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Vol. 10, No. 9

Welcome to Ute Country



**"If you hear a voice within you
say you cannot paint,
then by all means paint
and that voice will be silenced."**

— Vincent van Gogh

PEEK INSIDE...



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High altitude sickness



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Head Start program rated top 10%!



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One Nation Walking Together



On Deck

The cover photo this month is of Dawn Buckingham Goldsmith at Fairplay's 2017 Plein Air Arts Celebration. A wisp decided to test Dawn's determination by stinging her pastel-holding hand. Prepared with her epipen, the wisp failed that test and Dawn won a Patron Award! Art is an individual expression. It's interesting to witness their creative process unfold and we're grateful they're willing to share their talent with us!

You will find Plein Air Art opportunities in Victor and Fairplay this month in our Out & About section. We explore comfrey and sunflowers; learn more about boundaries; showcase the Early/Head Start program rated in the top 10% of our nation; and learn how expert superiority leads to institutional colonization. We hope you are ready to absorb the many gifts throughout these pages as much as we enjoyed bringing them to you.

We thank you for reaching out to us and appreciate hearing your feedback. You will see how Lake George has gone to the birds in Critter Corner. We can always use more Critter Corner photos. Feel free to email utecountrynewspaper@gmail.com, call 719-686-7393 or via www.utecountrynews.com.

Thank you,
— Kathy & Jeff Hansen

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

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The Thymekeeper

A sea of comfrey

by Mari Marques-Worden

photos by Mari Marques-Worden

Recently I received a message from someone who sounded on the edge of utter frustration. "I have sooo much comfrey!" she said, "do you need any? I don't know WHAT I am going to do with all this." To which I replied, my dear if you know anyone that has comfrey in the garden you know they probably have enough for themselves, several neighbors, family members, friends and their friends.

It's true, comfrey is one prolific plant and once it's found its happy place will provide you with an abundance for years to come. I've thinned my bed three times this year and still, it seems I'm drowning in a sea of comfrey!

Before I talk about the many uses, I want to clear up a long-held misunderstanding regarding the plant.

Comfrey got a bad rap a few years back perhaps due to confusion. There are two species of comfrey; wild (*Symphytum officinale*) and cultivated (*Symphytum uplandica-x*) which is a hybrid that does not produce seeds. The wild plant is small and produces yellow flower clusters and contain the slightly toxic alkaloid allantoin in the leaves and root.

The cultivated plant can become quite large and produces blue/purple flower clusters and contains allantoin in the root only. It does not grow in the wild in Ute country. This is the plant that is sold in nurseries and the one most of us have growing in our gardens. Although this is the species typically sold in nurseries and herb stores, it is frequently mislabeled leading to confusion and because allantoin is considered slightly toxic, I only use the leaf of uplandica-x for internal remedies.

How do I know it's safe? Because I use it all the time with amazing results and per Susan Weed, author and herbalist extraordinaire:

During the second World War, an Englishman named Henry Doubleday devoted himself to hybridizing comfrey and making it safe to eat as a cooked green. And several generations of comfrey-eaters at his research station have no comfrey-related health problems.

On to the many uses of the comfrey plant. What is a person supposed to do with all that?

Let's start in the garden. Comfrey leaf makes a wonderful nitrogen fixer which is why when I see bug eaten leaves they either go right back to the Earth to rot and become part of the nutrients in my soil. For a faster fixer, the leaves can be rotted in water, diluted and used as a liquid



fertilizer. Simply add the leaves to water and stir or aerate every day until it stinks to high heaven, which is one reason most people don't use it that way. The latter method is faster but not without the stink. I've become accustomed to the smell but every once in a while, I'm confronted with statements like "Woo girl, you got a funk going on in here!"

The bluish-purple bell like flowers provide much needed nectar for the bees, in particular the bumble bees which have recently been declared endangered. Every year I make sure the plants are undisturbed until every bee has had its fill, giving it a wide berth so they can carry on without threat of human intervention.

Medicinally speaking comfrey is one of the best bone and skin healers known to man.

Medicinally speaking comfrey is one of the best bone and skin healers known to man. One common name for comfrey is bone-knit. It literally knits broken or fractured bone back together and it doesn't take long which is why it's important to have the bone set correctly before treating.

I've used it in combination with arnica for sprained ankle with great success. So much so, that when I've taken the person to get x-rayed we've gotten surprised looks and comments like, "Are you sure it was sprained? It's hardly swollen." Comfrey is unrivaled in its ability to heal damaged tissue and relieve pain whether it be bone, ligament, tendon, connective tissue or skin. As an ingredient in my Better Bone Tea Blend, it has proven to relieve the pain from torn meniscus as well as torn ACL of the knee. I've also used it topically on a woman who crushed the bones on the top of her foot. After a couple weeks of treatment as a foot soak she claimed her foot looked younger and more vibrant than ever.

Which leads me to the skin healing aspect of comfrey. Cosmetically speaking, the demulcent quality of comfrey will help ensure a wrinkle free complexion and would be beneficial in skin creams. I use it as a hair conditioner



Comfrey bed on the right (above), comfrey drying by the stove (inset).

and de-tangler. Because the tea made from the root makes a dark brown color, it keeps my hair brown with frequent usage.

Many herbalists stopped including it in their healing salves for fear of healing the skin over the top of an infection. Although it is possible and something you would never want to happen, there is enough anti-microbial herbs in my salve that I don't have that concern and my healing salve has been touted by many as the miracle of a last resort when nothing else worked. We've used it on horses, pigs, goats, chickens, cats, dogs and others but first tested on humans in order to ensure no harm to the animals. Frequent application will quickly disappear friction blisters and can be used for cuts, bites, burns, chapped lips, road rash and other unpleasanties of the skin.

Drinking comfrey leaf infusion has many benefits. It will keep your bones strong for those who experience thinning bones. It strengthens digestion as well as elimination and can be used as a bulk laxative. For those with inflammation from top to bottom including sore throat, ulcers or inflamed intestines, think of it as a cool drink of water soothing and healing the tissues as it goes down.

Comfrey leaves are rich in proteins including ones needed for the formation of short-term memory cells. They are a great source of folic acid, many vitamins, and every mineral and trace mineral we need for a strong immune system. I was recently informed that chickens love to eat the leaves giving me one more use for comfrey. I'll be drying some leaf to add to my chicken feed throughout the winter when no other greens are available.

As the plant doesn't produce seeds, the roots are easy to dig and split. Everyone should thin the leaves and the roots of the plant every year after bloom to prevent overcrowding. It will break free from the bed if too crowded. For anyone who would like to try their hand at growing comfrey, trust me, I have enough for all of us and I'm more than willing to share this beautiful beneficial plant.

How I do it

Comfrey tincture

Reduce the leaf or root down to smaller pieces (include the stems) exposing as much plant matter you can. Fill a canning jar leaving approximately an inch or two from the top. Cover with 100 proof vodka and shake every day for a month. Strain and store in dark bottles away from the heat.

Comfrey oil

Using dried plant leaves or root, cook in a carrier oil at low heat for 2-4 hours, strain and store in a dark container away from light and heat. Beeswax can be melted into the oil to make a salve at a rate of one-ounce beeswax to one cup oil.

Comfrey leaf infusion.

Add up to one ounce of dried comfrey leaf to a canning jar. Boil 3-4 cups of water and cover the dried leaf. Let steep for 4-8 hours, strain and enjoy.

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

Cripple Creek's mule skimmers

by Steven Wade Veatch

In the late 1890s, Cripple Creek was the site of Colorado's last gold rush and soon became known as the "World's Greatest Gold Camp". Ore from Cripple Creek's gold mines was hauled in large wooden wagons by four or six mules or horses to a team. Skilled drivers, known as mule skimmers or simply skimmers, could "skin" or outwit stubborn mules and compel them over rugged roads hauling ore, goods, and materials in and out of the gold camp.

