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Vol. 10, No. 10

## Welcome to Ute Country

**"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You are able to say to yourself, 'I lived through this horror. I can take the next thing that comes along.'"**

— Eleanor Roosevelt

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Plein Air at Florissant Fossil Beds





Our cover photo this month is of a stone lion's head in Alpine Park, Salida, Colorado. We felt it appropriate for our October issue because Halloween is often associated with those things fearful. The quote reminds us of the importance of facing our fears as best we can with logic and a curious mind, creating an opportunity to go beyond our first impressions and look at our fears with a different lens. We owe it to ourselves to carefully form our perspective; that which we fear is only as powerful as the meaning and energy we give it.

The pages of our October issue will unfold several opportunities to re-examine our fears. The Thymekeeper invites us to take another look at how to protect your family from cold and flu through the process of smudging. Life Enhancing Journeys explores a variety of ways to ask for help. *The Dead's Journal* in our center spread is another example of how things are not always what they initially seem to be.

We always love to hear from you and hope you can understand sometimes it takes a while to reply; often because the contact requires more contemplation. Feel free to reach out, email ute-countrynewspaper@gmail.com, call 719-686-7393 or via www.utecountrynews.com.

Critter Corner pics are a highlight of the day, send us your photos!

Thank you,  
— Kathy & Jeff Hansen

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

**Publishers:**  
High Pine Design  
Jeff & Kathy Hansen  
POB 753, Divide, CO 80814  
719-686-7393  
www.Utecountrynews.com  
Utecountrynewspaper@gmail.com

**Business Ambassadors/Account Reps:**  
Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.  
Barbara Berger 719-244-3969  
Flip Boettcher 719-429-3361  
Linda Karlin 719-748-3449

**Writers:**  
Karen Anderson, Barbara Berger, Flip Boettcher, Eric Chant, Coalition for the Upper South Platte, Trooper Gary Cutler, Olga Daich, Danielle Dellinger, Kathy Hansen, Dr. Madeleine Jacobs, Mari Marques-Worden, David Martinek, Chad Mello, Michelle Petrazzoulo, Barbara Pickholz-Weiner, Mary Shell, Patricia Turner, Urban Turzi, Steven Wade Veatch

**Contributors:**  
Marji Ackermann, Ark Valley Humane Society, Jana Bartlett, Community Partnership, Christy Fitzpatrick, Jeanne Gripp, Linda Groat, Emily Haynes, Christian Kelly, Ben Lenth, Deborah Maresca, April ObhozBergeler, Beth Ritchie, John Schwabe, SLV Animal Welfare Society, TCRAS

**Critter Corner:**  
Submit photos to: utecountrynewspaper@gmail.com or PO Box 753, Divide, CO 80814

**Publishers Emeritis:** Carmon & Beverly Stiles

**Cover Photo:** Jeff Hansen  
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First Class subscriptions are available for \$36 for 13 issues.



## The Thymekeeper

### Smudging: Alternative medicine or ancient ways?

by Mari Marques-Worden  
photos by Mari Marques-Worden

Most people currently consider herbs and herbalism as *alternative medicine*. When in fact it is the oldest medicine on the Earth. The word alternative suggests alter, meaning “to change” and “native” which literally means belonging to a person by birth or to a thing by nature. In my opinion, alternative more accurately describes modern allopathic medicine than herbalism.

Our ancestors could not have survived without herbal medicine, yet you would be hard pressed to find any mention of it in American history books. Health care is one of the most prominent issues facing society today, yet we never seem to look back in time to an era where health care clinics were not the norm. Local physicians were not a dime a dozen and sometimes hospitals were miles away. Folks had to survive on the plants growing around them for food and medicine.

As we head into the fall and winter seasons we tend to close ourselves in more during this time of year and access to fresh air is less accessible. Our homes can become host to a multitude of germs especially if someone in the house has fallen ill with cold or flu symptoms.

### In essence, smudging is incense with a purpose.

How can we cleanse the air in our living space? Most people aren't aware that the number one leading disinfectant spray on the market can cause even more disastrous health issues and is classified by the EPA as a pesticide. Using some air fresheners has been equated to smoking 20 cigarettes per day and many have over 3000 chemicals, some of which can contribute to lung cancer, asthma and other respiratory issues. <https://anyavien.com/air-fresheners-cause-lung-cancer/>

#### Smudging

Let's look at an ancient technique used by those who came before us. Smudging is an old purification method used in cultures around the world for thousands of years through the act of creating smoke by burning herbs, resins, wood or crushed seeds or berries. In essence, smudging is incense with a purpose.

Considered a spiritual practice to some, others say smudging gets rid of evil spirits or negative energies. That my friends, is exactly what pathogenic germs are and there is scientific evidence of its effectiveness for clearing an enclosed space of airborne germs. In 2006 a study was published in the Journal of Ethnopharmacology stating they found the smoke to be air purifying and highly effective at it too. <https://educateinspirechange.org/spirituality/smudging-does-a-lot-more-than-clear-evil-spirits-new-research-reveals/>

Another study published by Pub Med states the following “We have observed that [h]our treatment of medicinal smoke emanated by burning wood and a mixture of odoriferous and medicinal herbs on aerial bacte-

rial population caused over 94% reduction of bacterial counts by 60 min and the ability of the smoke to purify or disinfect the air and to make the environment cleaner was maintained up to 24h in the closed room.” <https://www.ncbi.nlm.nih.gov/pubmed/17913417>

The most popular way to smudge is by using white sage tied in a bundle called a smudge stick. Although white sage is popular, it only grows in California and Arizona making it potentially endangered with the massive wildfires of late. Sage neutralizes odors in addition to cleansing the air however, there are many other herbs or resins that can be used to smudge with by burning them on a charcoal disc (not the kind you BBQ with). Churches have been on to this for centuries, did you ever wonder why the burn



Mari makes her own smudge bundles (above) with white sage, cedar and lavender. They as well as companion mists are available at Mountain Naturals. Be sure to use a safe burner for the charcoal (left).



grocery store shelves and opt for natural.

#### Other methods

For people who already have respiratory issues or work in a doctor or dentist's office can't necessarily smoke up a room. An alternative to smudging would be diffusing essential oils or making a spray mist with essential oils in water or to boil aromatic herbs to achieve similar results. Cloves, cinnamon and dried orange peel would make a nice festive aroma for this time of year. As long as you can smell it in the air, it's working.

#### Immune boost

One of the best things about herbs is they can help you fend off illness. Now is the perfect time to boost our immune system. Why? Because season change is always an open door for illness and some of the aromatic herbs you probably have in your kitchen such as rosemary, thyme, sage or oregano boost the immune in addition to being anti-microbial. It's just too expensive to get sick these days! Avoid the doctor and missed days from work. Empower yourself and get on the front lines this season.

#### How to smudge a room

Light your smudge stick and blow it out once it starts to smoke, start at the door and move clockwise around the room until you're back where you started, a feather can be used to move the smoke into the corners. You may want to open closet doors or cabinets to ensure complete coverage.

**Tip:** Never light a charcoal disc while you are holding it and never touch it while hot. Don't use a glass plate to set it on as the heat will crack the glass. Use a holder that is intended for this use or set it on sand or dirt to absorb the heat. Don't discard the ashes from the charcoal in the trash; there's no sense cleansing your home if you are going to burn it down!

**Tip:** Items like tools and your hands can be cleansed using medicinal smoke when water isn't available.

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



## Peak Astronomy Tips

### Peak Astronomy Tips for October

by Chad Mello

October brings about change; a transition that allows for northern earthlings to prepare for the cold winter that lies ahead. Can you smell that pine-scented smoke in the air? We've already begun to stock up on firewood and we're stoking our stoves for warmth. The crisp, cooler air of October can be quite invigorating! As the leaves are now turning and falling away, twilight arrives earlier, and the nighttime skies are *usually* clear and still... albeit a bit chilly. The summer constellations are sinking below the horizon, and are being replaced by the constellations that will dominate the winter skies. This is the perfect time of year, when you can fill a thermos with coffee or hot chocolate (or both) and head outdoors after dark to spend an hour under the stars.

#### Quickly fading

For the moment, the Milky Way still shines brightly in the sky, with Cygnus the Swan at the *zenith* (i.e. look for a prominent *asterism* that forms a cross directly overhead). The southern part of the Milky Way, the brightest sector, is best visible between 8 p.m. to about 11 p.m. this month, and 7:30 p.m. and 10 p.m. by month's end. Face south, and use your binoculars to sweep the Milky Way, starting from the zenith (directly above your head), all the way down to the southern horizon. Once on the south end, you'll be able to glimpse the Eagle Nebula, Omega Nebula, Trifid Nebula, Lagoon Nebula, and the Butterfly Cluster, among many other glowing star clusters and stardust (see Figure 1). We reviewed some of these objects in August's article. If you want to revisit them, you best do it before the 16th, when the moon begins to dominate the sky with its bright, beautiful glow. The “Hunter's Moon” will be in full force on the 24th, hanging low in the eastern sky for several days. You will not have much of an opportunity to see these objects in the Milky Way again, until the middle of next year.

#### The planets

You may have noticed that Mars' brightness has waned; it will continue to do so. That's because Mars has been moving away from us at a rapid pace since it made its closest approach to earth in July of this year. I trust that you weren't duped by the many internet hoaxes that were telling us that Mars was going to appear as big as the moon in July and August. Obviously, those were total fabrications circulating like wildfire on Facebook and other social media venues. Regardless, we won't get a similar view of Mars until 2035. Mars is still a spectacular sight to behold right now, so be sure to spend some time saying your goodbyes this month; Mars will soon slip back into obscurity among the stars. While Jupiter will be setting shortly after sunset, you'll find Saturn in the thick of the southern end of the Milky Way, close to

the Lagoon Nebula in the region of Sagittarius. Use binoculars or a small telescope to view Saturn against this spectacular backdrop! The sight will live in your memory for years to come (see Figure 1 for details).

#### A cosmic visitor

It just so happens that there's another object that you may want to see this month... something that's a bit more challenging, but the effort could be very rewarding. First, you'll have to rise early, around 5 a.m. on October 7th. Bring your binoculars (you cannot do this with your eyes alone). Now, face south, southeast. Your guides are the constellations of *Orion*, and *Canis Major*. The *brightest* star in that area belongs to Canis Major, and its name is Sirius. Point your binoculars initially at Sirius, and from there, sweep just above Sirius, and a bit towards the southeast (your left). There, you'll find a beautiful open cluster, cataloged as *M50*. This area of the sky is actually in a not-so-well-known constellation of *Monoceros*. Once you glimpse it, you should be able to easily identify this cluster with your unaided eye, but your binoculars will reveal much more; it's unmistakably a patch of diffuse light against the background of fainter stars in the Milky Way. M50 alone is worth the effort, but it's not our primary target here.

What we're actually looking for is a comet. The name of this comet is not so catchy, Comet 21P. If you're lucky, you will see this dirty cosmic snowball fairly easily, glowing slightly above M50 — and it should be a beautiful sight as this comet makes its trek through the Milky Way over the course of the first half of the month. Its tail will start out looking like a blue ribbon, but will thin out as earth passes through the plane of the comet's path, and we get a different perspective of the comet's tail. If you want to see the comet before the 7th, you will need to look further above M50, and later in the month, look further below M50 (see Figure 2 for a guide on the comet's path from the 1st through the 16th). Such a beautiful event in the Milky Way is rare; do try to see it!

#### The Draconid Meteor Shower

The Draconid shower gets its name because these meteors emanate from the constellation *Draco* (the dragon). As many comets often do, Comet 21P leaves behind debris in its path as it treks through our solar system, creating an annual meteor shower on earth. Comet 21P comes through our cosmic neighborhood about every 6.6 years. The Draconid meteor shower usually isn't considered to be very spectacular, producing only a handful of meteors per hour; however, this shower can hold big, unpredictable surprise performances. For example (according to space.com), in 1933 and 1945, lucky sky-watchers saw thousands of Draconids

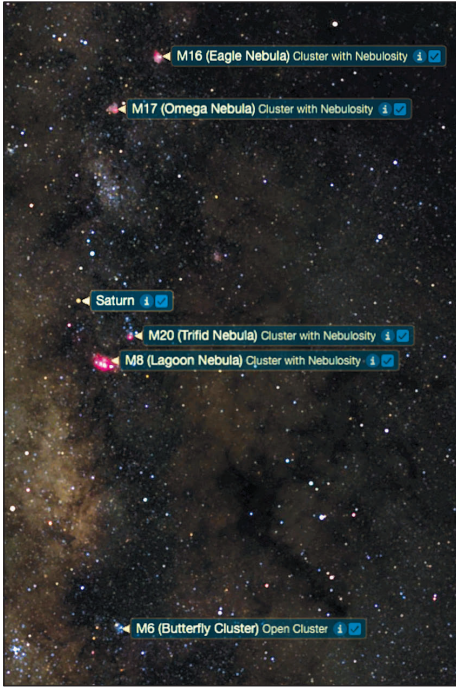


Figure 1: Facing south, southwest on October 1, around 8:30 p.m.

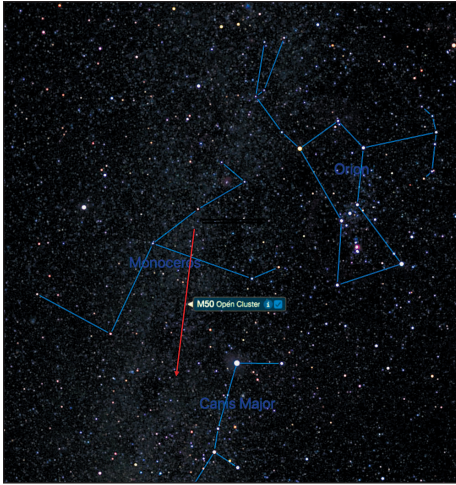


Figure 2: Facing south, southeast, around 5 a.m. the red arrow depicts the path of Comet 21P starting from the 1st through the 16th. On the 7th, the comet will be next to M50. Sirius is the brightest star in the area, part of Canis Major.

per hour! Years 1952, 1985, 1998 and 2011 also turned out to be great performances to a lesser extent. This year, besides having the opportunity to actually see the comet that produces this particular shower, the shower itself isn't predicted to be that spectacular... but you never know. This year, the show peaks around October 9th. Go outside just after dark and look high in the sky north, northwest. It's predicted that you will see between 8 and 10 meteors per hour. Relax in your reclining lawn chair for a while, and you just might be treated to a relaxing cosmic show anyway.

October is a beautiful month for those of us living in the Rockies, and I hope that you enjoy both the days and the evenings to the fullest. Above all else, keep looking up!

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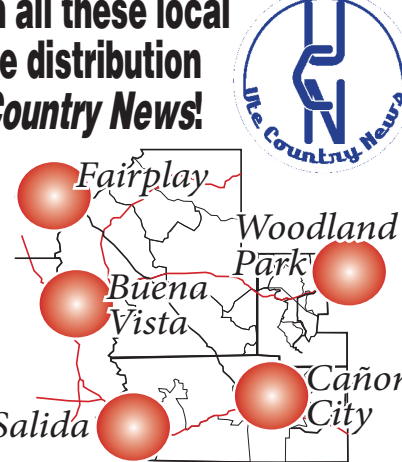


### You would have to place an ad in all these local community papers to match the distribution area of a single ad in the *Ute Country News*!

The *Ute Country News* is a great place to get your message out because we distribute 16,000 papers in Teller, Park, Fremont, Chaffee, and El Paso Counties and have an average pick-up rate of 95%!

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Our readers tell us they read "cover-to-cover" and cannot wait for the next issue to come out. We restock our distribution locations so your message is around for the entire month. Our complete archives of past issues can be found online at [www.utecountrynews.com](http://www.utecountrynews.com).



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Barbara Pickholz-Weiner



## PPHS Auction

The Pikes Peak Historical Society Annual Auction will be held on Saturday, October 20, 2018 at 2 p.m. at the Lake George Charter School gym/auditorium in Lake George, CO.

This auction is THE major fund-raiser for the Pikes Peak Historical Society, a non-profit organization which maintains two free museums in Florissant. The PPHS also provides free educational programs throughout the year. This organization and their sponsored events are funded by membership dues and donations. The funds generated by the annual auction supplements these funds by paying mortgage and insurance for our museum.

A variety of items will be offered for purchase at the upcoming auction — gift certificates to local stores, food items, antiques and collectibles. Credit cards are accepted as well as cash or check donations.

The Lake George Charter School is located just 4 minutes from Florissant, on the south side of Highway 24 just 2/10 mile west of the Ferrell Propane lot. The School has ample parking and seating. Come early! Viewing begins at noon and the auction starts at 2 p.m. Drinks and a snack lunch will be available for purchase during the pre-auction viewing. FMI Scott Adams 719-748-9035 or John Rakowski 719-748-3861.

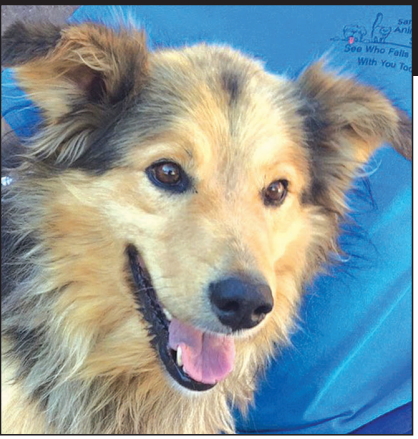


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## A Sunday trip The Cumbres & Toltec Scenic Railroad

by David Martinek  
photos by David Martinek



Tom and I arrived early that Sunday morning in time to sit on a bench in the sun at the Cumbres & Toltec Scenic Railroad station in Chama, New Mexico and watch the yard crew put the train together. We had stayed in Alamosa the night before and drove down in the early morning via scenic Route 17 through the Rio Grande National Forest in the San Juan Mountains and over La Manga Pass at 10,230 feet of elevation.

Tom Van Wormer and I are both on the Board of Directors of Midland Days at Divide, Inc., a local Teller County non-profit promoting the legacy of the Colorado Midland Railway and the Midland Terminal Railroad. So, when the opportunity arose to ride a *real* train, like the Cumbres & Toltec Scenic Railroad, we jumped at the chance.

As we watched with our coffee, Engine 484 worked forward and back hooking up each appropriate passenger car and a gondola with a lurching jolt. Black, acrid smoke poured out of the chimney and steam escaped under the boiler. In an hour or so the train was ready for the day-long, 64-mile trip to Antonito, Colorado, beginning at 10 a.m., with a noon stop at Osier for lunch. Two toots on the whistle told the yard crew the engine was moving; one toot when it stopped. I asked Tom if the engineer every tooted the whistle three times. He said, "only when he gets excited."

