, when people turn 65 they celebrate, because they now qualify for government run health insurance — Medicare. Try taking away or touching someone's Medicare, it's not a pretty sight. Seniors aren't too happy with the fact that private insurance companies have wheedled their way into the system with supplemental/gap insurance plans. Most Medicaid folks are pretty darn to happy to have some type of medical care they can afford. Our veterans are currently all steamed up about some of our representatives trying to privatize their medical care, and rightly so. Government health insurance works. It works here in the U.S., and it works in other countries as well. You don't see folks in other countries taking to the streets protesting about their healthcare system. Healthcare is Canada's most valued treasure contrary to what you may have heard through select media outlets. (https://www.ncbi.nlm.nih.gov/pmc/articles/ PMC3633404/)

A single payer healthcare system has been successful in other countries for decades, with tweaks and changes along the way. With a single-payer system you have one entity paying the bills. Talk about leverage! This entity can say, "Here is what we'll pay, take it or leave it" just like Medicare. Unfortunately, Medicare has no negotiating power with the drug companies, and this is why we see prescription

medication rise to astronomical prices. I think we all know why — dollar signs So, what is the solution? Some kindly folks

- have already added up the numbers: • It more efficient and affordable to have a universal healthcare system. (https://www. cihi.ca/sites/default/files/document/text-alternative-version-2016-cmwf-en-web.pdf)
- · A single payer system has great financial leverage to keep costs contained. (https://www. nytimes.com/2017/07/07/upshot/why-singlepaver-health-care-saves-money.html)
- Countries with universal healthcare have better outcomes than the U.S. (http://www. commonwealthfund.org/interactives-anddata/chart-cart/report/2017-mirror-mirror/ health-care-system-performance-rankings)

Let's crunch some personal numbers. My family in 2018 will pay \$1,647 per month X 12 = \$19,964 annually for private health insurance. Now let's add in the deductible. I can guarantee you that this amount is nowhere near 10% of our income, like what the average citizen in Canada pays (10-12%). https://www.fraserinstitute.org/ sites/default/files/health-care-in-canada-coststypical-canadian-family-more-than-11000.pdf. Even if you divide that amount by 2 for two people, it still doesn't come close to 10% of our income. Canada covers every single person in their 13 territories, as opposed to the U.S. where millions of people cannot afford care or are denied care even after they have paid their monthly premiums. Private health insurance is virtually unaffordable in the U.S. I can understand why some folks choose to go without insurance and I must admit I am a bit envious of their decision. But then, when I look at what can happen as a result of a large unpaid hospital bill — I blanch.

Hospitals can put a lien on your house for unpaid bills. Yes, even your primary residence. If you have any assets what-so-ever, kiss them goodbye. Currently some hospitals are denying patients payment plans for unpaid bills. Instead, they are sending you to a bank to get a loan. So now you owe a monthly payment to a bank instead of the hospital, with interest I might add. No wonder people end up in bankruptcy court.

Medical tourism is a rapidly growing segment in the tourism industry (https://patientsbeyondborders.com/medical-tourism-statisticsfacts). If I can fly to Spain, vacation for several weeks, get a hip replaced and return to the U.S. cheaper than having surgery done here, well it's a no-brainer. People in other countries with universal healthcare do not have these financial healthcare worries. I wonder if there is a calculator that adds up the psychological angst and toll on a person's health in America because of our current healthcare system? If you factor that burden in, I'll bet the results would be staggering.

So, what can we do about our current healthcare crisis? First punch in some numbers on your phone can call your representatives and let them know you support universal healthcare. It only takes a minute

Secondly, talk to the people who are running for office in 2018. Make sure they understand the importance and benefits of universal healthcare

Talk to your neighbor, your friends, your family and any organizations that you belong to. Question what you hear on T.V. or the radio. Read the references provided in this article because the data is out there to make the case for universal healthcare

More importantly, tell your story about the impact that this current dysfunctional healthcare system has on you and ultimately our entire country. I am positive you'll be in good company: offer solutions, and possibly a hug to folks who seem in despair.

It may be an uphill battle tackling big business, lobbyists, and our own representatives but if tens of thousands of us hold hands and demand change it can make a huge difference. It all comes down to numbers.

If you are interested in learning more ways to be involved, please contact me at jfvanacker@gmail.com.



Green's Fitness Go To Exercise and mental health

seems that daily exercise tends to be better, espe-

Again, this doesn't have to be anything drastic.

Making sure that you are increasing feelings

of general well-being and spending enough time

doing enjoyable hobbies are important, too. The

endorphins that are released through exercise are

one of the most potent natural antidepressants.

