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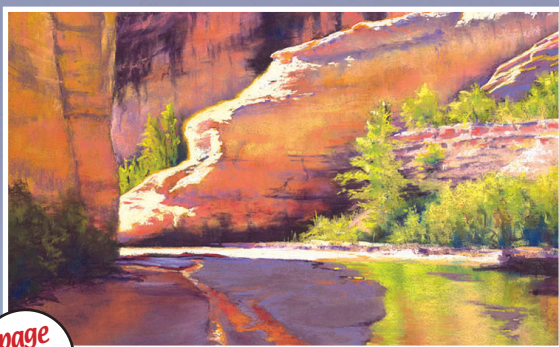
Welcome to Ute Country



**"All journeys have secret destinations
of which the traveler is unaware."**

— Martin Buber

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BV HOPE: Freedom Walk 2018



Jeff took this month's cover photo of a mural on the east wall of the Orpheum Theatre building in Buena Vista because it is a beautiful piece of art and we wanted to share with our readers. We felt November was appropriate because so many people travel for the holidays and Thanksgiving is the start of our holiday season. Next time you're in BV check it out!

We have MUCH to be thankful for this holiday season beginning with perhaps the most beautiful Thanksgiving Blessing I've ever read on page 3. Thank you Jessee Minkler! The Thymekeeper reminds us to mind our elder and offers a fantastic recipe for elderberry syrup. Life Enhancing Journeys reminds us each day is actually an opportunity to live our life's purpose. Art Scene defines for us how art moves our soul. Peak Astronomy shares the gift of a galaxy. Treating the Cause is important to read and even more important to follow up on the website to read the actual Climate Change report initially ordered by the Paris Agreement in 2015. The time has come to take every step we can make, as BV HOPE reminds us, *Information is just knowledge if there's no action.*

We enjoy hearing from you, readers! Keep those comments coming, right along with new photos for Critter Corner of our precious animal friends who share our homes inside and out. We can be reached at 719-686-7393 and utecountrynewspaper@gmail.com.

Thank you,
— Kathy & Jeff Hansen

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

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The Thymekeeper

Respect your elders

by Mari Marques-Worden
photos by Mari Marques-Worden

It was with a swift and mighty backhand that my sister who was a whopping 10 months my senior, taught me to "respect my elders." She had her own ideas about keeping me in check. These days the elders I look up to are my elder trees. When I say look up to, I mean that literally and figuratively. My elder trees grew to a height of at least 15 feet tall this year. Although they do take up more room in the greenhouse than anything else, it's well worth giving them space when you consider the many health benefits of the elder plant.

The elder plant is one of the oldest remedies used by man. It is well documented that elder has been in use since the dawn of civilization. In fact, there is evidence from Switzerland and Italy that elderberry may have been cultivated by prehistoric man. There are recipes dating back to ancient Egypt. Hippocrates, the father of medicine, considered the plant his medicine chest and over the centuries, elderberry has been used to treat colds, flu, fever, burns, cuts, and many other ailments, from toothache to the plague. In the 17th century, John Evelyn, a British researcher declared, "If the medicinal properties of its leaves, bark, and berries were fully known, I cannot tell what our country man could ail for which he might not fetch a remedy from the elderberry, either for sickness or wounds."

The botanical name for the elder plant is *Sambucus nigra* and many products can be found on the market today under the name Sambucol or Sambucus. Often referred to as black elderberry, the berries are actually deep purple in color when ripe, when dried they do appear to be black. The purple pigment found in the berry contains anthocyanins, a class of flavonoids that act as powerful antioxidants. Per Dr. Gerhard Reckemmer, president of Germany's Federal Research Institute for Nutrition and Food, they have significantly greater antioxidant capacity than common antioxidants such as Vitamin C and among several foods tested are one of the most concentrated in anthocyanins.

Boost the immune

Get ahead of the game this winter. Elderberries are an excellent immune booster and one of my favorite recipes for enhancing the immune for children is elderberry syrup. This can be poured onto pancakes or enjoyed over a hot bowl of oatmeal. A teaspoon or two in the morning will do just as well and I haven't met a child yet that didn't love it. Another popular children's product is elderberry gummies. For adults, I highly recommend elderberry wine!

Just in time for cold and flu season, the elder plant is one of the most effective anti-viral remedies known to man. Studies have shown that the flavonoids in elderberry



extract bind to the H1N1 influenza virus. An infusion of elder flowers and peppermint is an almost infallible cure for the onset of influenza, and a good old-fashioned remedy for colds, sinus infection and sore throat.

Fact: Tests have shown that elder can significantly lessen the down time and severity of symptoms when taken before or during illness.

Elder Flower

The flowers were used by our elders for bronchial and pulmonary infection. Elder flower tea will promote sweating and reduce a fever by a degree or two. The flowers also promote expectoration assisting in removing excess mucous. They relieve wheezing and have a restorative effect on the lungs.

An infusion of the flowers promotes urination relieving fluid congestion or edema and are also useful for urinary tract infections. The flowers contain the flavonoids quercetin and rutin, which are known for their anti-inflammatory and antiallergic actions. Although all parts of the elder plant are useful, the flowers are the most versatile. I like to mix the berries and flowers for the benefits of both.

Historically, elder was used for scarlet fever, measles and other eruptive diseases. Typically an infusion or poultice of the flowers or leaves can be used to soften the skin or to relieve skin rashes, or to soften boils and draw out pus.

Folklore

There is no shortage of lore surrounding the elder from countries all over the World. An old custom of Gypsies forbade them to use elder to build their campfires. The practical reason I assume, could be because elder wood throws off sparks when burned. In some traditions, flutes were made by pushing out the pith in the center of the wood, and were used to call the fairies close to you.

In Denmark, the elder is connected with magic. In its branches was supposed to live a dryad, the elder tree mother who lived in the tree and watched over it. It is said that if

the tree is cut down and made into furniture, the spirit of the tree mother would follow it.

In earlier days, the Elder tree was supposed to ward off evil influence and give protection from witches. Green Elder branches were buried in the graves to protect the dead from witches.

Many indicate the elder as a tree of protection and growing an elder tree is associated with good luck. Even today some will not trim an Elder tree for fear of bad luck. In some parts of Scotland, it's known for its ability to ward off evil spells and witchcraft. Crosses made of elder twigs were hung over stables and barns to protect the livestock. Drivers of hearses carried whip-handles made of elder to ward off evil influences.

Celtic lore tells us that this is the time of the elder moon. The elder tree marks the time of Winter Solstice. It is associated with the dark months of the year as it is the tree of the month of November 23rd to December 22nd.

In ancient times this tree symbolized eternity and was sacred to the wise woman. This is the tree of the cycle of birth and death and continuous growth from the cycle of rebirth. The Elder has strong connections with femininity and is often known as Our Lady.

Few plant remedies have received more respect and reverence in folklore and mythology; or been put to greater practical use for medicine and magic than the Elder tree.

How to make Elderberry syrup

• Boil 2 cups of water and pour over 2 heaping teaspoons of dried elderberries. Steep 10 minutes and strain. Add remaining liquid to equal parts local honey. Maple syrup can also be used.

Elder starts and plants are available at The Thymekeeper and at the Outpost Feed Store in Florissant every Spring. Contact Mari for more information.

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. Mari is available for private consultation.

For further reading

- <http://www.mysticfamiliar.com/library/treelore/elder.html>
- <https://www.druidry.org/library/trees/treelore-elder>
- <https://draxe.com/elderberry/>
- <http://www.blackelderberry.info/elderberry-history/>

Correction

I'd like to buy a vowel
by Kathy Hansen

Last month I incorrectly typed Superintendent Steve Woolf's last name with a single "o" instead of Woolf. Sorry, Steve!

Haudenosaunee Thanksgiving Address Greetings to the Natural World

Submitted by Jessee Minkler

The People

Today we have gathered and we see that the cycles of life continue. We have been given the duty to live in balance and harmony with each other and all living things. So now, we bring our minds together as one as we give greetings and thanks to each other as people. Now our minds are one.

The Earth Mother

We are all thankful to our Mother, the Earth, for she gives us all that we need for life. She supports our feet as we walk about upon her. It gives us joy that she continues to care for us as she has from the beginning of time. To our mother, we send greetings and thanks. Now our minds are one.

The Waters

We give thanks to all the waters of the world for quenching our thirst and providing us with strength. Water is life. We know its power in many forms — waterfalls and rain, mists and streams, rivers and oceans. With one mind, we send greetings and thanks to the spirit of Water. Now our minds are one.

The Fish

We turn our minds to the all the Fish life in the water. They were instructed to cleanse and purify the water. They also give themselves to us as food. We are grateful that we can still find pure water. So, we turn now to the Fish and send our greetings and thanks. Now our minds are one.

The Plants

Now we turn toward the vast fields of Plant life. As far as the eye can see, the Plants grow, working many wonders. They sustain many life forms. With our minds gathered together, we give thanks and look forward to seeing Plant life for many generations to come. Now our minds are one.

The Food Plants

With one mind, we turn to honor and thank all the Food Plants we harvest from the garden. Since the beginning of time, the grains, vegetables, beans and berries have helped the people survive. Many other living things draw strength from them too. We gather all the Plant Foods together as one and send them a greeting of thanks. Now our minds are one.

The Medicine Herbs

Now we turn to all the Medicine herbs of the world. From the beginning they were instructed to take away sickness. They are always waiting and ready to heal us. We are happy there are still among us those special few who remember how to use these plants for healing. With one mind, we send greetings and thanks to the Medicines and to the keepers of the Medicines. Now our minds are one.

The Animals

We gather our minds together to send greetings and thanks to all the Animal life in the world. They have many things to teach us as people. We are honored by them when they give up their lives so we may use their bodies as food for our people. We see them near our homes and in the deep forests. We are glad they are still here and we hope that it will always be so. Now our minds are one.

The Trees

We now turn our thoughts to the Trees. The Earth has many families of Trees who have their own instructions and uses. Some provide us with shelter and shade, others with fruit, beauty and other useful things. Many people of the world use a Tree as a symbol of peace and strength. With one mind, we greet and thank the Tree life. Now our minds are one.

This translation of the Mohawk version of the Haudenosaunee Thanksgiving Address was developed, published in 1993, and provided, courtesy of: Six Nations Indian Museum and the Tracking Project. All rights reserved.

Thanksgiving Address: Greetings to the Natural World
English version: John Stokes and Kanawahionton (David Benedict, Turtle Clan/Mohawk)
Mohawk version: Rokwaho (Dan Thompson, Wolf Clan/Mohawk)

Original inspiration: Tekaronianekon (Jake Swamp, Wolf Clan/Mohawk)
Originating with the Haudenosaunee Confederacy (Iroquois) who also brought us our Constitution, the Onondaga translates as "the words that come before all else."

The Birds

We put our minds together as one and thank all the Birds who move and fly about over our heads. The Creator gave them beautiful songs. Each day they remind us to enjoy and appreciate life. The Eagle was chosen to be their leader. To all the Birds — from the smallest to the largest — we send our joyful greetings and thanks. Now our minds are one.

The Four Winds

We are all thankful to the powers we know as the Four Winds. We hear their voices in the moving air as they refresh us and purify the air we breathe. They help us to bring the change of seasons. From the four directions they come, bringing us messages and giving us strength. With one mind, we send our greetings and thanks to the Four Winds. Now our minds are one.

The Thunderers

Now we turn to the west where our grandfathers, the Thunder Beings, live. With lightning and thundering voices, they bring with them the water that renews life. We are thankful that they keep those evil things made by Okwiseres underground. We bring our minds together as one to send greetings and thanks to our Grandfathers, the Thunderers. Now our minds are one.

The Sun

We now send greetings and thanks to our eldest Brother, the Sun. Each day without fail he travels the sky from east to west, bringing the light of a new day. He is the source of all the fires of life. With one mind, we send greetings and thanks to our Brother, the Sun. Now our minds are one.

Grandmother Moon

We put our minds together to give thanks to our oldest Grandmother, the Moon, who lights the nighttime sky. She is the leader of woman all over the world, and she governs the movement of the ocean tides. By her changing face we measure time, and it is the Moon who watches over the arrival of children here on Earth. With one mind, we send greetings and thanks to our Grandmother, the Moon. Now our minds are one.

The Stars

We give thanks to the Stars who are spread across the sky like jewelry. We see them in the night, helping the Moon to light the darkness and bringing dew to the gardens and growing things. When we travel at night, they guide us home. With our minds gathered together as one, we send greetings and thanks to the Stars. Now our minds are one.

The Enlightened Teachers

We gather our minds to greet and thank the enlightened Teachers who have come to help throughout the ages. When we forget how to live in harmony, they remind us of the way we were instructed to live as people. With one mind, we send greetings and thanks to these caring teachers. Now our minds are one.

The Creator

Now we turn our thoughts to the creator, or Great Spirit, and send greetings and thanks for all the gifts of Creation. Everything we need to live a good life is here on this Mother Earth. For all the love that is still around us, we gather our minds together as one and send our choicest words of greetings and thanks to the Creator. Now our minds are one.

Closing Words

We have now arrived at the place where we end our words. Of all the things we have named, it was not our intention to leave anything out. If something was forgotten, we leave it to each individual to send such greetings and thanks in their own way. Now our minds are one.

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Trooper Tips Bus stops, it's all about the kids

by Trooper Gary Cutler

It's that time of year when the trees lose their leaves and parents lose their kids to the school system. This means we have kids all over the place going to school along with other activities and that means we need to be more careful out there when driving, particularly around school buses.

We've all seen those big yellow school buses with the red flashing lights and the stop sign that extends out of the left side. Today we look at what you should do when you see those all so important lights.

First, let's look at how buses operate. When making a stop, buses should try to stop as far right of the roadway as possible to reduce obstruction to traffic. The alternating flashing yellow lights you see when the bus is moving need to be turned on at least 200 feet prior to the point where the bus is planning to stop. This doesn't mean you should quickly try to pass the bus when you see those come on. Drivers should also begin to slow. You have to remember kids also see those lights and sometimes run across the road to get to the bus. So please be patient and know it won't take long to get the kids on or off the bus. When the yellow lights transition to the red lights is when the bus is stopped. This means everyone must also stop.

So here are the reasons a bus will activate its lights: whenever the school bus is stopped to load or unload schoolchildren, stopped because it is behind another school bus that is loading or unloading kids, or is stopped because it has met a school bus traveling in a different direction that is unloading or loading kids.

A school bus driver carrying any schoolchild is also required before crossing any tracks of a railroad, to stop within 50 feet but not less than 15 feet from the nearest rail and shall not proceed until the driver can do so safely.