At the same time, a similar train was being assembled in Antonito for a reverse trip to Chama. We would meet that train at Osier.

According to John Bush, the railroad's president, riding the narrow-gauge railroad between Chama, New Mexico and Antonito, Colorado along the Rio de Las Pinos River and through the Toltec Gorge is like turning the clock back over a hundred years. The Cumbres & Toltec is the last remaining unchanged piece of railroad history in the region.

"There are no power lines," said Bush. "There are no roads. In 64 miles we cross the Colorado/New Mexico border 11 times. It's still the old days."

The Cumbres & Toltec line was originally built by the Rio Grande Railroad in 1880 as part of their narrow-gauge San Juan Extension, serving silver mining in the mountains. But after the silver panic in 1893, traffic over the line diminished considerably. The railroad rarely operated for decades afterward, although equipment and infrastructure upgrades occurred in the 1920s. A brief resurgence happened after World War II due to a natural gas boom, but that was over by the 1960s. Passenger service ended in 1951. In 1969, the Rio

Grande petitioned the Interstate Commerce Commission to abandon the remaining narrow-gauge trackage, bringing an end to the last steam locomotives in general freight service in the United States.

While most of the track was dismantled, a resourceful group of railroad enthusiasts and local civic leaders were able to save the most scenic portion of the line. In 1970, Colorado and New Mexico jointly purchased the railroad running from Antonito to Chama for \$547,120. Trains were hauling tourist by the next year. Since that time, the railroad has flourished. *U.S.A. Today* recently voted the Cumbres & Toltec Scenic Railroad as the "best train ride in North America."

When the "all aboard" sounded at precisely 10 a.m., Tom and I found our table and seats in our designated club car. The train rocked once and slowly pulled out of the station heading north out of the quaint little town of Chama and across the Conejos River. A long climb lay ahead of us. The trip up to the Cumbres Pass station, the highest point on the railroad, involved an ascent of over 2,000 feet. The coal-fired steam locomotive pulling us used almost all of its water in the boiler to arrive at that summit about an hour later. Along the way, we crossed over the Lobato Trestle, sitting 100 feet above Wolf Creek, and snaked around Windy Point before reaching Cumbres, intersecting Highway 17 twice. At those intersections, cars were stopped, and folks took pictures as the train passed. One person even flew a drone. We also passed over the New Mexico/Colorado border for the first time.

At Windy Point, the rails are laid on a rocky shelf carved out of the cliff face. Around the next bend we arrive at Cumbres Pass Station where there is a depot, a wye, a long siding and a restored snow shed. From Cumbres the train etched slowly down a 4% grade, around Tanglefoot Curve and up to the Los Pinos Tank where the engine took on more water from a spring.

Descending down into the Chama valley and along the river, we crossed over Cascade Trestle which is the highest trestle bridge on the line, 137 feet above the creek. By that time the buildings at Osier were in site, dotting the pastured landscape like a sanctuary in the wilderness. The train pulled up to the station at Osier right on time.

Before the railroad, Osier was a budding little town and a toll station on the road running from Conejos to Chama. At an elevation of 9,637 feet, the small community once had a store, a railroad section house, a depot, rooming houses, a saloon and restaurant, coal dock, stock pens and a covered

turntable. But now, the largest structure is the big two-story dining hall, finished in 1989, where train passengers have lunch. On the rail sidings adjacent to the dining hall, we met the sister train from Antonito.

Oh, what a lunch was had — turkey and dressing and all the trimmings, and some of the best bread pudding Tom and I have eaten in some time. Food for the cafeteria style facilities are driven in by car and prepared on site. Meatloaf and other choices were also available.

Promptly at 1:45 p.m., both trains were boarded and pulled out simultaneously in opposite directions.

From Osier, we headed back up elevation towards the Toltec Gorge. Traversing on rails laid on the cliff rim, we could look directly down on the beautiful tree and rock lined gorge running 600 feet below along the Rio de Los Pinos. The steep canyon walls, 800 feet across, are a magnificent, breath-taking spectacle, painted on a canvas of majestic rock spires and several waterfalls.

Just past the Gorge, the train slowed down to creep through two tunnels. The first was Rock Tunnel bored through 360 feet of solid rock. We walked out to the gondola to get a more dramatic view. Following that, the clickity clack of the train wheels echo around Phantom Curve, so named for the shadows and ghostly shapes that appear at night in the flash of the locomotive's headlights. Mud Tunnel was next, which, as the name implies, is not a rock bore at all but a hole of volcanic mud, shored up with wooden supports and running 342 feet in length.

Around a curve and siding, called Toltec Siding, we came to Sublette, the former home of a railroad settlement where section gangs lived in order the maintain the railroad right-of-way. The bunk houses and a few other structures still exist, preserved by the Friends of the Cumbres & Toltec. The location also once had a telegraph office, a site for coal storage, a water spout and a "speeder" shed. The trains and telegraph were the only means of contact for the people living there back in the day.

From Sublette, the train began to pick up speed on its way down the last leg towards Antonito. Coursing around Big Horn Peak and the nearby wye, the train loops Whiplash Curve and descends into a high mesa covered with scrub oak, sage, a few coyotes and antelope. At the Lava Tank there was a wye and big loop of track used for turning snow plows in the winter.

From there, the terrain is rather flat and uninteresting, and we may have been doing 15 miles per hour or more. We crossed

Hangman's Trestle (Ferguson's Trestle), named because Ferguson was a horse thief from Antonito who was hanged from the bridge by the local posse. Legend says that the bridge was actually not tall enough for a proper hanging, so the posse pulled the rope across the tracks to the other side and strung up Ferguson that way. Ugh!

At about 4:25 p.m., our train began to pull into Antonito Station where the railroad has their maintenance and repair sheds. We looped around a long circle and came to a stop at the station where there was a gift shop, restrooms and a nice white travel bus waiting for us in the parking lot to take us all back to Chama, following the same scenic Route 17 that Tom and I drove early that morning.

Throughout the day, Engine 484 filled up with water once, consumed a whole tender full of coal, traveled over 64 miles of narrow-gauge track (three feet in width) at an average speed of 10 miles per hour and, as Mr. Bush said, crossed over the Colorado/New Mexico border 11 times. Sitting in the club car with the windows fully open, the sights and smells and fresh air of this wonderful country came flooding in all around us for the whole trip, reminding us that there is, and always has been, something about the joy of a train ride.

Sources: Cumbres & Toltec Scenic Railroad flyer, [www.cumbrestoltec.com](http://www.cumbrestoltec.com). Some text used directly.

- Photo captions:
1. The Cumbres & Toltec Scenic Railroad station is located just on the left coming into Chama on Route 17.
  2. Moving back and forth in the early morning, Engine 484 collects all the cars for the train ride beginning that Sunday at 10 a.m.
  3. Our train with black smoke billowing from the locomotive as we head out of Chama.
  4. Arriving at the Cumbres Pass station at an elevation of 10,015 feet.
  5. Off in the distance, the large dining hall of Osier with its red roof look like a sanctuary in the wilderness. Our stop for lunch.
  6. We met the train from Antonito at Osier for lunch.
  7. We could look out the club car window right over the edge of the gorge to Rio de Los Pinos river some 600 feet below.
  8. Entering Mud Tunnel as seen from the gondola car.
  9. The valley cut by the Rio de Los Pinos river is a beautiful landscape.
  10. The Antonito station yard is where the Cumbres & Toltec Scenic Railroad has its maintenance and repair facilities.



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## Heaven and Earth Looking for our memories

by Olga Daich

Melissa (fictional name here) is a beautiful young lady. I met her at one of my jobs. I could describe her as a quiet person. We barely spoke while we were at work, so I knew very little about her life. There is a saying, “eyes are mirrors of our soul” and in Melissa’s eyes I could see the beauty of her soul. We had a breakroom where all the employees use to share lunch time. I remember talking with a co-worker about Reiki. Melissa was there, she was quiet just listening to the conversation. A while after that, a co-worker told me that Melissa just lost her boyfriend. I didn’t even know she had a boyfriend. According to my co-worker they were dating for a short time and his death was completely unexpected (He was a young man). A few weeks after her loss, Melissa came to me and told me that she was interested in a Reiki session. We had a little conversation about Reiki (she wasn’t sure what Reiki was all about).

She didn’t tell me her reasons for wanting a Reiki session and I didn’t ask her any questions, but I was guessing her reasons were related to her loss.

When she came to the Holistic Center for her Reiki session I asked her if she had any questions before we start the session. Her answer was “no.”

After praying for guidance and a short meditation, I started evaluating her centers of energy (chakras). Some of them were closed, specifically her 4th, 5th and 6th chakra. I wasn’t surprised that her 4th Chakra was closed since grief is one of the emotions related with this chakra when it’s closed. The 5th chakra is related with communication; how we communicate with others. The lack of communication or too much talking could be a reason for this chakra to be closed or low on energy (there are more reasons that I will not describe here). The 6th chakra is also called the “third eye.” It is in this chakra where intuition and psychic abilities take place. Also, it’s related with vision problems (Melissa suffered of red eyes constantly). I proceeded to open her chakras and balance her energy center. After around 20 minutes, all her chakras were opened and balanced and that was the moment that I heard a voice, a male voice. His presence became evident to me (I can feel their energy when they are around). I could tell that the voice was coming from the right side of the treatment table, near Melissa’s right shoulder. He said, “Tell her that I am very proud of her, she is a very beautiful and brave woman, we will be together again.”

I knew it was Melissa’s boyfriend, but I still wanted to ask him for a proof. Something that I could tell her so she would know his message was true. He said, “I called her ‘M.’” A powerful feeling of love filled the room. I was aware that I was connecting with the dynamic energy between the two of them. I was witnessing the powerful love between these beautiful lovers. It was so powerful that it made me feel my own heart full of love. Feeling the magnificence of pure love puts us in another state of being. Where we remember who we really are and what beautiful souls we are. These pure love energies are open doors to other realms and I can tell it is the key that connects us with loved ones. While I was feeling gifted for sharing this experience, I got more information (from the Field). Melissa and her boyfriend shared a past life where both were living in India. Melissa was at that time some kind of princess. I finished the session and asked Melissa to take a deep breath and open her eyes.

I asked her if she had felt something. She said she saw some colors but that was it. I gave her boyfriend’s message. Melissa started crying and sobbing. There were so much sorrow coming from her heart. I told her that he used to called her “M.” She confirmed that. We spent some time talking. She told me that they were dating for a short time, but the connection was very strong and they loved each other very deeply. I explained to her the reasons that her chakras were closed. Each of her closed chakras reflected her inner state of being at this particular moment in her life.

## Quantum physics won’t move you away from God, it will give you the tools to understand his presence in all chapters of your life.

I knew some of the other employees were thinking about traveling to a different country to provide people with their services (usually they go to a country where poor people will benefit from their services). I asked Melissa if she was thinking about doing that. I told her, “It will help you deal with your loss.” She told me that in fact, for a while she had been thinking about doing that. I asked her what country did she have in mind? India was her answer. I will say this again, I don’t believe in coincidences. I was sure that Melissa’s decision of taking a trip to India was the result of her heart looking for the memories shared with her loved one. Melissa’s heart knew what she didn’t know in a conscious way. India was the country where they shared a life together. That was the place where she would feel closer to him again.

Last week I was watching a video *Children’s Memories as Evidence for Reincarnation*. It is a very interesting video. The speaker (Carol Bowman) is a counselor, speaker, author, past life regression therapist and pioneer in reincarnation studies. It is worth it to watch her videos and visit her website ([www.carolbowman.com](http://www.carolbowman.com)). Another great author for those who want to read about this subject is Brian Weiss. He is a MD, graduate of Columbia University and Yale Medical School, Chairman Emeritus of Psychiatric at the Mount Sinai Medical Center in Miami who wrote *Many lives, Many masters*. I have learned that some healing could come from remembering a past life as these authors describe in their work. You may also enjoy *Journey of Souls* by Dr. Michael Newton.

By my own personal experience and through some of my Reiki sessions, I do believe in past lives and how sometimes illness can be a blueprint of them. I understand and respect other people’s beliefs, but I would like to make a suggestion. Reach for information. As I have said before, quantum physics is the bridge that connects us to the spiritual world. Learning a little about that will help you understand the invisible world. Quantum physics won’t move you away from God, it will give you the tools to understand his presence in all chapters of your life.

One of my favorite Bible quotes is: *Know the truth and the truth will set you free.* Namaste.

For more information on Heaven and Earth Workshops, Reiki appointments or Reiki training please contact me by e-mail: [olgacely@hotmail.com](mailto:olgacely@hotmail.com) or text: 801-628-9273.

## New addition at Florence Pioneer Museum

The Florence Pioneer Museum and Research Center has opened up the new addition of the Bill and Diana White Room and the Bob Wood Business Center. New displays include: Women, Farm/Agricultural, Florence Bank and business machines, Coal Creek, Penrose, Wetmore/Williamsburg and of course, rocks. There is also a Vezzetti’s Grocery mural from Rockvale. There is something for everyone at the Florence Pioneer Museum located at 100 E. Front Street. Visit [www.florencepioneermuseum.org](http://www.florencepioneermuseum.org).

## Flag retirement observance

Is your American flag faded, torn, or just plain worn out? American flags that are no longer in good condition should be respectfully retired and replaced with bright new flags to represent our country. The Lake George Fire Department, located at 8951 County Road 90, Lake George (at the corner of Highway 24 and County Road 90) will host a special flag retirement observance on October 6, 2018 at 10 a.m. To assist our local community with this service, the Florissant-Lake George Veterans of Foreign Wars Post and Auxiliary #1411 will conduct an official ceremony. The public is invited to witness and participate in this short ritual to pay due respect to the symbol of our great nation.

In the event of a burn ban, the ceremony will be rescheduled. New flags may be purchased from the VFW at the ceremony or by contacting Bob Tyler at 719-748-1335.

## The goal of healthcare

by Dr. Madeleine Jacobs

The goal of a healthcare system is to provide healthcare to people. That’s a fact in the 57 free market democracies around the world that have made the moral decision that the health and welfare of their people matters.

Alas, it is not true in the United States of America. In fact, the goal of the health insurance industry in the US is to NOT provide health care. Their goal is profits to their shareholders and tens of millions of dollars in salary and bonuses to top health industry executives. To maximize profit, they charge increasingly high premiums, require larger deductibles and co-pays, and avoid paying out benefits. Their Machiavellian techniques are carried out by whole hives of people bent on delaying benefits, penalizing people who age (all of us), people who live in rural areas and anyone else who needs medical care.

This runaway greed is killing people. The insurance industry, along with their buddies in Big Pharma, only cares about making money, at the expense of people’s lives. In the US, 1 out of 3 people with cancer must decide between death or crippling medical debt due to the insane cost of cancer drugs (*Newsweek*, 8/13/16). In countries with Universal Health Care (UHC), ZERO percent of cancer patients face crippling medical debt, and NO ONE loses their home or goes bankrupt.

A recent example occurred in my own life when my brother was diagnosed with pancreatic cancer in Australia this past year. He was admitted the same day to the hospital of his choice, and evaluated by a medical team whose only goal was to give him the best possible chance for survival. Within a week, he’d had surgery and had started his chemotherapy.

That same day, a friend told me about a family member here in the United States who was recently diagnosed with cancer. He was denied seeing the doctor of his choice, denied the tests recommended by his physicians, and is threatened with financial ruin.

Countless more examples of our cruel American system abound:

Only 10% of people with hepatitis C are being treated with a curative medication. This disease, when not treated, can result in liver failure, cirrhosis and liver cancer. Gilead, the pharmaceutical company, claims they developed Solvadi, one drug essential for curing this disease. They did not; the truth is they bought the rights to it from tax-supported researchers, and because of the kickbacks provided to congressional representatives, have been allowed

to charge whatever they want — currently over \$84,000 for a course of treatment at \$1,000 per pill! (*The Atlantic*, 9/25/15).

Meanwhile, those countries with UHC negotiate drug prices, and their citizens pay less than half of what Americans are charged for the same drugs.

Unfortunately, many of our elected officials choose the welfare of rich corporations over the well-being of their constituents. As Lincoln said in the Gettysburg Address, our ideal is “a government of the people, for the people and by the people.” This is being betrayed by the corporatization of America. The health insurance industry and Big Pharma are pouring money into the pockets of congressional members. (*Big Pharma, Market Failure*)

We need to take back our democracy. Find out who is running for office this year. Participate. If candidates “solution” for healthcare is more of a for-profit, insurance-based system, not national universal healthcare — or Medicare for All — challenge their claim that they care for your well-being. Find out if candidates are supporting your interests, as a citizen of this country, or the billionaires who don’t care a fig about you. If you don’t like what government is doing, do what you can to make a change. The gift of democracy is that we, the people, have a voice. It is being threatened. We have no say in corporate boardrooms. We must fight to preserve our rights, and elections are the most direct way to do this. Vote in the general election. If you’re not registered, it’s easy. You can go to the Department of Motor Vehicles, your county clerk or register online (<https://www.dmv.org/co-colorado/voter-registration.php>). We must embrace each other to ensure the survival of our democracy for our children and children’s children.

## Obituary

### Brad Sager

Brad Sager, 83 of Florissant, CO passed away Aug 22, 2018. Preceded in death by his son, Bryan Sager. Survived by his wife, Susan Sager; daughter, Sheryl Sager Ezell; son, Thomas Sager; daughter, Julie Sager Brannon; eight grandkids; also many great grandchildren. At his request there will be no services.

## Adopt Me by TCRAS

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# Superintendent Steve Wolf

## The superintendent with super intentions

by Kathy Hansen

Woodland Park School District made a few shifts in personnel for the 2018-19 school year, including a new Superintendent, Steve Wolf. We met Steve to learn more about his intentions for creating a culture for student success. Captivated, impressed, awestruck... none of these words can really express how we felt after meeting Steve and hearing of his intentions for WPSD, as none adequately convey our sentiment. It's one thing to meet someone well educated in their field, and quite another to meet someone who not only writes books about it, but lives it by example.

If there is one point Steve made clear, it is that *EVERY* student will be seen, heard, and *know they are loved*. That is a pretty high bar to set and there are ample societal cracks that make it easy for some kids to fall through.

Steve won't let that happen because at the very core of his belief system is that *people need to know they matter!*

It happens from the top down. There are teaching coaches that assure each teacher is supported and continually building on their skills to become better teachers, just as there are a variety of coaches to help the students do better be it on the playing field or during activities. The teacher becomes the student. They feel their growth is valued, get personalized attention, and are better able to role model that to students. It happens because of the comprehension we are all beings that continue to learn, evolve and discover aspects of ourselves. There is a focus on respect, recognition, reward and reinforcement. The common goal is to help each student be successful through the understanding that every kid has their genius; we just have to unleash it.