This time of year, it seems to be more common

that people experience depression and anxiety due

to both weather patterns and financial stress. It also

is one of the busiest times of the year in the sense

weight or get back in shape. Making sure that you

of new year's resolutions whose goal is to lose

et me start with a complete disclaimer Lin saying that I am not a licensed health care professional, either psychologically or medicinally and if you experience anything that is not normal or have concerns about your psychological state then you should seek care with a mental health professional. That being said, this article will be focused on common mental health disorders and how exercise can help mitigate symptoms to make them more manageable. The human brain is so complex that we as a species barely understand it. However, emotions seem to be controlled by hormone balances and other various chemicals

by Caleb Green

Two particular ones that play a huge roll in the disorders that are going to be specified are dopamine and serotonin. Both of these are key in creating happy feelings via neurotransmitters in the brain. Exercise seems to have a very large impact on the brain in the sense that it can raise levels of both dopamine and serotonin. As to why it spikes, no one is quite sure, but one theory suggests that exercise causes a release of these chemicals to help mitigate the soreness that comes with heavy exercise. This is why it generally makes you feel good after a heavy exercise bout.

There are two major mental health concerns that exercise seems to help; depression and

Depression is classified as a mood disorder that causes persistent feelings of sadness and a general lack of interest as two of its primary symptoms. Its severity can range from mild to serious depending on the person, but general symptoms include sadness, fatigue, trouble concentrating, sleep issues, appetite issues and loss of interest in fun or pleasurable activities.

There are many different types of depression ranging from major depressive disorder which is typically treated with antidepressants and therapy, to seasonal depression which occurs annually at around the same time of year and usually subsides with a change in the weather. It seems to be that with seasonal depression it can be mitigated with additional vitamin D exposure to help lessen the symptoms, as most typically winter weather brings lots of clouds and can cause a general lack of the vitamin, potentially causing a slight deficiency. I'm sure that you've sat in the sunlight during the winter and it felt way better than it usually does. That's a sign that your body is missing vitamin D.

Exercise relates to depression in a major way. It is my opinion that humans are a species that was designed to move and to maintain optimal health; frequent exercise is necessary. Optimal health is physical, mental, and spiritual and exercise helps increase feelings of general well-being and contentedness. Exercise can be helpful as a way to mitigate symptoms of depression by releasing feel good chemicals called endorphins. It can also help focus your thoughts away from negative patterns.

Anxiety is a common mental disorder that can accompany depression or be entirely independent. It also ranges in degrees of severity and can range from mild to severe. Typical anxiety symptoms are feelings of intense and persistent worry about everyday situations. These feelings sometimes escalate to become panic attacks that present as extreme fear and worry over what others may consider a normal situation. Panic attacks are often debilitating. Other symptoms of anxiety can include fatigue, issues with sleep, shortness of breath, heart palpitations and clammy hands. As to what causes anxiety, there isn't a clear picture as to chemical imbalances, however it is quite common. It is typically treated with therapy and medication, similar to depression.

Exercise can produce general feelings of well-being, help with appetite and sleep. For the person dealing with an anxiety disorder, choosing an exercise routine can provide a feeling of control, accomplishment and empowerment. Exercise builds strength in muscles and a sense of muscular control which can help a person feel strong, in control and may reduce feelings of fear. It can also help deplete cortisol, a stress hormone that can intensify feelings of anxiety.

The link between exercise and mental health is quite strong, but it's important to remember that

exercise doesn't have to mean the gym. It can be as simple as getting up to go for a walk, or playing sports with friends. In order to help mitigate symptoms of both depression and anxiety it's important to exercise at least four times a week, however it cially for long-term management of mental health

> recognize symptoms of either mental health issue can be critical to adhering to an exercise program as it's easy to "fall off the bandwagon" if you are working to restart a healthy lifestyle with fitness.

Again, I just want to urge anyone who is experiencing any of these symptoms associated with either depression or anxiety to seek help from a licensed mental health professional for treatment of their symptoms. Ask about exercise and see what the mental health

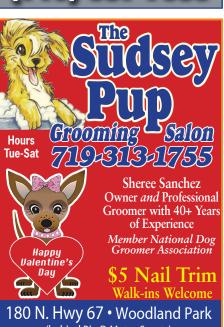
The link between exercise and mental health is quite strong, but it's important to remember that exercise doesn't have to mean the gym.

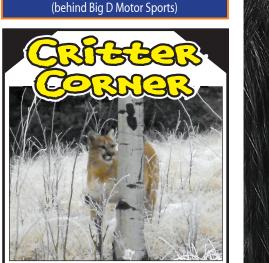
professional would specifically recommend for your situation. Anxiety disorders effect roughly 40 million adults every year, although only about 36.9 % are currently being treated (https://adaa.org/about-adaa/press-room/factsstatistics#). Major Depressive Disorder is the leading cause of disability in the U.S. and affects more than 16.1 million American Adults (https://adaa.org/about-adaa/press-room/factsstatistics#). Remember that these are serious issues and exercise can be a healthy coping mechanism in treatment of either condition.