So now, here's the refresher on what to do when you come upon a school bus. If you are a driver on the road and come upon a bus from either direction that has stopped and its lights are activated, you need to stop your vehicle at least 20 feet before reaching the school bus. After the kids are off or on the bus, you are not allowed to proceed until the signal lights are no longer on. So, make sure no one starts to go just because they think they don't see any more kids. You can only proceed driving again once the bus driver turns off the lights.

Now we answer the question on what to do

on a divided road. There aren't too many of those in the rural areas, but here is what to do when you see one. If the highway has separate roadways then you are not required to stop upon meeting or passing a school bus which is on a different roadway. For the purposes of this section, "highway with separate roadways" means a highway that is divided into two or more roadways by a depressed, raised, or painted median or other intervening space serving as a clearly indicated dividing section or island. I would like to add to watch for those kids running across roadways though. Also, if children are crossing the road at an intersection make sure you stop for them as required.

Another thing to know is the driver of a school bus not only can, but is required to call in any vehicles that disregard the activated red lights and passes the bus. Law enforcement will then take the information the driver provides and visit the other driver and will often issue a mandatory summons into court. The driver then gets to explain to the judge why he or she failed to stop for a bus loading or unloading kids. So, if you see a bus loading or unloading kids, it's best to make sure you stop.

If you care to read up on the law, you can find it in the Colorado Revised Statutes under 42-4-1903 (1).

I'd like to mention one last thing this month. It is the goal of these articles to keep people as informed and safe as possible when driving in Colorado. With that being said, it was brought to the attention of the State Patrol that information in the article "Bicycles and Automobiles" was viewed as biased towards automobiles and did not encompass the law as it should have been stated.

I apologize if there was confusion on what I was trying to convey when it comes to automobile and bicycle laws. I believe if I had gone into more detail into some of the information I was providing in the article, it would have been a little clearer. We here at the Colorado State Patrol are dedicated to putting out information as accurately as possible.

I hope you enjoy these articles and will continue to read them in the future. We value everyone who uses the roadways and our goal is to keep everyone safe. I will strive to provide you with sound advice and safety measures to help you stay safe on our roadways.

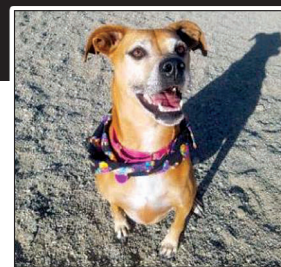
As always, safe travels!

Adopt Me by Ark Valley Humane Society

Baxter

Baxter is a 4-year-old male Boxer mix who loves to play fetch and then cuddle up with his humans. He has yet to meet a toy he doesn't love and would do great in a home with calm, respectful dogs. Baxter has so much love to give and will be a wonderful addition to a family with older children. Meet Baxter at 701 Gregg Drive in Buena Vista, CO or call 719-395-2737 for more information.

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Sacred Spaces Apothecary

by Flip Boettcher

photo by Flip Boettcher

If you are looking for an herbal remedy, some herbal tea, herbal information, or some herbal counseling, Sacred Spaces Apothecary at 331 Royal Gorge Blvd, Suite A in Cañon City is the place to go.

Owned and operated by medicine woman and herbalist Lesley Gilbert, the apothecary has over one hundred herbs in stock, as well as Gilbert's own line of herbal tea blends, essential oils, tinctures, CBD oils, smudge sticks, local pottery, air plants, the Alise line of herbs by local resident Lisa Sherrer, amber necklaces for baby's pain relief and tunicas made of sustainable fibers, assembled in Istanbul by women artists.

Gilbert came to Denver in 2011 from New York with a Bachelor's Degree in Fashion Design, where she had studied with a fashion designer. Gilbert got married to a Colorado native and now has two sons, aged seven and four years old.

While pregnant with her first son, Gilbert and some friends found an apothecary store in Denver and Gilbert was soon hooked on herbs. She first took a medicine-making class and the next year took a wild crafting class, learning the herbal Pharma Medica, she said. Gilbert then took a yearlong herbal class. Taking the herbal classes made Gilbert feel the most alive she has felt, connecting to ancient healing.

For six years Gilbert was a part-time herbalist and traveling gypsy apothecary that finally grew into her present store when everything just fell into place, she said.

Gilbert arrived in Cañon City in February 2017 from Denver, mostly because Tammy

Hartung lived in Cañon City and Gilbert could study herbs with her. Hartung is an ethno-botanist, master herbalist, and master gardener and part owner of Desert Canyon Farms, in north Cañon.

Gilbert opened her first store on Main Street in November 2017, and in May 2018 moved to her present location on Fourth Street in the same building with the Cup and Cone. See article this issue on the Cup and Cone on page 21. Sacred Spaces is celebrating its first year in business.

While Gilbert would like to grow everything for her shop, and she and her husband bought



35 acres to do just that, the business takes all her time, she said, and that would be impossible.

Ethno-botany studies the relationship between a person and plants. Gilbert likes to play with herbs and views them with

Lesley Gilbert in one of her tunicas from Istanbul holding her 4-year-old son Milo in her Sacred Spaces Apothecary in Cañon City.

curiosity and fun. Gilbert takes the wise woman/medicine woman approach to build a relationship with plants.

Gilbert stresses physical, mental and emotional balance using the right herbs to compliment the energy of the person. Gilbert has one-on-one grassroots workshops and lots of group programs for three to ten people at the apothecary. Gilbert says that she can't imagine doing anything else at this point in her life.

Sacred Spaces Apothecary is open Tuesday through Friday 12-5

p.m.; Saturday 12-4:30 p.m.; and is closed on Sunday and Monday, or by appointment; 303-717-5401 or www.sacredspacesco.com; also like us on Facebook.

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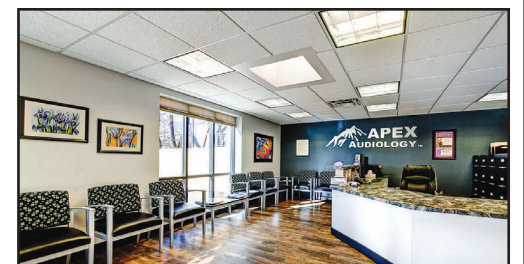
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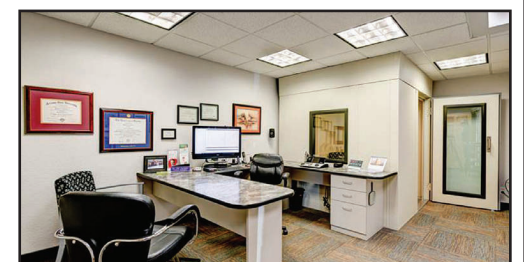
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HRRMC News

Gynecologist joins HRRMC

Tiffany Rhodes, M.D., is joining the medical staff at Heart of the Rockies Regional Medical Center (HRRMC) and has begun providing gynecology services at the HRRMC Medical Clinics, 550 W. Hwy. 50, Salida, and the HRRMC Buena Vista Health Center, 28374 CR 317.

Dr. Rhodes is board certified by the American Board of Obstetrics and Gynecology and will offer gynecologic surgery as well as general gynecology. She will be succeeding Terri Rosenbaum, M.D., who will be retiring from the HRRMC gynecology practice in October.



She earned her degree in medicine from Texas Tech University Health Sciences Center and completed a residency in OB-GYN at Greenville Hospital System in Greenville, South Carolina.

Prior to moving to the Upper Arkansas Valley, Dr. Rhodes practiced for 13 years as an OB-GYN in Greenville.

“Women’s healthcare is about supporting women through the spectrum of their lives and experiences and building relationships that improve the quality of their lives. I look forward to working with the women of Chaffee County,” said Dr. Rhodes.

For more information or to make an appointment, call HRRMC Gynecology Services at 719-530-2000.

Dr. Robert Hunter chosen as one of the Best Doctors in America

One in only about 5% of U.S. doctors, Dr. Robert Hunter, director of the Orthopedic Sports Medicine Center and Orthopedic Center of Excellence at HRRMC, has been selected for the Best Doctors in America’s most current database.

Leading medical practitioners, researchers and teachers elect the physicians being considered for this distinction. Doctors cannot buy listings and are not paid for being included. Only physicians who earn the consensus support of their peers are recognized.

The Best Doctors database at www.best-doctors.com connects patients around the world to expert medical care. To date, the physicians recognized in the Best Doctors database have reviewed tens of thousands of patient cases and have provided invaluable diagnostic and treatment recommendations.

Last year Dr. Hunter was named president of The Arthroscopy Association of



Aspen Evergreen Interface by Dan Downing (above). On the cover: Vision Quest - Escalante by Marjie Eakin-Petty

North America (AANA). He has been an AANA member for more than 30 years and has served in various leadership roles. He continues to represent the association at academic conferences around the world.

Dr. Hunter is a board-certified, fellowship-trained orthopedic surgeon who specializes in treating knee and shoulder conditions, performing arthroscopic and open repair of torn ligaments, and managing athletic injuries. Every fall, Dr. Hunter teaches two highly sought-after shoulder and knee clinics for medical professionals in Colorado that focus on honing anatomy skills and exam techniques.

Before joining HRRMC’s medical staff in 2009, Dr. Hunter was director of the Division of Sports Medicine for the Department of Orthopedic Surgery at the University of Arizona in Tucson. He also served as the orthopedic surgeon for the University of Arizona’s intercollegiate athletics and as team doctor for the Chicago White Sox during their spring training. Prior to that, he spent 14 years with an orthopedic group in Aspen.

“Dr. Hunter is a great asset to our medical team. We are grateful to have a fellowship-trained orthopedic surgeon recognized year after year as a leading physician in the U.S.,” said hospital CEO Robert Morasko.

To contact Dr. Hunter and HRRMC’s Orthopedic Center of Excellence, call 719-530-2000.

Allergist joins HRRMC

Diane C. Napoli, M.D., is joining the medical staff at Heart of the Rockies Regional Medical Center and will provide allergy, asthma and immunology services for adults and children at the HRRMC Medical Clinics.

“Given the numerous requests from community members for allergy services, we are fortunate to now have an allergist in our service area,” said HRRMC CEO Bob Morasko.

Dr. Napoli completed a two-year fellowship in allergy/immunology and a residency in pediatrics at Wilford Hall United States Air Force Medical Center, Lackland Air Force Base, Texas. She also completed a one-year fellowship in academic general pediatrics at the University of Texas Health Sciences Center in San Antonio.

She is board certified by the American Board of Allergy and Immunology.

Dr. Napoli earned her degree in medicine from the University of Vermont College of Medicine in Burlington.

Prior to moving to the Upper Arkansas Valley, she practiced as an allergist/immunologist for more than seven years in Colorado Springs and Englewood. Dr. Napoli also served in the Air Force for 20 years, where she practiced as an allergist/immunologist and a pediatrician.

She is married to Christopher S. Williams, D.O., a neurologist at HRRMC. They have five grown children and a golden retriever, Sierra. Outside of work, Dr. Napoli enjoys running, hiking and gardening.

“My philosophy for patient care is to view and treat my patients like my family. I believe in treating the ‘whole’ person and feel that communication and compassion are key,” said Dr. Napoli. “I am excited to provide comprehensive allergy, asthma and immunology services to HRRMC and our area.”

For more information or to make an appointment, call HRRMC Allergy Clinic at 719-530-2000.

Slipping the Surly Bonds exhibit

Nathrop photographer Dan Downing explores “Slipping the Surly Bonds” in a 16-piece collection of aerial photographs on display at Heart of the Rockies Regional Medical Center through Dec. 31.

“Today, landscapes and micro-landscapes, details of larger scenes, comprise the lion’s share of my work; although, gradually more and more photographs including people are showing up,” said Downing.

“My goal is to make photographs that are worthy of any collection. To that end, I endeavor to make each of my photographs perfect, both technically and aesthetically, and for them to strike a positive emotional chord in the viewer.”

Downing’s photographic journey began when he used to watch his father develop small photographs in their family kitchen. In 1980, he purchased a portrait studio and began making a living as a professional photographer. Soon after, his work gained recognition in Kansas, his home state, and across the nation.

Downing’s portraits have been included in exhibits at Epcot Center in Orlando, Florida, and various other locations in the U.S. His portrait work has also been featured three times in *Professional Photographer* magazine.

In 1988, he won the Kodak Gallery Award for Photographic Excellence. The following year he was honored as the Kansas Day featured artist by the Kansas House of Representatives at the Kansas State Capitol in Topeka.

All of his photographs in the hospital exhibit are for sale, and 25 percent of the proceeds are donated to the HRRMC Foundation. This will be the fourth exhibit this year, which is part of the hospital’s mission to create a healing environment.

Downing’s work will be included in an artist reception at the Salida hospital Nov. 5, from 5:30-7 p.m. More of his photography can be viewed at www.lightonpaper.com.

HRRMC displays the work of regional artists, with an emphasis on the Arkansas Valley. For more information on exhibiting art at HRRMC, call 719-530-2217.

Artist Reception Nov. 5

HRRMC will host a reception on Monday, Nov. 5, from 5:30 to 7 p.m. for the four artists whose work is being featured in the hospital’s rotating art exhibits this year. The reception is open to the public and will be held in the hospital’s atrium lobby, by the main entrance.

Nathrop photographer Dan Downing, Salida painter Mel Strawn, Evergreen pastel artist Marjie Eakin-Petty and Colorado Springs painter Suz Stovall will speak about their art and display samples of their work.

The reception will be catered by Variations Catering.

The hospital displays the work of regional artists as part of its mission to create a healing environment. Twenty-five percent of the proceeds from art sales is donated to the HRRMC Foundation. For more information, call Marji Ackermann at 719-530-2217.



Life-Enhancing Journeys

Creating an oasis – self-care during crises

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

Over the past month and a half, I have been away from home for all but 10 days; some of the time for celebratory reasons and other times due to sadness and loss.

This article focuses on maintaining internal balance and peace when life becomes troublesome or confusing.

At the beginning of the month, I flew to the northeast to join my friend in celebrating her daughter’s wedding. Following that joyful event, my family and I spent time with my in-laws who, at 91 and 87 years old, continue to live in their own home (with some outside caregivers coming in to assist them). My daughter, who is a Physician Assistant at Children’s Hospital in Denver, joined us on the visit to see her grandparents. This was beneficial because my in-laws needed more medical attention than they were receiving, which she provided. My daughter helped them to become more comfortable physically and less frightened emotionally. Sadly, two days after we returned to Colorado, my father-in-law unexpectedly passed away. We turned around and flew back east again. My husband is the person everyone looks to when times get tough. He is the one who his friends call when they need a supportive ear. So, it was natural that my husband helped his brother, who lives near his parents, make funeral arrangements as well as notifying friends and family. My husband was also grieving the loss of his father. The rest of us were grieving as well. We, as a family, did whatever we could to enable my mother-in-law to remain at home, which was her wish. Losing one’s partner of nearly 70 years is devastating regardless of knowing that none of us lives forever. We helped create a comfortable and as safe a life as possible for my mother-in-law before we flew home again. Clearly, this took time and effort, for which we felt fortunate to be available. A few days after returning from the east coast, we flew to San Antonio to honor my son who was graduating from an Army medical program as an Expeditionary Combat Medic, one of 19 graduates for this inaugural program. With pride, joy and exhaustion, we returned home.