That belief is really important because it puts the onus on both the student and the teacher, as well as their interactions with each other. The student and teacher learn to develop and take responsibility for their relationship. The teachers trust that genius is there and expects the student to engage in activities and exercises that help the student to discover the genius within. "We challenge our teachers to help students find their grit," said Steve as he then cited a new book by Angela Duckworth *Grit: The Power of Passion and Perseverance*, a book about finding one's purpose.

While it was never stated outright in the interview, it is clear this belief about unleashing genius applies to teachers and staff as well. It is likely the reason for many shifts in personnel changes, even creating positions that support this structure and enable a culture of caring.

This all sounds well and good, yet reality tells us not everyone has the skills to form meaningful relationships — they just don't know how. Often this will lead to bullying behavior. When that happens, *immediately*

there is a teacher or teacher helper as may be the case in the cafeteria or playground, to talk with the students, identify the dynamics and help the students put words to what is happening. The students are given words and skills they can choose to use the next time. The expectation is that bullying behavior will be dealt with *every* time it happens and consequences will be employed.

It almost sounds too good to be true. Turns out, soon after the interview with Steve, we stopped for lunch at *Southern Lily*, a restaurant in Woodland Park. Angela Clifton, our waitress needed to excuse herself to pick up her daughter, Emma Cruz Clifton, a third grader at Gateway Elementary in the district. It seemed like the perfect way to see how pervasive this culture of *people need to know they matter* really is.

### "...every kid has their genius; we just have to unleash it."

We asked Emma about school. She likes it! We asked who her favorite teacher was and she gave us a list, starting with the personal tour Emma and Angela had gotten from then Principal Miss Lawson, when they first moved to the area. Emma then shared Miss Martin is her favorite first grade teacher, Mrs. Summers her favorite second grade teacher, and oh, we cannot forget Mrs. White at the front office as she is pretty amazing.

It is possible Emma just may have named every person in the school and perhaps everything about it. She likes her classes. She likes her many friends, especially when homeschool students come to Gateway for playground time and other opportunities.

"What do you like about your teachers?" we asked. Her reply, "They're nice and they love me!" We looked at Angela who followed up with, "Yes, it's true. Emma will be here with me and people will come in and see Emma, give her a big hug and say, 'Hi Emma, good to see you! We love you!' and I will ask Emma, 'Who is that?' and she'll say, 'Oh, that's the librarian, or so-and-so from the cafeteria or even the playground.'"

I guess it's true that teachers and staff tell the students they are loved.

Evidently, the comment Steve made earlier about the former WPSD Superintendent Jed Bowman setting Steve up for success is also true, as Emma has been a student for several years now.

We asked Emma if there were any bullies at school. She said, "Not really." She then went on to share two examples, one happened last year. In both situations a teacher



Superintendent Steve Wolf and Benjamin (above).

Student Emma Cruz Clifton (below), enjoys Gateway Elementary and her teachers because, "They're nice and they love me!"



or teacher helper were on it immediately taking time to stop the behavior and talk about it with the kids.

There really is a learning process. Angela shared she was not happy to have learned about one of the situations from Emma. Angela felt the playground helper should have called her to give a head's up about what had happened at school so it would be easier to talk to Emma about it. Evidently, that change has taken place, which tells us the school is listening to parental feedback and following through!

We hear a lot about "teaching to the test" and asked Steve his thoughts on state assessments. He didn't seem to think it was a good way to measure success of a school and pointed out there is a difference between teaching kids and teaching curriculum. "We teach kids. We focus on the relationship and how we can help that person be successful in life," he answered. We asked, "What is success in life?" His answer, "It's about mastering the art of living. If you enjoy what you're doing, someone looking at you can't tell if you're working or playing."

To further address the question of success after high school graduation, Steve said to look at what the graduate is doing two years after graduation; there is great effort to track this measure of success. He is also aware that 70% of jobs available in Colorado require some education beyond high school. There are increasing opportunities for students to earn college credit while still in high school, which not only gives them a tremendous advantage in terms of less time to complete even an associates' degree, but also less cost! Steve is assuring the district can offer curriculum to include Construction Science, Certified Nursing Assistants, and Cyber Security to help the student gain a leading edge on employment opportunities.

We brought up the fact there have been school shootings now for 17+ years. We all agreed the problems are multi-faceted. Steve quickly moved into the fact that many of the school shootings were by students that felt bullied, isolated or invisible at school. Creating a culture where every student is seen, heard and knows they are loved, as well as nipping any bullying in the bud will likely reduce the need

for such occurrence. There's more. Steve is a believer in the WILD Club, which focusses on getting kids outdoors and into the environment which includes gardening, fishing, hunting, water sports, skiing, etc. There were 45 teachers that responded with interest in mentoring such activities. Through the WILD Club, they can offer a hunter's safety program, they can help the kids understand firsthand how being in nature can reduce stress, and they can help students explore a new activity that just might become a hobby.

Saving the best for last, we must mention Benjamin the chocolate lab-therapy dog, and this year's Grand Marshall at Homecoming. Superintendent Steve gets to come along for the ride. Benjamin looks forward to spending time with the students and staff; he even has some special needs students that make appointments to spend time with him!

The culture at WPSD truly is a place of becoming!

For those interested, the book Steve Wolf wrote is titled *Heart 2 Heart Teaching: Building an Enduring Legacy in the Lives of our Kids*.

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# Lessons from Disaster

Dealing with dust bowls

by Eric Chatt., N.D.

What can we do in the face of catastrophic change? Mother Nature sure keeps us on our toes. With more variability and extremes in weather how will we respond? What can we learn from challenges in the past? If there is one lesson that was learned during the dust bowl from 1931-1939 it is that it takes a huge number of committed individuals and organizations to care for our resources.

What was the reaction to the great dust bowl in the United States on a national level? Franklin D. Roosevelt led an effort in 1935 to help improve the soil and water of our country by investing \$5 million to establish the Soil Erosion Service as a temporary agency providing relief. This later became the Soil Conservation Service, and ultimately evolved into the National Resource and Conservation Service (NRCS), which is currently a branch of the United States Department of Agriculture (USDA). The reaction to the disaster was to streamline collaborative efforts for resource management, and engage the public around the country in conservation of our resources.

Soil scientist Hugh Hammond Bennett had foresight to see that the challenges of saving the soil and water in the United States was too large even for huge entities such as the Federal Government to manage. He felt it was essential to allow the farmers and ranchers a seat at the conservation table and encouraged locals living on the land to contribute to improving their lands. In 1937 when the Colorado General Assembly passed the Colorado Soil Conservation Act on May 6th, local conservation districts were created in Colorado to support water and soil projects in a ground-up fashion.

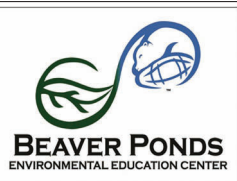
Fires have been devastating this year all over the western U.S. There is an acute awareness of our connection to nature when communities coordinate to move livestock,



pets, belongings, and loved ones. Disaster preparedness is real in Colorado and elsewhere. Damage from high intensity forest fires can result in huge costs for citizens and massive devastation of habitat, poor soil health, erosion, negatively impacts water and air quality, and puts peoples' lives in danger.

It is prime time to think preventively about what we can do as citizens to help with the land we have opportunities to care for. Where can we turn for guidance and assistance with conservation efforts such as forest fire mitigation efforts? Many organizations are working diligently in helping their communities with conservation efforts. Non-profit organizations, Home Owners Associations, individual land-owners, citizen science groups, schools, researchers, for profit companies, governmental agencies, non-governmental organizations, and quasi-governmental agencies are all part of the mix when it comes to conservation. This is a case where we need all-hands-on deck. It is quite fascinating to think of all the good work being done out there and more needs to be done!

Your local conservation district is a team working for you to help in natural resource management efforts. Specific areas of involvement include projects preserving water reserves underground, forest management assistance, controlling water and wind erosion, reducing flood damage, and managing noxious weeds. There is a strong history of collaboration between the USDA and the NRCS as well as many other organizations. There are 76 conservation districts in Colorado helping in the



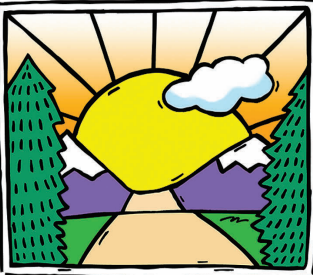
efforts of protecting and managing the water, air, soil, and habitat in 10 different watersheds. The snowpack of the Rockies is the beginning of some of the world's largest watersheds, nourishing creatures and lands downstream for thousands of miles.

The Teller-Park Conservation district will be hosting their annual meeting at the Beaver Ponds Environmental Education Center on Saturday, October 20th. Admission is free. Check in time is 10-10:30 a.m. with presentations at 10:30-11:45 a.m., lunch from 11:45-12:30 p.m. and final presentations from 12:30-1:15 p.m. with a walk around the property following for those interested. Save the date and take some time to meet some of the people that are here to help us in our own individual stewardship roles. Come learn about homeowner disaster preparedness and enjoy a gathering with some of the people helping us care for our resources.

The Colorado Association of Conservation Districts is a nonprofit non-governmental organization representing the 76 districts in Colorado working on soil, land, education, public outreach, water, small acreage and urban interface issues. (<http://www.cacd.us>).

On a national level the National Association of Conservation Districts (NACD) is a collective voice in Washington D. C. and they lobby on behalf of conservation issues and efforts put forth by people like you! [www.nacdnet.org](http://www.nacdnet.org).

Natural Resource Conservation Service-[www.nrcs.usda.gov](http://www.nrcs.usda.gov)



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Cowan**  
MSHA, LPN, NHA

October marks Cowan's  
second anniversary  
as the Administrator at  
Cripple Creek Care Center



Just before reaching his two-year mark, the quality of Lawrence's leadership resulted in a zero deficiencies State/Medicare annual inspection. Of the 219 facilities in Colorado, only 13 achieved this mark.

In addition, the staff recently received notification from Telligen (a Medicare Quality Innovation Network Organization) that Cripple Creek Care Center achieved quality scores that ranked it among the top 10% of facilities in the nation.

In August Lawrence lead the staff and residents through a first-ever live action emergency evacuation drill of the facility. This successful effort was noted by the State Survey Team in their final report.

When Lawrence came on board as the CCCC Administrator two years ago he brought with him 29 years of experience in elder care, starting in Kansas in 1987 as a C.N.A. He then worked as the Social Services Director for 3 years while he began Administrator training and finished his Bachelors of Science degree from Newman University in Wichita. He licensed as a Nursing Home Administrator in 1993, working for the same company for 10 years.

He and his family relocated to Colorado in 2001 where he served as Administrator and interim Administrator in several places before locating in Canon City. There he served as Administrator and Executive Director for the IOOF Campus of Care for 7 years.

He graduated from Otero Junior College nursing program in 2009 (Licensed Practical Nurse) and from New England College in 2010 with his Master of Science in Healthcare Administration.

Lawrence and his wife Tiffany plan to celebrate his second anniversary at CCCC by relocating to Cripple Creek this fall to make this area home.

"The greatest thing about the care center is the feeling of 'home' for both the residents and staff. We truly are a 'family' and the team work shows every day! We are not perfect but the residents well being is at the center of all we do."

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The front of the Burrage Block which houses Phil's Barber Shop

## Phil's Barber Shop

by Flip Boettcher

photo by Flip Boettcher

Being pampered is not usually on a man's agenda, according to Brandon Smith, owner/operator of Phil's Barber Shop, found at 508 on Cañon City's historic Main Street. Smith has always been interested in barbering, he said, but "my main point was and always will be to maintain the heritage of my craft."

Smith feels that, "For some time men have been told that this is as good as it gets for us and I feel that men can be pampered and take as much pride in their appearance as women." There was a time, Smith added, that being a gentleman meant putting on a suit, perhaps a three-piece suit, tie and hat, before going out. A visit to the barbershop for a shave and haircut was usually on the schedule.

Those days are gone, said Smith, but "We can try to get some of that back with a good old-fashioned approach to how your hair looks."

Phil's Barber Shop is housed in the Burrage Block — 506 and 508 Main Street. Charles W. Burrage's widow, Sarah J., built the Burrage Block, in 1899-1900. The architect was Charles C. Rittenhouse, who also designed the Annex Building, right across the street, which now houses Teek, That Eatery (See page 24).

C.W. Burrage, born in Massachusetts, came to Colorado from Portland, Oregon in 1887, and built the Burrage Building, 502 Main Street in 1887-1888; Charles C. Rittenhouse was one of the architects. Burrage and his son W. H. Burrage, a civil engineer, were the first owners in the Burrage Building.

In 1901, the first businesses in the Burrage Block were Beecher's City Book Store at 506 Main and W. H. Peabody & Co., a drug store, at 508 Main. Harry N. Beecher sold books, artwork, stationary, wallpaper, paints and glass. Beecher was also a noted local writer. W.H. Peabody was the nephew of James H. Peabody, a successful Cañon City businessman who became governor of Colorado.

Since then, 508 Main Street has housed quite a few businesses, including shoe and boot stores, appliance stores, a florist, a wood and craft store, and a gift and home décor shop, before becoming Phil's Barber Shop today.

In days gone by, like in women's beauty parlors, the barbershop was a place for men to gather, exchange news, stories, and gossip, as well as getting a haircut and shave. The long, narrow building at Phil's Barber Shop creates such an atmosphere, with three spacious stations in the rear of the shop and



Brandon Smith inside Phil's Barber Shop with his sign from his first shop on 4th Street.

a large waiting area complete with a pool table in the front.

Smith's grandfather, Phil, started Phil's Barber Shop in Staten Island, New York, which closed in 1985, when Phil came to this area. According to Smith, his grandfather cut hair until the day he died in the end of his garage in Rockvale, southeast of Cañon. Smith's son is also named Phil.

Smith, who has lived most of his life in Cañon City, first worked at the Department of Corrections before he spent a year at barber school becoming a Master Barber, he said. A Master Barber is trained not only in shaving and cutting, Smith said, but also in coloring, chemicals, and other services. Smith opened his first shop, Phil's Barber Shop on North Fourth Street in 2014 and moved to his present location, 508 Main Street, in February 2018.

Part of Smith's marketing is the "Barber Shop Mafia" on his business card. When asked, Smith said that other salons in town started a rumor that they were only busy because they were "mobbed up." We are not "mobbed up," but it is a good marketing angle, Smith said. There are quite a few pictures inside of Al Capone and other mob persons. The Capone Shave is on the menu. While Phil's caters to mostly men, Smith said he has a lot of women clients, too.

Also working with Smith are Aaron Vigil, barber, with Phil's almost two years; and Kevin Strait, cosmetologist, with Phil's three years.

Barbershop hours are: Tuesday through Friday 7:30-5:30 p.m., walk-ins only; Saturday 8-3 p.m., walk-ins only; Monday by appointment only; and closed Sunday. FMI contact Brandon Smith at 719-429-5433; Kevin Strait at 719-565-9108; and Aaron Vigil at 719-431-0571.

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## Trooper Tips

Bicycles and automobiles  
or is it automobiles and bicycles?

by Trooper Gary Cutler



Colorado is a bicycling state; so you either ride a bicycle or at least see bicycles often. You'll see the casual riders, weekend riders, bike to work riders, and there are also many weeklong and weekend biking tours throughout the state, such as Ride the Rockies, and Pedal the Plains. This means both bicycles and cars need to access the roadways at the same time and do it amicably. This is accomplished by being courteous to others and following the law.

When you're out there driving, you need to be aware there are a multitude of things that you need to be watching for, such as animals, pedestrians, bicycles, debris, broken down vehicles, and pot holes, just to name a few. So, let's talk about bicycles this time.

As a Trooper, I'm often approached by both cyclists and drivers complaining about the other one. Both believe they have the right of way, and they are both right to a point. Each has the right of way at certain times. Putting the law to the side for a moment though, just think about it this way; would you want someone doing that to you? Follow that philosophy and your actions will almost always be right.

We have always had laws that govern cycling on the roadway, but recently we have also included laws for drivers when they are passing cyclists on the roadways. Probably the most contentious interaction between cyclist and driver is when they are passing each other when going the same direction. Colorado state law issues an order that cyclist are to ride as far right of the pavement as safely as possible. This is their responsibility. So if there is a shoulder, the rider is required to be on the shoulder and not in the lane of traffic. Now cars have a part to play in this as well. Drivers are responsible to give at least 3 feet between them and the biker when passing.

One problem I often see on a two-way road is when a car comes upon a cyclist, they will give the required 3 feet distance, but then they will go into the oncoming lane of traffic causing the other driver to slow or swerve to miss having a crash. Drivers are required to yield to both the other cars as well as the cyclist if they can't pass the bike safely.

Now if there isn't a shoulder for the cyclist to ride on, the cyclist has the right to use the roadway. Again, they are required to be as far right as they can safely ride. When they are in the lane of traffic though, they are also required to ride single file. Cars are still required to give that 3-foot buffer when passing the bike.

When a cyclist comes to an intersection and is planning to continue going straight and there is a right turn lane involved it becomes a little more confusing for some. It also becomes a little more dangerous for the cyclist. In this situation the cyclist is allowed to go in between the lane going straight and the turn lane. This will possible put the rider between cars. They will also have to cross the turn lane at some point prior to the intersection to get into the lane going straight. In this instance, the cyclist is the one who needs to yield to the cars, but a little courtesy from everyone involved will be helpful to make sure everyone is safe.

When it comes to a cyclist needing to make a left turn at an intersection, most cyclists I have observed will stay to the right side of the lane and make a sweeping turn. Drivers need to be observant of the cyclist and try not to pass them when they are turning left with traffic. This is when everyone needs to be cautious.

A new law that was signed by Governor Hickenlooper, is what's called the "Idaho Stop" law. It went into effect in August of this year, but each municipality has to opt in for it to be law in their area. The law allows cyclists to treat stop signs as yield signs, and red lights as stop signs. It's a very controversial law and has many critics. So, know the biking laws in the state.

As one last reminder here is a little-known law to the bikers out there, cyclists are required by law to have at least one hand on the handle bars at all times. This is a law that goes unheeded quite often.

I hope this helps everyone while traveling throughout Colorado with knowing how vehicles and bicycles can and need to get along with each other.

As always, safe travels!

## MTCC's Race the Ridge

by Deborah Maresca



The little children enjoyed the races almost as much as the parents. Elijah Valdovinos 2 years old from Colorado Springs, Everest Williams 3 years old and Ronin Williams 5 years old from Milliken all took home first place trophies for their age groups. Cover: Ms. Raina Benz 8, of Woodland Park, took 1st place in her division.