Some mules were as mean as a surprised grizzly. Other mules were more obliging to the skinner. A good skinner could control his team and drive heavy, cargo-laden wagons along winding mountain roads raising dust at two to two-and-a-half miles per hour.

A mule skinner's job was arduous. It took dogged determination and an understanding of a team of mules to make an efficient driving outfit. The work, sometimes dangerous and always hard, had long hours, starting at five in the morning and lasting long after the sunset. Young, ready men who could take the punishing work performed this job the best. Though no mules were ever skinned, these men would boast, "I can pop my initials on a mule's behind."

Most of the skimmers were as lonely as a seagull in an Iowa cornfield, and some skimmers were as mean and stubborn as their mule. The skimmers, in their quest for company, headed for the dancehalls that lined Cripple Creek's notorious Meyers Avenue.

This imagined scene applies to so many of these trips:

It's Saturday night, the sun has gone down behind Mt. Pisgah and a full moon is beginning to rise at the bottom of the sky. Coyotes prowl behind Mineral Hill in howling packs while the mournful whistle of the Midland Terminal locomotive wails through the city of Cripple Creek.

A chill shivers the night air as a small cadre of mule skimmers walk down Bennet Avenue on their way to Meyers Avenue to spend the evening in a dance hall — a place more alluring than the dream of buried gold. It's time for a big night. On Bennett Avenue, they walk past Kurth's music store and peek through the window at the phonographs and pianos on display. The skimmers continue to a grocery where the pungent smells of coffee, cheese, and pickles in this cornucopia of plenty spill out onto the street. One skinner walks in to buy a plug of Brown's Mule chewing tobacco and carefully counts out the money for the grocer. Next, they go past a hardware store where the window displays new picks and shovels with white-pine handles. As the skimmers turn onto Meyers Avenue, a cat creeps along the boardwalk and then zooms into the dark alley. The skimmers are as free as the night and stand together looking at the lights that flash and flare along the rip-roaring pleasure street. The wooden stomp of horse hoofs, the roll-



A group of scrubbed up, dressed up mule skimmers relax on a boulder in a rugged mountain clearing. In the background is a large tent and several horses grazing in the meadow. These skimmers worked for A.E. Carlton's Colorado Trading and Transfer Company in Cripple Creek. By the time this photo was taken (1906), the company had a thriving business transporting ore from the mines to the Midland terminal railroad.

Photo © Cripple Creek District Museum.

ing wheels of buggies, and the sound of music fills the night air.

The group of skimmers choose a likely dancehall to enter, a hopping hive of humanity. The young men step into the smoke-filled, raucous dancehall and eagerly part with their hard-earned cash. Girls bring whiskey and beer to miners sitting at the tables. Men jam around the bar while drinking and talking about gold mines. The piano player pounds away while other musicians play their fiddles. Most of the dances were too complicated for the skimmers, unlike the other fast-drinking, fancy-stepping clientele, so they wait for the musicians to play the Monterey, a more straightforward dance they knew.

The skimmers did not disappear like yesterday's snow but stepped into the pages of history.

The interior lights illuminate the dancehall girls who appear as enchanting beauties — a sight for the skinner's wearied eyes. The skimmers, with work-roughened hands and hammering hearts, each grab a girl and

step out on the wooden dance floor where they join the others, dancing to the band's rendition of Mule Skinner's Delight. They go around and around in a circle — markedly self-aware — as the caller proclaims, "honors to your partner, honors to the corner, swing your partner and all promenade." When they finish the dance, the skimmers and their girls line up at the bar for a few drinks. The mule skimmers, full of brag, talk about their mules or horses and the perils their jobs until a work-worn miner yells, "Another Mule Skinner's Delight!" The dance was on, with skimmers spinning in a whirl as a happy reverie fills their minds and the night drifts on.

The mule skimmers in the Cripple Creek Mining District played an essential role in bringing goods to the district and hauling gold ore to mills for processing or to railroads for shipment. The skimmers did not disappear like yesterday's snow but stepped into the pages of history. They even became folk icons when, in 1930, Jimmy Rodgers and George Vaughn wrote a song called *Blue Yodel No. 8*, also known as *Mule Skinner Blues*. Bill Monroe's 1939 version of *Mule Skinner Blues* became a hit, and since then a variety of recording artists, including bluegrass and folk musicians, have performed the song. These songs immortalized the skimmers who played a vital part in Cripple Creek, the "World's Greatest Gold Camp."

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OUT & ABOUT

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HRRMC news

HRRMC now offers reduced cash-based pricing for rehab services

Heart of the Rockies Regional Medical Center (HRRMC) recently introduced reduced cash-based pricing for rehabilitation services: physical therapy, occupational therapy and speech therapy.

Patients pay for the service upfront with cash, check or credit card. Insurance companies will not be billed, so the cash payment will not go toward an insurance deductible.

The hospital is able to offer the cash discount because there are fewer administrative costs, and payment is received in full at the time of service.

Rehab services provided at HRRMC prior to Aug. 1, 2018, do not qualify for the cash-based pricing.

A doctor's order is required for all cash-based rehab services regardless of payment method, and a report will continue to be sent to the ordering physician.

"The hospital has been developing cash-based pricing for rehab services for some time," said Lesley Fagerberg, vice president of finance. "We are aware that more and more of our patients have limited insurance coverage or high-deductible plans and we wanted to offer a more affordable option."

"I encourage patients interested in cash-based rehab pricing to call our Patient Financial Services office at 719-530-2475 to determine their out-of-pocket costs so they can decide if cash-based pricing is the best option for them."

This is one of several initiatives HRRMC has undertaken to address the cost of health care. Other initiatives include direct access lab testing, cash-based pricing for CT and MRI scans, and opening a walk-in clinic at the HRRMC Buena Vista Health Center.

Family physician joins HRRMC Buena Vista Health Center

Jeremy Roderick, D.O., is joining the medical staff at the HRRMC Buena Vista Health Center, 28374 CR 317, beginning Sept. 4. He will provide primary care including pediatrics and geriatrics.

"We are very happy to welcome Dr. Roderick to our Buena Vista clinic," said HRRMC CEO Bob Morasko. "We continue to add services and providers to the clinic to better serve the northern end of Chaffee County."

Dr. Roderick earned his degree in osteopathic medicine from the College of Osteopathic Medicine at Kansas City University of Medicine and Biosciences in Kansas City, Missouri. He completed an internship and residency in family medicine with Via Christi Health Systems in Wichita, Kansas. Dr. Roderick is board certified by the American Board of Osteopathic Family Physicians.

Prior to moving to the Upper Arkansas Val-

Outpatient Services Pavilion gets a special delivery

Construction continues to progress on HRRMC Outpatient Services Pavilion. A heating, ventilation and air conditioning (HVAC) unit weighing nearly 10 tons was hoisted into the air to be placed on top of the new building on July 18. The installation of the unit was completed by PLS Mechanical out of Colorado Springs. The HVAC unit will serve as the main source of heating, cooling and ventilation for the building. The Outpatient Services Pavilion is slated to be complete in early 2019.

Dr. Roderick practiced for more than eight years as a family physician in Garden City, Kansas. He is also a certified medical examiner.

He and his wife, Marissa, look forward to raising their two children in Chaffee County. They enjoy traveling in the mountains, hiking, and participating in church activities.

"Anytime we had a chance to leave town (when we were living) in Kansas, we'd travel to the mountains of Colorado," said Dr. Roderick. "As we began considering where to relocate, we felt a calling to come to B.V. It was the only town we considered...and we love all that Buena Vista has to offer for our family."

"I hope to provide a stable, high quality practice (and) get to know and care for each member of the family, whether it be a newborn or one experiencing end-of-life issues as well as everyone in-between."

For more information, call the HRRMC Buena Vista Health Center at 719-395-9048.