The unpredictability of what has been going on in my life has given me an opportunity to explore ways to find balance and harmony rather than succumbing to the chaos and uncertainty.

One of the best things I did was to construct an “oasis” in my life. Creating an oasis was about taking good care of myself rather than numbing out or escaping reality. So much of life is out of our control. In order to endure the emotional and physical toll going on, I created a protective “womb.” This enabled me to manage the demands on my life without becoming overwhelmed.

Initially, I made a concerted effort to remind myself of, and to strengthen myself spiritually, acknowledging that there’s a greater plan at work here and I am not alone. It was important to me that I take steps assuring my spiritual connection remained strong. Each morning I began my day, while I was still lying in bed, asking myself questions such as: What does it mean to be awake and alive right now? What do I want to accomplish that would make today a meaningful day? In what ways can I be of service to those in need? Acknowledging for all that I am grateful kept things in perspective. This assisted me in seeing life with a sharper focus every morning and created more ease in my day.

After I got out of bed, a routine that supported my needs as well as the tasks that were deemed necessary for that day, was then the focal point. Taking a shower, eating breakfast, exercising (of which I’m now quite accomplished at avoiding) or any form of movement, were useful. Dressing in comfortable clothes and shoes aided me as well.

Understandably, my attention needed to be focused on others, therefore it was imperative that I continually be alerted to any potential personal meltdowns that might be looming on the horizon. To avoid feeling depleted, breathing in a deliberate and mindful manner became

a significant activity throughout my day. Surrounding myself in a warm, soothing “bubble of light” became a useful visualization to enable me to feel protected and calm. When I felt overloaded and needed a timeout, I would take a bathroom break or go outside to breathe the fresh air. Avoiding negative influences was also mandatory. Instead of watching or listening to the news (which tends to be divisive and negative), listening to music became my preference. Resisting looking at my phone continuously or at other forms of technology helped prevent overexposure to the hypnotic effects of those devices.

I recognized that I had been put here for a purpose and hoped that all I accomplished in the day reflected that purpose.

At the end of each day, I would follow a routine as well. As I prepared for sleep, I would review the day and ask myself how well I used any opportunities presented. I recognized that I had been put here for a purpose and hoped that all I accomplished in the day reflected that purpose. Asking questions again, as I did in the morning, helped me to focus my energies in a positive direction. Prior to falling asleep, I would resolve that no matter how good, or difficult, today was, I would do my best tomorrow. Every night, I ended my day by listening to a meditation on an App called “Insight Timer.” This is a free App that has over 12,000 meditations, from 30 seconds to three hours, music, talking or both. By doing so, my sleep was peaceful and I’d wake up feeling rested.

Scattered throughout the weeks away from home, my family became even more important. When we gathered together at the end of each day, it was essential for us to create a space for meaningful conversation. We offered information as to how our efforts worked out, what thoughts we had to improve the outcomes, we provided supportive and constructive comments which enabled each person to know that they were heard and understood. Knowing that we were here for each other helped immensely, as well. We acknowledged that each of us had a shared sense of purpose while providing comfort for my mother-in-law.

Taking care of oneself during difficult times is hard. Trusting that you will do whatever you need to do in order to best take care of yourself is crucial. By acknowledging my needs and providing a reprieve through self-care, it helped me to cope better with all that was happening. I am now back home and continue to be grateful for my magnificent family and for my life. By acknowledging my needs and providing a reprieve through self-care, it helped me to cope better with all that was happening. I am now back home and continue to be grateful for my magnificent family and for my life.

Remember, trusting that you will do whatever you need to do in order to best take care of yourself is crucial for living a more serene life. Figuring out what is constructive and positive is a necessary first step. Taking action by putting that information into practice comes next. Making an effort to build and live in your oasis every day is worthwhile.

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys 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).

Tourist And Locals Can Breathe Again

Thanks to Mark and Nancy, Owners of Whole In The Wall Herb Shoppe.

I went to the store to pick up the amazing Aquagen liquid oxygen supplement-Says Marti. This took away all my high altitude symptoms the first day using the product. While I was there I received a free sample of the Gold Mini Tabs. (Whole Food MultiVitamin).

This helped me with energy and mental focus.

I also had sinus issues which I found out that Mark makes an Up Your Nose Sinus Spray. I sprayed two shots in each nostril and it took only 1 hour for my sinuses to open and they have not felt that good in years.

I drive out three times per year from Arizona to take classes at the college and in the past always suffered with low energy headaches and multiple sinus problems. I now look forward to coming to Colorado no matter what the season, knowing I can depend on these wonderful products.



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The Divide Chamber of Commerce & Summit Elementary School PTSO

Presents the 27th Annual

Christmas in Divide

Saturday, November 10, 2018
9:00 am – 3:00 pm
Summit Elementary School

Craft Fair • Live Music • Bake Sale • Silent Auction
Pictures with Santa (10am-1pm)

Proceeds help the Divide Chamber of Commerce support Teller Historic and Environmental Coalition (T.H.E. Coalition) and The Midland Depot Renovation Project.

For more information, visit www.dividechamber.org or call 686-7587.

Woodland Park School District
'Elevate Your Education'

Woodland Park School District cordially invites you to The Veterans Day Assembly

Monday, November 12, 2018
9:30 – 10:45 a.m.
Woodland Park High School Gymnasium followed by a reception

(If inclement weather, back-up date is Friday, Nov. 16)

Join us as we honor our veterans, share their stories, and connect generations.

Always Forward Raymond Groeger and the 45th Infantry Division

by Michelle Petrazzoulo

Raymond Groeger was Born October 25, 1917.

When World War II began he was attending UNC in Greeley, Colorado. Rather than face the possibility of being drafted, he decided to enlist after one year of college on January 22, 1941. Assigned to the 45th Infantry Division, he was sent to train at Camp Pickett, Virginia.

Raymond met his future wife Emily shortly before being sent on deployment when she was visiting Washington D.C. with a friend. Emily has described it as being love at first sight.

Raymond's first letter of correspondence to Emily after they met was a V-Mail dated June 20, 1943. He was sailing on the USS Charles Carroll to North Africa on what was the 45th Infantry's first deployment since World War I. The letter is one in which young love has blossomed and young Raymond is feeling a sense of adventure for things to come. This was the beginning of an amazing journey both for he as a soldier, and he and Emily as a couple. In it he writes,

"Emily I am well, and happy. In fact, I am happier than for ages. Why is a puzzle. Maybe because monotony has ended and excitement is ahead."

Raymond could not possibly foresee the long journey ahead of him nor the sights he would see. The following month, the division, also known as the "Thunderbirds" landed in Sicily, where it engaged Axis troops in combat. After advancing up the Italian peninsula, the 45th landed at Anzio in February of 1944, where it withstood repeated German assaults against its positions. Cutting across the country, the unit was sent to southern France in August of 1944. It quickly advanced through western France, reaching the German border by the end of the year. In March of 1945, the "Thunderbird" division crossed the Rhine River and headed south-



Raymond Groeger WWII — Courtesy of Emily Groeger.

ward. On April 20th, it captured the city of Nuremberg and on April 30th, Munich. (Information provided by the United States Holocaust Museum) On April 29, 1945 the 157th Infantry, of which Raymond was assigned, was the first to encounter the Nazi Jewish concentration camp of Dachau and were the first to witness the horrors and atrocities that had occurred there. Raymond's Division then made its way into the heart of Nazi Germany, all the way to Hitler's Eagle's Nest.

The 45th fought 511 days of combat, the longest of any division during World War II. Raymond was awarded the Purple Heart for an injury in which he received shrapnel in his shoulder.

Raymond and Emily continued their letter writing throughout the war and afterwards they married. After the war Raymond went back to college to finish his education and enjoyed a wonderfully prosperous life. He and Emily settled in Woodland Park in 1976, had 14 children and 31 grandchildren. He became a family doctor in the area. He passed away on December 7, 1990, and is buried at the Woodland Park Cemetery. His wife Emily still lives in Woodland Park and enjoys spending time with her family and sharing her scrapbook memories of the life she had with husband with her grandchildren so that they will always remember their adventures.

To learn more about the 45th Infantry Division, please join me, on December 5th at 2 p.m. at the Woodland Park Public Library for the presentation *Always Forward: the 45th Infantry Division's 511 Day Journey from Sicily to Dachau* which is part of the *Letters Home: A History of War Through Letters* exhibit at the Woodland Park Public Library for the months of November and December.

A note to our military veterans that the Florissant Public Library will be re-scheduling the veteran's breakfast that is normally in January to be held during Armed Forces Week in May. Please stay tuned.

Featured Non-Profit: Prospect Home Care

by Barbara Berger



Prospect Home Care and Hospice, a non-profit 501c3, was founded in 1982. For 36 years, it has served the Ute Pass Region providing home care for rehabilitation and a hospice team for comfort when medicinal treatment was no longer an option.

As with most organizations, change is now considered the norm. Since more medical businesses opened in Teller County, there are many new healthcare services available to the community. Prospect will continue to assist their Helping Hands clients and provide Hospice referrals and Bereavement Support while they are evaluating other programs.

Prospect still offers Personal Emergency Response devices, a means to ensure your safety and independence at home, through funding from the Older American Act. You need to be 60 or older and home alone often when there is fear of falling or a medical emergency could occur requiring an immediate response. There is no charge to the client but one of the requirements of the federal program is Prospect must send a request for a donation. If you have the means to contribute it supports growth in the program. If you are unable to donate, it is fine.

These devices give clients peace of mind since the neighbor that cares about you and your family that cannot be with you at all times. Most of all, in our rural community, it gives the frail the ability to stay home alone and independent longer. As Mary Barrowman says, "Us mountain folk are tough and

we want to stay in our home as long as possible." Contact Prospect for more information and to sign up to receive this device.

Prospect is expanding their Grief Support Program to continue to serve families who have suffered the loss of a loved one. This program will be available and encouraged for all who grieve from the death of a loved one due to illness, an accident or suicide. Prospect has the expertise and tools to make the loss bearable. They can help you embrace your pain and live life. It is a universal journey.

A Grief Support Group will begin on January 14th at Prospect's office located in the Medical Building next to UCHealth Pikes Peak Regional Hospital. Topics such as "Adjusting to Changing Roles" and "Creating Ongoing Support Systems" will be discussed.

On Thursday December 6 from 6 p.m. to 8 p.m. at the Ute Pass Cultural Center in Woodland Park, Prospect will be presenting "Hope for the Holidays," a program facilitated by Susan Marion, MA, L.P.C., Grief Support Coordinator. Attend and learn coping skills so that you can participate in holiday events with less stress and greater comfort.

Prospect will continue to strive with the same dedication to our community as they have since 1982. They have said good bye to the complicated, highly regulated and increasingly costly medical side of their programs. Prospect looks forward to the future and they will continue to serve you in every way that they can. Call 719-687-0549 for more information.

Come to the 27th Annual Christmas in Divide

by David Martinek

Come to a tradition.

For more than a quarter of a century, the Divide Chamber of Commerce has been sponsoring a craft fair around Veterans Day as their major annual fundraiser and to kick off the Christmas season in Teller County. In 2018, the Christmas in Divide Craft Fair will occur on Saturday, November 10th, at the Summit Elementary School gymnasium. As before, the event will run from 9 a.m. to 3 p.m. and host a number of local crafters, a visit from Santa, a silent auction and some delightful entertainment (always a highlight). The fair provides an excellent opportunity for local residents to start their holiday shopping early.

The school's music director, Margaret Rudin, has arranged the entertainment agenda throughout the day, featuring performers from the children of Summit Elementary School, and other schools in the area, well as other entertainers. Mrs. Katie Rexford, the school principal, will serve as emcee. Santa Claus will make a joyful entrance during the fair, welcoming one and all. The red-suited, bearded elf will welcome children



A regular appearance by Santa Claus is a guarantee. The jolly elf parades through the vendors welcoming everyone and sits for photos during the fair from 10 a.m. to 1 p.m.



One of the entertainment groups is always the Summit Singers, shown here performing in the 2017 Christmas in Divide Craft Fair

and adults alike and sit for pictures from 10 a.m. to 1 p.m. Photographer for Santa will be Jeff Hansen, from the *Ute Country News*. Photos are taken for a donation.

The Divide Chamber is partnering again with the school's Parent/Teacher Organization (the "S.O.S. — Supporters of Summit") to provide refreshments for the fair goers. The Chamber will offer a bake sale, donuts and coffee, for donations, while the S.O.S. plans to sell food and beverages for lunch and throughout the day.

In addition, an extensive silent auction will be available in the school's foyer, featuring quality items donated by the fair's participating vendors and local merchants. The proceeds from the fair and the silent auction help to fund the Chamber's continued presence in the community, as well as support its projects, such as maintenance of the *Welcome to Divide* sign and the continuing renovation of the Midland Depot at Divide. The depot is owned by the Midland Days at Divide organization, and the renovation is sponsored by the Teller Historic and Environmental Coalition, both non-profit partners of the Chamber.

At last check, spaces in the gym for crafters interested in participating in the 2018 Christmas in Divide Craft Fair were nearly full, although some overflow space may still be available in the foyers. While a registration form is available on the Divide Chamber of Commerce website (www.dividechamber.org), it is recommended that crafters check first with Shipping Plus or Ancestral Arts in Divide. For more information about the 2018 Christmas in Divide Craft Fair, or to register as a vendor, go to the chamber website or contact Joe Kain at the Ancestral Arts Trading Post and Gift Shop at 11115 U.S. Highway 24 in Divide 719-687-2278.

Carie A telemedicine service

Carie is a membership-based telemedicine service that allows patients access to board-certified doctors 24 hours a day, seven days a week, for \$29 per month as an individual or \$49 per month as a family of up to 5 people.

Telemedicine services enable patients and doctors to connect remotely for many conditions including colds, cases of flu, and infections while drastically reducing the amount of time it takes to see the doctor. Telemedicine services can save patients time, money and travel while increasing revenues for physicians.

Carie is designed to connect members to their local physicians first, but if a patient can't reach their provider, they can connect to one of the thousands of doctors or specialists from around the country using either a locator service or using the next available doctor feature. If a patient doesn't have a local doctor, they can also choose from any available doctor.

Telemedicine services, starting with simple phone calls and moving on to internet-based services, have been on the market for decades and are proven to allow doctors to see, diagnose, and treat their patients remotely with lower wait times.