Mountain Top Cycling Club's members enjoyed a competitive day on wheels during the Race the Ridge mountain bike race on September 8, 2018, held at Quaker Ridge. MTCC would like to thank Dr. Wiley and Ute Pass Family Chiropractic for being the title sponsor for this event. Quaker Ridge staff Noah Casto for directing the event. We had Pro category racers from Camo, CO and Colorado Springs. One of the category 2 racers was from Fort Carson but did not finish because he had only been in Colorado Springs two days after stationed in Korea. He said we had no air but loved the course and event!



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Financial Focus  
Retirement Security Week  
Take steps to boost your retirement security

To raise awareness about the importance of saving for retirement, Congress has dedicated Oct. 21-27 as National Retirement Security Week. The evidence shows that increasing this awareness is indeed important. Consider this: Some 50% of households are considered at risk of not having enough money to maintain their living standards in retirement, according to the National Retirement Risk Index, produced by the Center for Retirement Research at Boston College.

What can you do to help yourself stay out of the “at risk” category? Here are a few suggestions:

■ **Define what retirement security means to you.**

Everyone has different ideas about what a secure retirement looks like. You might feel that true security means being able to remain in your current home and live independently throughout your life. Or you might only feel secure if you know you can afford to travel or help your grown children or grandchildren financially. Once you’ve identified your own vision of retirement security, you should be able to determine the financial resources you’ll need to reach your desired outcome.

■ **Create an appropriate financial strategy.**

To achieve your idea of a secure retirement, you can’t just hope for the best — you need to create a comprehensive financial strategy, accounting for your various sources of retirement income: Social Security, pensions, employer-sponsored retirement plans, your investment portfolio and so on. You need to know how much you can expect from these sources, and how you can strengthen them.

■ **Be diligent in your retirement savings.**

You could spend two or three decades as a retiree, so you’ll want to accumulate as many resources as you possibly can — and that means you’ll need to save and invest diligently during your working years. Put in as much as you can afford to your 401(k) or other employer-sponsored retirement plan — and every time your salary goes up, try to increase your annual contributions. But you can also go beyond your employer-backed plan and contribute to an IRA. In all your retirement accounts, you’ll want to include a reasonable percentage of growth-oriented investments, within the limits of your personal risk tolerance.

■ **Establish an appropriate withdrawal strategy.**

Your retirement security isn’t just based on how much you’ve built up before you retire — it also depends on how you manage your assets and investment income during retirement. As you begin to take out money from your 401(k), IRA and other investment accounts, you need to establish a withdrawal rate appropriate for your age, retirement lifestyle and asset level. If you take out too much each year, you risk outliving your resources, but if you withdraw too little, you might be shortchanging yourself on your quality of life. You may want to work with a financial professional, who can review your entire situation — income, expenses and so on — and recommend an appropriate annual withdrawal figure.

These aren’t the only keys to attaining retirement security — but they can still help you move toward that goal. Keep them in mind as the years go by.

*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.*

Fugitive methane  
by Patricia Turner

Almost daily I hear about the cleaner energy from natural gas. Natural gas does burn cleaner than oil or coal, but Methane (CH4) the main component of natural gas, is a far worse greenhouse gas than CO2 if it isn’t burned. Methane traps between 72 and 100 times more heat than CO2 so it is one of the worst greenhouse gases that we can produce. It does burn cleaner once it’s used but, for years the EPA and other sources were basing the amount of escaped gas, Fugitive Methane, from production entirely on estimates.

In the last several years scientists from across the country began measuring the amount of gas that escapes during the process of hydraulic fracturing (fracking). What these scientific measurements showed was deeply alarming. Driving through Colorado and Utah, methane levels were sky high near all the drilling sites they measured. Numbers were exponentially higher than industry estimates and our atmospheric CH4 concentrations are currently on the rise.

There are at least 40 different components to natural gas production that can have gas leaks into the atmosphere ranging from the well-head to pipes supplying homes. One hundred leaks were surveyed in Boston, MA urban areas and 15% of those leaks from cast iron underground pipes were classified as explosive. In some cases scientists determined that the explosions didn’t happen because the Oxygen levels were too low for the methane to burn.

While I was in D.C. lobbying for a carbon fee and dividend, one of the legislative directors with whom I met was bragging that the US is the becoming the king of natural gas production worldwide. Privately I was holding my tongue in order to remain respectful but what I was thinking was “what a disgrace our country is becoming.” While 97 % of the world’s climatologists agree that we are on a spiral of self-destruction in this climate crisis,

we are rapidly moving into first place as the world’s largest climate idiots.

Natural gas is absolutely contesting for first place as the worst possible thing we can do for the environment and will quickly out distance coal. I don’t want to see another single article that speaks of natural gas as clean when it is rapidly becoming the worst possible alternative for our planet. Yes, it burns cleaner but the amount of fugitive methane escaping during production is going to set our planet on a tailspin that is unstoppable.

Wind, solar and hydro power sources are unlimited and it is beyond my comprehension that we are living in this state of insanity when the bottom line for the very rich comes before the survival of our species. Why do we persist on refusing to see that we are quickly running out of time to leave a habitable earth for our children?

While politicians tout that renewables will hurt jobs and our economy we have lost hundreds of thousands of jobs in the renewable industry because tariffs on imported solar panels have put lucrative renewable companies out of business. Who do you think is behind all of this?

- References
- Science 14 Feb 2014
  - Yale School of Forestry and Environmental Studies
  - Boston University, Department of Earth and Environment

*Patricia Turner is a retired research scientist from the University of California. She is also the co-chapter leader for Woodland Park Citizens’ Climate Lobby (CCL). They meet the second Saturday each month at 11 a.m. in Woodland Park library. Contact: pjposticker@gmail.com for more information. CCL is dedicated to supporting political will for a livable planet.*



Art Scene  
Lonebear  
by Mary Shell

Most articles written about artists describe brushstrokes, colors, form, theme, approach and purpose with little coverage of their personal and soulful journeys. This month I chose to write about the art of music, the magic and the man.

As with all artists, sharing their talent with the public is like standing naked for all to see. You are exposed, vulnerable to criticism and aversion. Artists, like painters and sculptors can correct any errors in their work before public viewing giving them the perfect rendition of their vision. Musicians, singers and dancers don’t have that opportunity. They really stand soulfully naked to the world as they perform.

With musicians, it seems to be more about their personal pains and tribulations than their music. Someone once told me; *for a musician to play the Blues they would first have to live it.* So this month, I have chosen to tell you about a good friend; the music, the magic and the man: Willian Lonebear. I have known Lonebear for eight years and he happens to fit that description and is one of the most passionate guitarists I have ever met.

Lonebear has a colorful history as a musician beginning at the age of 4 taking lessons from his father who happened to be a classical Flamenco guitarist. It was in the late 1960s early 1970s that he fell in love with Jazz, Blues and Rock N Roll ignoring his father’s wishes for him to become a classical guitarist.

It wasn’t long before it was obvious that he had a great talent for making a guitar sing. At the tender age of only 15, Lonebear found himself playing guitar with some of the greatest American Blues musicians in Old Town Chicago. His talent was way beyond his age.

As with many musicians and artists alcohol and drugs become necessary to close out the world and venture deep within the soul

to create. Being an artist isn’t a choice, it’s a calling and can’t be ignored. It’s an itch deep within that must be scratched. Lonebear broke from the clutches of alcohol and drugs and went to culinary school and became a chef in Chicago. He was successful and well known in his circle but the calling to play guitar and create music pulled on the strings of his soul and he went back to playing and writing his own music combining his father’s teachings with Blues and Jazz.

His music is hypnotic, fluid and moody.



With grace and ease he caresses each string as if he were stroking the neck of a beautiful woman. Random notes are flung into the air sending vibrations that are absorbed by the listener’s emotions. It’s a drug. You don’t even know it’s there until you focus on it and realize you’re under its spell. His fingers, now burdened with arthritis, dance across the strings like an obsessive Flamenco dancer, ignoring all the pain.

In order to play the Blues, you have to live it. That’s also Lonebear’s story. Weighed down with painful tumors choking his spine, arthritis and other debilitating diseases, Lonebear continues to play his music, not so much at clubs and events, but by himself to remind him of who he is; an artist.

*Lonebear can be reached through me and REM Fine Art Gallery 719-371-5405.*

Fall into Steampunk and Wine  
by Flip Boettcher

Escape in Time to Steampunk and Wine, the 4th annual steampunk festival in Florence, Colorado was held on June 9th and 10th this year at Pioneer Park in Florence. The Florence Steampunk Society, Inc., a nonprofit organization sponsored the festival. It was a fun time by all with the Salida Circus performing both days along with Karaoke with Greg Moody. Saturday night was the annual Steampunk Ball, with music by the Fonda Cash Band.

The weather was smoldering hot and it was hard to get motivated to wear layers of steampunk attire! That being said, the 2019 Escape in Time to Steampunk and Wine will be held in Florence on October 11th and 12th which is a Friday and Saturday, eliminating Sunday to avoid any religious or football conflicts. The facebook page: Florence Steampunk Society, Inc. will update all the information on any steampunk events.

To jumpstart this change of date, the Steampunk Society is organizing ‘Fall into Steampunk and Wine’ on October 13th this year. It is an opportunity to have another steampunk event for those who missed the June event and for those who say they can’t

wait another year! It will start at noon and end at 9 p.m., and be held at the Victorian Church Inn, 302 E. 2nd Street in Florence, inside and outdoors in the garden area.

Wine, beer, and “steamaritas” will be provided by the Florence Steampunk Society, Inc. along with an array of finger foods, soft drinks, and ice cream. Fonda Cash with JC Pringle and Brian Grace will provide acoustic musical entertainment at 5 p.m. Costume contests for all ages and parasol dueling will be going on throughout the afternoon. A hat contest and auction is being organized. So, anyone who would like to display their steampunk hats and be willing to auction them off, leave a text or email.

Because of the smaller venue, space is limited, so please call ahead and reserve your ticket. The \$7 fee includes an array of hors d’oeuvres that will be served all day.

Tickets can be purchased at the headquarters of the Florence Steampunk Society, Inc., located at Spirit Riders Western Emporium, 111 W. Main, Florence, CO 81226. Email steampunkwine@yahoo.com. Contact Barb at 719-431-3592 or check the Facebook page: Florence Steampunk Society, Inc.



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“Take-out box” Cindy Lou Who  
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Bald Eagle – Jeff Hansen, Divide, CO

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# The Dead's Journal

by Danielle Dellinger

The house was quiet, standing as a modern monument to the lives that lived there. The partially drawn curtains in the living room let in the summer's morning light. Several large vases of nearly-dead bouquets covered the coffee table and big, half-filled boxes resided on the sofa and the floor in front of it. Marie sat at the kitchen island, hands lightly cupping the coffee mug in front of her as she stared into it without really seeing its contents. It had been almost two months since he'd passed. Her eyes drifted up to the numerous family photos on the fridge. They'd had two kids together while in their late teens, both of whom were now out of the house and living in different states. Before the funeral, Marie hadn't seen them in six months. Her phone chirped with a text. Robotically, she pulled it out from her pocket. *Heart Donations will arrive in two hours to pick up your item(s).* She typed 'yes' to confirm the pickup. An auto-reply of a heart emoji came back. Marie stiffly turned to look behind her at the half empty boxes. They mocked her with their open flaps. In the bedroom closet, she pulled down the ladder to the attic, coughing as dust floated down. It was hard to recall the last time anyone had been up there. It took a minute for her to work up the courage to climb the ladder because this had been where he stored most of his things. As her head rose above the floor and she got a good look around, her heart melted at how it was neatly organized. Of course, there was the one obligatory corner full of junk. A laugh escaped her, followed immediately by a sob.

Marie forced her grief back into its room as she got to work sorting through everything. An hour and a half later, she just had the junk pile left to go through. Things seemed to be balanced a little more precariously than she'd originally thought. Old, moth-eaten coats slid to the ground. An old tackle box tumbled to the floor, the lid cracking open upon impact. She carefully picked it up, unsure of how many loose fish hooks there might be. Once she'd righted it, she peeked inside to see several small wallet-size photos, some loose change, a pocket knife, receipts, a mirror, and a medium-size Moleskin journal. She pulled out the mirror and thought of scrying, a technique used to make contact with spirits. At times she'd wanted to try it, but knew it was dangerous. Marie put the mirror down, and frowned at the journal. Never had she known him to keep any such thing. One time when they'd been in therapy to save their marriage after only one year, he'd laughed in the therapist's face at the suggestion to keep a journal. She took it out and set the tackle box aside. The cover was surprisingly worn down. Her heart raced and she brought it up to smell. It gave off a stale campfire odor. Tears threatened to spill over as she slid her finger under the cover, preparing to open it. But then she stopped herself. Did she really want to know? It felt like she was invading his privacy and breaking his trust. But he was dead now . . . The sound of a box truck pulling up outside made her put the journal back where she'd found it. She put the tackle box on an old porch chair and then hurried down with the boxes to

meet the Heart Donations people. It only took 20 minutes for them to load everything and for the house to return to silence. Marie shut the front door and put her back against it. Her whole body ached, particularly her heart. She took out her phone to check the time. It was only 11 a.m. She didn't care. Her feet carried her up the stairs and to her bed. She didn't open her eyes again until was 10 p.m. "Marie." She blinked and lifted her head. The room was dark and no one was there. The tree branches gently swayed outside her windows. She got up and went to the nearest window, pushing it open and letting the crisp night air refresh her. Her eyes were crusty from crying in her sleep. The wind billowed the curtains around her, and she was swept away in a memory. They were driving home from therapy one day, and it had been a particularly hard session. She'd been staring out the open window for most of the ride home. "I'm trying, you know," he'd suddenly said. "What?" She looked at him. "I said I'm trying. I love you and the kids so much. I want us to work. The kids need us to work." She'd just shook her head, tired of talking. Tired of fighting. "I mean it, Marie. I really am trying. Don't give up on me, on us. Please. I don't want to turn into my father." "Marie." She jumped back from the window and spun around to face the room. It was empty. But the closet door was slightly ajar. She could've sworn she'd closed it. "Marie." Was that in her head or out loud? She went into the closet and looked up to see the attic ladder partially pulled down. After some hesitation, she tugged on the rope to bring it down the rest of the way. Once up there, she looked around to see if anything had been disturbed. As her eyes passed over the old porch chair, the tackle box suddenly fell to the ground with a loud, sharp thud, making her jump and scream. The lid had come open again, and a corner of the journal was poking out. Marie cautiously went over and knelt by the box. Then she reached out a trembling hand and slowly removed the journal. She crossed her legs, took a deep breath, and opened it to the first page.

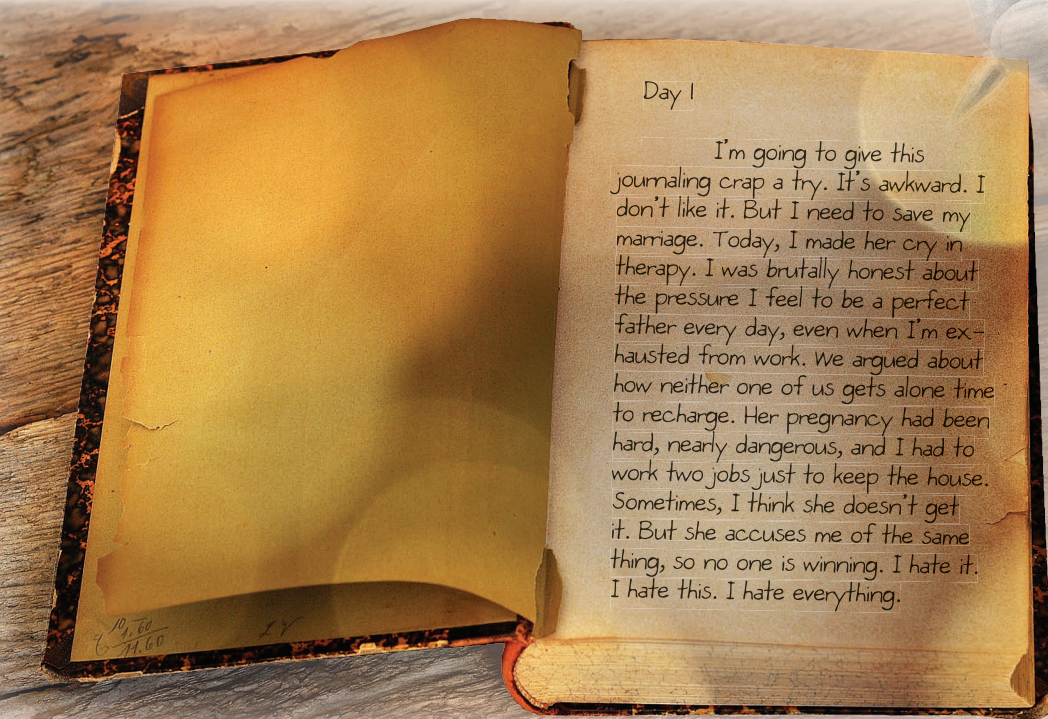
Day 1  
I'm going to give this journaling crap a try. It's awkward. I don't like it. But I need to save my marriage. Today, I made her cry in therapy. I was brutally honest about the pressure I feel to be a perfect father every day, even when I'm exhausted from work. We argued about how neither one of us gets alone time to recharge. Her pregnancy had been hard, nearly dangerous, and I had to work two jobs just to keep the house. Sometimes, I think she doesn't get it. But she accuses me of the same thing, so no one is winning. I hate it. I hate this. I hate everything.