Surgery Department offers "Teddy Bear Tour"

HRRMC will host a "Teddy Bear Tour" on Sunday, Sept. 9, from 1-3 p.m. at the hospital. This event will give children a behind-the-scenes look at the hospital's Surgical Services Department and help allay fears about undergoing a surgical procedure.

Kids are encouraged to bring a teddy bear, stuffed animal or doll, which will become their "patient" in the Surgery Department. They'll take their patient through an entire surgery stay and will even get to test out some of the equipment. Parents or guardians are encouraged to participate in the tour with their child.

Each child will receive a goody bag after their tour is complete. Food and beverages will be provided. This event is free and open to the public. FMI 719-530-2217.

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This space donated by the Ute Country News to promote shelter animal adoption.

Save South Park

Sensible balance between mining development and quality of life for residents

by Kathy Hansen

It all began with the incessant banging — Bang! Bang! Bang! Bang! Bang! In 2016 the *Gold Rush* television series moved its operation from Alaska to just outside Fairplay, Colorado. Bang! Bang! Bang! Bang! Bang! The operation was extremely noisy. Under the mining permit of High Speed Mining the *Gold Rush* crew was working 24/7. Bang! Bang! Bang! Bang! Bang! Neighbors could feel the vibrations 24/7 and it was becoming unbearable.

Bang! Bang! Bang! Bang! Bang! Many neighbors began talking with each other and decided to respectfully approach the crew of the *Gold Rush* series and politely ask them to please do something to quiet the noise or to at least take a day off. Bang! Bang! Bang! Bang! Bang! *Gold Rush* agreed to work 7 a.m. to 7 p.m. and take Sundays off. Bang! Bang! Bang! Bang! Bang!

The neighbors looked to see if there was any kind of noise ordinance in Park County. Bang! Bang! Bang! Bang! Bang! There is not. Soon a public meeting was held. Bang! Bang! Bang! Bang! Bang! It was believed that *Gold Rush* was mining on property zoned residential. Bang! Bang! Bang! Bang! Bang! *Gold Rush* requested a variance to rezone the property in question at a well-attended public meeting. Bang! Bang! Bang! Bang! Bang! While that meeting ended without a publicly announced conclusion, the rezoning was allowed with several conditions. Bang! Bang! Bang! Bang! Bang!

The neighbors were furious! They allowed their anger to give them the energy they required to make a much-needed change. They became more educated than any expected on mining laws, and many other related topics. It turns out the only recourse they had was to file a 106-action reversal against Park County, file a lawsuit against High Speed Mining, and they had only 30 days to do it.

These fine folks and neighbors did it. They not only hired a lawyer to file the 106-action reversal, they organized Save South Park (SSP) a 501(c)3 (see sidebar for mission statement) and then started a GoFundMe page to raise funds for court costs. There are now 30 plaintiffs in the lawsuit, in addition to SSP.

The group has realized their action plan must extend beyond legal actions that can easily become drawn out, become very expensive and it is possible High Speed Mining will be out of town before any talk or action of reclamation or restoration are even thought about.

The primary concern is for the environment. Mining of any type wreaks havoc on the environment. The type of mining that was originally done in this area was hydraulic or placer mining, where precious metal deposits are often found in sand or gravel beds. Heavy metals were often used to bond onto the gold deposits; in this case mercury was the heavy metal used. Mercury is highly toxic and naturally occurring in coal. There is still mercury in these sand and gravel piles from the old mining, and as these piles are being disturbed by the current mining operation, the mercury is pooling. The pooled mercury can easily be washed into the river. In fact, methyl mercury has been found in the alluvial areas south of the riverbed, making it readily available to be absorbed by wildlife, fish, birds, humans and other creatures that use this and downstream water.

The creation of a toxic environment is an

unacceptable burden for the homeowners of Park County and beyond. SSP has asked miners to have a Mercury Management Plan. This way they give the mining companies an opportunity to show the citizens steps they are taking along the way to care for the environment. SSP also reached out to the Coalition for the Upper South Platte, see related article on page 13. CUSP has a grant to sample mercury sponsored by Park County Land and Water Trust Fund. SSP has also asked Colorado Park and Wildlife to sample the fish that may be affected.

These methods by no means guarantee the water is free of mercury or other heavy metals. However, these steps may help identify areas that require clean-up that would not have been identified without SSP's input!

SSP strives to be completely transparent and they support opportunities to communicate about these issues. In fact, their website is filled with article after article on mining

and the effects on the environment.

They are doing what they can to protect the environment through education, communication and affiliation with related programs already in existence, such as the Initiative for Responsible Mining Assurance, a third-party certification program that mine operators can choose to be a part of to show their social and environmental fiscal responsibility. Learn more about this innovative organization that is globally active <http://www.responsiblemining.net/>.

Last month *Ute Country News* ran an article on page 14 "Water treatment system upset at the London Mine" co-authored by London Mine owner Joe Harrington and Kristin Barrett, co-chair of Save South Park. It was refreshing to learn how quickly Mr. Harrington was able to identify the spill and take action as soon as he did. This is an example of how mine owners

can be responsible, take the appropriate action and openly communicate building trust and accountability within the community because of their willingness to work with SSP.

If you are interested in learning more about SSP and their goals visit <https://www.savesouthparkco.org/goals>.

They are a small, core group of about 15 friendly people. They are always looking for donations and volunteers to help with the internet, speaking, grant writing, budgeting, legal support, or any gift or talent you are willing to share.



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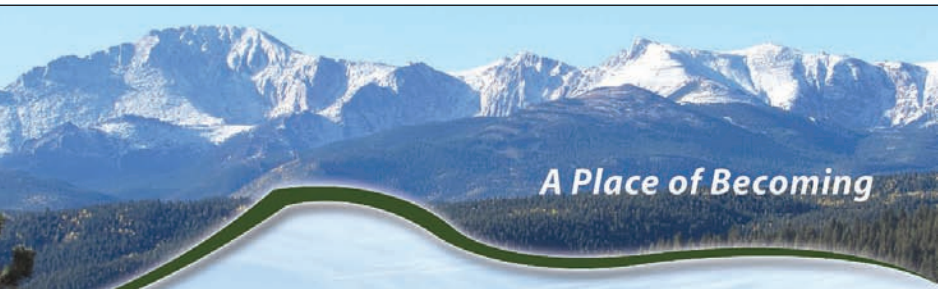
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WPHS Homecoming Week!



Monday, September 17 6:30 pm - Powder Puff Football
Wednesday, September 19 6:30 pm - Parade on Hwy 24 followed by the annual Bonfire at Woodland Park Middle School
Friday, September 21 5:30-6:45 pm - Tailgate Party
6-7 pm - Alumni Tea hosted by WPHS Ntl Honors Society in the commons
7 pm - Homecoming Football Game vs. Battle Mountain
Saturday, September 22 8 pm - Homecoming Dance

Woodland Park School District 719.686.2000 www.wpsdk12.org



The new Guffey School teacher Stacey Knutzen sitting at her mother's desk. Her mother was a teacher too, and is 82. Knutzen's two daughters used this desk growing up and now it is in her K-2 grades classroom. it is for budding writers, she said.

New teacher at the Guffey school

by Flip Boettcher
photo by Flip Boettcher

With this writing, so ends the first week of the new school year at the Guffey Community Charter School. It is also the end of the first week of teaching for Stacey Knutzen, the new K-2 grades teacher at the school.

For Knutzen, teaching is a second career, a mid-life change, she said, but she feels she is keeping up the family tradition, as her mother and grandmother before her were teachers.

Knutzen graduated from Colorado State University with a degree in horticulture and has had a successful gardening/landscaping business in Woodland Park where she has lived for 30 years. Knutzen is a Colorado native who was raised in California, but she spent summers with her grandparents who lived at the base of Cheyenne Mountain near Colorado Springs.

After moving to Lake George, Knutzen started substitute teaching. Knutzen took jobs where she could in Colorado Springs, Manitou, Woodland Park and Lake George; teaching preschool through high school. Knutzen also taught preschool full time for two years for the Cheyenne Mountain School District. While teaching middle and high school were OK, Knutzen really liked teaching grades K-2 best, she said.