Max Engelhardt, a Teller County native, entrepreneur, and founding member of Carie is helping to bring the future of healthcare to teller County residents with Carie. FMI healthmaxcolorado@gmail.com or 618-367-2756 cell.



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COLORADO HEALTH CARE ASSOCIATION Nurse of the Year

During their annual conference in Denver on September 27th, the Colorado Health Care Association announced their Spotlight on Excellence Awards. These awards recognize the efforts of persons working in long term and skilled care to the senior population. Nominations are taken for persons in all departments from facilities across the state of Colorado. All three finalists in each category are recognized at the banquet.

We were so excited and pleased when our own Assistant Director of Nursing, Kellye Carter-Nelson, was selected as the CHCA Nurse of the Year.

One colleague wrote in her nomination:

"She is so poised, so emotionally steady, even in the highest pressure situations she always acts in grace, excellence, poise, and well-placed down-home humor. She has saved the day on many an occasion. I always come away from our interactions with encouragement and a clear understanding of the issues at hand. She is particularly good at understanding the dilemmas we face in long term care, for example, resident's rights versus resident safety.

She is an unsung hero."


Visit our website to learn more about Kellye, and the rest of our staff.
Contact Laloni Bancroft at Lbancroft@cc-care.org for admissions information
Learn more about CHCA at www.cocha.org

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1-866-HEAT HELP

(1-866-432-8435)

www.colorado.gov/cdhs/leap

Applications can be accessed online or at your Teller County DHS office at Tamarac Business Center in Woodland Park or Aspen Mine Center in Cripple Creek.



COLORADO
Office of Economic Security
Division of Food & Energy Assistance

CP and IndyGive! 4th Annual Chili Cook-off

Community Partnership Family Resource Center (CP) is proud to participate for the fifth year in a row in IndyGive!, a philanthropic campaign that helps raise funds for nonprofits across the Pikes Peak Region. As the organization's sole fundraiser, CP is promoting the start of the IndyGive! Campaign with its Annual Chili Cook-Off. The 4th Annual Chili Cook-Off is held at Country Lodge in Woodland Park, sponsored by Ute Pass Brewery and will take place on November 11th from 2-6pm. The IndyGive! Campaign promotes giving to nonprofits from November 1st to December 31st, through events hosted by local businesses supporting the nonprofits participating in the campaign, and by encouraging individual donations throughout the community.

For over two decades CP has sustained a strong history of helping families become stronger and overcome challenges across Teller County. As one of the 94 participants in this year's IndyGive! Campaign, CP hopes to raise funds to continue providing free or low-cost services to the community, such as Adult Education, Parenting Education, Early Childhood Education, Basic Needs services, Family Development, Adult Exercise, Community Gardens, and the popular community-wide forums on topics of interest known as Teller Talks. In addition to the Annual Chili Cook-off, CP will host a Happy Hour.

sponsored by BierWerks in Woodland Park on November 30th at 4 p.m., with other additional events planned, to bring awareness to the campaign. "CP is really looking forward to this year's Chili Cook-Off," says Aimee Kahl, CP's IndyGive! Campaign coordinator. "Last year's event was a huge success, and this year the Country Lodge has offered their space to accommodate even more people. We're looking forward to the community's support and tasting some amazing chili!"

To buy tickets or for more information on CP's 4th Annual Chili Cook-Off, contact Aimee Kahl at aimee@cpteller.org. For more information on the IndyGive! Campaign and CP's upcoming events, please contact CP at 719-686-0705, or visit our website at www.cpteller.org.

Community Partnership Family Resource Center (CP) has served families and children since 1992. CP's Community Vision and desired outcome is that "All Teller County families are self-reliant, fully functional and positive contributors to our community." This is achieved by applying the Organizational Mission: "CP delivers programs and services that strengthen families." In 2006 and 2013, CP was recognized as Non-Profit of the Year by the Greater Woodland Park Chamber of Commerce. For more information, please visit www.cpteller.org or call 719-686-0705.

Prescribed burns

The Bureau of Land Management is preparing to conduct several prescribed burns depending on weather and fuel conditions. Some projects may have already begun.

Deer Haven

Location is approximately 15 miles northwest of Cañon City, south of High Park Road and west of County Road 69 in northern Fremont County. About 107 acres of BLM land will be treated to reduce accumulated hazardous fuel and improve wildlife habitat. Targeted fuels include ponderosa pine, Gambel oak, decadent grasses and other ground fuel that has accumulated since previous treatments.

Mt. Harvard

The burns will be located 5.5 miles north of Buena Vista, 0.5 mile East of U.S. Highway 24, and immediately northeast of

UHealth welcomes new surgeon

UHealth Pikes Peak Regional Hospital is pleased to welcome Dr. Jason Aminsharifi, a general surgeon whose background includes extensive training and experience at Level I trauma centers in Florida and Texas.

Dr. Aminsharifi attended medical school at the University of Miami Miller School of Medicine in Florida and completed his general surgical residency at University of Texas Health Science Center in San Antonio, Texas.

He will be on call at Pikes Peak Regional Hospital during the week for emergency and acute care surgeries — such as appendectomies — and will also perform scheduled procedures, including hernia repairs, gallbladder removals and colorectal surgery.

"I grew up in a small town in Florida, and I've lived in the big-city setting for a while now. Practicing in Woodland Park is a unique opportunity for me, and already I love the small-town feel and the warmth of the people in Teller County — everyone has been so welcoming," Aminsharifi said.


Kimberly Monjesky, president of Pikes Peak Regional Hospital, said having a surgeon on staff fills a health-care gap in Teller County. "Prior to Dr. Aminsharifi's arrival, patients in need of surgery had to seek care in Colorado Springs, Pueblo or Denver. We

the Mt. Harvard Estates subdivision (T13S / R79W / S 13). There are approximately 2,000 hand-built piles consisting of Piñon Pine limbs, and the surrounding fuels are Piñon Pine, Juniper and grass.

Dawson Ranch

The piles are located on BLM land immediately west of Dawson Ranch subdivision and 2.5 miles southwest of Cañon City, (T19S / R71W / S 13). There are approximately 50 hand-built piles consisting of Piñon Pine and Juniper trees. The surrounding fuels are Piñon Pine, Juniper and grass.

According to the Colorado Air Pollution Control Division, “Prescribed fire smoke may affect your health. For more information see <https://www.colorado.gov/pacific.cdphe/wood-smoke-and-health>.”



are so excited that he has chosen to join our team because it means patients in this area can receive surgical care closer to home."

Affectionately known to patients as "Dr. A.," Aminsharif grew up on the east coast of Florida. Medicine is his second career: He started out in finance before deciding he wanted a profession that would have a bigger impact in his community. While at the University of Miami, he served as student body president of the Miller School of Medicine and was a member of the board of trustees of the university system.

His medical interests include working with underserved populations, and he has volunteered doing medical mission work in his home state of Florida and in Nicaragua and Peru. He also helped coordinate medical care in Haiti after the country suffered a catastrophic earthquake in 2010.

Dr. Aminsharifi and his wife, who is a radiologist at the U.S. Air Force Academy, have two young daughters. When not working, he enjoys spending time with family, hiking, sailing, mountain biking and whitewater rafting. "And now that we're in Colorado — learning to ski," he said.

Dr. Aminsharifi is accepting new patients. His office is in Pikes Peak Regional Hospital, 16222 W. Highway 24, Suite 210. For more information, please call 719-365-2960.

Thanks to our Volunteers!

by Coalition for the Upper South Platte

The Coalition for the Upper South Platte (CUSP) accomplishes great things for our watershed and area with the hard work of volunteers. We LOVE our volunteers, and thank each of them for taking the time to care about our environment and community.

In 2018, we've hosted over 800 volunteers, generously donating almost 6,000 hours. This is a value of close to \$100,000, an enormous impact. CUSP is grateful for all that volunteers have accomplished for positive results in the watershed.

- CUSP continues to engage volunteers for habitat improvement in the Upper South Platte Watershed: Sand Creek, Horse Creek, and the South Platte River. Projects are in-stream rehabilitation, riparian area improvements, and water quality monitoring.
- Rehabilitation of fire areas, including Hayman Fire, Springer Fire, and Waldo Canyon Fire. CUSP and our volunteers plant trees, install erosion control materials and structures, and build fences to limit access and impacts of public access.

Again, a huge Thank You to all of our



4 x 4 Club work at Wheeler Reservoir to install posts for fencing to block access to social trails that were creating erosion and sedimentation issues.



2018 volunteers. Volunteers are always welcome at CUSP. Give us a call at 719.748-0033 and we'll get you signed up!



Volunteers are key to our noxious weed management and control program to mechanically treat weeds identified as noxious by the State of Colorado on public and private lands throughout and adjacent to the Upper South Platte Watershed.



Neighbors come together to contribute their time mitigating the forest in their area, improving forest health and create defensible space around properties. CUSP brings our equipment to these sites to chip the slash and limbs.



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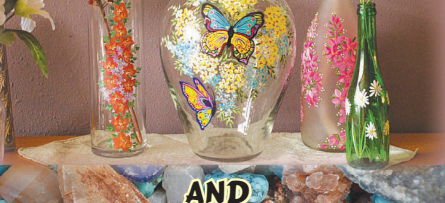
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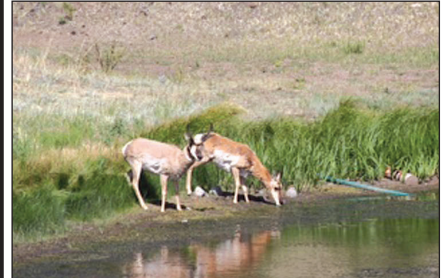


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Critter Corner



I had this squirrel at my Feeder this summer!
- Georgi Curie, Divide, CO



Antelope - Joi Smith,
Lake George, CO

Have a cute critter? Send us your favorite critter photos and we'll feature them here in the Critter Corner! Indoor or outdoor pets or wild critters are what we're looking for. We will not accept any photos depicting cruelty or harming animals in any way. Email your critters to utecountrynewspaper@gmail.com. Be sure to include the critter's name as well as your name.

Hellith chapter 1

by Danielle Dellinger

Brea Skah sat at her desk in NASA's headquarters. Stacks of launch projections, calculations, and space shuttle blueprints covered the top. Her computer keyboard was hidden somewhere underneath it all. At the top left corner stood a picture frame, threatening to fall off. The picture inside was of her and her husband of 25 years. Well, now ex-husband. The pivotal argument still took up an annoying amount of space in her mind.

"You're 50-years-old, Brea! Let someone else risk their life going into space." "You mean someone younger." She stood defiantly with her arms crossed in the kitchen doorway, watching him make his morning cup of coffee.

He shot a glare at her, pressing the power button on the coffee maker. "Fine, yes. Yes, I do mean that."

Brea rolled her eyes. "I'm the most qualified person for the job."

He leaned forward, bracing himself on the counter, not looking at her. "I know—"

"So then if you know, and you support me, let me go on this mission. Or better yet, come with me."

Just as the coffee maker began to gurgle loudly, he spun to face her. "Brea, I'm 60! I want to live out my golden years here on Earth, not making a perilous journey into space to explore an unknown planet."

She leveled her gaze at him. "Sam, what if this other planet is the best place to live out our golden years?"

"You're unbelievable," he sighed, shaking his head and turning back to the coffee maker. He shut it off and poured himself a cup.

"But think about it!"

"I am, Brea!" he snapped, spinning around again to look at her. "It's going to take five years - five - just to get there!"

She stared at the floor. The silence was broken by the refrigerator fan coming on.

"What is this really about?" Sam finally asked.

"It's about doing my job."

He shook his head. "I don't buy it. I know you've always been an explorer, but this is extreme even for you."

Brea sighed heavily, looking up at the ceiling and the old water stain they had always argued about covering up. "Fine. You wanna know the truth? The truth is I feel stagnant. Trapped, even. It has nothing to do with you. I love our life together. I just want more. More for us and more out of life. That's why I want you to come with me."

He set his still-full coffee cup in the sink. "No. I won't do it." He grabbed his coat off the back of the kitchen chair and walked out.

That was six months ago.

Brea sighed and got up, removing each stack of paper and putting it into a designated box. Tomorrow was her launch into space to go explore the planet Hellith. Soon all that remained was the picture frame. She stood there and stared at it, the words from their argument rising in her mind. Then in one swift motion, she knocked the picture



off into the trash can and walked out of the room.

"T-minus 10 minutes to launch, Brea."

"Copy that, Command." She pressed a button the panel above her head. "Preparing thrusters."

"Copy." There was a pause. "Uh, Brea, someone would like to speak with you."

She frowned, flipping two switches on. "Repeat, Command."

"Brea, it's me, Sam."

Her heart stuttered.

"You were my wife for 25 years. I couldn't just let you rocket into space without saying goodbye."

She pushed a few more buttons. "Why did you wait until the last minute?"

"You know I'm a slow learner. Brea, I love you and always will. I'm not trying to do a grand gesture to win you back, I just want to say goodbye to my best friend."

"You had six months, Sam. Six months! You're the space shuttle technician for crying out loud!"

"I know. I screwed up. So just listen to me, please. I love you and will miss you. Please be safe. And finally, I'm so proud of you, Captain Skah."

She sighed. "Thank you. There's still some time to come with me."

"Maybe next time. But I did add an AI copilot should you need help."

"Take care, Sam." She smiled softly.

"T-minus five minutes."

"Copy that, Command. Engaging thrusters." She flipped a switch and the cockpit began to vibrate from the power of the thrusters heating up. She pulled down the visor on her helmet, locking it into place and letting the oxygen pressurize.

"T-minus five . . . four . . ."

She shut her eyes, thinking of everything she was leaving behind.

"Three . . . two . . . one. Lift off."

The powerful space shuttle took flight, everything shuddering as it ascended into the atmosphere. There are five layers to Earth's atmosphere. The troposphere is the closest to Earth's surface, followed by the stratosphere, mesosphere, thermosphere, and exosphere. The exosphere is extremely thin and composed of widely dispersed hydrogen and helium particles. However, the air density in the thermosphere is so low that this layer is typically thought of as outer space. It's the layer that the International Space Station orbits the earth in.

Cheers came through her headset as she cleared the exosphere.

"All systems good, Command," Brea said, quickly logging the readings on her instruments.

"Copy. All readings are stable on our end."

"Copy that." She finally looked out the windshield at the empty black ahead of her. "Setting coordinates for planet Hellith."

"Roger. You're about to enter the dead zone as you approach the back side of the moon. See you on the other side, Captain Skah."

"Don't forget about me, Command," she chuckled nervously.

FIVE YEARS LATER

Hellith loomed in front of her, filling the whole windshield. It was a swirled mix of green-blue and purple-red. She could see clouds resembling a hurricane rotating near the north pole. Unlike Earth,

there were no ice caps at either pole.

"Command, I'm making my approach."