As always, if anyone has any questions or comments they can reach my directly at cgreen. cchs@gmail.com and I will do my best to respond in a timely fashion. Next month's article will focus on carbohydrate cutting and whether or not it's safe for you. Thanks for reading!



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Taken from our living room window, only about 30 yards from the house -Janice Glover, Guffey, CO



Our lil' mountain lion J-Bo -Sue Santoro, Divide, CO

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by Danielle Dellinger

aynee Markshim was the CEO of a mili-

er pilot's license and could fly any plane

tary aircraft manufacturing company that

she sat in. For nearly three decades, she'd

been in what was once a male-domi-

nated field, and had shown them that

a woman was just as capable as any

into the future by engineering vir-

tually piloted planes, specifically

for military use. It had revolution-

ized the industry, had opened up

the hiring pool, and reduced the

cost of physically training some-

one to pilot a plane. As long as

they were skilled with computers,

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

military and nonmilitary.

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 mo-

ment in over five years. Her

growth spurt, forcing her to devote

all of her attention to it so she could

land a couple big clients. She'd tried dat-

ing 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

female body, specifically certain body parts

of hers he'd seen in her pictures. She'd never

him talking about how much he loved the

felt more uncomfortable and objectified.

She told him how she was feeling and that

she no longer felt comfortable meeting him

person. But instead of apologizing for his

all of his contact info. That had been the final

ons over the years, but that particular one

ad gotten so far under her skin it made her

delete her account on the site after. On other

was taken. It was hard when men weren't

held a major public office.

eing held accountable for their disgusting

eatment of women, especially when that man

The culture of toxic masculinity was partly

rong and man enough, they had to be rough

and put people in their place, so they could

he problem. Men were taught that to be

sites, she'd reported men, but very little action

traw for her. She'd endured similar conversa-

havior, he called her a flake and said to lose

company had hit an unexpected

Coincidentally, it was

virtually piloted aircraft,

they were hired. Jaynee lived in

he'd started in her late twenties. She had

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. man for the job. She had led the way

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, 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 maledominated 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.

Jaynee'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. Jaynee 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?"

Jaynee 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

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

going through the dating game."

"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 Jaynee 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 eves 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." Jaynee 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, gestur-

ing 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

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

Jaynee 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.

Jaynee 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." Jaynee 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.' Jaynee 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

Jaynee 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

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

information. "So," she

continued, "if I say no to

anything, anything at all, will you

"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. Jaynee 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 . . .

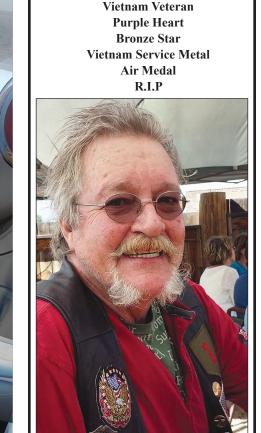
Debut novel Dating the Grim Reaper is available for purchase online only in print and digital formats at Barnes & Noble, Amazon, Google Play, and iBooks. Brief summary: Two college guys start dating. One guy is a murderer, and the other turns out to be the grim reaper. It's full of Greek mythology and romance.

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Obituary

Robert "R.T." Tarpley

October 2, 1949 - January 6, 2018

Father, Grandfather

Brother, Friend

obert Odell Tarpley "R.T." 68, of KAngola, Indiana, passed away January δ , 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 ohnke 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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- Partner with a Family Advocate to recognize your strengths
- Set goals to move toward increased self-reliance and self-sufficiency

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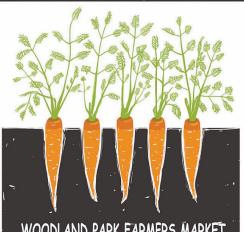
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Growing Ideas Love connection by Karen Anderson "The Plant Lady"

 $F^{\text{ebruary greetings community folk! This}} \\ \text{is the month we associate with LOVE,}$ 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 ll 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 peren-

nials and we certainly need the protective "When we recognize blanket of snow to achieve the best results for our gardening enthe beauty of Mother deavors in the outside world. I personally Earth, something is thoroughly enjoy a good old-fashioned born in us, some kind snow day. Things of connection. IT IS are fairly quiet and I LOVE the simple acts **LOVE.** 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-leafed 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 dishwater 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 angle with sharp pair the virtues, the talent, angle with snarp 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 ukewarm water as it helps clear blockages and moves up the stems

and other flowering

- Thich Nhat Hanh faster than cold. Tulips

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 Natu-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

R ight 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 forecasting 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

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- 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.

Permit Fee Hike?