After getting her teaching certificate, Knutzen started looking for a full-time teaching position in Park and Teller Counties, she said. Somehow, she found the Guffey School website with the open teaching position, responded and landed the job.

Knutzen is very excited about the coming school year and feels this is where she should be. Late last spring, Knutzen started attending some of the school events, and she said the students, volunteers, staff, parents and the community have all been very welcoming and supportive.

Planning on teaching at the school for a long time, Knutzen likes the idea of seeing the continuation of students from K-8

grades. Teaching the students reading will be fun, said Knutzen, it's such a big, life-changing event for them.

One of Knutzen's goals for the year is getting grants and funding to build a school/community greenhouse. Kids, soil, and growing things seem to go together, said Knutzen, and her background in horticulture is an added bonus for the project.

The school has the land and water for a greenhouse and Knutzen has many great ideas including proper composting, a weekly farmer's market in the summers and student projects like growing gourds, drying them and making birdhouses.

While Knutzen would like to move to the Guffey area, with rentals hard to find, and house prices out-of-sight, she will have to remain in Lake George with her partner of three years, Jerry. Although, the drive is very beautiful, she added. Knutzen has two daughters aged 31 and 21.

Knutzen had a nice surprise this summer while working getting her classroom ready for the start of school; a town doe and her two fawns looked in the classroom door, she said. It looked like mom wanted to register her fawns for the school year and was checking out the classroom first.

With eight K-2 students registered, Knutzen brings many new, good ideas to the school and will be a great addition to the staff.

Jenny Hartman, who has taught the K-2 grades for five years since she started teaching at the school in 2013, will be teaching the middle school classes — sixth, seventh, and eighth grades — this year. Hartman is really looking forward to the change and the new school year, she said.

Lynda MacDonald will continue to teach third, fourth and fifth grades as she has done for most of her 25 years teaching at the school.


This proves to be a great school year.

Adopt Me by TCRAS

Holly Berry

Hello, my name is Holly Berry. I was dropped off at a local vet's office in pretty scary shape. They were kind enough to get me warm and then asked TCRAS if they would help me find a new home. When I first meet people, I am scared and will hiss, but I am not a mean cat. I just need an adjustment period. Please come and meet me. I am looking for a patient friend.

This space donated by the Ute Country News to promote shelter animal adoption.



Who denies climate change?

by Patricia Turner

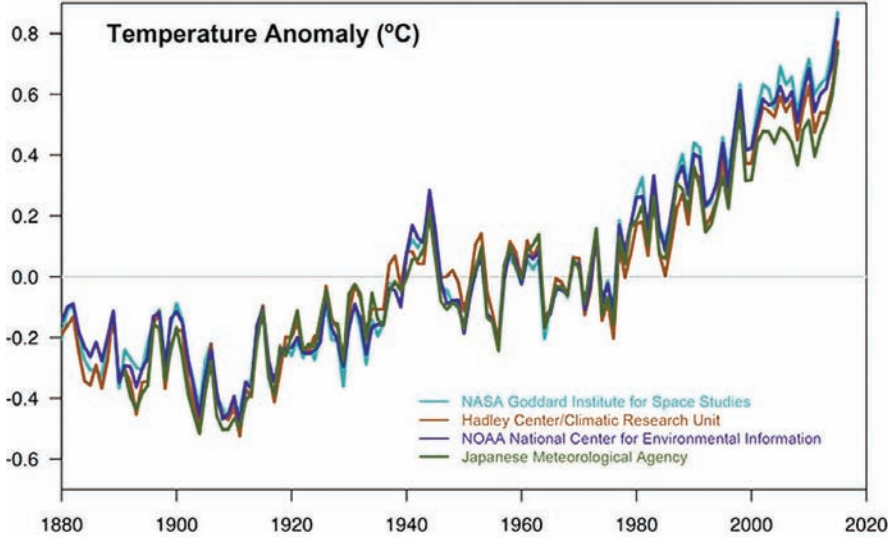
While more than 97% of the world's climatologist agree that climate change is happening and caused by human activity, namely the use of fossil fuels, many people in our country still deny that this is happening. If you took your child to 97 doctors and they told you your child needed surgery and then you took your child to 3 doctors who said the child was fine, whom would you believe?

Temperature data from four international science institutions. All show rapid warming in the past few decades and that the last decade has been the warmest on record. Data sources: NASA's Goddard Institute for Space Studies, NOAA National Climatic Data Center, Met Office Hadley Centre/ Climatic Research Unit and the Japanese Meteorological Agency. (<https://climate.nasa.gov/scientific-consensus/>)

Believing in the urgency of global warming is a difficult psychological challenge as the consequences are so frightening but denying this most pressing problem will only exacerbate our difficulties. For those of us who feel such gratitude for the beauty that surrounds us, the abundance of food we enjoy and awe of nature we experience, this is a hard pill to swallow.

The most notable group of people behind climate denial is The Heartland Institute. Heartland received major funding from the tobacco industries back in the days when they were denying a connection to cancer and tobacco. A huge amount of their funding comes from Exxon Mobile and the Koch Brothers but today they make it much more difficult to trace their donors. Heartland Institute is a think tank based in Illinois that offers huge conferences for climate denial in lush hotels around the country.

Their climate denying publications will offer signatures from a vast array of people claiming to agree with their pernicious data. Many of these names will have a PhD



behind them but in what? I took the time to look up several people on their list of endorsers. Out of 12 people I researched, 2 were deceased, 3 worked for the fossil fuel industry and 2 for the tobacco industry, not one of the remaining 5 who had PhDs was a climatologist. Their president and CEO is Tim Huelskamp, PhD in Political Science!

On their website at the time of this writing, they have an article by Dr. Willie Soon, PhD in Aerospace Engineering who denies that we are in any unusual warming period. I decided to investigate Dr. Soon and discovered repeated cases showing funding for his research comes from the Charles G. Koch Foundation, Southern Company and the Exxon-Mobil Foundation. In 2003 there was a huge controversy around the poor data he supplied in a peer reviewed journal.

I just ask you, my friends and neighbors, take the time to research sources for the information you see on the internet and other publications. Groups like The Heartland Institute abound who get billions in funding

for special interests. They know how to appeal to the ignorant and have plenty of funds to sway legislation. We are intelligent beings who do not need to succumb to clever propaganda and all we need to do is a little homework to eke out the truth.

If 97 doctors tell me my child needs surgery, I will not be listening to the remaining 3. We are in an emergency room and no time should be lost if we want a livable world for our children.

I am a volunteer for Citizens' Climate Lobby, a non-profit dedicated to creating political will for a livable planet. We meet the second Saturday each month 11-1 p.m. at Woodland Park Library 218 E. Midland. We are non-partisan and welcome all of you who know we need to take action to keep humanity going. Our next meeting is Sept. 8.

Come and see what you can do to address the greatest challenge in the history of mankind. pipotsticker@gmail.com.

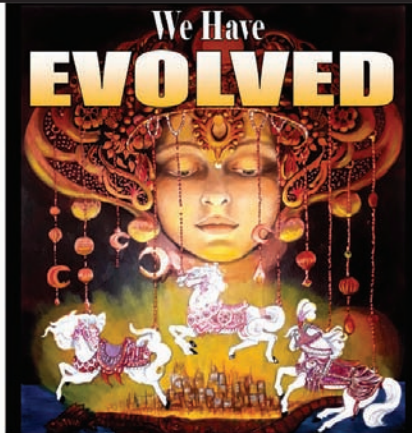
Patricia Turner is a retire research scientist from University of California.

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Some of the trophies to be awarded at the Race the Ridge event.

MTCC Bike the Night and Race the Ridge

Mountain Top Cycling Club (MTCC) held another successful Bike the Night this past July. There were 17 people riding in spite of the bad weather. It stopped raining long enough for the event to take place.