A minute of silence passed.

"Repeat, Brea. Repeat transmission."

"Approaching Hellith for entry," she said, making minor adjustments to line up better for the descent.

"Copy. You're good to go."

Brea locked her helmet visor into place just as the space shuttle began to shake, Hellith's gravity snagging it and pulling it in.

The readings on the instruments suddenly spike.

"Command, the cockpit temperature is rising rapidly. Command?"

A warning light began flashing as the pressure prematurely destabilized inside the cockpit.

Hellith was trying to burn her up before her mission could truly begin.

Finally, the space shuttle broke through the sound barrier and hurtled into a wall of clouds. Brea did her best to stay on course. But then, the clouds parted to reveal trees nearly two miles tall. She had to quickly change course, banking hard to the right. The edge of the wing still clipped a tree branch, and it sent her careening off over a bubbling quicksand pit as large as the Mojave Desert. She foolishly hadn't yet activated the AI copilot, even after five years because she hadn't needed to.

"Mayday! Mayday! I've been knocked off course! Command? Command!"

That was the last thing she remembered.

When she came to, she couldn't see out of her helmet. She reached up to wipe it off and found that whatever it was chipped away like shale rock. As she sat up, her body ached tremendously all over. She looked around and discovered she was over 200 feet away from the space shuttle. It was now missing a wing entirely.

With some immense difficulty, she got to her feet and made her way over to the spacecraft.

"Command?"

Silence. Not even static.

Her chest tightened as she surveyed the devastating damage to the space shuttle. As her breathing quickened, she dropped to one knee with a sense of impending doom. Then she remembered the AI copilot Sam had installed. As she got to her feet, she pushed a button on her sleeve to activate it, praying it still worked. While the system booted up, she gathered all the supplies she could find in the space shuttle and put them in a central location just inside the craft. Now that her camp was mostly set up, she felt she could take a look around at her surroundings.

First, she looked up at the towering trees. It was weird not being able to see the lowest part of the tree canopy. But she noticed that they appeared to be spaced out evenly from each other. Then when she truly focused, she realized that she didn't hear any birds chirping. In fact, the only sound she did hear was a small, constant whooshing of wind. The ground beneath her feet looked like solid, dusty dirt from Earth, but as she walked, it was soft and spongy. It occurred to her that she needed to find a source of water to test to see if it was safe to drink. Large ferns surrounded the base of the trees, and it was like walking through a tropical redwood forest. The deeper into the forest she went, the thicker the tree trunks became, until they surpassed the size of any Earth's largest trees, like the currently living giant sequoia affectionately named General Sherman, whose girth near the ground is 102.6 feet.

Suddenly, the ground began to quake and shift, causing Brea to lose her balance and fall into a nearby fern. She struggled to sit up and peer out of the leaves in time to see a tree lift up out of the dirt and take flight. The ferns around its base undulated like the tentacles of an octopus, propelling it up into the air.

"What the hell?" she gasped, staring with huge eyes. Instinctively, she tried to contact home. "Can anyone hear me? Command? Are you there, hello?"

This time there was a burst of static and a hint of a voice.

Tears almost sprang up in her eyes at finally hearing something other than silence.

"Command? Hello! This is Captain Brea Skah with a status report." She prayed that they could at least hear her.

Another burst of static. "G-go . . ."

She closed her eyes, a few tears breaking free. "I'm okay. The spacecraft is heavily damaged. I crashed in a forest. Command, I just saw a flying tree!"

There was a long minute of silence and then a loud, sharp burst of static. "Move—"

"Move? Command, repeat. I don't copy."

Now there was only a dull hum of static.

Brea sighed and got to her feet, her eyes landing on the hole where the tree took off from. With extreme caution, she made her way over to it, and crawled up the mound of dirt to peer down inside. She nearly screamed at what she saw. Curled up in the soil was a creature with the body of a velociraptor and that head of a bald eagle. She started to slide back down the mound of dirt before it woke up and saw her, but she must have knocked something down onto it because the next thing she knew, it sprang out of the hole and landed behind her with an ear-splitting screech.

"Oh my God, oh my God," she breathed, freezing in place and not looking behind her.

The beast squawked, and Brea finally peeked over her shoulder at it. Its mouth was inches from grabbing the back of her neck. Brea clenched her teeth, then quickly elbowed it in the face and took off running in the direction she hoped the space shuttle was in. She could hear the animal crashing after her. It was obvious it was right behind her, but then something big to her left leaped out over a boulder and landed on the raptor eagle. Her ears rang with the dying screams of the raptor. She ducked behind a tree and carefully leaned around to see what was happening. What she saw was a gigantic animal that resembled a cross between a sea turtle and a rhino. But this had teeth like a crocodile, and was tearing the raptor apart with ease. While it was occupied with its meal, she took off back to the space shuttle.

She shut the door and locked it. Her legs were

jelly, and it amazed her she was still standing, let alone still alive. Her adrenaline slowly subsided, and eventually she tried to contact home again.

"Command? Hello, Command? This is Brea Skah with an update."

Silence.

"Command? I don't want to stay here. This is no place for humans." She sniffled as she felt the tears rise up again. "Command, is Sam there?"

When no response came, her legs finally gave out, sending her to her knees.

"He was right," she said to the empty craft. "I hate that he was right. But here we are. I am too old for this. I don't know what I was thinking. This is a lot for anyone to handle."

Almost an hour went by as she sat there on the floor, staring at nothing. But then, a spark reignited in her and she pushed herself up to her feet. Over the next few hours she worked to plug any holes in the craft so she could get out of her space suit and have free-flowing oxygen. Darkness fell and she looked out the windshield to see if anything was out there. She prayed the rhinoturtle had moved on after its meal. Thankfully, she didn't see it, but what she saw instead was incredible. The forest was glowing. She guessed it was caused by bioluminescence, which is light produced by a living organism due to a chemical reaction. The trees and rocks themselves were glowing. From what she could tell, there wasn't a moon in the sky, so all the light she was seeing was coming from living things. It was one of the most beautiful things she'd ever witnessed. As she leaned on the control dash, the AI copilot finally came online.

"How may I help, Captain Skah?" The sudden voice made her jump.

Without hesitation, she said, "Contact Command, please."

"Yes, ma'am." A few minutes passed, but finally she heard their messages.

"This is Command to Brea Skah. Do you copy?"

"Brea, it's Sam. Please answer if you can hear us!"

"Riley here. Brea, are you there?"

Her heart fluttered at all the messages coming through. She sat in the seat and pushed the talk button.

"Command! It's me, Brea! I'm here! Please, do you hear me?"

"Oh, thank God! We've been trying this whole time to reach you! What's happening? We got your status report. Are you okay?"

"Yes, I'm okay. The space shuttle not so much, but I am. Is Sam there?" She gripped the edge of the seat.

"I'm here, Brea. Thank God you're okay. Talk to me."

"You're not going to believe what I'm looking at."

To be continued . . .

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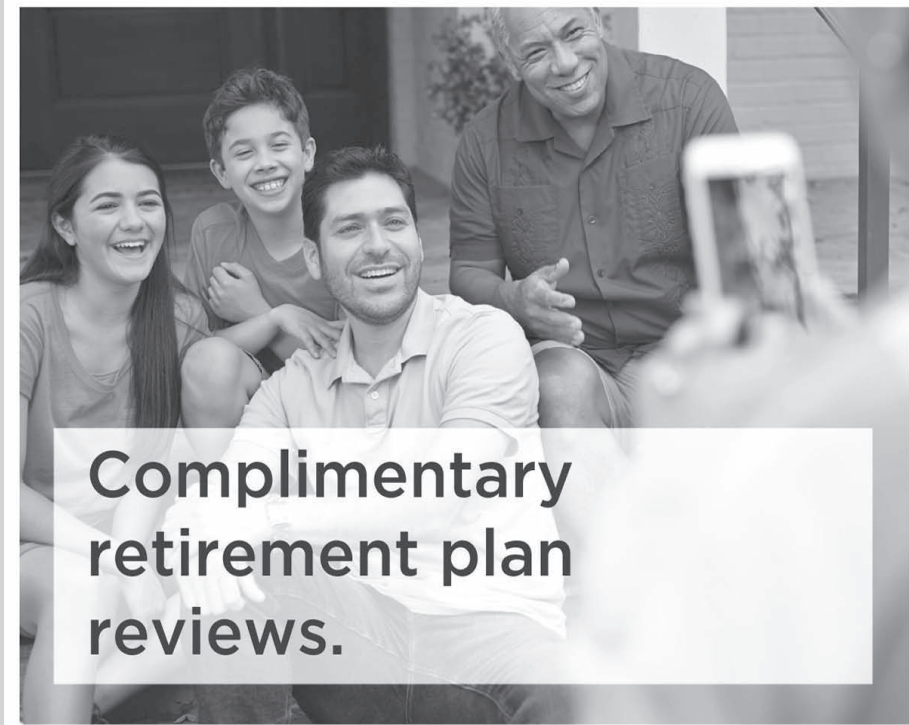


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Financial Focus
The key to consistent investing is paying yourself first

Consistency is a key ingredient of success in many activities — including investing. One technique that can help you become a more consistent investor is paying yourself first.

Many people have the best of intentions when it comes to investing. They know how important it is to put money away for long-term goals, especially the goal of a comfortable retirement. Yet they may only invest sporadically. Why? Because they wait until they’ve taken care of all the bills — mortgage, utilities, car payments and so on — before they feel comfortable enough to write a check for their investments. By the time they reach that point, they might even decide there’s something more fun to do with what’s left of their money.

How can you avoid falling into this habit of intermittent investing? By paying yourself first. Each month, have your bank move money from your checking or savings account into the investments of your choice. By taking this hassle-free approach, rather than counting on your ability to send a check, you can help ensure you actually do contribute to your investments, month after month.

By moving the money automatically, you probably won’t miss it, and, like most people who follow this technique, you will find ways to economize, as needed, to make up for whatever you’re investing.

You already may be doing something quite similar if you have a 401(k) or other retirement plan at work. You choose a percentage of your earnings to go into your plan, and the money is taken out of

your paycheck. (If you’re fortunate, your employer will match some of your contributions, too.)

Even if you do have a 401(k), you’re probably also eligible to contribute to an IRA, which is a great vehicle for your pay-yourself-first strategy. You can put in up to \$5,500 per year to a traditional or Roth IRA (or \$6,500 if you’re 50 or older), so, if you are able to “max out” for the year, you could simply divide \$5,500 or \$6,500 by 12 and have either \$458 or \$541 moved from your savings or checking account each month into your IRA. Of course, you don’t have to put in the full \$5,500 or \$6,500 each year, although some IRAs do require minimum amounts to at least open the account.

You might think such modest amounts won’t add up to a lot, but after a few years, you could be surprised at how much you’ve accumulated. Plus, you may not always be limited to contributing relatively small sums, because as your career advances, your earnings may increase significantly, allowing you to boost your IRA contributions continually.

In any case, here’s the key point: When you invest, it’s all right to start small — as long as you keep at it. The best way to ensure you continue investing regularly is to pay yourself first. If you do it long enough, it will become routine — and it will be one habit you won’t want to break.

This article was written by Edward Jones for use by Lee F. Taylor AAMS, Brian Watkins, and Erik Dartsch your local Edward Jones Financial Advisors.

CSHF approves \$582,282 in grants for kids

The Colorado Springs Health Foundation Board of Trustees recently approved \$582,282 in grants to nine organizations serving El Paso and/or Teller Counties. These grants address the prevention or healing of child maltreatment-related trauma. El Paso and Teller Counties have higher rates of child abuse and neglect than the rest of the state, and trauma, especially child maltreatment-related trauma, is linked to a host of life-long health concerns.

Here is a list of grant awards:
• Community Partnership Family Resource Center, \$50,000
• Court Care of the Pikes Peak Region,

- \$7,500
- Fostering Hope, \$40,000
- Joint Initiatives for Youth & Families, \$138,523
- Kidpower of Colorado, \$50,000
- Lutheran Family Services of the Rocky Mountains, KPC Respite Center, \$25,000
- TESSA, \$79,000
- TwoCor, \$96,000
- UCCS Veterans Health & Trauma Clinic, \$96,259

Year-to-date, Colorado Springs Health Foundation has awarded just under \$4 million in grants to support improved health within the Pikes Peak region.

Veteran’s Day Celebration

Florissant-Lake George Veterans of Foreign Wars Post #11411 will conduct its Honor Guard Ceremony for Veterans at the Florissant Cemetery on Sunday, November 11, 2018 (Observed) at 1:30 p.m. The public is invited to attend the ceremony. In addition, Veterans of Teller County are invited to attend the annual Chili Lunch at the Woodland Park Senior Center, located at 312 N. Center Street in Woodland Park on Saturday, November 10, 2018. Chili and side dishes will be served beginning at 11:11 a.m. Please come to the ceremony to pay tribute to our local Veterans.



Head’s up!

If you are behind a dark colored jeep with NY plates in Teller County, and you notice you have rocks or something hitting your windshield causing chips and you pull up next to them and they have a sign saying windshield repair, beware. They can fix it for you and they are causing it. All of a sudden this is happening...two double hits in two weeks. None in two years before that.

It is a “little hippie girl” my husband said. We think she is throwing BB’s or something that sounds consistent every time she has nailed his windshield. He pulled up next to her at the light in Divide and of course she said they could fix his windshield for him. This Heads up is out on Facebook and we notified Teller County Sheriff’s Office.



Heaven and Earth
Psychic abilities and the matrix part I
by Olga Daich

I am pretty sure that for those readers who have been following my articles or attending my workshops, the link between psychic abilities and the information from the Matrix or Field is a fact. All of my experiences on the spiritual path have been explained scientifically through the principles of quantum physics. Here I will share one of them.

I was working night shift at an International Center for Alzheimer’s. We had around 800 patients, which were distributed between two big buildings (one for men and the other for women) and a few houses. Besides the principal doors of each building, there was another access to the buildings. It was an underground basement that connected both buildings, which was used only for staff members. Many of the patients were diagnosed with dementia, Alzheimers and schizophrenia.

As part of my Job, I had to make rounds (two per night if I remember well) to be sure every patient was having a good night without any unexpected health situations. For security reasons some patients were locked in at night time. In order to cover the night rounds over the entire facility, we usually split into different teams. I remember walking with my co-worker through the hallways in the buildings. Using a flash light and trying to be quiet enough to not disturb the patients during their sleep. One of the night tasks for us was filling the pill container for each patient. This was a regular night at work. I was at the nurse station filling one of the patient’s pill containers. My most frequent co-worker was next to me (I will call her Tammy).