*a perfect father every day, even when I'm exhausted from work. We argued about how neither one of us gets alone time to recharge. Her pregnancy had been hard, nearly dangerous, and I had to work two jobs just to keep the house. Sometimes, I think she doesn't get it. But she accuses me of the same thing, so no one is winning. I hate it. I hate this. I hate everything.*

Marie stared at the last three words. Her blood was like ice in her veins. She could tell he'd gotten angry just by how hard he'd pressed the pen into the paper. He'd ground the period into the paper so hard it'd made a hold. She flipped through the pages and saw he'd made quite a few entries. But she couldn't bring herself to read them. She was too tired. The cover fell closed, and her thumb played with the corner. When they'd first met, they had been able to tell each other everything. Even now, she still couldn't pinpoint when that had changed. She bounced the cover on her thumb, letting her eyes stare at a spot on the floor. After a minute she hit the cover hard enough that it fell open again, and what she saw on the page made her gasp. In bright red, still-wet ink were the words 'MARIE' and 'HELP.' She threw the book across the room, jumped to her feet, and scrambled back down the ladder. With every ounce of strength she had, she shoved the ladder back up into the ceiling. Her breathing was loud in her ears as she backed out of the closet and slammed the door shut. Her mind raced as she tried to work out what she'd just seen. As she tried to collect herself, footsteps came from above her head. She froze and then bolted out of the room and down the stairs. Once in the kitchen, she paced around and ran shaky hands through her hair. It was clear to her now she was being haunted by a ghost. Who could she call? Maybe her best friend? She glanced at the clock and saw it was midnight. Her friend had three kids that always refused to go to bed on time, so waking her up without a true emergency would be a bad idea. But wasn't this an emergency? She sat at the island and put her face in her hands, staying like that for a long while. Eventually, the need for sleep forced her to go back upstairs. By then, she'd convinced herself that she'd hallucinated everything. But as she walked into her room she heard, "Marie." Immediately her eyes went to the closet door, which was ajar again. She scanned the room for the journal but didn't see it. A sense of annoyance and anger rose up inside of her. She didn't like being played with. In a few quick steps, she was across the room and slamming the closet door shut. A trunk sat at the foot of the bed, and she dragged it over and shoved it in front of the door so it couldn't open again. She stepped back, feeling safe with the trunk there. The weight of exhaustion settled over her, and she crawled into bed, going right to sleep. The rest of the week passed without any further

incident. She settled into a mostly normal routine and had been warmly welcomed back to work. It was nice having something to focus on unrelated to family matters. Before she knew it, three weeks had passed since the red writing in the journal, and in that time, the house had been quiet. Then, one day she came home late in the evening after a trying day at work to find the closet door standing wide open and the trunk halfway across the room. As she reached for the bat between the dresser and the wall she heard, "Marie." She brought the bat up, ready to knock somebody's head off. That's when she spotted the journal lying open in the middle of her bed. As she got close, she could tell it was open to the second page and that there was another line of writing in red. This line read, 'HELP ME.' She leaned across the bed and with the tip of her finger, turned the page, and found the word 'TRAPPED' sprawled across two pages. For some reason, she kept turning the pages, and each time she did there were more messages. 'MARIE!' was scrawled across several pages near the end, and the final page was a solid coat of red ink. Right as she got to the last page, someone whispered, "Marie," in her ear. She jumped and hurled the journal across the room as if millions of creepy bugs had begun pouring from it. "Why are you doing this to me?!" she shouted angrily. "Leave me alone!" The closet door swung mostly closed with an eerie creak. She spun around and glared at the door, tears in her eyes. "Stop it! Stop tormenting me!" The door forcefully slammed shut, and she charged forward with the bat raised. But she stopped just short of the door. Instead, she dropped the bat and beat on the door repeatedly as hard as she could. "Stop! Stop! Stop!" she screamed, her voice cracking at the end. She stopped and backed away, the silence heavy in her ears. When nothing else happened, she climbed into bed, not caring about still being in her work clothes or that she hadn't eaten dinner yet. "Marie," he said, not looking at her from across the dinner table. "I want better for us. But it's so hard for us to get on the same page and stay there." She watched him, chewing her food slowly and deliberately. "What should we do, then? Neither of us are happy, and it's affecting the kids." His eyes met hers. "It sounds like you're suggesting something. Are you?" "Don't put words in my mouth." "Marie, I'm not." He sounded tired. She watched him poke at his food. "Maybe we should separate," he finally said. She got up and left to the kitchen, dropping her plate in the sink with a loud clatter. That night he'd packed a bag and left for a motel, where he stayed for over a month. Then

one evening, as she'd just sat down to dinner with the kids, her phone rang. She saw it was him and almost ignored it, but something compelled her to answer. The conversation lasted over two hours. He'd been feeling unwell, so he'd gone to the doctor where they ran some tests. The results came back as a rare and incredibly aggressive form of cancer. He had very little time left to live. Within six weeks he was dead. "Baby, I need to say I'm sorry. I love you so much." "Marie." She bolted upright in bed, breathing hard. Her eyes slowly adjusted to the dark. The journal came into view, leaning haphazardly against the wall. Sighing, she slid out of bed and went and grabbed it. She tiredly flipped through the journal until she got to the last page where the black ink was now visible through the coat of red. Marie, If you're reading this, please know this journal was just a place for me to work out my feelings. I know I said some things in here and in person I shouldn't have. I'm sorry. I'm sorry for it all. I should've done better. I'm sorry our relationship hasn't recovered and that I'll likely die before it does. Take your time and read through this whole journal, but when you're done, please burn it. I don't want it to be a burden or an ugly reminder. So, just burn it. I think we'll both feel better. I love you so much, baby. I'm sorry. Andy Marie sat down on the floor, and went back through the journal page by page, really taking in what he'd written. Despite most of the passages being heavily introspective, she still found herself laughing at times. When her room grew light with the approaching dawn, she finally looked up after shutting the journal. As she got up to go outside, she saw the closet door standing wide open. She smirked, walking downstairs and out into the backyard where she got a fire going in the firepit. Before tossing the journal into the flames, she kissed it. She watched it burn until it was ashes. When she returned to her room, the closet door was shut and the trunk was back in its rightful spot. ~ The End ~ — Debut paranormal romance novel Dating the Grim Reaper available online at Amazon and Barnes & Noble. Twitter.com/ZepherSong Facebook.com/storyrealm



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# 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 even during the fire season knowing I can depend on these wonderful products.



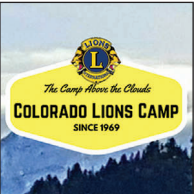
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# Featured Non-Profit: Colorado Lions Camp

by Barbara Berger



Traveling north for about 4 miles on Hwy 67 from Woodland Park, you will see a sign on the left that points to Colorado Lions Camp. From the entrance, it is about a mile down a dirt road. The Camp's mission is "to provide exceptional camping programs to individuals with special needs which promote independence, challenge their abilities and provide opportunity to discover his or her own potential in a safe, positive environment."

Located in the Pike National Forest, the Colorado Lions Club has been providing residential camping programs since 1969 — almost 50 years — for children from age 8 to senior adults who are physically or mentally challenged, autistic, deaf, blind, have Downs Syndrome or other special needs. On 40 acres, there is a large recreation room with a pool table, air hockey, board games and much more. Outside there is a baseball field, a 9-hole miniature golf course, ropes course, and hiking trails. Music, horseback riding, canoeing, sports and games, drama and art therapy are an essential part of the camp experience.

Jodi Franke, the executive director, is a Recreational Therapist. She has been working in the field for over 25 years leading programs that provide therapeutic camping experiences for those with varying abilities. She absolutely loves her work and the impactful experiences camp provides. She has been at the Colorado Lions Camp for 2 years and says that the camp is a "life changing experience" for the participants, staff and volunteers (age 15 and up), who go through a week of training and commit to the 9-week sessions. However, you have to be 18 to become a counselor. Campers arrive on Sunday and leave on Fridays. There are 40 campers per week with an average ratio of 4 to 1 campers to counselor depending on their needs. A registered nurse is on site at all times. During the off season, there are several "respite" weekends. Campers are cared for while their families and caregivers get to take a needed, well deserved break.

Over 70% of the campers receive financial aid from the approximately 130 Lions Clubs in Colorado, along with private and individual donations. The clubs also provide money for staff and site maintenance. Donations from organizations and private individuals are greatly appreciated and needed. Recently, a generous donation of \$35,000 from the COHIHO Family Foundation\* was used to upgrade one of the camper dorms and

the miniature golf course. Because of the number of individuals served, donations of time and money are always needed. Over the years, funding from State and Federal agencies has continued to decline.

Jodi talked about the amazing interaction between individuals with autism and horses. Quaker Ridge had been providing this opportunity for the campers for the past year, but recently discontinued its program. The camp is currently seeking another organization or company to partner with to continue this most loved activity for the campers to enjoy. The goal is to find someplace close by where staff could transport the campers or for someone to bring horses to the camp. Jodi is extremely excited about expanding services to partnering agencies to provide a weekend camping experience to those groups who are not currently being served in our area, for example, brain injury, cancer and/or burn victims and more youth-oriented programs.



rently being served in our area, for example, brain injury, cancer and/or burn victims and more youth-oriented programs.

To raise additional funds, the camp can be rented during the off season for meetings, family reunions, weddings and retreats. There are two dormitories that sleep 27 each, Mad-dox Hall that has 11 rooms/2 people per room and another cabin that sleeps up to 8. There is also plentiful opportunity and locations for tent camping. The Colorado Lions Camp is a hidden gem that is often overlooked. If you are interested in learning more about what this amazing organization has to offer, please contact the camp office 719-687-2087.

Testimonial from the summer, "Thanks to ALL staff at the Lions Camp for a fun week for 'our kids' — it takes special people with big hearts to do what you do — and you are so appreciated!" Charley & Sandi.

For more information, check out their website, <http://www.coloradolionscamp.org/>.

\*COHIHO Foundation is named for Corrin, Heidi, and Holly, daughters of Suzette and Joe Brumleve who died in a plane crash in 2008. The foundation is dedicated to the love of learning.

# 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 Friday October 12th from 9:30-2:30 p.m., he will be at City Market in Woodland Park collecting donations and food for his feline and canine friends in exchange for homemade dog biscuits and/or catnip toys. City Market is located at 777 Gold Hill Pl S, Woodland Park, CO 80863. Please stop by and give him a hug for his hard work! Thank you for your support.

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



# Plein Air Florissant Fossil Beds

by John Schwabe

It was one of those anticipated early autumn mornings when a light sweater is comforting. The Florissant Valley, slightly hazy, had a soft pastel look. Could it be misty ground fog from last evening's showers or was it lingering smoke from wildfires in the West? No matter, the morning was magical. There were ever changing blended colors with a few high clouds in thin ribbons providing visual interest. It was just great conditions to paint.

The merry band with backpacks, a cart and wagon in tow quickly proceeded to the Visitor Center to show their National Park passes. The artists proceeded to a selected location along the Boulder Creek Trail with a meadow edge surrounded by mature ponderosa pines and a Pikes Peak view. This pretty place, where light filtered on the gray and cinnamon pine trunks stood in grasses that had a straw and mixed green look.

It took 20 minutes of wandering for the artist to pick that "just so" spot. Is the spot a horizontal or vertical view? Does it have too much light and lacks shadows or are there too many trees? In the artist's view they know when it's good and it is theirs. Like tents in a campground the artist's art boxes pop up on tripods and a morning of Plein Air painting has begun.

Quickly sketching, each artist knows their pace and finishes their sketch. Paint and brushes are now working-mixing colors and starting the first bold strokes. Their thoughts are racing with focus and excitement. They wonder "what can I do in a couple of hours?" I planned on painting but I watched the others. I saw their expressions and the backward steps to see what they had done.

These artists are preparing for the Friends of the Florissant Fossil Beds Annual Fine Art Show and Sale on Saturday, October 6 and Sunday, October 7, 9-5 p.m. The artists have a lot of paintings to get completed and that they will. The event is the Friends primary fundraiser for the year. If unfamiliar with the Friends of Florissant Fossil Beds, we are a nonprofit 501(c)3 established in 1984 to support the mission of Florissant Fossil Beds National Monument.

Each year the National Park Service staff strategically identifies critical projects that cannot be funded in the current budget. Currently the Friends are raising matching funds for the restoration of the Fowler Education Building to restore the water system, sewage system and provide disability accessibility. It will be suitable for school groups, educational seminars, elk walks, visiting field crews and researchers. The Friends also serve as National Park Service volunteers



Wayne Johnston is very focused capturing his morning view of Pikes Peak. Photo by John Schwabe

representing the NPS at community events and special celebrations at the Monument. The artists eventually needed to finish, pack up and hike back to the parking lot before the park's closing. Puffy, churning thunder clouds were viewed to the north, catching light, ever changing white, dark gray, then white again. All of us stopped to view and take pictures in our minds eye. Thinking...maybe another time.



Julie Cutting really enjoys painting, especially outdoors at the Florissant Fossil Beds National Monument. Photo by Wayne Johnston Cover photo: Michelle Speck is painting the sky, and choosing the blueish color that will set the tone for her painting. She loves her wagon. Photo by Wayne Johnston

# Obituary

Catherine Elizabeth Lacey December 6, 1944 - August 3, 2018

Cathy was a Colorado native. She was born in Denver and grew up in Grand Lake on her parent's homestead, The Pontiac Lodge, on land that is now a part of the Rocky Mountain National Park. She was the second oldest of five and was kept busy helping her mother with the fishing cabin rentals and "wrangling" her younger siblings. As a child she spent winters ice skating, sled-ding and skiing. During the spring she and her brothers and sisters celebrated the melting of the snow by playing in the Colorado river that flowed near their home. She enjoyed her summers working at the neighboring Holzwarth guest ranch and homestead. Later her family moved to Elbert where she graduated high school. She went on to major in accounting and worked for an affluent corporation until retirement.

She moved to Florissant in 1972 and enjoyed the solitude of the valley for the next 46 years. When she wasn't working or visiting with family she took pleasure in spending her time riding her horses, fishing and helping her dear friend Ernie herd cattle in the Tarryall mountains. She was a natural musician, listening to her play the piano, guitar or sing was always a treat. She also liked to practice the banjo every once in a while. She was a precision knitter and made many beautiful blankets, garments and curtains for friends and family. She was an avid reader, some of her favorites being Robert Parker books and Zane Grey novels. She was a master of limericks and could come up with humorously sarcastic ones for any situation at the drop of a hat. She was one of a kind. She passed away peacefully at her home during the morning sunrise, her favorite time of day. She will be fondly remembered and greatly missed.

She is survived by her daughter Rene Quintano, her granddaughter Lindsey Quintano, grandson-in-law Vaughn Oseth, brothers Ted Lee, Fred Lee and his wife Elaine, sister Linda Rzepka and her husband Steve, brother-in-law Richard Hudson and many cherished nieces and nephews.

She is preceded in death by her mother Winfred Hopkins (Lee), sister Dorothy Hudson, Nephews Brannan and Jason Giese, and niece Cassandra Straka.

A celebration of life was held at the Florissant Grange on September 7th.

# HEAVEN AND EARTH WORKSHOP

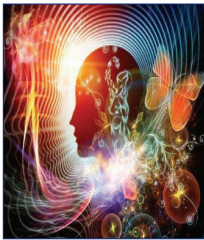
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Chile	93%
Iceland	89%
New Zealand	88%
Denmark	87%
Germany	86%
Sweden	86%
Venezuela	85%
Czech Republic	85%
Slovakia	85%
Netherlands	83%
Costa Rica	81%
Norway	81%
Romania	81%
Bulgaria	80%
Israel	80%
Portugal	79%
Finland	78%
France	76%
United Kingdom	76%
South Korea	75%
Ireland	74%
Canada	74%
Spain	73%
Japan	71%
Poland	71%
Estonia	69%
Taiwan	66%
India	66%
Hungary	66%
Russia	61%
Switzerland	54%
Pakistan	51%
United States	48%

Source: [https://en.wikipedia.org/wiki/Voter\\_turnout](https://en.wikipedia.org/wiki/Voter_turnout)





# Life-Enhancing Journeys

## Asking for help - or should I struggle to do it all by myself?

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

There will come a time when you need help. It happens to all of us humans. As confident and competent as each of us may be, it's impossible to know everything. Then why don't we ask? Many of us think we're so good at figuring things out on our own that we tell ourselves to keep on trying (until we can't). When the time comes to seek out some assistance, it may feel incredibly frustrating and demoralizing. You may even view yourself as a failure. To make matters worse, you probably didn't even see it coming so you likely delayed dealing with it for longer than was prudent. Trying to operate without the necessary support is foolish and can cause you to become trapped.

Needing help doesn't mean you are stupid, a failure or are less capable than others. All it means is that at times it is necessary to seek out the help of someone who understands the problem better than you do. This person can be a friend, a family member, an advisor, a trusted colleague, etc. One important point to consider is the benefit of seeking out help rather than struggling for too long. This enables you to avoid feeling stuck, inadequate or getting so stressed that you feel like running away and giving up altogether. Stop criticizing yourself for thinking you should have all the answers yet don't. There is simply too much information in the world to assume you can figure everything out alone.

Consider that what you need help with might be outside your area of expertise, or you had too little time to complete what was being asked of you, or you had so much going on that you had too little energy to follow through. Whatever the reason, notice when you are feeling overwhelmed. As discussed in previous articles, you will notice it as a body sensation first, unconsciously (such as a knot or butterflies in your stomach, tight muscles, rapid heartbeat, dry mouth, etc.). When this is your experience, always give yourself a deep breath in and out. Initially, you need to calm down and stop crushing yourself with fear and negativity.

### To become unstuck

It takes a shift in how you think so you can change how you act. What works well is to "reframe" your thoughts from asking for help is *bad*, to asking for help is *beneficial*.

### Asking for help builds relationships

You may meet smart, dedicated, supportive people if you put out the call for help. When you ask someone you know for assistance, your connection can be strengthened.

### Asking for help brings happiness

When you think about it, people generally like to think of themselves as helpful. They find it flattering that they are viewed by you as knowledgeable. What if, by giving them an

opportunity to help you, they get to feel like they're being of service (rather than a bother as you may assume)? They may consider your request as making your life easier, and most people enjoy that notion. Maybe helping you will be the most rewarding thing they do all day. Who are you to deny them that opportunity? When you give them a chance, you are now besting at least two people.

Plus, remember that the people you're asking for help are also adults. That implies they can make their own decisions about how they spend their time and energy. They have the power to say "no" or "not now" or "yes."

## The advantage of collaboration is that when you put two heads together, you may be able to see a whole new set of ideas to use in addition to your own.

### Asking for help enables another person to feel competent

Allowing a person to help you lets them believe that you trust them enough to utilize their expertise. This can give them a sense of pride and purpose. This then makes the act of asking for, and accepting help, one of goodwill, rather than a limitation.

### Asking for help is good for your health

Sharing your burden with another brings a respite, a break, from the destructive, energy-sapping stress and negativity. This enables you to feel, think, and act more effectively.

### Asking for help enhances your competence

Accepting help will let you be more productive, confident, inspired, resourceful and enthusiastic — all the things that you desired when you were feeling stuck.

### How to ask with confidence

To begin with, recognize that prioritizing your needs over your fears is important. Question your fears. Negative thoughts destroy your confidence, so shift your thinking away from the worry, doubt and fear. There is a tendency to catastrophize the effect of asking for help. It's been my experience that what my imagination creates is usually far worse than reality.

### Questions to decrease your fear about the other person's reaction

- What's the worst that can happen if I ask?
- What's the likelihood of that happening?

- If the worst does happen, how long will it take me to recover and come up with a new plan?

### To reduce fear about yourself

- What am I worried about doing or not doing when I ask?
- How can I avoid that?