Our next event is Race the Ridge on September 8 at Quaker Ridge Camp 30150 Hwy 67 in Woodland Park. Start time is 9 a.m. with cat. 2 racers, kids race ages 2-5 are at 10 a.m. and ages 6-9 at 10:30 a.m. Trophies will be for kids ages 2-5 on balance bikes (no pedals) and any remaining will go to kids 5 years old. FMI <http://www.mountaintopcycling-club.com/>



Hayden and 2-year-old Cooper Huffington raced for ribbons at Bike the Night.

High altitude sickness

by UCHHealth

If you're traveling to Colorado and concerned about high altitude sickness, Dr. John Hall, an emergency department physician at UCHHealth Pikes Peak Regional Hospital, can talk about the illness both personally and professionally.

Several years back, while completing a residency at a hospital in Chicago, Hall made a quick trip back to Colorado to go ice climbing with his father-in-law, a physician's assistant.

Hall got off the plane at Denver International Airport, drove to Littleton, slept overnight, woke up at 4 a.m., and drove to Mount Lincoln, near South Park, Colorado, to go ice climbing.

"We were climbing at about 11,000 feet and half way into the climb, I literally hit a wall," Hall said. "I was hanging on the rope and asking myself, 'Why can't I swing my ax? Why can't I kick my feet into the ice? Why can't I move?'"

"I had a little bit of a headache, I was nauseous and a little short of breath and I thought, 'My God, what is going on?'"

Hall explained his symptoms to his father-in-law, who diagnosed him with high altitude sickness. The solution — move to a lower elevation.

Hall wasn't convinced, and he told his father-in-law: "I run 5 miles a day. I can do this."

As soon as Hall reached a lower elevation, he felt fine. Now an emergency room physician at Pikes Peak Regional Hospital in Woodland Park, Colorado (elevation 8,400 feet), he sees plenty of patients — most of them from out of state — who come to the Emergency Department complaining of headache, nausea, fatigue and shortness of breath even while resting — classic symptoms of high altitude sickness.

Hall said he has seen patients who range in age from 17 to 84 and some of them are extremely physically fit. He cares for them by administering oxygen, an IV of fluid and a diuretic to help reduce the amount of fluid on

the lungs. He encourages patients to go to a lower elevation. Those patients who have underlying health issues such as COPD, asthma or heart failure are at significantly higher risk for developing high altitude sickness.

"High altitude sickness is more common than you realize," Hall said. "This hospital sits at just below 9,000 feet and the typical patients we see come from states at sea level. People come up here and they have trouble breathing, they're nauseous, they're weak, they are short of breath with minimal exertion."

High altitude sickness is a serious condition and can develop into life-threatening illnesses, including High Altitude Pulmonary Edema (HAPE), fluid in the lungs; and High Altitude Cerebral Edema (HACE), fluid on the brain that causes brain swelling. If left untreated, both can be fatal.

Hall has seen people with HAPE in the Emergency Department though, fortunately, he has not seen patients with HACE.

People who are suffering from HAPE often have a cough, chest pain and produce white, frothy sputum. In some cases, patients cough up blood. These patients should seek a doctor's care immediately and descend to a lower elevation.

"What happens is their lungs are swelling. If you can imagine a sponge, soaking up water, that's what goes on in the lungs and it doesn't allow the oxygen to flow very well," Hall said. "So then they start coughing up frothy sputum and we give them diuretics to try to get some of that fluid off." He'll often send the patient to a lower elevation, where they seem to do much better.

Hall recommends that people who have underlying conditions talk frankly with their doctor about traveling to high altitudes in Colorado. A physician can prescribe Diamox, which reduces and prevents the symptoms of high altitude sickness before a patient travels



Dr. John Hall, an emergency department physician at UCHHealth Pikes Peak Regional Hospital, doing a little climbing.

to Colorado. "It's a simple medication, it's generic and it's cheap," Hall said. "I recommend taking it three days before you come to altitude. It's a pill taken twice a day."

Hall also recommends that people who live at sea level who have underlying health issues become acclimated to Colorado's high altitude for a few days before going to an even higher altitude in the mountains. Staying hydrated by drinking plenty of water also helps.

"Don't get off of a plane and head to 11,000 feet like I did. Make sure that you acclimate yourself before going to the mountains," Hall said. The onset of high altitude sickness varies, he added.

"Sometimes the onset can be pretty rapid and sometimes it can be a few days to even a week. A lot of times that can depend upon their activity. If they come up, as I did, and say, 'Hey let's go ice climbing, let's go climb Pikes Peak,' you may feel it right away," he said.

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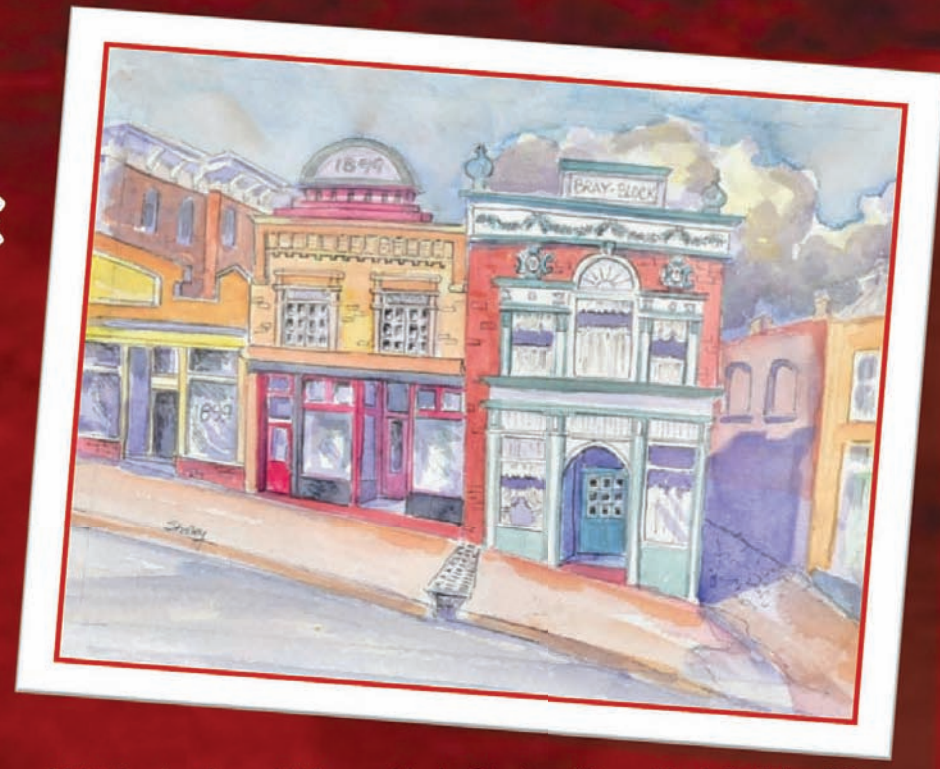
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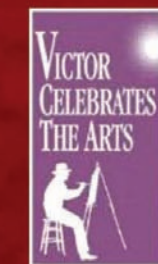
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Rolling Glory

Veterans Ride attracts riders from across the country

photos by Larry Ingram, Am Legion Post 1980



From Woodland Park to Cripple Creek, approximately 3400 Veteran bikers rode together to the Cripple Creek Veterans celebrations. Veterans from as far away as Tennessee, Texas, Kansas, Wyoming, Montana, Utah, New Mexico and from all parts of Colorado rode together. Woodland Park police, Teller County Sheriffs and State Police cleared the way for this large caravan.

Congratulations Cup and Cone!

Left to right are Tom Ratzlaff, Jeri Fry, Stephanie VanBuskirk. Photo courtesy Cup and Cone.