I was absorbed in my job (as you can guess there is no room for a tiny mistake while doing this task). A vision came suddenly leaving me motionless for a few minutes. This is what I saw: I was working at the nurse station, filling the patient pill containers. A male patient came through the door holding in his hand the head of my co-worker Tammy. That vision was very short but awful enough to make me feel sick. Tammy was working right next to me as usual. I didn’t dare say anything to her about that vision. I was feeling very confused. I didn’t know where that vision came from and nor what it meant. I didn’t even recognize it as a vision. I just saw that in “my

mind,” so clear that it was very scary.

I finished the shift at 6 a.m. The rest of the day was a normal day, taking some time to sleep, drove my daughter to the school and so on. At 7 p.m. I was back at work. Tammy was sharing the same shift with me again. She came and said, “Hi Olga. I just had the most awful nightmare when I went to bed today. I was working here at the nurse station and a patient (who we didn’t know escaped from his room), came from behind and with a knife cut my head off! My husband woke me up, he said I was screaming in my dream! I got up still screaming and sweating.”

It was obvious that Tammy was still disturbed from the nightmare. I must say I was in shock! I didn’t mention anything about my vision to Tammy the night before. How could it be possible that I had a vision that was exactly the same as Tammy’s nightmare? She was my co-worker, but I won’t call her a friend. I was feeling very uncomfortable about this situation but, it didn’t take me much time to decide to tell her about my vision. I described to her what I saw in my vision and told her that I had no idea what it meant but she should keep her eyes open during her shifts at work.

We finished filling part of the pills boxes for the patients and got ready to start our routine rounds. We went to the female building. Everything was ok there. No problems with the patients. Tammy and I headed to the male building. We were walking through the basement side by side. Suddenly something made me stop. I felt a deep need of protection. Something was telling me to create an energy field of protection around us, so I put my head down while I closed my eyes and draw a big bubble of protection around Tammy and me. It took me only a few seconds. Tammy wasn’t aware of what was going on. At that time, she was walking a few steps ahead of me.

When I raised my head again from my praying position I saw the shadow of a man hiding behind a column on the left side of the hallway. Tammy was getting close to him. Lights, as usual were off so it was dark. I didn’t recognize the patient, but I knew he was hunting us.

To be continued...

Where is Zack this month?

Zack is a certified therapy dog and the mascot for the Pet Food Pantry for Teller County. As their mascot, he is dedicated and determined to help families keep their pets at home when they fall on hard economic times.

On Saturday November 10th from 10 a.m. to 2:30 p.m., Zack will be at Walmart wearing his warm winter coat and collecting donations and food for his feline and canine friends in exchange for homemade dog biscuits and/or catnip toys. Walmart is located at 19600 US-24, Woodland Park, CO 80863. Please stop by and give him a hug for his hard work! Thank you for your support and Happy Thanksgiving.

For more information, go to www.Pet-FoodPantryTC.com.



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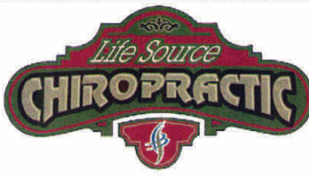
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CHRISTMAS 2018.

Dan Ganoza: CAST Teacher of the Year

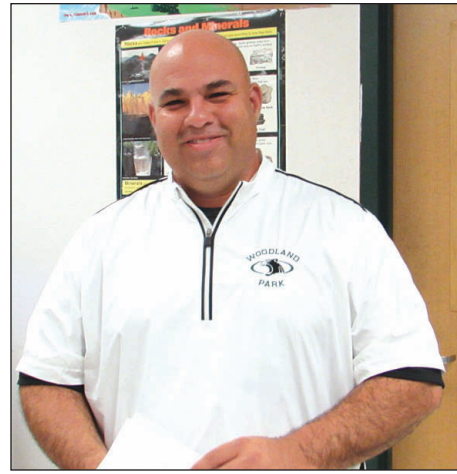
Woodland Park High School (WPHS) Science Teacher Dan Ganoza has been selected as the 2018 Colorado Association of Science Teachers (CAST) Teacher of the Year!

These awards for Excellence in Science Teaching are designed to recognize the teaching excellence in our PreK through college classrooms throughout the state of Colorado. The CAST awards are presented each year at the Colorado Science Conference on Nov. 8 in the amount of \$500.

In his fifth year as science teacher at WPHS, Mr. Ganoza received his Bachelors of Political Science at the U.S. Air Force Academy; Masters of Business Management at the University of Arkansas; and Masters of Education at Regis University. A retired Lieutenant Colonel, Mr. Ganoza spent 22 years in the USAF with 13 deployments supporting Iraq, Afghanistan, Kosovo, Bosnia, and Haiti.

Mr. Ganoza is the teacher sponsor for the Colorado Environmental Science Team, leading the WPHS Envirothon Team to state championship the past three years and traveling to National Competitions in Idaho, Maryland, and Toronto, Canada.

"It has been my distinct pleasure to work with Dan and his Environmental Science students for the past three years helping to prepare students for the Colorado and North American Envirothon competitions," said Rose Banzhaf, WPHS Envirothon team advisor. "Dan's commitment to his students has been a joy to observe. He goes way beyond what would be required as a classroom teacher. His enthusiasm and dedication transfers to his students, inspiring them to levels of interest and dedication that has made them successes in the classroom, on the AP exams, and at the Envirothon competitions," she added. "I look forward to many more years working with Dan."



Mr. Ganoza's teaching moves outside the classroom as he leads field trips to Arches and Canyonlands National Parks and Yellowstone National Park; holds monthly water quality checks on local rivers for the State of Colorado Riverwatch Program; and organizes a monthly "Saturday Seminar" with guest speakers on different environmental science topics of interest. He even led a two-week student summer trip to the Amazon River in the Peruvian Rainforest to do Marine Biology research.

"Dan is highly engaging in experiential learning opportunities as he routinely takes groups of students to outdoor experiences in many of the United States' National Parks — Yellowstone, Moab, the great Northwest and more," said WPHS Principal Kevin Burr. "All of these trips with an academic purpose in mind — to gain first hand experiences with the environment."

Mr. Ganoza is also the WPHS Girls Head Soccer Coach, WPHS Boys Assistant Soccer Coach; and WPHS Girls Assistant Basketball Coach.

Gingerbread bakery – gingerbread jubilee

by Flip Boettcher
photo by Jeri Fry

For some folks, the upcoming holidays are not complete without the smell of baking gingerbread wafting through the house and gingerbread to eat. This tradition has fallen somewhat by the wayside over the years, but Jeri Fry, owner of the Cup and Cone, located at the corner of Royal Gorge Blvd. and Fourth Streets in Cañon City is keeping the tradition alive with her seasonal Gingerbread Bakery and Gingerbread Jubilees.

Gingerbread means lebkuchen, or bread/cake of life, in German and was a holiday tradition. Gingerbread bakes at a low temperature, can be stored at room temperature requiring no refrigeration, and can be kept for six to eight weeks, said Fry.

Queen Elizabeth is said to have started the tradition of gingerbread men in the 1800s when she started having likenesses of the dignitaries visiting her made in gingerbread to give to them. Then when the brothers Grimm wrote the story of Hansel and Gretel with the witch's gingerbread candy house, the tradition really took off.

Fry decided to start making gingerbread after the television station she and her husband Mike owned in Cañon City failed in 1985. That first year, the couple sold quite a few gingerbread houses. Enough, in fact, to allow the couple to purchase Christmas presents for their two sons that year.

Making gingerbread slowly became a tradition for Fry until now it is "six weeks of madness," she said. Fry enjoys the madness, but half the fun she said, is shopping for the decorating candy. Everything is edible and fresh from their in-shop micro bakery.

Fry has made many gingerbread creations, including a grand piano, hanging ornaments, greeting cards and a replica of the historic Robison mansion, complete with candy leaded glass windows. Fry has taught a class

at the Cañon City recreation center on how to make gingerbread houses and once had an order for three hundred gingerbread houses from the head of the state Lion's Club, she said. Fry's son, who lives in Washington, D.C., recently asked for the gingerbread recipe. He wants to carry on the family tradition there by hosting a gingerbread party.

Being seasonal and one time a year, makes gingerbread special, said Fry, and she has developed her own custom gingerbread recipe. This will be her seventh year making gingerbread since she opened the Cup and Cone in September 2012, featuring the gingerbread jubilees and gingerbread houses.

Starting now, one can book their gingerbread jubilee party, with six being an optimal number of people. Re-capture the specialness of the holidays and create your own gingerbread house. The gingerbread house, the candy, the frosting to "glue" your house together, and even a scoop of ice cream to enjoy, including seasonal favorites pumpkin and peppermint, while your house "dries," are provided. Fry will even bring the jubilee to you, she said. Fry has regular jubilee customers every year.

Besides the jubilees, one can get gingerbread kits with candy or an assembled house with candy to go, and a wide assortment of gingerbread cookies. If someone has his or her own special cookie cutter, Fry is happy to make a gingerbread batch for you.

While most of the gingerbread activity is around Christmas, featuring Coo Coo Clocks, Fry also features haunted outhouses for Halloween and mansions for Thanksgiving. It's best to book your party and place orders early, Fry added.

Since a lot is involved in learning the Bake Shop and making gingerbread, including marketing, packaging, labeling, pricing,

and keeping the gingerbread fresh, Fry only teaches her longer-time employees the skills. Now with Fry's new oven, she is able to bake more gingerbread as well as her holiday bunt cakes.

There's a lot going on at Cup and Cone besides gingerbread, ice cream and coffee, though. Last year Fry started the Chocolate Shop within her store and they now make their own cake truffles, including the chocolate, on site by hand and boxed for gifts. The cake truffles can be gluten free. The truffles are a "Colorado Proud" product. This year Fry is introducing bunt cakes in intense flavors of root beer, lime, lemon, orange and one other as yet undecided flavor.

There is also a small gift shop area with lots of stocking stuffers and souvenir items for young and old alike. There is a Wooden Toy Shop within the store, featuring the wood artistry of Bert Nuckols and Dick Ward. Ward is a talented scroll saw artist and takes no money for his creations, but donates it all to the Cañon City Humane Society, said Fry. Ward makes the puzzles that look like animals with their animal name spelled as part of the puzzle. Nuckols makes the tray puzzles with the blocky shapes, the block trains, the horses and seahorses.

Cup and Cone will be offering a sugar arts class in January, taught by a visiting professional decorator. Find out more about the class in the January *Ute Country News*. Fry will again have the popular kite-flying contest later next year. Cake decorating is also available.

There is a little free lending library in the shop where one can check out and read or donate books. Fry also sells local history books



The Wooden Toy Shop features the wood artistry of Bert Nuckols and Dick Ward.

by local authors. One of the books for sale, *Yellow Cake Road*, by Fry's mother, chronicles the infamous Cotter Uranium Processing Mill located south of Cañon City that contaminated Lincoln Park and left 157 acres of contaminated tailings piles when it closed its doors. The site is now a federally funded superfund clean-up site. Fry's father, who died of lymphoma cancer, was the whistle blower exposing the contaminated processing mill. Fry, who helped co-found Colorado Citizens Against Toxic Waste (CCAT) has been active in the Community Advisory Group working with the EPA and Colorado Department of Health to clean up the site. Fry spoke at the recent Annual Super-fund Meeting held at the Abbey in Cañon City.

For an entertaining, fun place to visit and get into the holiday spirit, come to the Cup and Cone Ice Cream and Coffee Shop at Highway 50 and Fourth Streets in Cañon City, where the soda jerks and baristas are ready to serve you. Call now to book your gingerbread jubilee party or for more information call 719-275-3434.

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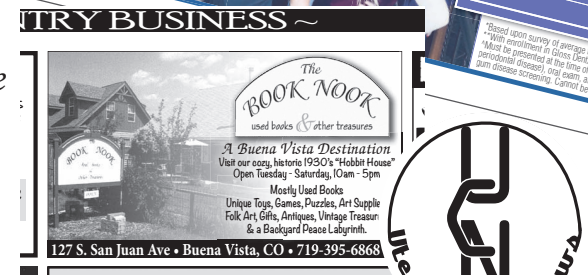
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Treating the Cause: Human behavior and our relationship with the Earth by Eric Chatt, N.D.

The foundation for learning about our world begins with observation of nature. From NASA to local citizen science, people are working for the common scientific principle of best understanding what we can observe. Building on this foundation of understanding and utilizing what we learn to promote healthy societies and ecosystems is the current challenge of humanity.

The Latin phrase "tolle causam" refers to treating the cause. How can we treat the cause of climate change while we observe and palliate current catastrophic symptoms? We can change our behavior by decreasing our carbon footprints. We can change how business handles the CO2 emissions. Many changes require public support and encouragement to happen. Forward-looking infrastructure development from energy to transportation is where many advanced countries are investing. We must reduce CO2 and other greenhouse gas emissions.

The Earth needs our collective voices to be mindful, our representation in politics to care, and we need to improve our environmental behavior as governments, individuals, and businesses. This requires civil discourse and individual participation in democratic processes. Our representatives should have the capacity to engage in civil discourse and take action. Scientists are helping by analyzing and interpreting massive amounts of research data, and have been discussing what we can do about the current state of affairs in order to help suggest appropriate responses by people around the world.

The Intergovernmental Panel on Climate Change (IPCC) recently issued a report on October 8th, 2018, citing over 6,000 scientific references and was composed by 91 authors and 17 editors, among other contributors. IPCC is involved with assessing the science related to climate change. They look at the impacts, potential future risks, and possible

Future generations and entire ecosystems are depending on our collective ability to make the right choices for our planet.

response options around climate change.

At the current rate of warming the IPCC estimates a 1.5-degree increase from pre-industrial levels by 2030-2052. This is estimated to wipe out 70-90% of the coral reefs on the planet. A 2-degree change would likely mean all coral reefs would die. The effects of even one half of a degree will impact many species in different ways. This report is requesting unprecedented action in the next decade or so to keep the change at 1.5-degrees.

According to Debra Roberts, co-chair of IPCC Working Group II, "The decisions we make today are critical in ensuring a safe and sustainable world for everyone, both now and in the future." She commented further, "This report gives policymakers and practitioners the information they need to make decisions that tackle climate change while considering local context and people's needs. The next few years are probably the most important in our history."

Please consider yourself a "practitioner" as well as a "policymaker" and do what you can, when you can, where you can to help tackle climate change together. Let's be kind to each other and the Earth. Future generations and entire ecosystems are depending on our collective ability to make the right choices for our planet.

For further reading:

- https://www.ipcc.ch/pdf/session48/pr_181008_P48_spm_en.pdf
- www.ipcc.ch/



Art Scene Art is Life by Mary Shell

How many of you think of giving artwork as gifts? You'll be surprised how many people shy away from art as gifts, but it's the most personal and loving way to show someone how you feel about them.

For the past few months I have been featuring some of our local artists, writing about what makes them create and how they get to create beautiful artwork. This month I thought you would like to know a little more about the power of art, what it means to us and why we need it in our life.