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, Uncompangre and Gunnison. The

proposed fee would be \$20 per permit. Revenue from the fee increase will help provide maps, signs and information to risitors; 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 reas. Other enhancements could include varming 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 s enjoyed by all who participate while nelping to thin regeneration growth and meet important restoration objectives. The rogram 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 Attention: Christmas Tree Permit Fee Increase 2840 Kachina Drive Pueblo, CO 81008 Comment online: http://tiny.cc/PikeXmasTrees

Congratulations Dean Johnson! Salida Chamber of Commerce Vaqueros Wanted Award Winner!





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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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Featured Non-Profit

Welcome Home Warriors

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 vork with two awards from Γhe National Associa-

> 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 plague from The Colorado Veterans Committee for outstanding service to

tion of Social Workers

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

Colorado veterans

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.

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

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

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A quiet mind Bill O'Connell

by Flip Boettcher photo by Flip Boettcher

7012 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-hourcertified 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 offbody, 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

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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.

ance, 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

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 differ-

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, 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.

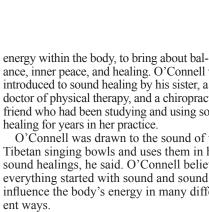
O'Connell is offering private yoga classes in people's homes, as well as Reiki sessions for clients and classes for those interested in learning Reiki. O'Connell also offers Reiki and yoga outside the Guffey area.

O'Connell travels yearly to North Carolina and Alaska to teach Reiki and yoga.

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

For more information contact O'Connell at 719-479-4013 or lighttimejourneys@ vahoo.com, or visit his website www.lighttimejourneys.com.

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.



Today, O'Connell volunteers at the Guffey school teaching yoga and meditation to Jenny oxytocin and nitric (not nitrous) oxide, which

O'Connell is a member of the Reiki Membership Association, which is a part of the International Center for Reiki Training.

Obituary

arol A. Colby was born Feb. 17, 1931





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Reiki Heaven and Earth Reiki and pain - part II

In the first part of this article (see January,

12018 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

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.



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.

Workshop Heaven & Earth

⊥ ing 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-

The best way to understand concepts such as heal-ancing chakras, Reiki (introduction to Reiki), hooponopono, meditation, the healing power of water, special kids (indigo, crystal and autistic).

Both parts of the workshop, have energy practice exercises as well as the opportunity to check chakras for each of the participants interested. We will have different dates for each part of the workshop the first date will be February 25th from 9-1 p.m. at Hackman House in Woodland Park. For the second part the date is still pending.

A minimum number of 6 participants is required before we can schedule. The cost is \$40 for each date. To insure your spot in the workshop or for more information please contact me by email: olgacely@hotmail.com, or by text: 801-628-9273.

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

PROSHOP ENTRANCE RANGE

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, or www.royalgorgearcheryandrange. com. RGA is located at 309 Main Street,

Where is Zack this month?

Zack is a certified therapy dog and the Emascot 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

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











UTE PASS Chamber Players

PRESENT

GUY DUTRA-SILVEIRA, Oboist and Conductor

And 26 AMAZING MUSICIANS from the Pikes Peak Region!

High View Baptist Church

1151 Rampart Range Road in Woodland Park

ADMISSION: FREE! (Donations enthusiastically accepted!)

SNOW DAY: MONDAY, FEBRUARY 12, 2018, 6:00 PM

In case of inclement weather, please call 686-1798 or check our website:

www.utepasschamberplayers.org

Saturday, February 10, 2018, 3:00 PM

CLARK WILSON, Bassoonist

Affiliate Member

woodland park

BARB RILEY-CUNNINGHAM, Pianist

FOUNDERS' CONCERTO FESTIVAL:

Rivalry between solo instrument and orchestra!

Music of Fischer, Mozart and Beethoven

One Nation Walking Together Life lessons from the Native Way

by Urban Turzi

ometimes 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



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 meanest 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 Lakota chief Sitting Bull

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 or email, office@ onenationwt.org or call, 719-329-0251. See ad for the One Nation Film Festival on page 4.

~OUT AND ABOUT~

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7393 or email us at utecountrynewspaper@gmail.com.

BRECKENRIDGE

17 Save South Park! Join us for an vening of music, information and fundraising at the Riverwalk Center from 6-10 p.m. We'll feature a short documentary produced by local filmmaker/activist Todd Anders Johnson, guest speakers, as well as a silent auction, food and a cash bar. Tickets are \$20 the night of or \$25 at the door. Mountain Top Children's Museum will provide a great discounted child care. For more museum.org/kids-night-out. Come help us raise awareness because ing can happen in anyone's backyard. Want to help sponsor the event? We'll be accepting sponsor ships until February 16th. Please go to our savesouthparkco.org. There you can donate and/or become a sponsor. Save South Park is a grassroots, citizen's group near Fairplay Colorado, pursuing RESPONSIBLE mining in our county.

CAÑON CITY

7 Free Legal Clinic at Cañon City Library 3:30-5 p.m. 516 Macon Ave. Walk-ins are welcome: everyone helped on first-come, first-served basis.