Arthur J Gallagher Risk Management Services, Inc. came to Cup and Cone to congratulate owner Jeri Fry on the completion of her Colorado State Certification. Stephanie VanBuskirk, client service manager, and Tom Ratzlaff, commercial producer with Arthur J Gallagher, gave Jeri the good news that her commitment to risk management and cost containment will save her business a percentage on the Workers' Compensation insurance she is legally required to carry.

The State of Colorado, Department of Labor and Employment Division of Workers' Compensation granted The Cup and Cone Premium Cost Containment Certification earlier this summer.

"This means I offer a safe workplace making risk management an important aspect of my business," said Jeri Fry, Owner of Cup and Cone at 331 Royal Gorge Blvd Downtown Cañon City.

"My staff and I are very proud, after working on this for more than a year, to have put the requirements in place, reflected them in our practices and formalized them in our Safety Manual," Fry said. This standing is good for one year and must be garnered anew each year by demonstrating risk management that is routinely practiced by the entire staff.

"Not only does this save the ice cream shop money, it also teaches staff best safety practices in all areas of what we do. We deal with temperature shock, sharp equipment, hot equipment, cross contamination, cleaning chemicals and potential slip and fall situations," said Fry. Cup and Cone offers new hires formalized training which includes safety practices. "When an employee has completed the training I offer, they can make working at the shop look easy, but they know and assist with the hard work behind the scenes that our customers don't see," said Fry. "I am proud of every single em-

Growing Ideas

Sunflowers in September

by Karen Anderson "The Plant Lady"

Greetings mountain gardeners! It hasn't been the easiest gardening season this year, but by gosh... we made it through the 'eaten and beaten' times with the hungry critters and sometimes devastating hail storms. It's always risky to grow our gardens, vegetable, perennial and annual, in this altitude with the inclement weather conditions and wildlife interference. However, those of us who can muster up the patience and carry the passion for plant life in our hearts and souls will be rewarded whatever the outcome of our endeavors. We shall not give up, and gratitude is persistently present as we are blessed beyond measure living in these beautiful places... our Colorado mountain communities.

and cheerful in moderately poor soil; and very rarely have an insect issue. That's pretty ideal for us folks!

If you feed the birds and provide sunflower seed for them like I do, you may find that sunflowers can easily and readily pop up all over in your garden as volunteers. What a delight!

Since they are fairly tender annuals, the plants will freeze and wilt at the first sign of frost, but the ripened seeds are often visited by many varieties of local and migrating birds. I like to harvest a few of the flowers before predicted frost and display them in vases with a little bit of water in order to extend my happiness of the gardening season. When they are no longer pretty to look at, the plant with seeds is either hung up in a tree to dry (for the birds) or added to the compost. If you wish to harvest the seeds for your own culinary purposes, you can cut off the heads with about a foot of stalk attached. Tie the stalks together and hang them in a cool, dry and airy location. When thoroughly dry, remove the seeds by gently rubbing the heads and store them in airtight containers to retain their nutritional value for a good long time.

Perhaps you may wish to make your own salted sunflower seeds by spreading them out on a cookie sheet and bake them at 350 degrees for about 10 minutes. After a bit of cooling, the black shells can easily be removed. Return the shelled seeds to the baking sheet and oven roast with a sprinkling of sea salt or any other desired spice such as cayenne pepper or garlic for another 10 minutes. After another cooling period, they can be stored in a sparkling glass container and stored on a cool pantry shelf, that is if you don't munch most of them down right off the baking sheet!

Now, to the sprouting process. Unlike most sprouts which are germinated in a glass jar with water, sunflower sprouts are grown upon soil. In a very old *Mother Earth News* November/December issue from the 1970s, the suggested method for this process is to construct a 3" deep wooden box, length and width would be your choice depending on what kind of space you have. Drill some drainage holes in the bottom of the box, cover the holes with pebbles and fill with 2 inches of good garden soil. Don't forget to put a drainage tray to catch the water underneath the planter box.

Locate the box in a greenhouse in seasonal months or a 'southerly' warm window and follow these instructions for a quick growing crop of fresh, tender and crispy sunflower sprouts: Soak 4 cups of unhulled, organic sunflower seeds in water for 8-12 hours. Scatter them in the box one layer thick and press them down firmly on the soil. Sprinkle the box with water and cover with newspaper. Water the seeds through the newspaper once a day until the growing sprouts start to push the paper up, which should take about 2-4 days depending on the temperature. Remove the paper and continue to water the seedlings on a daily basis, picking the seed hulls off only after the small plants start to 'stand up.' Please use a small sprinkling can, so you can water evenly without washing out the seeds and the soil. You may then start to reap the benefits of your efforts by cutting after the first two leaves open. It's a one-time thing, so after harvesting this batch, plant some more. Keep it going. If you can't eat them all when they are ready to harvest, store them in the fridge for a couple of days. Nutritious and delicious. Organic and home-grown. Good stuff!

I hope you have a new appreciation for the sunflower. After a bit of study and experience with this plant, I know I certainly do. To quote Bonnie Mandoe in that *Mother Earth News* article, "Even if the winter snow is chin deep to a short giraffe, you can grow delectable snackin' or salad greens on your sunny windowsill."

As the gardening Season comes closer to the grand finale for 2018, I would like to thank our readers for responding so positively to the 'Growing Ideas' articles in the *Ute Country News*.

You are greatly appreciated and I will continue to write what I know to be true about high altitude, organic and native gardening in our challenging mountain region as long as you are interested in reading about it.

If you need help in this area throughout the month of September, please feel free to call me at 719-748-3521 or contact me via e-mail at plantlady@speaks@gmail.com for any inquiries. Happy and healthy houseplants continue to be available for 'adoption' at the Outpost Feed Store in Florissant and at Mountain Naturals in Woodland Park. Until next time, take very good care and as always, Happy Gardening!

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Financial Focus
Labor Day you can work to become a better investor

We observe Labor Day on the first Monday of September; a holiday to honor all the hard-working people in this country. As one of them, keep in mind that your efforts can have positive results. Famed film producer Samuel Goldwyn once said: "The harder I work, the luckier I get." This same philosophy can apply to your investing, too — because you can indeed work to become a better investor. Consider these steps:

- Work to understand your goals and risk tolerance. Self-knowledge is important in all phases of life and it's certainly essential to you when you invest. For one thing, you need to know your goals. How long do you plan to work? What would you like to do when you retire? If you have children, do you expect to help pay for their college educations? You'll also need to know your risk tolerance to help determine your investment choices. Investors with a high tolerance for risk typically can overlook the day-to-day fluctuations in the financial markets and may be comfortable investing more aggressively. Those with a low risk tolerance may be more inclined to focus on investments that offer greater preservation of principal, even if this means sacrificing some growth potential.
- Work to learn all you can about your investments. Here's a bit of advice that will always be valid: Don't invest in what you don't understand. The more you know about your investments and what you can expect from them, the less likely that you will be surprised at their performance and their impact on your financial strategy. When you invest in stocks, you hope their value will appreciate over time, but you shouldn't be shocked over short-term

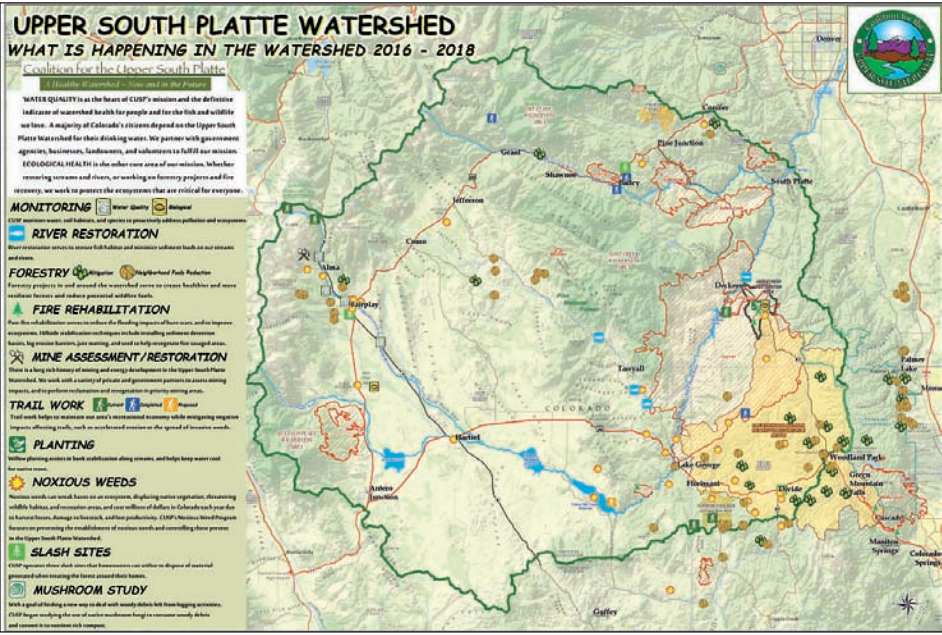
price fluctuations. Conversely, when you purchase a fixed-rate vehicle, such as a Certificate of Deposit (CD), you expect regular interest payments and a return of your principal when the CD matures. Do not anticipate much, if any, growth in the value of your investment.