Why do we have art? Art, in one form or another, has been a driving system of expressing the social and emotional human condition since the dawn of mankind. Art was our first language seen on the walls of caves from a people we no longer understand. We study them as if they were from another species. Gaze at these paintings scratched on rough walls using ground up rocks and ash and an ancient deep primitive connection rises within you, and in some of us more than others.

In history art has been confiscated and hidden by powerful people because they knew how art can influence us, change the way we see the world and act upon them. In the days of Michelangelo an artist couldn't create a painting or mural without the permission of the Catholic Church. Churches work with the soul, the spirit. They knew the importance and power of art. They knew art was created to enter that spirit of a person.

Art can remind you of a place or person or beautiful feelings long since dissolved by everyday life and the weight within it. Art connects you with self-awareness, or the awareness of self. It shuts out the world and focuses on the beauty and joy within. Art allows you to slow down, look within yourself, allows you to understand your emotions and improves how you see yourself.

There is a condition humans have when it comes to art. It's called Stendhal Syndrome which is a psychosomatic disorder that causes rapid heartbeat, dizziness, fainting, confusion and even hallucinations when exposed to or viewing art.

When viewing art you become more in tune with your deeper self. It shuts off the thinking intellectual brain and turns on the soul. How many times have you heard someone say, or said yourself, "I don't know why I like this, but I do"? That's because your soul is viewing art, not your thinking brain.

Art is the language of the soul. It's been that way since our beginning, back to those cave wall paintings. These paintings told stories. It was a symbolic language understood by all in the clan. Some ancient symbolic languages, yet to be deciphered, are too complex for us to understand, yet was easily understood by them. Now we seldom see the arrow on a one-way street as art conveying a message, or how many words you say to yourself when you see the golden arches of McDonalds? Hamburger, drink, fries...yet it's just one symbol. Ask yourself how many meanings can fit into a single symbol?

In all, art is life. It's all around us. It moves us, makes us think. It all comes from those artists that dedicate their souls to creating art that will reach the deepest part of your soul. They work from their passion for life, to express with images that will make you see.

So the next time you're walking by one of the many great galleries we have in our area, stop, go in and allow yourself to be drawn in to the beauty and wonderment of art...and buy that piece that makes you say, "I don't know why I like this, but I do." It's like giving a gift for the soul, and it doesn't have to match your couch.



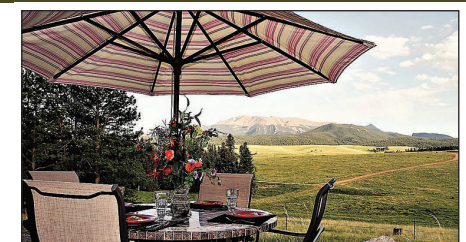
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~OUT AND ABOUT~

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.

BUENA VISTA

- 10 Buena Vista Sportsman's Club Trapshoot Tournament. Buddy backer rules, teams of 2 with \$100 entry fee for clays, BBQ lunch, and prizes 10-2 p.m. Location is BV Sportsman's Clubhouse off of County Road 321. Proceeds benefit DPCA students. Email trapshoot-fundraiser@gmail.com to sign-up!
- 11 Traces of the Trade: Film & Discussion presented by Collegiate Peaks Forum Series & Congregational United Church of Christ. Traces of the Trade: Stories from the Deep North. Feature Film & Discussion Filmmaker Katrina Browne discovers that her New England ancestors were the largest slave-trading family in U.S. History. She and nine cousins retrace the Triangle Trade and gain powerful new perspectives on the black/white divide 4-7 p.m. at Congregational United Church of Christ, 217 Crossman St. FREE

- 15 November Business After Hours. Come join the Buena Vista Chamber of Commerce & Visitor Center for Business After Hours from 5-7 p.m. This month is hosted by Vulcan Art Glass Studio at 33109 CR 361. Come network and socialize with the community and Chamber members. For Chamber members and invited guests. Ask to be invited—call 719-395-6612. Cost is \$7, enjoy light fare, adult beverages and great conversation with colleagues and community members!

CAÑON CITY

- 16 Brews & Bikes featuring Lissa Hanner 5:30-8:30 p.m.

LIBRARY

- Knees in BOOK Babies on our Mondays 10:30 a.m.
Tuesday & Thursday Story Time and Craft 10:30 a.m.
Wednesdays Smash Brothers tournament 3 p.m.
Wednesdays Chess Club 10 a.m.
3 Book Folding 10-1 p.m.

- 16-18 Alpine Orchestra Concerts. As it begins its third decade, the Alpine Orchestra continues to strive for excellence in fulfilling its purpose of sharing the enjoyment of music with the community, and expanding opportunities for talented young musicians. Free to attend but donation suggested. (Catch all three shows: 16th in Leadville, 17 in Salida, 18 BV at Clear View Community Church 3 p.m. 457 Rodeo Rd.)
- 17 Xi Mu Christmas Fair. Christmas crafts and gifts. All day. Location is McGinnis Middle School. 549 Railroad St.
- 24 Small Business Saturday is a day dedicated to supporting small businesses and communities across the country. Founded by American Express in 2010, this day is celebrated each year on the Saturday after Thanksgiving. A LOT of local businesses will be featuring promotions and discounts. Check them out.

NAMI Connection Support Groups

for those living with a mental health condition meets every Friday at 1 p.m., Community Education Room of St. Thomas More Hospital 1338 Phay Ave. These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to www.namisouthteaco.org

Yoga with Bill O'Connell at River Lotus Yoga Studio Weds 6:30 p.m. and Mons 9 a.m. Donations appreciated.

CHIPITA PARK

- 10-11 Chipita Park Association's 15th Annual Arts & Crafts Fair 9-4 p.m. Sat. 10-3 p.m. Sun. Marcroft Hall, 9105 Chipita Park Rd. Excellent arts & crafts, lunch, baked goods, and prizes. Admission is free. FMI DeeAnn Brown 719-465-2892 or deecannbr@gmail.com.

COLORADO SPRINGS

ALZHEIMER'S ASSOCIATION

- 1 Healthy Living for your Body and Brain: Tips from the latest research 11:30-1:30 p.m. Memorial Park Recreation Center 280 S Union Blvd 80910. For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.
- 9 Understanding Alzheimer's and Dementia 5-7 p.m. Alzheimer's Association 2315 Bott Ave. 80904. Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, disease stages and risk factors, current research and treatments to address some symptoms and Alzheimer's Association resources. Register 800-272-3900 or alz.org/co
- 13 Know the 10 Signs: Early Detection Matters 10-11:30 a.m. COS Senior Center 1514 N Hancock Ave 80903. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection of Alzheimer's disease gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This integrative workshop features video clips of people with Alzheimer's disease as a way to highlight the challenges they face every day. Register 800-272-3900 or alz.org/co

COLORADO SPRINGS

17 Bill Callen's Pikes Peak New Horizons Band 2 p.m. at The Awakening Church 3445 Oro Blanco, just north of Oro Blanco & South Carefree, Free! Bill Callen's Pikes Peak New Horizons Bands are comprised of the Gold Concert Band and the Swingmasters Jazz Band. Selections for the Gold Concert Band include a sampling from *Porgy and Bess*, a stunningly beautiful ballad, vibrant marches and a special arrangement of the *Star Spangled Banner*. The Swingmasters Jazz Band will perform Irving Berlin's *Alexander's Ragtime Band*, *Just Friends*, *Chicago* (that toddlin' town) and a medley of Glenn Miller tunes. FMI 719-598-2373 or www.ppiom.org.

- with Trent Harmon 7:30 p.m.
7 Five Finger Death Punch & Break-in Benjamin 6 p.m.
10 COS Philharmonic — With Honor: Composers Who Served 7:30 p.m.
11 COS Philharmonic — With Honor: Composers Who Served 2:30 p.m.
13 Disney Junior Dance Party! 6 p.m.
15 Mannheim Steamroller Christmas by Chip David at 7:30 p.m.
23 COS Philharmonic — The Nutcracker 2 p.m. and 7 p.m.
24 COS Philharmonic — The Nutcracker 2 p.m. and 7 p.m.
25 COS Philharmonic — The Nutcracker 2 p.m.
26 Chris Isaak 8 p.m.
28-29 COS Conservatory's Amahl and the Night Visitors 7 p.m.

CRIPPLE CREEK

- 7 GED orientation 8-11 a.m. Lunch will be served. Child care is provided upon request. Be prepared to stay the entire time, assessment testing will be completed. \$40 enrollment fee. FMI Katy@cpteller.org 719-686-0705.
- 24 Bronco Billy's features Lissa Hanner 7-10 p.m.

ASPEN MINE CENTER

- A Willow Bends every Tues 3-5 p.m., every Thurs 4-7 p.m. and every Fri 3-5 p.m.
6, 20 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
7, 14, 28 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.
7, 14, 21, 28 Cocaine Anonymous group every Wed 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.
13 Veteran Service Meeting 9-11 a.m.
13 All Vets, All Wars. Group participation 10-11:30 a.m.
14 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.
14 Alzheimer's Community Forum 1-3 p.m. Learn about Alzheimer's, Dementia and memory loss. Register 719-687-1457.

continued on next page

~OUT AND ABOUT~

continued from page 24

CRYSTOLA

- Crystola Roadhouse 20918 E Hwy 24 free line dance lessons with Shelly 6:30 p.m. Beginners on up. Every Thursday.

DIVIDE

- 3 Craft Bazaar at Pikes Peak Community Center 9-4 p.m. Great holiday hand-crafted items.
12 RDK's annual Veteran's Day BBQ 11-2 p.m. All are invited.

COMMUNITY PARTNERSHIP

- 6 Crossroads parenting Teller County Court approved for divorced or divorcing parents, divorce and custody class 4:30-8:30 p.m. Fee is \$35 FMI Michelle Carothers 719-686-0705 or Michele@cpteller.org
7 GED orientation 10-2 p.m. Lunch will be served. Child care is provided upon request. Be prepared to stay the entire time, assessment testing will be completed. \$40 enrollment fee. FMI Katy@cpteller.org 719-686-0705.

- 12 Career Workshops 3-4:30 p.m. This series of workshops will help prepare you to obtain your desired job! A new subject will be discussed each month. Free to anyone 17 and older. Childcare provided if requested in advance. FMI Kathy@cpteller.org 719-686-0705
• Tutoring every Tuesday 12-2 p.m. We are hosting free study hall/tutoring sessions to all Teller County residents age 17 and over. Our amazing and incredibly knowledgeable GED instructor will be on-hand to help anyone who needs education assistance. This is an open session.

LITTLE CHAPEL FOOD PANTRY

- 5 & 19 This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are by Last name beginning with:
A-H 3:30-4:30 p.m.
I-Q 4:30-5:30 p.m.
R-Z 5:30-6:30 p.m.

MASONRY

- 2 Cripple Creek Masonic Lodge 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.

EVERGREEN

- A free legal clinic for parties who have not attorney will be featured 2-3:30 p.m. by computer link at the Evergreen Library 5000 CR 73. Volunteer attorney will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veteran's issues and civil protection orders. Please pre-register 303-235-5275.

FLORENCE

- Nov-Jan 4 Bell Tower Christmas Show. FMI 719-784-2038 or visit www.florenceartscenter.com.
10 Second Saturday Gallery walk-around Most businesses open late.

FLORENCE PIONEER MUSEUM AND RESEARCH CENTER

- We invite you to check out our new displays for Penrose, Wetmore, Rockvale and Coal Creek. FMI www.florencepioneer-museum.org.

JOHN C. FREMONT LIBRARY

- 1, 8, 15, 29 Ten Group 3:45 p.m.
3 Fall Film Festival 1 p.m. at Bell Tower Through a Lens Darkly.
6, 13, 20, 27 Story Time 10:30 a.m.
7, 14, 21, 28 Wool Gatherers 10 a.m.
14 Jeanne Schmidt presents Herbs: Growing, Harvesting & Uses 2 p.m.
17 Family Movie: *Hotel Transylvania* 3:30 p.m.
28 Book Folding with Cyndi Pink 2 p.m.
• The library will be closed November 12, 22 and 23.

FLORISSANT

- 3 The Florissant Grange is hosting a Bluegrass Dinner Concert featuring the band Backroad Bluegrass Boys at the Florissant Grange Hall, 2009 County Road 31. Dinner will be served at 6 p.m. with music beginning at 6:45 p.m. Dinner will be seasoned pulled pork, cowboy beans, mixed salad, dinner rolls and dessert. There will also be seasoned shredded chicken for those who don't eat pork. Backroads is a high energy bluegrass band with well-seasoned musicians. Playing all styles from traditional to new, and even some original material. Limited

seating; get your tickets early. Call 719-748-5008 for more information. Suggested donation \$35/person.

FLORISSANT FOSSIL BEDS HOSTS NIGHT SKY PROGRAM

- 7-9:30 p.m. 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 Visitor Center.
11 Honor Guard Ceremony at Florissant Cemetery 1:30 p.m. see page 18.

FLORISSANT LIBRARY

- 5 Let's Read Amok! 11 a.m. November theme: Brain teasers and games.
8 Yarnia! 10-12 p.m.

- 8 A free legal clinic for parties who have not attorney will be featured 3-4 p.m. by computer link. Volunteer attorney will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veteran's issues and civil protection orders. Please pre-register 719-748-3939.

- 17 Rampart Area Seed Library Partnership (RASPL) Seed Packing & Exchange Party 10-noon. We'll be packing up seeds for the seed library. Come and bring seeds you may have, share some gardening stories and help us stock the library. We will finish with a potluck lunch.

- 18 Birds of Florissant Area 2 p.m. presented by Debbie Barnes-Shankster, birdwatcher and photographer. She has volunteered with Colorado State Parks and Wildlife since 2008. Her first book, *Birds of Florissant National Monument and Surrounding Area* will be soon followed by her second, *Birds of Cheyenne Mountain State Park*. Arrive early, seating is limited. FMI 719-748-8259 or 719-748-3861.

- 28 Bookworms 10:30-12 p.m. November: *News of the World* by Paulette Jiles.

- Lego Club Fris 12-4:30 p.m.
• Storytime Fris 10-10:45 a.m.
• Tai Chi every Mon 10 a.m.

GILLET FLATS

- 10 Veteran's Turkey Shoot 10-3 p.m. \$10 per person 1805 Teller County Road 81. FMI: Colomountain@msn.com. www.tcss-co-rg

GUFFEY

- BAKERY AT STRICTLY GUFFEY
7 Treasures Necklace — Create a striking necklace that is a collection of beads, danglers and treasures. \$60 all materials included.
11 Jewelry Making — Silver Rings with Bling 12-5 p.m. \$65 all materials included.
15 Talking Threads 10-12 p.m. Come enjoy working with fibers of all kinds and community camaraderie. Free.
15 Drum Circle 6-8 p.m. Join the group to feel the rejuvenation of the drums. Free.