7, 14, 21, 28 NAMI: CONNECTI Recovery Support Group, adults living with mental illness, meets every ednesday 5:30-7 p.m. at St Thomas More Hospital Community Education Room, 1338 Phay Ave. Free, safe and confidential. 719-315-4975

or www.namisoutheastco.org 18 The Recital Series at Christ Episcopal Church presents Cello and Piano Concert at 2 p.m. featuring Norah Clydesdale on cello and Abe Minzer on piano. Tickets are \$10, students free at the door 802 Harrison Ave. or for more info 719-429-7551.

21 Free legal help for parents to see their kids, whether the parents were clinic on the third Wednesday is

in addition to the existing monthly VPC clinic at the library. The clinic is offered 1-2:30 p.m. To learn more call 719-269-2015. For free legal information for Colorado civil is sues visit www.checkerboard.co

COALDALE

11 Ted Yoder in concert at 3 p.m. at the Coaldale Schoolhouse. Ted is a past National Hammered Dulcimer Champion and is known for his unique arrangements from Bach to the Beatles. Bruce Warren and Chris Leydon open on hammere dulcimer and the Swedish nyckelharpa. Tickets are \$15 at the doo For info contact Bruce Warren @ bbppww01@hotmail.com.

COLORADO **SPRINGS**

6. 8 Bill Callen's Pike Peak New Ho rizons Band and the Swingmasters Jazz Band is inviting prospective new band member to meet Bill and the Gold Concert Band members either February 6 or February 8 prior to a rehearsal which begins at 9:45 a.m. Please give Bill a call at 719-598- 2373 or for mor information visit the band's web

11 ONFF Stargazers Theatre see 22-24 Colorado College is hosting

"Leonard Bernstein at 100." a three-day symposium on one of the most celebrated figures of the 20th century. Colorado College's Cornerstone Arts Center, 825 N pikespeakcenter.com/ for information and ticket prices.

COMO

3 Winter Adventure Run starts at 10:30 a.m. with a 4-mile off road course that includes steep inclines, deep snow, thick forests, sledding

sections and getting over, under and through challenging obstacles Yeti costumes encouraged. Learn more at www.sbominablerun.com

CRIPPLE CREEK

ASPEN MINE CENTER **2, 9, 16, 23** A Willow Bends 3-5 p.m. 6, 20 TBI Group participation meetings regarding Traumatic Brain

Iniury 10-11:30 a.m. 7 ATTUNE, Support group for male vicims of domestic violence 4-5 p.m. 7, 14, 21, 28 AMC Community

Lunches 11:30-1 p.m. by donation 7, 14, 21, 28 Cocaine Anonymous 7 p.m. For persons addicted to any

nind-altering substance. 13 Veteran Service Meeting 9-11 a.m. 13 All Vets. All Wars 10-11:30 a.m. 14 Colorado Legal Services 1:30-3 p.m. Quality civil legal services.

15 OIB Group support for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room or 2nd Floor, Call Kathleen for more nformation 719-471-8181 Ext 103.

18 TESSA Women Empowering Women 1-3 p.m. 22 The CO-Division of Vocational

for those individuals who need to acquire new job skills because of a 23 Teller County Emergency Food

Distribution (Commodities) 9-2 p.m. Please bring photo ID and proof of Teller County residency 23 Cross Disability Meeting 10-11:30 a.m. The Medicaid Health

Navigator will provide pertinent information to individuals and families who are seeking access to affordable and quality health care Krvs Arrick is available Monday through Thursday 8-4:30 at 719-689-3584 Ext.111. GED – our next registration date is

regarding global warming? Join us and our New Chapter for Citizens Climate Lobby in Woodland Park area 11-1 p.m. at Mueller State Park Auditorium 21045 CO 67 near Di-

10 Are you living with deep concerns

vide. We will be meeting in the same place for 2 months and then we will be meeting back in the Library in Woodland Park in April. Mark your calendars for the 2nd Saturday each month. We will see a compelling film from Years of Living Dangerously and then have a talk and discussion along with practice sessions for talking to our representatives. Please RSVP pjpotsticker@gmail.com.

Donations are welcome but all are welcome regardless of funds. 12, 26 Little Chapel Food Pantry disributions are by last name during these times

I-O 4:30-5:30

R-Z 5:30-6:30 See article on page 7 February 7. Call Katy at 719-686-0705 for more inform

FAIRPLAY 24 Beaver Ponds Envi Education Center will hold a public day 11-3 p.m. Activities will include snowshoeing and talks about snow science and winter ecology. Snow shoes for kids and adults can be rented for \$5 a day. Hope to see you there! Contact BPEEC for more information 719-838-0143 or go to our website at beaverponds.org.

FLORENCE

The Florence Pioneer Museum and Research Center continues its fundraising campaign "Brick for

February 7. Call Katy at 719-686-0705 for more information.