### To strengthen your motivation

- Will I be any worse off, even if they say no, than if I never asked? So what do I have to lose?
- What will my regret be if I don't ask?
- Do I want to live with that regret?

After you've pumped yourself up and became motivated into taking action, spend some time preparing. Writing out a script of what needs to be said can be beneficial. As we've discussed in the articles on the Limbic System, when there is fear present, our Amygdala (survival brain) goes into high gear and the Hippocampus (which gives us the ability to think and talk about what we want) shuts down. Practicing the script prepares your brain to function under pressure. Prior to making the request, calm yourself with mindful breathing, listen to a favorite song, drink a cup of tea or sip on water, play with your pet, bilateral movement (tapping from side to side — walking is considered bilateral movement, for example). Each one of us has different ways we've used to compose ourselves. List and use all methods which work for you. Then deliberately breathe, smile, and ask with confidence.

Acknowledge how asking for help truly is a sign of self-confidence. When you have the courage to request assistance, it allows people to see your human side. You're letting them know that you are intelligent yet you don't know everything and you value their input. Adjust your thinking to recognize that accepting help improves the outcome which can make life better. The advantage of collaboration is that when you put two heads together, you may be able to see a whole new set of ideas to use in addition to your own. Can you believe that others want to help? When you ask someone to help you, usually they are complimented. Beyond the initial flattery, that you considered them valuable for their skill, your potential helper experiences a sense of validity and purpose. Search for the right person, rather than whoever is convenient or you feel comfortable with.

### Here is a method to use when asking for help

Briefly explain what it is about the person to whom you are requesting help that prompted you to reach out to them at this time. Saying "I respect your experience in this area" can help make it easier to ask. A phrase such as, "Hey, I think I need some help. Can I pick your brain for a few minutes to help me figure out what step I need to



take next?" may be all you need to say initially. If you can, offer them an example of what you've observed that supports your choice for reaching out to them. This may make the person feel even more valued.

Briefly explain what you are trying to achieve. Focus on the desired outcome.

Make your request specific so the person can understand for what you are asking. Include the timeframe in which the help is needed and avoid asking at the last minute.

Have appreciation for, and acknowledge the value their assistance will have for you.

The language you use to ask is important. Avoid phrases that sound timid or desperate such as: "if you have time... I hesitate to ask... please do me a huge favor... I can't do it without you... I'm over my head..."

You also want to avoid sounding reluctant or arrogant such as: "I would do it myself if... I wish I didn't have to ask you... I just can't do everything myself... if you can't help me, I hope we will still be good..." Always use words which make your request sound like you respect them as well as yourself.

A phrase to use which enables you to seem vulnerable yet powerful might sound like this: "This is really difficult for me to bring up..." or "I'm having a hard time asking for help yet I'm stuck... can you help?" When you are willing to expose your discomfort, others may be more willing to help and show you compassion as you seek their assistance.

When all is said and done, think about how to thank the helper. Often, eye contact and a sincere "thank you" can be very effective.

As I have mentioned in previous articles, it takes a great deal of practice to change how you have been thinking, talking and behaving. This includes asking for help. Keep practicing and never give up.

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).

# One Nation Walking Together

## Native American drums

by Urban Turzi

Native American drums play an important part in many tribal ceremonies, celebrations and rituals. Through the beats of the drum, the Native people find a close relationship with the Creator. Drumming is an avenue of prayer. These drums are recognized as their own living entity. To many Native American tribes, the drum spiritually contains thunder and lightning, and when it is beaten it helps get the Creators' attention and it also helps contact the spirits of the forefathers.



The Native Americans look at the drum as a living and breathing sacred instrument; they believe the spirits of the tree and animal the drum was made from, inhabit the drum. They also believe the beats of the drum help call out to these spirits to protect and watch over them and their families.

Many of the Native American drums vary in size and among different tribes the drums are completely different and made for use in different Native traditions. All of the ancient Native American drums were made from wood with animal skin. Since there were many different animals depending on where the tribes lived, some drums were made from deer skins and others were made from buffalo skins. These drums were extremely important and sacred to the Native People, and there were many sacred ritualistic rules surrounding a drum. Many Natives also had other forms of percussion that they would use, and these were hand rattles, which were similar to the drums in the aspect of playing beats and honoring the Gods. A pow wow drum, for example, is about three feet in diameter, made of a wooden frame with animal skin stretched taut. Some of the Native drums used by some of the Northeastern Indian tribes were filled with water and this gave them a really unique sound during their tribal pow wows. The drums had many other uses and some included healing ceremonies, war preparation dances and even festivals to honor the spirits to help bring a good harvest. There are still many handmade Native drums that can be found nationwide on many Native American Indian reservations. Many of these places you can see demonstrations of some of the tribal ceremonies and such things as the Native American rain dance ceremonies.

Hoop or frame drums, powwow drums, water drums, shamanic drums and other ceremonial drums traditionally serve as these sacred instruments. Some are played with sticks or bone, others with hands and padded strikers/beaters. Drum sizes range from several inches to several feet in diameter. The larger ones often have enough room for eight or more players to sit around them to participate in the use of the instrument.

Cedar and yellow pine are common materials, bent into a frame for shamanic and hoop drums. Red oak, cedar and juniper feature in construction of the bases and stands for larger drums. The hides of horse, moose, bull, cow, deer, goat, buffalo and elk are stretched across the frames, sometimes on two sides of a barrel-shaped drum. Smaller water drums, such as those used in Iroquois ceremonies, are actually filled with water, then have the hide stretched over the top. Different tones are created by using different depths in the frames and different amounts of water. Some drums have artistic paintings on the hides. Paintings are of totem and fetish animals, medicine wheels, dream catchers, feathers, the four directions, kachinas, famous chiefs or tribal interpretations through geometric patterns. Some of the painted drums that show up in tourist centers are not authentic, so the buyer should always know who made the drum they intend to purchase and what tribe it is affiliated.

Creating a drum usually takes weeks, even months, depending on the size and intended use; the shape of a drum is a circle as a circle is strong. Drum makers spend considerable effort to connect to the spirits of the tree and animal which will be used to build the drum. Prayers may be spoken during the building process, and a blessing of the finished drum may be done with the entire community present or just a medicine person and a few chosen for the ritual. Bringing in the "voice" of the drum (some call it a birthing) can last for hours into the night and is considered a sacred experience. The Drum signifies the heartbeat of mother earth.



Northern Cree drum group performs.

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Aztec dancer at pow wow.

A drum circle is any group of people playing hand-drums and percussion in a circle. They are distinct from a drumming group since the drum circle is an end in itself rather than preparation for a performance. They can range in size from a handful of players to circles with thousands of participants. Drum circles are related to other community-based music gatherings such as flute circles or vocal improvisation groups. Largely, drum circles originated in Native and Indigenous communities.

Excessive heat and moisture can damage a drum. Caution must be taken when transporting drums so they do not rip on sharp metals, or drop onto pointed rocks. In very cold temperatures, the hide may get loose but will tighten in warm air or under a blow dryer. Overheating can cause the head to crack. Sometimes, a drum might be lightly oiled (baby oil can be used) to restore both the wood and the hide.

The primary purpose of drums for most tribal groups is to connect with one another and with the land. Shamanic journeys, healing prayers, ritual prayer, vision quests and sweats typically have at least one drum present. Even in wider-reaching drumming circles, various Native American drums are found as an expression of coming together in oneness, in harmony, for grounding and to celebrate the rhythms of life and the Four Directions.

Usually, only males are drummers who use

the larger pow wow drum. It is not unusual to see a youngster sitting on an adult's lap beating to the rhythm of the song. Before the drum is used, it will be covered with a blanket and once the cover is removed, a blessing using tobacco will be spread on the flat surface of the drum. The tobacco's purpose is to relay the spirit of the singing and drum sound to the Great Spirit. Some drum groups will lightly rub their hands on the drum surface either before or after a drumming session as a way for their prayers to accompany the sounds of their singing and drum beating.

It is very exhilarating and engaging when in the presence of a drum group or individual playing/singing a song which honors some event/person. Some tribal schools start their school day with students from all grades participating in singing and drumming. This is much the same as non-Indian schools starting the class day with the reciting of the Pledge of Allegiance. The songs played/sung are traditional ones and not the latest Top 10 hits played on the radio.

If you are in close proximity of a drum group, say at a pow wow, you will notice there is a lead drummer who starts the drum with a low beat then the others in the group join in. There is also a lead singer who usually holds his throat/or puts his hand to one side of his face near his ear. The other drummers pick up the beat and melody mimicking it and accentuating it and keeping their voices unified. The drummers then take turns leading the singing, raising their voices high above the others, but they all come back to a common voice and the singing increases in power. Then the hitting of the drum becomes louder, the rhythm is stronger; the drummers faces become distorted and it may appear they are attacking the drum. Then there is one final beat and the voices are silenced. The praying is done, and as a spectator, you are exhilarated along with those who participated or observed the continuation of a culture's existence.

### Sources

Sebrena Forrest, (Mohawk Nation); Eddie Three Eagles, (Mescalero Apache) and Yolanda Martinez (Apache/ drum maker) via personal communication; Kent Nerburn author (*Ordinary Sacred*; pg. 105-107); Debra Rigas, Native American Drum Facts, Sept. 2017.

*One Nation Walking Together strives to create brighter futures in the lives of Native Americans — the most under-served and disproportionately impacted demographic in our area and in the U.S — through emergency services programming, education, community outreach, and cultural preservation. ONWT is an organization about People helping People — not a cause. Our mission can only succeed and make a positive difference in the lives of Native People with a personal investment of you: of your time as a volunteer, a donor of goods or a financial contributor. Walk with us to make your difference! For more information on how you can help please visit [www.onenationwt.org](http://www.onenationwt.org) or email, [office@onenationwt.org](mailto:office@onenationwt.org) or call, 719-329-0251.*

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## Park County Land & Water Trust Fund

### Protecting our water now and into the future

by Ben Lenth, Colorado Open Lands  
photo by Colorado Open Lands

Park County is defined by its rivers. The north, middle and south forks of the South Platte River, Tarryall Creek and tributaries are where residents and visitors have always lived and found prosperity mining, farming, and establishing towns. Today, we still work along rivers, irrigating and mining, but even more we converge there to recreate and enjoy life — fishing, hunting, wildlife viewing, boating, gold panning and just enjoying the views. The rivers are what unify the county.

Rivers are the life blood of the West. The health of every river depends on its watershed, the land and tributaries upstream from where the water flows. It is a privilege to live along the headwater streams in Colorado's mountain valleys. But that privilege also comes with the responsibility to care for them.

When Denver was founded on the banks of the South Platte River in 1858, the future of the South Platte watershed was written. Park County's water resources began being exported to the Front Range in 1905, when Cheeseman Reservoir was completed. Antero Reservoir followed in the 1920s, and as the cities grew they demanded even more water. At that time, most of the water rights in Park County were owned by ranchers and were for sale for the right price.

Nobody can blame the people for selling their water — in many cases, it was the only way these hardworking families could fund their retirements. By the 1980s, over 80% of the water rights in Park County were owned by Front Range utilities, severely reducing the agricultural productivity of the valley. These waters still flow through our valleys today, and their health remains in our hands.

But in the 1990s, one city took this water grab too far, proposing a project to pump groundwater to send downstream. This project

was unacceptable to the people of Park County — it was believed it would dry up wells and cause severe impacts. So, the people of Park County fought back. In 1997 residents voted to tax themselves to engage in the costly water court battle. A 1% sales tax was established to create the Land & Water Trust Fund, with the purpose to "protect, preserve, acquire, improve and maintain water resources and lands associated with water rights and resources in the county." The Land & Water Trust Fund paid for the county's legal expenses of the court battle — which ended up costing the county over \$1.5 million.

It was worth it. Park County and its allies won and were reimbursed for most of their legal expenses. The water stayed in the ground, and a precedent was set: Water grabs are a thing of the past. The Land & Water Trust Fund is a deterrent to future water grabs, a source of power in a legal system where you have to pay to play. Rural areas without a war chest like the Land & Water Trust Fund are targets for additional agricultural dry-up or taking groundwater for use elsewhere.

The Land & Water Trust Fund's first victory in court was only the beginning. At the same time, the Wahl/Coleman Ranch at the foot of Kenosha pass was targeted for its water and dry-up. The landowners wanted the water to remain in Park County and the Land & Water Trust Fund stepped up, helping to pay for the permanent protection of the ranch and its water with a conservation easement, ensuring the ability to irrigate and maintain a viable ranch operation. This project also preserved rare wetlands, known as extreme rich fens, and prevents subdivision so the wildlife habitat and scenic views are also protected. You can see these productive hay fields today and know the land will never be subdivided



or dried up, while remaining in private ownership and contributing to the tax rolls.

Following the protection of this iconic ranch, the Land & Water Trust Fund has been used to further protect, restore and enhance the watershed, secure augmentation water for communities, tie irrigation water rights to the land and holistically improve the health of wetlands and waterways in Park County. The funds have been leveraged more than 2 to 1 to restore over 40 miles of stream and protect nearly 20,000 acres of ranchland with nearly 7,000 acres of wetlands. The fund has also been used in dozens more projects county-wide to test water quality (including from abandoned mines), assess stream and wetland health, improve public fishing access, update water infrastructure and improve water quality.

In its 20-year history, the Land and Water Trust Fund has spent over \$10 million — a large portion of which was provided by

non-residents who vacation, recreate, eat, and shop in the county — and has leveraged over \$20 million in matching funds. This money has reached all corners of the county.

This November, Park County voters will be asked to renew the 1% sales tax that pays for the Park County Land & Water Trust Fund. Park County officials have described this fund as a *zombie*, forgotten by the citizenry and at risk of being ignored on election day. It is important to remember this history. It is important to remember the responsibility of living in the headwaters.

The Land & Water Trust Fund is a critical safeguard to protect Park County's remaining water resources. Please remember this when you vote in Park County this November.

To learn more please visit [www.friends-of-parkcountylandandwater.org](http://www.friends-of-parkcountylandandwater.org)

Colorado Open Lands is a project partner of the Land & Water Trust Fund



## Growing Ideas

### October may be the new September

by Karen Anderson "The Plant Lady"

Greetings fellow gardeners. Last month was one of the warmest Septembers that I can remember in all my years as a Florissant local. Summer-like weather has helped to extend our growing season by nearly a month, maybe more! Many of us have been harvesting, canning, freezing and drying our home grown or farm purchased produce and herbs for winter sustenance. We are gratefully reaping the benefits of our hard work and the joy of gardening. Now is the time however, to prepare the gardens, including trees, bushes and other perennial plantings for their winter rest period. If you are interested in reading about my particular methods for accomplishing these tasks, please refer to or revisit the September and October issues of both 2016 and 2017. You may find some good tips to help in the 'putting the gardens to bed' process.

While we are busy with our fall chores on the ground, the aspens will be gifting us with some spectacular color from above. As usual, I am looking forward to the winter months when I turn my attention to the resident houseplants, making soup and stoking the fire.

Thanks to all who dropped in at Paradise Gardens for the annual Harvest Center Garden Tour which was held on the weekend of the 15th and 16th of September. It is always a pleasure to share a bit (or a bunch) of garden banter and to spend sacred time and

space with kindred spirits. If you have never participated in this educational and enjoyable adventure, I would encourage you to plan on it next year.

As we 'wrap up' our 2018 summer gardening season, I would like to extend my sincere and heartfelt appreciation to all of you who have supported the concept and practice of clean, responsible organic growing. I have very much enjoyed meeting new friends and continuing to cultivate valued and treasured relationships this summer. Gardening just simply brings good natured folks together to share experiences, creative ideas and knowledge with each other. Gardeners and folks who are Earth Keepers have been bestowed with a special calling and my hope is that we continue to develop a wonderful community circle of influence for the good of all in the future.

On a personal note, I will be signing off from writing this November and December and wish you a cornucopia of love and blessings throughout the holiday season. Please feel free to contact me at 719-748-3521 regarding any inquiries you may have. Happy houseplants, blessing beads and unique hand-crafted gifts are always available at Mountain Naturals in Woodland Park and the Outpost in Florissant. Please take very good care of yourselves and each other this winter. I'll be back in January 2019 to explore some new ideas.

## High Creek Fen

by Coalition for the Upper South Platte

The Coalition for the Upper South Platte (CUSP) has partnered with the South Park National Heritage Area (SPNHA) again this year for environmental education and monitoring at the High Creek Fen. This is the 7th year of this partnership, connecting Park County School District RE-2 students with the unique Fen ecosystem. The High Creek Fen, owned by The Nature Conservancy, is located in Park County, south of Fairplay.

A Fen is a type of wetland, fed primarily by nutrient rich groundwater that is constantly flowing to the surface. In the late 1980s, Dr. David Cooper from Colorado State University identified the High Creek Fen as the best example of an "extreme rich fen" in Colorado. This type of fen is characterized by the chemical quality of the water that supports it, in the case of the High Creek Fen limestone. The Nature Conservancy website notes "The preserve is the most ecologically diverse, floristically rich fen known to exist in the Southern Rocky Mountains. Indeed, it contains more rare plant species than any other wetland known in Colorado."

**"The preserve is the most ecologically diverse, floristically rich fen known to exist in the Southern Rocky Mountains."**

— The Nature Conservancy website

The presence of such a unique wetland in such a dry area is quite unexpected. Nature Conservancy studies of the High Creek Fen credit this wet site to groundwater from two sources, a shallow aquifer and a deeper aquifer associated with the Leadville limestone formation. The shallow aquifer is likely supported by the surface flows from precipitation and High Creek. The deep-water source relates to the very beginnings of South Park and the geologic forces that formed the region, and emerges in the fen as spring water rich in magnesium and calcium. The unique water is the reason for the rare plants, moss, and invertebrates found at the site.

Park County students collect water quality readings that include pH, turbidity, dissolved oxygen and temperature using World Wide Water Monitoring Day kits and protocol, as well as collecting and assessing macroinvertebrates, which are an indicator of stream health. The test results are reported to SPNHA and are a valuable tool to consider any changes to the area over time.

The other half of the day the students



Park County students collect water quality readings.

spend learning about the history of the area. The Homestead Act of 1862, which allowed settlers to claim 160 acres of land from the government if they lived on the land and made improvements, was a large part of the development of South Park. The 1870 US Census of Agriculture noted 17 ranchers in Park County. Ruins of the Radliff homestead are still visible in the area. Remnants of the Water District 23, formed in 1888, diversions can also be seen.