BULL MOOSE RESTAURANT & BAR

- 3 Griffith-Scott 6-9 p.m.
5 & 19 Bingo with Cash Prizes 6 p.m.
10 The Bloomers 6-9 p.m.
12 & 26 Open Mic 6 p.m.
17 Lissa Hanner w/Super Chuck Show 6-9 p.m.
20 Girls Night Out 6 p.m.
24 J. Michael Steele 6-9 p.m.
• Karaoke Every Friday 7 p.m. FMI www.thebullmoosenguffey.com, facebook www.facebook.com/thebullmoosenguffey or 719-689-4199.

- Guffey School Yoga regular monthly yoga with Bill O'Connell. Tues 5 p.m., Suns 10 a.m. and 12 p.m. Donations appreciated.

THE CORONA'S AT FRESHWATER

- 3 Brian Grace & Co Pringle 5-8 p.m.
10 Sandy Wells Duo 5-8 p.m.
17 Soulsmith Unlimited 5-8 p.m.
22 Annual Community Thanksgiving Dinner 2-5 p.m. Bring a side dish, turkeys provided. Potluck only.

LEADVILLE

- 16-18 Alpine Orchestra Concerts. As it begins its third decade, the Alpine Orchestra continues to strive for excellence in fulfilling its purpose of sharing the enjoyment of music with the community, and expanding opportunities for talented young mu-

sicians. Free to attend but donation suggested. (Catch all three shows: 16th in Leadville Old Church 810 Harrison, 17 in Salida, 18 BV).

SALIDA

- 1 Emergency Food Assistance Program & Commodity Supplemental Food Program distributions at Salida Community Center 305 F St 9:30-2 p.m. FMI 719-539-3351.

- 5 Heart of the Rockies Regional Medical Center will host a reception for the four artists whose work is being featured in the hospital's rotating art exhibits this year. The reception is open to the public, and will be held in the hospital's atrium, by the main entrance. See story on page 6.

- 8 SCFTA's Creative Mixer 5:30 p.m. at the SteamPlant's Paquette Gallery 220 West Sackett Ave.

- 9 Central Colorado Conservancy Annual Event. Noted ecologist, naturalist, butterfly expert and author Robert Michael Pyle will be the featured speaker at the Central Colorado Conservancy's Annual Event and Fundraiser at the Chaffee County Fairgrounds. Heavy appetizers by RustlingRam Catering, cash bar, a silent and live auction, art show and sale, and updates on the nonprofit Conservancy's strategic goals, programs and initiatives are all part of the annual event. The event starts at 5:30 p.m. Tickets are \$40 for members and \$50 for non-members. Go to centralcoloradocconservancy.org, call 539-7700 or purchase tickets in-person at the Conservancy office located at 128 East 1st St.

- 14 A free legal clinic for parties who have not attorney will be featured 3:30-5 p.m. by computer link at the library. Volunteer attorney will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veteran's issues and civil protection orders. Please pre-register 719-539-4826.

- 16-18 Alpine Orchestra Concerts. As it begins its third decade, the Alpine Orchestra continues to strive for excellence in fulfilling its purpose of sharing the enjoyment of music with the community, and expanding opportunities for talented young musicians. Free to attend but donation suggested. (Catch all three shows: 16th in Leadville, 17th in Salida at the SteamPlant, Sackett & G at 7:30 p.m., 18 BV).

VICTOR

- 2, 9, 16, 23 — Silver Celebrate Recovery at the Victor Community Center every Friday night 6:15 p.m. FMI 719-243-4970.
3 Voice of America: Lowell Thomas and the Rise of Broadcast News 3 p.m. at Victor Community Center 2nd and Portland Ave. Admission is by donation at the door. Seating limited. To reserve a seat visit victormuseum.com or 719-689-5509.

WESTCLIFFE

- 14 A free legal clinic for parties who have not attorney will be featured 2-5 p.m. by computer link at the West Custer County Library 209 Main St. Volunteer attorney will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veteran's issues and civil protection orders. Please pre-register 719-783-9138.

WOODLAND PARK

- 4 Ute Pass Chamber Players 3 p.m. present the *In Case You Missed* *Night* Savings Concert playing the music of Mozart, Shostakovich, Rachmaninoff and more! Featuring Guy Dutra-Silveira, oboe; Elisa Wicks, violin; Pam Chaddon, cello; Dina Hollingsworth, flute; Ingrid Rodgers, viola; Bob Dunn, clarinet; and Barb Riley-Cunningham, piano at High View Baptist Church 1151 Rampart Range Rd. Tickets \$15 (\$5 students) available at the door.
7 GED orientation 5-8 p.m. Lunch will be served. Child care is provided.

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Mueller State Park

We invite visitors to come out to the park to enjoy the peace and quiet the winter months can offer! Hiking goes on year-round and once the snow arrives, lots of folks come out for snowshoeing, skiing and sledding. The park is open every day for outdoor activities and the Visitor Center is open every day 9 a.m. to 4 p.m., except Thanksgiving and Christmas Day. Celebrate the New Year on January 1st by joining in on guided First Day Hikes. See you on the trails!

- 10 Hike: Osborn Homestead Trail meet at Homestead Trailhead 8:30 a.m.

- 11 Hike: Cahill Cabin Loop meet at Comfort Station 1 p.m.

- 15 Turkey Day for Kids! 10 a.m. Visitor

- Center.
17 National *Take a Hike Day* Hike: Elk Meadow Trail to Murphy's Cut meet at Elk Meadow Trailhead 8:30 a.m.

- 23 *Fresh Air Friday* Hike: Elk Meadow Trail meet at Elk Meadow Trailhead 8:30 a.m.

- 24 Hike: Rock Pond Trail meet at Visitor Center 8:30 a.m.

- 25 Hike: Nobel Cabin Trail meet at Comfort Station 1 p.m.

- 28 Hike: School Pond Trail meet at School Pond Trailhead 9:15 a.m.

Mueller events are free, however a \$7 day pass or \$70 annual vehicle park pass are required. FMI 719-687-2366.



Eleven of the thirteen hikers who finished are pictured here.

2018 Mueller Hiking Challenge

by Chris Clark
photo by Chris Clark

On Tuesday September 11, 2018, a group of 15 people starting hiking the 7 trails in Mueller State Park. The goal is to hike 60+ miles in 4 weeks. This event was organized and led by Volunteer Naturalist Nancy Remmler. The number that finished was 13. Congratulations to all!

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Marie Schumacher

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Holiday Home Tour

Sounds of the Season

2018 Tweeds Holiday Home Tour

20th Annual "Sounds of the Season"

Saturday & Sunday,
December 1-2, 2018
10 ~ 5 p.m.

Beneficiaries for 2018 Tour proceeds are:

- Focus on the Forest
- Habitat for Humanity of Teller County
- Woodland Park Senior Organization

www.wphht.org

Tickets are available at www.wphht.org and at Tweeds

1 Adult Ticket = \$15, 2 Adult Tickets = \$25,
Family Pass = \$30 Includes 2 Adults & Children,
Children K-12 = \$5, Children Pre-School & Younger = FREE

BONUS! Swiss Chalet is offering 10% off Brunch, Lunch or Dinner with your Tweeds Holiday Home Tour ticket during the weekend of the Holiday Home Tour.

PLUS: Purchase your Home Tour Tickets before 11:59 p.m. Thursday, November 15, 2018 and receive one entry for every adult ticket purchased to WIN 4 great seats in the south stands and a one-night stay at the Renaissance Hotel in Denver for **Denver Broncos vs. Los Angeles Chargers • December 30, 2018!**

In 2016, Tweeds Holiday Home Tour, Inc. became an independent 501(c)(3) organization. Contributions are tax deductible to the extent allowed by law.

WATER CIRCUS

BRAND-NEW SHOW 2018

SILVER UNIT

2, 9, 16, 23 — Silver Celebrate Recovery at the Victor Community Center every Friday night 6:15 p.m. FMI 719-243-4970.

3 Voice of America: Lowell Thomas and the Rise of Broadcast News 3 p.m. at Victor Community Center 2nd and Portland Ave. Admission is by donation at the door. Seating limited. To reserve a seat visit victormuseum.com or 719-689-5509.

WESTCLIFFE

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WOODLAND PARK

4 Ute Pass Chamber Players 3 p.m. present the *In Case You Missed* *Night* Savings Concert playing the music of Mozart, Shostakovich, Rachmaninoff and more! Featuring Guy Dutra-Silveira, oboe; Elisa Wicks, violin; Pam Chaddon, cello; Dina Hollingsworth, flute; Ingrid Rodgers, viola; Bob Dunn, clarinet; and Barb Riley-Cunningham, piano at High View Baptist Church 1151 Rampart Range Rd. Tickets \$15 (\$5 students) available at the door.

7 GED orientation 5-8 p.m. Lunch will be served. Child care is provided.

COLORADO SPRINGS, CO
November 8-11
AT: THE CITADEL
750 Citadel Drive East, Colorado Springs, CO 80909

Nov 8 - THURSDAY: 7:30pm
Nov 9 - FRIDAY: 7:30pm
Nov 10 - SATURDAY: 1:30pm, 4:30pm, 7:30pm
Nov 11 - SUNDAY: 1:30pm, 4:30pm

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NEWS

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continued from page 25

vided upon request. Be prepared to stay the entire time, assessment testing will be completed. \$40 enrollment fee. FMI Katy@cpteller.org 719-686-0705.

9, 10 Rocky Mountain Christmas Boutique at Shining Mountain Golf Course on N Hwy 67 from 9-6 p.m. Fri., 9-2 p.m. Sat. FMI 719-301-9121.

10 Farmer's Market at Ute Pass Cultural Center see ad page 11.

10 Zack at Walmart see page 19.

11 The 4th Annual Chili Cookoff for Community Partnership at Woodland Country Lodge see page 12.

17 Holiday Bazaar-Craft Fair-Bake Sale 8-2 p.m. SE Corner of Lake & Pine benefit the Woodland Park Senior Center. We're accepting donations of gently used holiday items and décor. Drop off at the Senior Center or call for pick up 719-339-0954. Your donations and purchases support programs and activities at the Senior Center 321 N. Pine St. 719-687-3877.

24 Mountain Artists Holiday Show 9-3 p.m. at Ute Pass Cultural Center. Artwork for gifts or home. Free

admission. Light refreshments. Drawing every half-hour for \$10 coupon for use at any booth.

30 Happy Hour for Community Partnership at BierWerks 4 p.m.

• WP Community Singers meets every Monday 6:30-8:30 p.m. at Faith Lutheran Church. Join us to improve your singing skills and participate in wonderful area events. No auditions necessary. FMI Ace Edwards 520-234-6732.

Save the date: Dec 1 — Celebrate the holiday season with Ute Pass Historical Society & Pikes Peak Museum! You're invited to an Old Fashioned Christmas Open House at History Park noon-3 p.m. Enjoy a tour of our festively decorated historic cabins and stop by the newly remodeled Gift Shop for refreshments while browsing our extensive selection of books, historic photos, artwork and 2019 calendars. Activities for kids ages 5 and up. History Park is located at 231 E. Henrietta Ave. FMI 719-686-7512 or uphs@utepasshistory.org

~OUT AND ABOUT~

alsociety.org.
Save the date: Dec 6 — Hope for the Holidays at Ute Pass Cultural Center 6-8 p.m.

DINOSAUR RESOURCE CENTER

3 Reaction Action 1-2 p.m. Your reaction to these "REACTIONS" will be awe and wonder! This program includes a genie in a bottle, burning water, the lemon shuffle, the WHOOSH bottle and more exciting and fun adventures with Science Matters.

10 Nature's Educators 11-3 p.m. Join Nature's Educators as they discuss what raptors, reptiles and dinosaurs all have in common and what differences they have. Get up close and meet live birds of prey and reptiles and learn their personal stories. There will be a demonstration starting at 1 p.m. Included with museum admission.

11 Veteran's Day 10-5 p.m. Half off of regular admission with active or retired Military I.D. FMI 719-686-1820 or visit www.mdr.com.

LIBRARY

8 A free legal clinic for parties who have not attorney will be featured 3-4 p.m. by computer link. Volunteer attorney will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veteran's issues and civil protection orders. Please pre-register 719-687-9281 ext. 103.

10 Gardeners with Altitude Gardening Club meeting 10 a.m. in the Colorado Room. Featured speaker Roberta Born, local gardener and iris expert. Roberta is a member of the Elmhor Iris society and a CSU Master Gardener.

10 Letters Home: Reception 1-3 p.m. 1st Floor, Woodland Park Public Library. Enjoy an introduction to the exhibit, a patriotic performance by Woodland Park Community Singers, and a short video *World War II Scrapbook of James and Harriet White* by Bill MacAllister. Refreshments will be provided.

24 Citizen's Climate Lobby 11-1 p.m.

Would you like to know what you can do to help alleviate the climate crisis we are ALL facing? Join us for a free film by National Geographic and a rousing discussion.

Children's

• Books and Babies Tues 10-10:20 a.m.
• Lego Club all day Fri
• Silly Saturdays 10-11 a.m. Ages -5.
• Storytime Weds and Thurs 10:05-10:45 a.m.

Teens

8 Mixed Media Art Club 3:30-4:30 p.m. Media: Paper Weaving. Supplies provided.

9, 30 Photography Club 3:30-4:30 p.m.

14, 28 Anime Club 3:30-5 p.m. New! Bookstagram Photo Shoots Tues 3:30 p.m. Show off your creative skills by helping us create a weekly Bookstagram photo on @RLDTeens.

• Instagram Weekly Challenge Fris 3 p.m.

Adults

13 AARP Smart Driver Program 9:30-1:30 p.m.

14 Computer Basics 10-11:30 a.m.
• Tai Chi every Thur 5:30 p.m.
• Tai Chi for Arthritis Fri 10 a.m.
• Tai Chi Sun Style Fri 11 a.m.

Book Clubs

6 WPLBC 10:30-12 p.m. November: *On Gold Mountain: The One-Hundred Year Odyssey of my Chinese-American Family* by Lisa See.

7 Not So Young Adult 11 a.m. November: *This is Not the End* by Chandler Baker.

8 Senior Circle 10:30 a.m. November: *Salas Gift: My Mother's Holocaust Story* by Ann Kirschner.

• Letters Home: A History of War Through Letters Exhibit is open November 1-December 31, 2018 on the 1st Floor Woodland Park Public Library. This exhibit tells the story of wartime through personal letters, documents, journals, scrapbooks, photos and memorabilia from the Mexican American War through Desert Storm. A related display of personal items will be located on the 3rd floor of the Woodland Park Public Library.

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