DIVIDE

FLORISSANT 18 Midland Tragedies at 2 p.m. at the library. The Colorado Midland Railway was the first standard gauge line into the Colorado Rockies. At its peak it was 261 miles long and had two branches. Steve Plutt, local historian, will present an interesting program on this piece of Teller County history at the Pikes Peak Historical Society's February Chautauqua at 2 p.m. at the Florissant Library. Admission is free and refreshments are served. No reservation is required but arrive early, seating is limited. For

Bucks" to celebrate the closing on

the building next door for future

support us in our expansion.

expansion. Look on our website:

www.florencepioneermuseum.org,

Building Fund link on how you can

more information call 719-748-8259 or 719-748-3861. 24 Introduction to Ancient Paths of Initiation at Sacred Earth Foundation 1-3 p.m. Get a taste to see if you are called to a 6-month program of seeking your own immensity. We meet one weekend a month and end in a 4-day vision quest. RSVP pati@sacredearthfound.org.

FOSSIL BEDS

10, 25 Hike for your Health noon-2 p.m. Join park volunteer interpret ers on a guided hike up to 3 miles in length. Dress in layers. Be prepared for changing weather conditions. Bring plenty of water and snacks. Please be prepared with good foot gear Weather permitting

16 Night Sky Program 7-9:30 p.m. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulas, and more, Meet at the Visitor Center. 17 Great Backyard Bird Count and

scavenger hunt. There will be two

or 10:45-noon. Meet at the visitor center. From 1-3 p.m. families can participate in a scavenger hunt and/ or make a bird feeder. 24 A Wintery Poetry Walk 1-3 p.m. Learn to write a nature poem. Join

elp count birds: 9:15-10:30 a.m.

volunteer interpreter Steven Veatch and discover your inner poet. The program will begin inside the visito 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 up to date information.

LIBRARY

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

12 Let's Read Amok! Book Club at 11 a.m., Board Room, This is a nontraditional, 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 Please pre-register by calling 719-748-3939. For free legal informa tion for Colorado civil issues visi www.checkerboard.co

21 Bookworms Book Club 10:30noon. Currently reading: Maya's Notebook by Isabel Allende. February: A Lady's Life in the Rocky Mountains by Isabella Bird 28 New! Craft and Create 1-2 p.m. This month's creative adventure

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

beaded earings. Supplies provided.

SALIDA

laboration: The Big Bad Mood and

Think of it as a triptych arts col-

February 25, doors open at 3 p.m.

Assistance Program & Commodity

Supplemental Food Program distri-

butions 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 Allemang for more information 719-539-3351.

Gallery in the lobby of the Steam-

8 SCFTA's Creative Mixer at Paquette

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

ssues visit www.checkerboard.co

VICTOR

Victor Community Center at 6:15

2, 9, 16, 23 Celebrate Recovery at the

p.m. For more information call 719-243-4970.

10-11, 17-18 Free Ice Skating at Vic-

17 Preservation of our Natural Won-

ders - President's Day Special.

speaks on the Antiquities Act. The

Reception is at noon and presenta

tion begins at 1 p.m. Tickets \$20

sold. This is a fundraiser for the

Thomas Lowell Museum. More

info & reservations: Online at

per person; only 50 tickets will be

event includes a bully reception.

Don Moon as Teddy Roosevelt

tor Ice Rink noon-2 p.m.

Plant at 5:30 p.m.

performance at 3:30 p.m.

ALL MONTH Triptych Arts Col-

Other Love Stories

Storytime Fridays 10-10:45 a.m. Join **LAKE GEORGE** Miss Leslie for stories, songs, and fingerplays. Recommended for CHARTER SCHOOL 13 Charter Board Meeting 6 p.m.

Florissant Public Library will be 13 Midterm closed February 19 in observance 14 Class parties 3 p.m. 19 President's Day — No School of President's Day.

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

continued from page 20

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

BULL MOOSE

laboration – it's unlike anything ever presented in Salida. It is 2 Groundhog Day Celebration hosted by Piz & Pitbull hoping for an original poems; original art works nspired by the poems and local actors presenting the premiere of a one-act play, created from the early spring! BBQ picnic so wear your shorts and flip-flops to enjoy poems. The work of over 30 Salida music by the Beach Boys and othe area artists have contributed to the collaboration to present "The Big 5, 19 BINGO with cash prizes Bad Mood and Other Love Stories 9, 16 & 23 Karaoke Throughout the month of February. 10 Open Mic hosted by Super Chuck the lobby space, Paquette Gallery of 12 Family Game Night 17 Sweetheart Night hosted by Lissa the Salida SteamPlant Event Center will house the art exhibit. The play Hanner and Super Chuck, also will be presented in the theatre

celebrating Karen's birthday. 24 Donovan Lee 26 Chili Cook-Off (red or green). Call 1 Chaffee County's Emergency Food 719-689-4199 to sign up. All events 6-9 p.m. For more information visit www.thebullmo guffev.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 knit-

ting 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 Elsner 303-838-7491.