More information about the High Creek Fen can be found at:

- The Nature Conservancy website <https://www.nature.org/en-us/get-involved/how-to-help/places-we-protect/high-creek-fen-preserve/>
- Interesting blog about the High Creek Fen <http://aapamire.blogspot.com/2009/03/high-creek-fen-pocket-of-unique-beauty.html>
- Research on the fens from Colorado Natural Heritage Program [https://mountainscholar.org/bitstream/handle/10217/47238/Ext\\_Rich\\_Fens\\_South\\_Park\\_1996.pdf?sequence=1](https://mountainscholar.org/bitstream/handle/10217/47238/Ext_Rich_Fens_South_Park_1996.pdf?sequence=1)

**If you visit the Fen, some things to keep in mind:**

- The area is wet and boggy, that is why it is a fen! Be prepared to get muddy, there are no designated trails. Old shoes that you are willing to throw away are suggested.
- Deer flies may be present. Long sleeves and repellent spray will make your visit much more pleasant.
- Leave your dogs at home. Besides the environmental protection, you won't want to deal with a wet, smelly, muddy dog on the ride home.
- Pack out your trash, and take a bit of found trash with you.
- PLEASE, PLEASE keep vehicles to the designated areas.

## Cottage Food Act Update

by Christy Fitzpatrick

This summer you might have been looking around your home and garden and thinking, I could make something out of all this great stuff. Maybe you visited the Farmer's Markets and got a wonderful idea for a product of your own. Why not get ready for next year by finding out about Colorado's Cottage Food Act and what you need to become a Cottage Food producer now instead of waiting to come to a class in the dead of winter? One key requirement of the Colorado Cottage Food Act for home-based entrepreneurs is to take a Food Safety for Cottage Foods training. An easy and inexpensive way to meet this requirement is to attend a training offered by CSU Extension. Chaffee County Extension Agent Christy Fitzpatrick will present a *Food Safety Training for Colorado Cottage Food Producers* on Wednesday October 17 from 5:45-8:45 p.m. at the Chaffee County Fairgrounds, 10165 County Road 120, Salida. The Cottage Foods law changes frequently and this class will give you the most up to date information!

Learn which foods are now permissible under the Cottage Foods Act, product labeling and production requirements, and the all-important food safety for the home business. After taking and passing a short quiz, participants receive a Certificate of Completion, good for three years. This training is also recommended for those who oversee the food safety of cottage foods, such as health department staff and Farmer's Market managers.

Preregistration is required and can be done by calling the Chaffee County Extension Office no later than October 12. The registration fee of \$25 (cash or check made out to Extension Activity Fund) covers program materials, the class certificate and light snacks. There must be at least 5 participants pre-registered to hold the class. For more information, contact Chaffee County Extension at 719-539-6447 or email [Christy.Fitzpatrick@colostate.edu](mailto:Christy.Fitzpatrick@colostate.edu). If accommodations for disability or language are needed, please notify us at least five business days prior to the event.

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Become a giving warrior for a Native Child or Elder. From now until December 18, One Nation Walking Together is collecting gifts to help send Santa with a sleigh full of Christmas presents to the reservation. Please also consider a cash, check or credit card donation to help finance Santa's trip.

Drop-off your presents or send monetary donations to:  
**One Nation Walking Together**  
 3150 N. Nevada Ave.  
 Colorado Springs, CO 80907  
 719.329.0251

For credit card donations visit [www.onenationwt.org](http://www.onenationwt.org).

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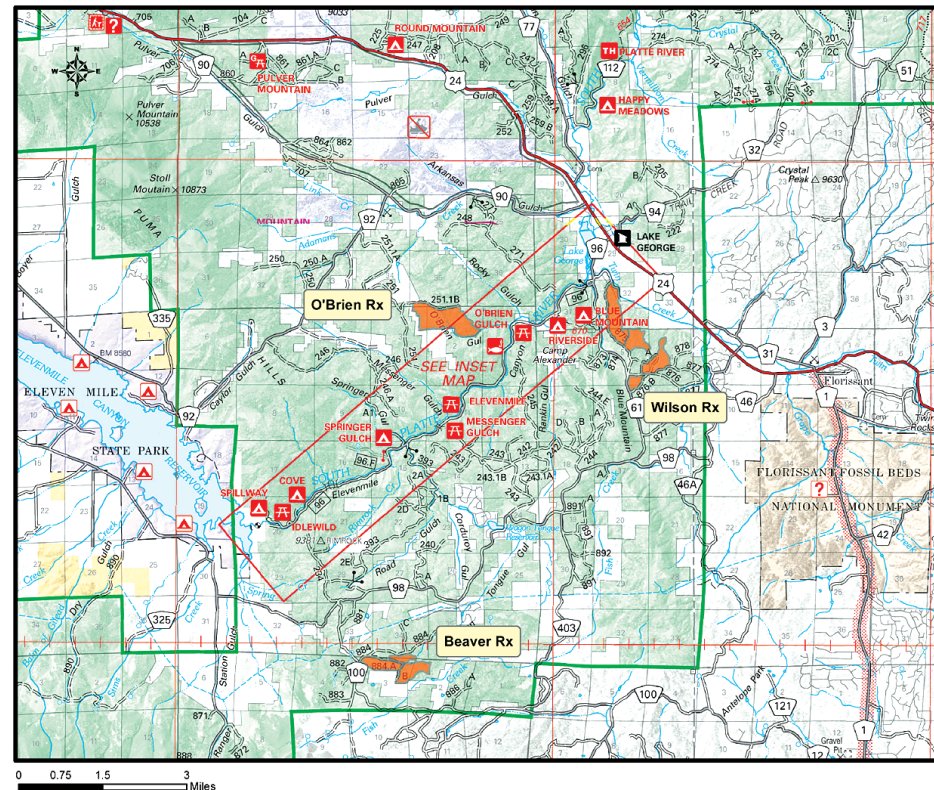
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## Prescribed burning in Park County

US Forest Service - South Park Ranger District  
 Prescribed Burns Planned for Fall 2018



The Pike National Forest-South Park District is preparing for prescribed burning in Park County. This may include up to 900 acres of broadcast burning, which involves the ignition of surface fuels within prepared units. The projects are south of Lake George between Blue Mountain and Wilson Lakes, southwest of Lake George in O'Brien Gulch and southwest of Lake George and southeast of 11 Mile State Park near the Echo and Beaver Valley subdivisions.

Burning may begin early October and last through November. Ignition will take place once weather and fuel conditions are such that the fire behavior will be within the burn plan limitations and substantial smoke impacts are unlikely to surrounding communities. If burning does take place, it may continue from one to several days. Expect smoke to be visible from Highway 24 and other areas during actual burning days. Smoke may linger in the air for several days

after ignition is completed.

Vegetation types are predominantly ponderosa pine, grass, mountain shrubs and aspen stands intermixed with spruce and fir. Surface burning of the area is designed to reduce the amount of timber needles and woody debris on the forest floor and to remove a portion of small diameter trees and low-hanging branches of larger trees. In addition, prescribed burning helps to restore the health of conifer and aspen stands by improving soil nutrients and re-sprouting grass and shrubs for wildlife habitat.

Follow @PSICC\_NF on Twitter for up-to-date information on this and other topics. Use #LkGeoRX for South Park Ranger District prescribed fire information.

Prescribed fire smoke may affect your health. For more information, please visit: <https://www.colorado.gov/cdphe/wood-smoke-and-health>.

## Grape Creek Florissant, Colorado

*Rippling over small round rocks in the chilled afternoon light of Spring's sunshine the cold creek flows—core of everything.*

*It exists against the odds surrounded by green grass lush from winter snows.*

*Twisting and turning like ribbon it whorls into wonder where birds splash, dip, flick, and flutter. In casual poses, they gossip gamely delivering their news.*

*The water moves beyond the birds free across acres of time, and releases me from disfiguring cities and heaps of numbing concrete.*

This poem first appeared in *Colorado Life*.

Grape Creek flowing through the Florissant Fossil Beds National Monument. Photo by SW Veatch 2018.

## Mueller State Park



### 2018 Mueller Hiking Challenge

On Tuesday September 11, 15 people starting hiking the 37 Trails. The goal is to hike 60+ miles in 4 weeks. This event was organized and led by Volunteer Naturalist Nancy Remmler. We wonder how many people will finish?

Cooler days and fall colors offer a great time to visit Mueller State Park! With the last of the aspens in gold and the elk busy with their breeding season, or rut, it makes for an interesting time to hike, camp or visit Mueller. A number of guided hikes and naturalist programs are scheduled for folks able to come out to enjoy this beautiful season!

- 2, 4, 6 Fall Challenge Hike 8 a.m. meet at Visitor Center.
- 3 Hike: Cahill Cabin 9:30 a.m. meet at Grouse Mountain Trailhead.
- 5 Hike: Osborn Cabin 1 p.m. meet at Black Bear Trailhead.
- 5 Auditorium: Predator Prowlers 7 p.m. meet at Visitor Center.
- 6 Program: Make your Own Animal Track 1 p.m. meet at Camper Services.
- 6 Hike: Elk Bugling 5:15 p.m. meet at Grouse Mountain Trailhead.

- 10 Hike: Homestead 9:30 a.m. meet at Homestead Trailhead.
- 13 Hike: Cheesman Ranch 8:30 a.m. meet at Grouse Mountain Trailhead.
- 18 Hike: School Pond Ecology Hike 9:15 a.m. meet at School Pond Trailhead.
- 19 Nature Preschool 10-noon meet at Visitor Center.
- 20 Hike: Elk Meadow to Murphy's Cut 8:30 a.m. meet at Elk Meadow Trailhead.
- 20 Auditorium: Arach-NO-Phobia 7 p.m. meet at Visitor Center Auditorium.
- 21 Hike: Four Pond Hike 9 a.m. meet at Rock Pond Trailhead.
- 24 Hike: Stoner Mill 9:30 a.m. meet at School Pond Trailhead.
- 27 Hike: Rock Pond to Rock Canyon 8:30 a.m. meet at Visitor Center Patio.

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

## HRRMC News

### Auxiliary seeks volunteers

The Heart of the Rockies Regional Medical Center Auxiliary is looking for additional volunteers to help staff the hospital gift shop. The shop is open Monday to Friday, 9 a.m. to 4:30 p.m. Volunteers either work a half-day shift each week or serve as a substitute when someone is absent.

Proceeds from the gift shop help purchase medical equipment, support hospital programs, and provide scholarships for high school students planning to enter the health care field. Gift shop profits and proceeds from other fundraisers have enabled the Auxiliary to donate \$13,200 this year to purchase equipment. The Auxiliary also awarded \$4,000 in scholarships to local high school graduates in 2018.

"The HRRMC Auxiliary is a meaningful and wonderful opportunity to volunteer in our community," said HRRMC Foundation Director Kimla Robinson. "Anyone interested in joining the Auxiliary can pick up an application in the hospital gift shop or call 719-530-2395."

### Cancer support group meets first Wednesdays

About 1.7 million new cancer cases are expected to be diagnosed in 2018, according to the American Cancer Society. HRRMC's Oncology Clinic facilitates a free, monthly support group for anyone affected by cancer the first Wednesday of every month, except holidays, from noon-1 p.m. at the hospital, 1000 Rush Dr., Salida.

The group allows cancer patients, survivors, caretakers, family members and friends to share experiences and coping tips. In addition, HRRMC medical profession-

als provide advice on how to deal with the diagnosis as well as maintain overall good health during treatments.

There is no fee to attend and the setting is informal.

If you have questions or would like more information, call group facilitator Brenda Disparti, an HRRMC oncology clinical nurse, at 719-530-2427.

### Mother's Milk Bank donation

Avery Bechtel of Salida recently donated 352 ounces of her breast milk to the Mother's Milk Bank Donation and Outreach Center at Heart of the Rockies Regional Medical Center. Bechtel said she wanted to "pay it forward" and expressed gratitude to the hospital's Family Birthing Center for a positive birthing experience earlier this year. For more information about the Mother's Milk Bank, call 719-530-2277.



Photo credit: Rebecca Hansen of Buffalo Gap, TX

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 970-333-0277

41st Annual Lake George Charter School  
**HALLOWEEN CARNIVAL**  
**SATURDAY, OCTOBER 27, 2018**  
**1PM TO 3PM • 38874 Hwy 24**

- Games • Prizes • Bounce House & Slide • Bingo • Raffle
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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](mailto:utecountrynewspaper@gmail.com).

### BUENA VISTA

18 October Business After Hours 5-7 p.m. Central Colorado Regional Airport. Featuring the Airport and Home-Based Businesses. Come mingle with members of your community. \$7 per person.

20 Walk for Freedom read more page 4.

28-31 Nightmare at Turner Farm 6-8 p.m. Turner Farm, Buena Vista. Haunted Night at Turner Farm. It's that time of year, when the monsters, zombies and shocking happenings come out at "Nightmare at Turner Farm." There will be new experiences to scare you and some old "friends" from past years. Can be scary for younger audiences. Tickets are \$5 for children under 12, \$10 for 12 and up, & \$15 per family (2 adults and 2 children under 12) at the door.

31 Trick or Treat Street 2-5 p.m. East Main St. Businesses along East Main Street will open their doors to costumed youngsters canvassing for candy on Halloween. Stores participating in the event will post flyers.

### CAÑON CITY

3 A free legal clinic for parties who have no attorney will be featured from 3:30-5 p.m. By computer link, volunteer attorneys will answer questions, help fill out forms and explain the process and procedure for all areas of civil litigation. Walk-ins welcome; everyone helped on a first-come, first-served basis.

5 Breads and Bikes hosts Lissa Hanner 5-8:30 p.m. Super Chuck is sitting in.

19 The 3rd Friday Art Fusion at REM Fine Art Gallery 710 Main St. A fun family event where YOU become the artist. Try a little rock painting or get the kid's faces painted, both are free! Poetry reading, singing, dancing whatever makes you creative. Crafters will set up outside, weather permitting. The third Friday 5-8 p.m. Bring the whole family. FMI 719-371-5405 or [creatingfromthesoul@yahoo.com](mailto:creatingfromthesoul@yahoo.com).

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

### CASCADE

13 National Fire Safety Month 5-8 p.m. at the Fire station 805 Severy Ave. Firehouse to walk through to plan family exits, bounce-house and pumpkins for kids. Sparky the fire dog will be here! Silent auction. Free chili & corn dog supper. FMI 719-551-0418.

### COLORADO SPRINGS

14 The Ute Pass Chamber Players will join the Pikes Peak Community College Music Department faculty in recital at 2:30 p.m. at the Downtown Campus, 100 West Pikes Peak Avenue, Room N214. This annual collaboration will feature the music of Beethoven, Bernstein, Bizet and more. Free! FMI 719-290-0119.

20 Rock Island Days 10-4 p.m. 2333 Steel Dr. Celebrating 130 years of Rock Island history in Roswell. In October 1888, the Rock Island Railroad yard included a depot, 14-stall roundhouse and turntable, water tank, pump house, coal trestle with 24-pocket coal chute, coal house, two oil houses, stockyard and coach repair shop. Join the Pikes Peak Trolley Museum to celebrate 130 years of Rock Island history. Trolley rides, tours, exhibits, model train layouts and operation lifestage, 11-1 p.m. free lunch and anniversary cake (donations welcome) \$3.

29 Social Security 1014 4-5:30 p.m. at 15 S 7th St. Registration required 719-471-2096.

### PIKES PEAK CENTER

5-6 Off-Broadway hit The Book of Moron 8 p.m. also 4 p.m. on Oct 6. Dr. Jordan B. Peterson at 7:30 p.m.

12 Rules for Life 2018

13 COS Philharmonic — Stravinsky's Petrushka at 7:30 p.m.

14 COS Philharmonic — Stravinsky's Petrushka at 2:30 p.m.

14 Casting Crowns — The Very Next Thing Tour at 7 p.m.

18 Alice in Chains 7:30 p.m.

26 COS Philharmonic — Monster Mash at 7:30 p.m.

27 COS Philharmonic — Monster Mash at 2:30 p.m.

26 Professional Bull Riders 8 p.m.

27 Professional Bull Riders 7 p.m. FMI: PikesPeakCenter.com.

### WORLD ARENA

8 Dr. Jordan B. Peterson 7:30 p.m.

14 Casting Crowns — The Very Next Thing Tour 7 p.m.

26, 27 Professional Bull Riders 8 p.m. (7 p.m. on 7th)

### CRIPPLE CREEK

2 National Night Out.

6 Art in the Park 10-4 p.m. Come help the City of Cripple Creek kick off October ARTS Month by enjoying a variety of events in the charming Pocket Park found next to Cripple Creek City Hall located on Bennett Avenue. A 40+ foot canvas will be set-up for the public to express their artistic side. \*ALL Artwork must be family friendly and follow the theme for the weekend — Our Historic Gold Camp. Paint and other necessary supplies are being provided for the public to use. A variety of other crafts will be available for the public to "make and take" home with them. The event kicks off at 10 a.m. on October 6th. A variety of art organization and artists will be on site to talk about their work with demonstrations by select artists. A small stage area will be set-up with actors from Cripple Creek's Mountain Repertory Theater popping in to do a musical number or two. There will be an open mic available for those people whose talents may lay in singing, dancing, comedy skits, or even poetry; all performances must be family friendly. Cripple Creek's Art in the Park will be fun for the whole family. And while you're in town, stroll the streets to see artwork by local artists displayed in many downtown windows. At the Cripple Creek Heritage Center the "Art and Autumn" A Fine Art Show will be taking place where the public may view and purchase a variety of work and meet many of the participating artists. Open daily 9-5 p.m. Hope to see you there!

26 Haunted House at the Outlaws & Law Men Jail Museum hosted by CC-V Pioneers Drama Department 6:30-9 p.m. Admission is by donation only and is NOT recommended for young children. The museum is located at 136 W. Bennett Ave.

27 Bronco Billy's Lounge hosts Lissa Hanner playing solo acoustic 7-10 p.m.

### ASPEN MINE CENTER

5, 9, 12, 16, 19, 23, 26 30 A Willow Bends 3-5 p.m. Tues and Fri.

2, 16 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.

3, 10, 17, 24, 31 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.

3, 10, 17, 24, 31 Cocaine Anonymous group every Wed 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.

9 Veteran Service Meeting 9-11 a.m.

9 All Vets. All Wars. Group participation 10-11:30 a.m.

10 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.

18 OIB Group. This is a support group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719-471-8181 X103.

18 The Colorado Division of Vocational Rehabilitation helps an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.

26 Teller County Emergency Food Distribution Program (Commodities) will be held the last Friday of the month 9-2 p.m. Please bring photo ID and proof of Teller County residency.