- Work to develop good investment habits. Developing good habits often pays off. For example, if you exercise regularly, don't smoke and follow a sensible diet, you will likely help your long-term health. You can follow good investment habits, too, such as contributing regularly to your 401(k) or other employer-sponsored retirement plan. You'll also want to avoid bad habits, such as overreacting to a sharp drop in the financial markets. In an effort to cut your losses, you might respond to this downturn by immediately selling investments whose fundamentals are still strong and whose prospects still may be positive.
- Work to get the assistance you need. Investing can be complex, so you may want to work with a financial professional. But investing is just one part of your overall financial picture, so working with an attorney can help with your estate plans. A tax professional can advise you on the tax-related consequences of various financial moves.

There aren't many guarantees in the investment world — but the harder you work at becoming a good investor, the better your chances of reaching your ultimate objectives.

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

Featured Non-Profit:
Coalition for the Upper South Platte
by Barbara Berger



What does the Coalition of the Upper South Platte (CUSP) do? Many people have heard of CUSP but they are not aware of its significance and impact on our community. They have seen the equipment that removes slash for fire mitigation and grinds the wood into chips that can be used much. They know that this group has something to do with the South Platte River, but this is about it.

The significant push for the formation of CUSP began after the 1996 Buffalo Creek Fire that burned 11,700 acres in the watershed. The flooding that resulted after the fire had a devastating impact on lives, properties, and water supplies. This was a wake-up call for organizations dealing with forest health and fire issues. The fire, along with proposed wild and scenic designation of the river, and EPA regulations to address water quality, led to the formation of CUSP.

In 1998, a group of stakeholders, with representatives from local governments and federal and state agencies, businesses and concerned individuals, formed a 501(c)3 charitable nonprofit to protect a 1.6 million-acre watershed, over 1 million acres of public lands. A watershed is a bowl-like land-form. It carries water "shed" from the land after rain falls and snow melts and channels the water into the soil, groundwater, creeks, and streams. This water makes its way to larger rivers and eventually to the sea.

The elevation of the Upper South Platte Watershed varies from about 6,000 to over 14,000 feet above sea level containing five major municipal and several smaller reservoirs. It provides municipal water for about

three quarters of Colorado's residents. It has pristine fishing streams and it is the home for numerous endangered species of wildlife.

CUSP works with organizations to provide essential services to improve, maintain and monitor the watershed and water quality. CUSP's crews and volunteers plant thousands of trees each year, restore habitat, and improve recreational opportunities. They remove damaged and diseased trees, and help reduce wildfire threats in our communities.

Other ongoing CUSP projects include mine assessment/restoration, trail work, and river restoration. Controlling noxious weeds is important work. These are wreaking havoc on recreational and wildlife areas. Planting willow trees and adding stairs help stabilize the river banks. A study is being done to determine if native mushrooms can help convert woody debris left by logging and mitigation into rich compost.

The mission of this organization is "to protect the water quality and ecological health of the Upper South Platte Watershed, through the cooperative efforts of watershed stakeholders, with emphasis placed on community values and economic sustainability." As residents of Colorado, we should support this organization for its impact on our environment now and for future generations.

I thank Jane Mannon, director, outreach and development, for taking the time to meet with me and to provide me with an insight into the many facets of this nonprofit. It is interesting to note that most of their funding comes from individuals, private companies and corporations, not from the government. For more information, go to <http://cusp.ws/>.

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Debra Costa, RN

The Director of Nursing Services oversees all the skilled nursing for resident care. The DON manages the nursing staff and training, policies and procedures, and works with all the support personnel such as the pharmacy, lab, and therapy services, as well as the Medical Director for the facility.



Inspired by my mother, Dorothy Cooksey, who was a Registered Nurse, I entered the healthcare field as a C N A, went on to LPN school and finished nursing school with my degree in nursing. I worked 20 plus years in Texas working with Special Needs children and volunteering with the Special Olympics. Although nursing was a second career for me, it is and always will be, first in my heart.



Assistant
Director of Nursing
Kellye Nelson, LPN, ADON

The Assistant Director of Nursing Services assists and supports the DON in her duties.

Because of my love of caring for others, I became a Licensed Practical Nurse in 1985. I have 32 years of Nursing experience in a variety of settings. My primary areas of expertise include Acute Care, Medical/Surgery Units, Acute Psychiatric Care, and Long Term Care Settings. In 2008 I was certified as a Rural Medical Coder, and am also a Basic Life Support instructor for the American Heart Association.

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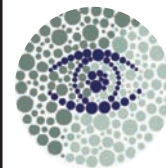
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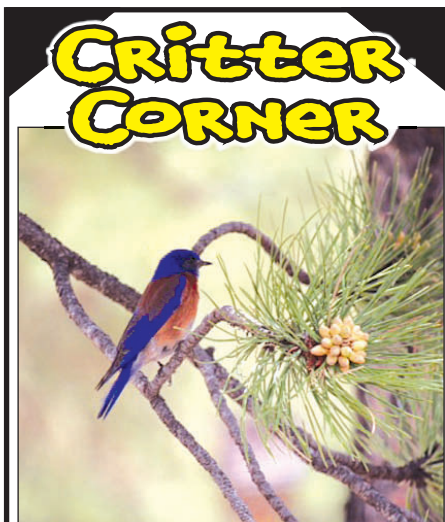
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Hummer sticking his tongue out
- Joi Smith, Lake George, CO

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MOON GODDESS

by Danielle Dellinger

The stars were hidden behind a thick cover of grey clouds. A storm was moving in. The treetops swayed as wind swept through them, and the grass bent over with a soft swishing sound. Then, everything suddenly fell silent, and a soft beam of white light parted the clouds and illuminated a patch of ground. A figure materialized out of nowhere and moved through the light. It was a woman, clad in a silky, silver dress and cloak, the hood pulled up. Short, icy blue hair peeked out from underneath the hood. Her skin was ashen and her eyes were greenish-purple.

She strode silently into the dark forest, leaving the light behind. As she walked, she periodically glanced up at the sky to try and see the moon, but the cloud cover remained too thick. It was her first time away from the hunk of rock that orbited around with the earth. She had been summoned for some unknown reason. Her instincts told her to go into the mountains. There, she found a secluded, severely overgrown path. She stepped over thorny shrubs that snagged and pulled on her silk dress. The sense of urgency in her gut forced her to pull her clothes free, ignoring any damage done.

As the path began to climb in elevation, the air grew thin and reminded her of being on the moon. The wind picked up as the edge of the thunderstorm clipped the edge of the mountain's peak. Off in the distance she heard a coyote howl. It was a sound she'd never liked, had always given her the chills. She kept her eyes on the path, stomping down her fear.