WOODLAND PARK

VictorColorado.com.

8 Free Legal Clinic for parties who have no attorney 3-4 p.m. at the library, by computer link. Please pre-register by calling 719-687 9281 Ext 103. For free legal information for Colorado civil issues visit www.checkerboard.co 10 Ute Pass Chamber Players concer

— see ad on this page. President Clark Wilson explains the nature of this extraordinary event, "Th concert is the gift of the Ute Pass

~OUT AND ABOUT~

Teller County and other areas of the Pikes Peak Region. We usually build our programs each season around the special pieces our amazing musiciar want to play. For this concert we've asked our musician friends to help us perform three of our favorite pieces all of them concerti"

10 3CA 2018 Sweetheart Dinner and Dance see ad on page 19.

17 Senior Center Pancake Breakfast at the Woodland Park Senior Center, SE corner of Pine Street and Lake Ave. 8-11 a.m. Bring your favorite Valentine and join us for a fresh cooked, all you can eat, breakfast of fluffy pancakes, scrambled eggs, sausage the best biscuits and gravy around and a seasonal treat. Your home town seniors will be flipping the pancakes and serving them up with juice and coffee or hot tea for only \$8. Kids 6 and under eat for \$2. This open to the public fundraising event helps to support the programs and activities of the Woodland Park Senior Center. We appreciated the support of each one of you! Mark your calendars and plan to join us on the 3rd Saturday 25 Reiki Heaven and Earth workshop

see ad on page 10.

DINOSAUR RESOURCE CENTER 10 Valenteine's Hearts Time 1-2 p.m. Cathy Kelsey as Mother Goose has many special Valentine stories songs and puppets to share with ou. Make a beautiful Valentine heart to hang in your window for

this special and fun day. 24 Play-Well TEKnologies 11-3 p.m. Power up your engineering skills with thousands of LEGO'S at the DRC. Programs at 11:30 a.m. and 1:30 pm. Participants should come at the beginning of the programs so that the instructor can better help you with your designs.

GED — our next registration date is February 7. Call Katy at 719-686-0705 for more information

LIBRARY

On-going
• Tai Chi Thursdays 5:30 p.m. and Fridays 10 a.m.

· Tai Chi for Arthritis and Sun Style

Children's programs

 Books and Babies Storytime Tues-days 10-10:20 a.m. Join Miss Beth and enjoy songs, finger plays and stories with your baby! Recommended for kids age 2 and unde with parents/caregivers.

· Storytime Wednesdays and Thursdays 10:05-10:45 a.m. Stories, songs and fingerplays with Miss Julie and Miss Beth. Craft offered after every regular story time recommended for ages 3 and up!

 Lego Club Fridays all day in the Children's Craft Room.

Teen programs 6, 13, 27 Drawing Club 3:30-4:30 p.m., Teen Room. Art supplies provided. Artists, writieres and other creatives can come and create or work on an original character 14. 28 Anime Club 3:30-5 p.m. Teen

Room. Do vou love Anime? No

opportunity to vote on upcoming titles for future Anime clubs 15 Mixed Media Club 3:30-5 p.m., Teen

Room. Art supplies will be provided. Stop by the Teen Room to sign up!

10 Pilates 10-11 a.m. 11 Free Legal Clinic at the library 3-4 p.m. on the second Thursday of each month. Please pre-register by

Seed Starting Mountain Vegetables

1-3 p.m. Pre-register by email

sure? Have no clue what it is? Then

stop in and join us as we watch the

first three episodes of an Anime. This

first meeting, you will also have an

FEATURING:

calling 719-687-9281 ext.103. 24 High Altitude Gardening Club offers Wild Mountain Gardening class. Saving and Adapting Seed adults who love to read romance for the High Country 10-noon novels. Door prizes and author

allignce

altitudegardeners@gmail.com. 7 Not So Young Adult Book Club at 11 a.m., Teen Room. For adults

who love to read Young Adult Fic tion, this is the book club for you. 6 WP Library Book Club 10:30noon, 3rd Floor board Room

Currently reading One of Ours by Wila Cather.

8 New! Senior Circle Book Club 10:30 a.m., 3rd Floor Colorado Room. Join us for our first meeting where get to know each and choose our books for the coming months. 15 Romance Lover's Book club 1:30 p.m., 3rd Floor Colorado Room. For

swag! Currently reading: Hot in

Hellcat Canyon by Julie Anne Long.

Teen Center

8 Crazy Art Day, come create some-

thing unique with us! 9 Guys only night! Come learn how to play poker and have dinner with us.