26 Cross Disability Meetings for persons with disabilities 10-11:30 a.m.

On-going: Our Health Navigator Kryss Arrick is available Mon-



### COLORADO SPRINGS

8 Stories from Teller County's Past by Linda Wonnack 6 p.m. social time, 6:30 p.m. dinner. Join Linda as she speaks about her books *From the Grave and Haunted Cripple Creek and Teller County*. RSVP and pay \$17 Friday prior <https://squareup.com/store/pppw>. FMI 719-473-0330 or [posse@dewittenterprises.com](mailto:posse@dewittenterprises.com)

Thurs 8-4:30 p.m. for families who are seeking access to affordable and quality health care. Call 719-689-3584 ext. 111. Unless otherwise noted all meetings are held in the 2nd floor conference room.

### PARK & REC

13 CC Archery Tournament 1-4, \$10.

20 Bent's Old Fort Trip 8-8 p.m. \$15 plus.

26 BOOzaar 5-8 p.m. Carnival atmosphere, fun for all ages.

31 Trunk or Treat 5:30-7:30 p.m. Free!

### On-going:

• Aikido Mon-Wed 6-7 p.m., Tues 11-12 p.m. \$5.

• Belly Dance Mon 6-7 p.m. \$5.

• Kido for Kids Mon-Wed 4:45-5:45 p.m. \$5.

• Kid's Ballet Tues 4:45-5:15 p.m. \$15.

• Kid's Hip Hop Dance Weds 4:30-5:15 p.m. \$15.

• Open Archery Shooting call ahead.

• Silver Sneaker's Mon-Wed-Fri 10-11 a.m.

• Women's Bible Study Wed 5-6:30 p.m. Free.

• Yoga Tues 11:30-12:30 p.m., 5-6:30 p.m., Thurs 4-5:15 p.m., 6-7 p.m. FMI 719-689-3514.

### CRYSTOLA

4, 11, 18, 25 Crystola Roadhouse 20918 E Hwy 24 free line dance lessons with Shell 6:30 p.m. Beginners on up.

### DIVIDE

2 & 4th Mondays until Nov/Dec when it changes to 1 & 3 Mondays. This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are:

Last name beginning with:

A-H 3:30-4:30

I-Q 4:30-5:30

R-Z 5:30-6:30

For more info 719-322-7610 or email [littlechapelfoodpantry@outlook.com](mailto:littlechapelfoodpantry@outlook.com)

26 Annual Potato Soup Supper sponsored by Pato Social Historical Society & Pikes Peak Museum. 5:30 p.m. at Pikes Peak Community Club, 11122 Hwy. 24, Divide, CO. Doors open at 5:30; program begins at 6:30. Steve Plutk, long-time resident of the Ute Pass area and UPHS member, presents a program *Farming and Sawmills in the Developing Divide Area*. The program includes historical images and first hand recollections. Tickets \$5. Meals consists of potato soup, salad, roll, drink and dessert. FMI: 719.686.7512 or UtePassHistoricalSociety.org

On-going: Our Health Navigator Kryss Arrick is available Mon-

you there!

### FLORENCE

13 Steampunk and Wine read more page 15.

13 Second Saturday Gallery walk-around. Most businesses open late.

### BELL TOWER

4-16 Svetlana Piltingsrud art exhibit.

5 Reception Svetlana Piltingsrud 5-7 p.m.

13 Wendy Woo - pop, rock, blues, folk, jazz musician 7-9 p.m.

15-20 Paint the Town

20 Reception for Paint the Town, 5-7 p.m. Exhibition continues through November 25.

• Save the date: November 3 Jon Chandler western musician 7-9 p.m. FMI 719-784-2038 or visit [www.FlorenceArtsCouncil.com](http://www.FlorenceArtsCouncil.com).

### JOHN C. FREMONT LIBRARY

2, 9, 16, 23, 29 Story Time 10:30 a.m.

3, 10, 17, 24, 31 Wool Gatherers 10 a.m.

4, 11, 18, 25, 31 Teen Group 3:45 p.m.

5, 19, 26 Story Time 10:30 a.m.

6 Artist of the month: Westcliffe Creative Quilters and Fiber Artists

13 Family movie: *Lost and Found* 2:30 p.m.

16 How to Kick the Sugar Habit by Gabby Duvick 4 p.m.

17 What are you afraid of? Fremont Regional Heritage 2 p.m.

23 Italian Heritage and Coal Camps by Carol Dunn 3 p.m.

26 The 4th Friday Fall at 5 p.m. *Concussion*.

### FLORISSANT

FOSSIL BEDS

1, 8 Guided yoga hikes 10-11:30 a.m.

6, 7 Plein Air Art Festival 9-5 p.m. Read more page 19.

7, 13, 14 Elk hikes. FMI 719-748-3253 or [www.nps.gov/fflo](http://www.nps.gov/fflo).

### GRANGE #420

8 Open House at 7 p.m. for those interested in learning more about the Grange mission.

27 Halloween celebration 1 p.m. We will have activities for all ages, including pumpkin decorating, rock painting, potato hunt, and costume contest with prizes for various ages. FMI 719-839-0860 or [www.florissantgrange420.org](http://www.florissantgrange420.org).

### LIBRARY

11 A free legal clinic for parties who have no attorney will be featured 3-4 p.m. By computer link, volunteer attorneys will answer questions, help fill out forms and explain the process and procedure for all areas of civil litigation. Please pre-register by calling 719-748-3939.

### GILLET FLATS TELLER COUNTY SHOOTERS SOCIETY

6 & 20 Range available to public 10-3 p.m. \$10 per person. 1805 Teller County Road 81. FMI: [Colomountain@msn.com](mailto:Colomountain@msn.com) [www.tcss-co.org](http://www.tcss-co.org)

### GUFFEY

10 Guffey Community Charter School Open House 4:30 see page 4.

BAKERY AT STRICTLY GUFFEY 6, 13, 20, 27 Yoga 8:30-9:30 a.m. with Kristie.

18 Talking Threads 10-12 p.m.

18 Drum Circle 6-8 p.m.

### FAIRPLAY

11-14 The Fairplay Seventh-Day Adventist Church 802 Castello Ave is sponsoring a program *The Appearing, Are You Ready?* by Shawn Bostra on end time prophecy 7 p.m. FMI Appearing.org

19 The 2nd Annual Barn Dance and Community Potluck with live music by Randy and Carole Barnes with the River's Edge Band 5:30-8:30 p.m. at 880 Bogue St (next to Fairgrounds). Admission is FREE! This old fashioned community fun is sponsored by the Park County Public Library.

20 Disaster Preparedness Response and Recovery. See page 11.

31 The South Park City Museum will close October 15 for the season. However, we open our gates from 5-6:30 p.m. on October 31 for the kids to trick-or-treat. Put on your "scariest" or "most adorable" costume for a night of fun. See

FRESHWATER

6 Miss Fire 2 p.m.

13 Cari Dell Trio 2 p.m.

20 Super Chuck n Friends 2 p.m.

27 Griffith & Scott 5 p.m. Freshwater Bar & Grill Halloween Party. Costume contest theme is Recycled Materials, be creative!

### LIBRARY

8 Patches and Pieces 11 a.m. quilt group.

18 Combined School/Adult Book Club 8:30-10 a.m.

22 Ham Radio/NASA STEAM at Guffey Charter School 2:45-3:45 p.m. All home school children welcome!

30 Veteran Outreach 11-3 p.m.

31 Literary Character Contest & Truck or Treat 1 p.m. FMI 719-689-9280 [guffeylib@parkco.us](mailto:guffeylib@parkco.us) or <http://parkcounty.colibraries.org>

• Yoga with Bill O'Connell at Guffey School Tues 5 p.m., Sun 10 a.m. and noon. Donations appreciated.

### LAKE GEORGE

20 PPHS Auction 2 p.m. see page 6.

### PALMER LAKE

18 The Palmer Lake Historical Society will present the Jim Sawatzki film *Above and Beyond: A Hero's Story* followed by a short presentation by Bob McLaughlin, COO of Mt. Carmel Veterans Service Center, U.S. Air Force Academy janitor William J. "Bill" Crawford was raised in Pueblo by relatives after his mother's death, became a Golden Gloves champion in high school, and then enlisted in World War II. When his platoon was pinned down by intense enemy machine-gun fire, he single-handedly destroyed the machine gun and killed three of the crew with a hand grenade. Then he was captured by the Germans. Learn the rest of the story. Come join us for a great evening! Events and programs are held in the Palmer Lake Town Hall, 28 Valley Crescent. Doors open at 6:30 p.m., the program begins at 7 p.m. Light refreshments will be served after the presentation. Palmer Lake Historical Society events and programs are free and open to all. FMI [www.palmerdividhistory.org](http://www.palmerdividhistory.org).

### PONCHA SPRINGS

16 General Election Debate — Chaffee County Candidates 5:30-8:30 p.m. Poncha Springs Town Hall.

### SALIDA

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

10 A free legal clinic for parties who have no attorney will be featured 3:30-5 p.m. at the library 405 E. St. By computer link, volunteer attorneys will answer questions, help fill out forms and explain the process and procedure for all areas of civil litigation. Please call 719-539-4826 for appointment.

12 Cause for the Paws 5-8 p.m. Steam Plant Event Center. A benefit supporting the lifesaving work of the Ark-Valley Humane Society. Cause for the Paws is Ark-Valley Humane Society's largest event of the year, raising crucial funds for the over 1,000 animals helped each year. With live music, catered food, raffle prizes and a beautiful venue, Cause for the Paws is an event that shouldn't be missed. Tickets are \$15 in advance or \$20 at the door. Advanced tickets available for purchase at: Salida SteamPlant, Salida Chamber of Commerce, and Ark-Valley Humane Society.

18 Creative Mixer at Paquette Gallery in lobby of the SteamPlant 5:30 p.m.

20 Shedfest all day Alpine Park. Come out for one last outdoor celebration before the cold hands of Old Man Winter usher us back inside. Connect with your community and appreciate the talents of the region. Fill your basket and stock your cupboards with the freshest local foods. Delight in a true Central Colorado experience. Enjoy a Crackpot Cook-Off, yard games, dancing, and merriment with friends and family.

## Letters Home

### A history of war through letters exhibit

by Michelle Petrazzoulo

Sgt. Michael F. Petrazzoulo was born on June 19, 1921, in Schenectady, New York. He entered the service in March of 1940, trained at Fort Drum (NY) with the 1st Army and then Fort Jackson, Columbia (SC). It was to Fort Jackson that Beatrice Magno, his sweetheart traveled, to marry Michael on August 11, 1943.

While in the service, Michael was an aerial gunner on B-25 Mitchell Bombers with the 434th Squadron, 12th Bombardment Group, a.k.a. "The Earthquakers." He accomplished 42 combat missions throughout North Africa, India, Burma and Italy.

During his time overseas he experienced several very close calls. On a bombing mission to Schwebo Burma, in January of 1944, enemy flak disabled the two motored planes, cutting the gasoline lines and knocking out the hydraulic system, "The pilot had to make a belly landing on a fighter strip with our bombs still in the bomb-bay" Michael said to a hometown newspaper reporter. "We caught fire and everybody ducked for the slit trenches. The flight engineer got burned trying to shut off the gas tanks, and seconds after he got out the bomb let go." "There," he said, as he watched chunks of plane fly through the air, "but for the grace of a good belly landing, go I." He experienced another belly landing on a field near Anzio, Italy but that, he said, "was an uneventful skid in since that bombs had already been "air mailed" to the Germans."

His letters to Beatrice are absent of the details of war, but rather filled with feelings of longing that a husband absent from a wife that he loved and missed dearly must have felt as he fought in a war halfway on the other side of the world. In a letter dated Tues,

May 16, 1944, from "Somewhere in India" for instance, Michael showed his wife with adoration and details of dreams that he had:

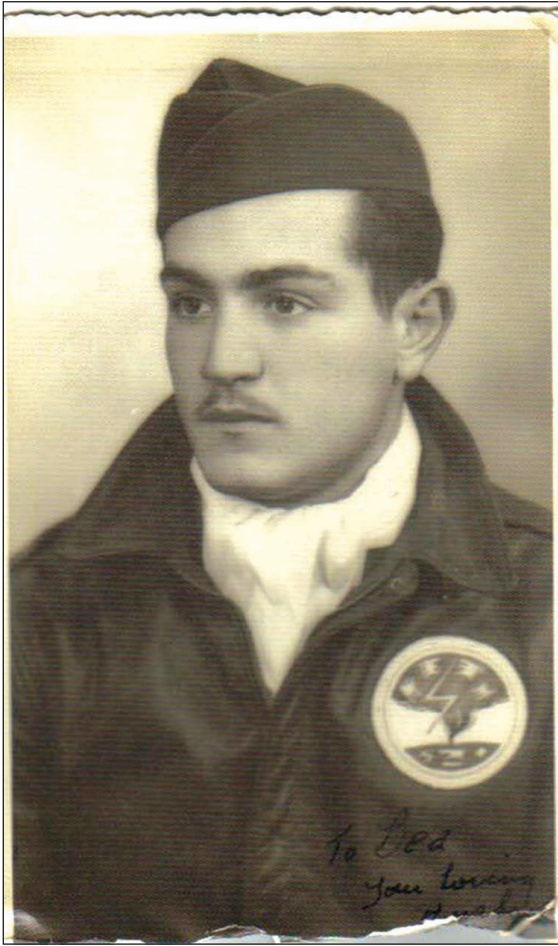
*To my dearest wife Bea-  
"Hello darling just a few lines to say hello and also tell you that I love you and miss you a great deal...I am feeling good except that be being away from you is torture darling last night I dreamt of all night and could hardly sleep but it was wonderful staying awake dreaming about you in fact I'd try to stay awake so I could dream about you because when I am thinking of you I am very happy... darling one of the dreams I had last night was that you and I were out dancing and won a dancing cup and then we drank champagne like we did on our wedding night..."*

Somewhere in India on August 9, 1944, wrote Beatrice a letter in great anticipation of their one-year wedding anniversary which would occur in two days:

*To my dearest beloved wife-  
"Hello I hope this line finds you in good health.... I'm feeling fine now except for the ache in my heart from being separated from you darling in 2 days we will be married one year. Darling on that day I will be the most downhearted soldier in the army. Darling being apart on our first anniversary will make us really appreciate our reunion and future anniversary."*

Michael Petrazzoulo-Naples. Italy, 1943.

In 1945, immediately after the war, Michael moved to Niagara Falls, New York to be with his wife and her family. He, like many other soldiers, had some difficulty assimilating back into life on the home front after witnessing the brutality of war, but carried on with great inner strength. He and Beatrice had 4 children and 7 grandchildren. He became a bricklayer until his retirement in



1976, after which he enjoyed spending time with his family, fishing, hunting and cooking. Michael and Beatrice celebrated 54 more wedding anniversaries until her death in 1999. He passed the year after on November 1, 2000. His collection of over 125 letters to Beatrice as well as his sharing of war stories and photographs to an adoring girl are what inspired me, his grand-daughter and caretaker of those letters, to create the *Letters Home: A History of War Through Letters Exhibit*.

Located on the first level of the Woodland Park Public Library for the months of November and December 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 level of the library.

Please check the library calendar for related programs, events, and discussions. A public reception will be held on November 10 from 1-3 p.m. in the Woodland Park Library Large Meeting Room. All are welcome.

We are currently collecting materials from the community for the 2019 Letters Home exhibit. For more information, please contact Library Director-Michelle Petrazzoulo at 719-687-9281 ext. 101 or [michelled@rampartlibrarydistrict.org](mailto:michelled@rampartlibrarydistrict.org)

## ~OUT AND ABOUT~

continued from page 28

### VICTOR

5, 12, 19, 26 Celebrate Recovery at the Victor Community Center at 6:15 p.m. FMI 719-243-4970.

### WESTCLIFFE

10 A free legal clinic for parties who have no attorney will be featured 2-5 p.m. at West Custer County Library 209 Main St. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation. Call 719-783-9138 for appointment.

### WOODLAND PARK

1, 8, 15, 22, 29 WP Community Singers meet 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.



### WOODLAND PARK

#### LIBRARY

4 Apocalypse at Little Bighorn: Custer's final battle 7 p.m. lower level. The Battle of Little Bighorn, more commonly referred to as Custer's Last Stand is an epic story in the annals of American history that still haunts today. In this one-hour presentation we will examine the characters and events that shaped this explosive confrontation between the 7th Cavalry and the legendary Sitting Bull and Crazy Horse. Little Bighorn Battlefield National Park Service Seasonal Ranger Steve Adelson will share his substantial knowledge and understanding of the battle with those in attendance in what promises to be a riveting account of the infamous affair. Come early to get a seat!

for more information.

21 The 2nd Annual Breit Awards Banquet 3-6 p.m. at Ute Pass Cultural Center. See page 25.

24 Archery Tournament 5-8 p.m. Woodland Life Center \$10. Open Archery Shooting Alternating Weds Woodland Life Center FMI 719-689-35514.

26 St. Peter's Catholic Church will be hosting an Octoberfest Fund Raiser comprised of a dinner, dancing and live auction. Dinner will feature an Octoberfest themed dinner, an authentic German Amber, which is being made special for this event and several samplings of wine. After dinner a live auction will be held. Our Lady of the Woods Parish Hall 5 West St. 6:30-11 p.m. \$35 per person, adults only. Tickets at OLW office or [buyticket-sat@stpeterschapel197059](mailto:buyticket-sat@stpeterschapel197059).

### DINOSAUR RESOURCE CENTER

20 Fun with Science Day 10-3 p.m. Join us for a fun filled day with various science tables for you to explore.

27 It's Stitches Time!-3 Cathy Kelsey shares Halloween stories and helps everyone create hanging black spiders to take home. After the show we will have a parade through the museum and prizes will be given for the best dinosaur, the most creative, the funniest and the scariest costumes. Treat bags will be given at the end of the awards approximately at 3 p.m.

10 Local Author Showcase 2 p.m.

11 A free legal clinic for parties who have no attorney will be featured 3-4 p.m. By computer link, volunteer attorneys will answer questions, help fill out forms and explain the process and procedure for all areas of civil litigation. Please pre-register by calling 719-687-9281 ext. 103.

13 Citizens' Climate Lobby 11 a.m. Find out what we can do to mitigate the catastrophes heading our way through global warming. Please RSVP [pjpotsticker@gmail.com](mailto:pjpotsticker@gmail.com).



# Holiday Home Tour

*Sounds of the Season*

## 2018 Tweeds Holiday Home Tour

### 20<sup>th</sup> Annual "Sounds of the Season"

## Saturday & Sunday, December 1-2, 2018

10 ~ 5 p.m.

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- Focus on the Forest
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- Woodland Park Senior Organization

[www.wphht.org](http://www.wphht.org)



**Tickets are available at [www.wphht.org](http://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 50



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