16 After hours party! Dancing, games,

karaoke, food and fellowship 19 President's Day open noon-6 p.m **20** Polaris workshop part one. Come

learn about mechanics, safety and operation of a Polaris off-road vehicle This is a two-part workshop. Students must attend both to participate. 23 Girls only night! Come dance to

kpop music, learn some new songs and eat dinner with friends. 28 Campfire & food, learn how to cook a foil meal over a fire at

memorial party

John C. Fremont Library

February's Featured Artist

During the month of February we are pleased to continue showing the work of Sylvia Andrew's series "Kachinas, Kokopeli, Coyote, and friends."

February is Library Lovers' Month! Want to show your love for the library? Donate money, sign up to volunteer, join a special Bookmark Making Party sponsored by the Friends, or ber of the Friends of the Librar

Love Your Library? Join a Bookmark Making Party! Come Join the Friends of the Library for this special bookmark making party, where you can get crafty, creative, have some fun, and help support the library. Supplies will be provided and the finished bookmarks will be available for sale at the library by the Friends — and the proceeds will go toward the building fund for the library!

Love Your Library? Try a Blind Date with a Book! (Adults/Teens). For the month of February and in celebration of Library Lover's Month, why not try a blind date with a covered book? Who knows what author you

might enjoy reading. Bring back the paper cover with your name on it and be entered into a drawing to win a prize from the Friends of the Library! Multiple entries encouraged. Love Your Library? February is Amnesty Month! If you personally return all of your

overdue items, your fines can be eliminated. Does not apply to lost or damaged items. **3** Take Your Child to the Library Day! 10:30 a m Family friendly fun and

Join us for a fuzzy friend story time, crafts, and songs **5** Friends of the Library Meeting — All

Ages Welcome at 5 p.m. 7 Story Time — Children at 10:30 a.m. 8 Teen Group — Teens at 3:45 p.m.

9 Growing Readers Together Story Time —

Children at 10:30 a.m. 17 Family Movie: *Despicable Me 3* at 2:30 p.m. Come see more fun adventures of Gru, Lucy, their adorable daughters Margo, Edith and Agnes — and the

Minions in *Despicable Me 3*! 22 Science During the Days of the Pilgrims at

6 p.m. with Howard "Cork" Hayden, professor emeritus of physics, UConn: How did the pilgrims make it to America? There was no decent clock at the time that was seaworthy. Navigation was pretty dicey, but ships were pretty good. Floating is one thing. Maintaining stability in turbulent seas is another. Food of almost any kind can be cooked by putting it into boiling bland. On the open seas, what would you use to provide the heat? Probably fish oils. 23 Fourth Friday Film and Five: Victoria &

Abdul at 5 p.m. Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim. 27 Author Talk with David P. Wagner at

6:30 p.m. Wagner is the author of the Rick Montoya Italian Mystery series. He will talk about his books, share with us how he started writing and answer questions about the writing process.

Adult program

· Wool Gatherers at 10 a.m. The Wool Gatherers meet every Wednesday to yak, knit, crochet, or quilt. Bring your own project. Youth programs • Story Time at the Library every Wednesday

come. Come hear stories, sing songs, and do a craft. Themes change weekly with an • Teen Group at 3:45 p.m. every Thursday 6th through 12th graders are welcome to

at 10:30 a.m. All ages and abilities are wel-

socialize, participate in a project and have snacks. Topics change weekly. Growing Readers Story Time every Friday at 10:30 a.m. All ages and abilities are welcome. Become a partner with us and the Temple-Hovne Buell Foundation, who graciously provide the grant monies for

this special story time and materials.

All programs at John C. Fremont Library 130 Church Ave. in Florence. Call 719-784-4649 for more information.

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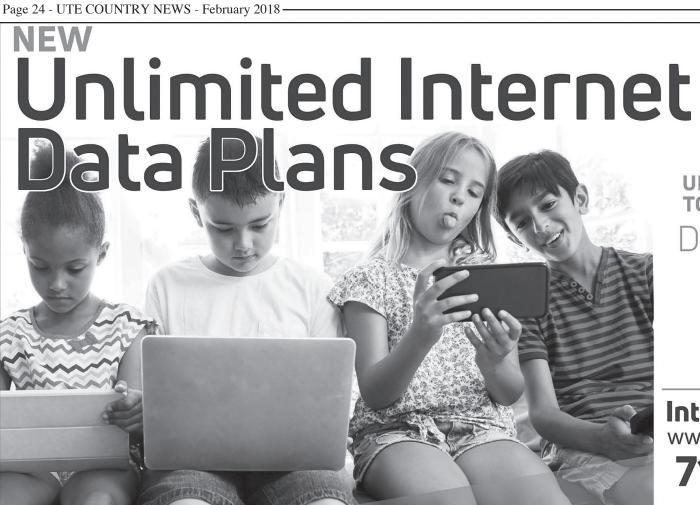
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