Finally, the trees thinned and opened up to reveal the peak, which had a thin carpeting of grass. She stopped at the top of a small rise and looked down into a natural bowl that allowed a small grove of trees to grow. A figure appeared to be sitting at the edge of the grove. She smirked and descended toward the figure. Thunder rumbled as she got closer, and a bolt of lightning struck in front of her, making her stumble back with a gasp. The figure looked up and then stood.

"Luna!" called out a rich, warm voice.

A grin broke out across her face and she sprinted the rest of the way to the person, leaping into their arms.

"I can't believe it's you, Ra, after all these years!" she exclaimed into the Egyptian god's neck.

"It's me in the flesh, Luna," he chuckled, squeezing her.

"I was so surprised when the red ring appeared on my finger. I thought for sure we'd never get to see each other again. Every day

I've thought of the time we first met. You came up to me on the beach, where I was sitting bundled up to protect my fair complexion, and you asked me if you should turn down the sunlight."

Ra set her down and cupped her face in his large hands. "I've thought of that day too. But nothing can keep us apart. I just had to lay low for a while after what happened."

She frowned. "For 10 years?"

He nodded solemnly. "Turning a human into the moon goddess isn't exactly something that goes unnoticed."

She sighed, resting her hands on his wrists as he still held her face. "You're right. But it all happened without any explanation."

"I hope you're not mad at me..."

Luna shook her head after a moment. "Not anymore. At first, yes, I was furious. Rightfully so, mind you. I mean, you turned me, and then I was immediately banished to the moon."

"You know they wanted to do worse to you, right? Sending you away spared your life."

She stepped back. "You never told me who 'they' are."

"I still can't."

She sighed unhappily. "Figures."

Silence fell between them. Ra smirked, watching her. "You're cute. I've enjoyed all the eclipses you've been putting on recently." A smile slid across her lips. "I thought you might. Your blood moons weren't too shabby either. You're getting better at scattering sunlight through the earth's atmosphere."

She studied him. He still had a golden skin tone, and his eyes were just as gentle as she remembered them. His presence still commanded respect too.

"I missed you," he mumbled, forcing her out of her thoughts.

"I missed you too," she replied, stepping toward him as he hooked an arm around her waist and leaned down to kiss her. His lips were hot against hers, and she melted into him.

Nothing mattered anymore. She was finally where she was meant to be.

Eventually, and reluctantly, she pulled back and gazed up at him. "So, why did I have to come all the way to Earth to meet up with the sun god?"

"Well, I need your help. Actually, I don't, but the witch who helped turn you has gone missing. I think I know who's behind it," he trailed off.

Luna raised an eyebrow. "Well?"

He said nothing, shaking his head.

"Was she taken by the same 'they' that banished me?"

He still said nothing.

"Ra, I'm sorry, but I refuse to fight an unknown enemy, even for you." She shook her head and backed up, turning to leave. "I'm not a servant to be summoned at your pleasure. Our relationship is much deeper and better than that!"

"Fine, fine, I'll tell you!" he called. "My brother Apophis, the god of chaos, took her!"

That stopped Luna in her tracks. It took her a moment to process and turn back around. "Your brother is behind this? And my banishment?" she said slowly, wanting to get it right. Her eyes narrowed.

Ra nodded. "Yes. He threatened to swallow you and the world whole if I didn't send you away."

Luna stared, her jaw slack with disbelief.

"I'm sorry I didn't tell you sooner. He said that if I ever did, he'd go through with his plan to end everything." Ra couldn't look at her.

Luna took deep breaths to center herself, and she slowly sat down on a rock.

"The situation's changed, though," he went on. "I'll say," she scoffed.

He finally looked at her. "Come on, Luna. I was trying to protect you."

"I appreciate the sentiment, but I don't need protecting. I'm the moon goddess." She abruptly stood up and walked away.

"Where are you going?" he shouted.

"To fix this mess!"

After they had met on the beach, they became nearly inseparable. Their favorite place to go was the planetarium. Luna had gotten her love for astronomy from her mom, and Ra was the second person ever to share her passion. Eventually, he began telling her about his true identity. She didn't believe him at first, but then he showed her. He often said he loved her to the moon and back and wished he could give her the world. She joked about wanting the moon at the very least, and that was when he offered the deal of a lifetime of becoming the moon goddess.

Chaos was everywhere, but the god himself was hard to find.

Luna stood in the middle of a busy city sidewalk, invisible to humans. She closed her eyes and listened underneath their white noise. Chaos was on a different frequency, not unlike the noise of a beehive. It took her some time, but she finally found him. When she opened her eyes, she was already walking.

Her feet carried her a few miles out of the city limits to the lake. It was several miles

wide and a popular spot for boaters. She walked to the water's edge and made a fist with her hand. The gently lapping water went rigid and quivered. It rippled as she stepped onto it, and felt drawn toward the center of the lake. At times, a boat would come racing toward her, and she would have to send out a wave to veer them away from her.

An island suddenly appeared on the horizon. Half of the scrawny trees were living and the other half were dead. There was one bush that had radiant red blossoms. The island emitted a strange energy. Luna stepped onto the sandy shore and walked up toward the bush, the flowers giving off a powerful, heady scent. She went to brush her fingers against the petals and a voice suddenly shouted at her.

"Hey! What the hell do you think you're doing?"

Luna jumped and spun around to face where the voice had come from. Standing several feet away was a ragged looking man, closely resembling a snake. His eyes were dark, his nose thin and straight. His frame was slender and lanky, but not emaciated. The vibe emanating off of him made Luna's skin crawl. Her body reflexively tensed.

"Are you Apophis?" she asked.

He sneered. "Depends who's asking."

"I'm asking." She knew how to play this game.

He snorted, eyeing her up and down. "You look familiar. Do you know my brother, Ra?"

"So you are Apophis?"

"Ah, you're that human turned moon fraud, the one I threatened to eat." He watched her expectantly.

Luna debated on playing dumb, but decided that could be dangerous. "I have a name. It's Luna. Please use it."

"Fine. Luna. I repeat, what the hell do you think you're doing?"

"I'm here because you're holding a dear friend hostage."

Apophis stared blankly at her. "Who?" he finally asked.

"You know who. The witch who helped with my transformation."

He smirked, eyes narrowing. "What's her name?"

Luna blinked, and realized that she in fact didn't know the witch's name. She felt like she had at one point, but somehow it had gotten scrubbed from her memory.

"Looks like Ra wasn't as trustworthy as you thought he was."

"Shut up!" Luna snapped, glaring at him.

"Just let her go. I don't want any trouble."

"Oh, honey, you're already in trouble. You

don't know what you've gotten yourself into." Luna grit her teeth, hating that she had to play this game. "What're you talking about?"

"Ra is the prized brother, the golden boy, the sun rises and sets with him. Me on the other hand, not so much. I'm apparently too much of a troublemaker."

"So, let me guess, you acted out. Typical." She rolled her eyes.

He quickly tapped the air as if he were pushing buttons on an invisible keypad, and a waterspout rose out of the water, came onto the shore, and knocked her into a tree. The air left her lungs, and she struggled to inhale.

"Don't," he warned, his tone sharp.

She looked up at him, her vision slightly blurry.

"I guess you could say," he went on, "that I made myself into the god I am today. Yes, I acted out. Bringing chaos to this world got mom's attention."

As he talked, Luna faintly heard a woman's voice calling for help. She tilted her head slightly, trying to pinpoint where the voice was coming from. Then she noticed Apophis had stopped talking.

"Do you want to know why I kidnapped the witch?" he suddenly shouted. "That witch is my mother, Neith! She's the goddess of creation, but she abused her power by making you whatever you are! Couldn't spare a moment for me, but the world was altered for you." He tapped the air twice and the wind picked up so much that two trees fell over right in front of Luna.

In their place, a woman rose out of the ground, imprisoned by tree roots. Luna felt a hard twinge of familiarity. She looked to Apophis, finally able to breathe properly.

"Why are you actually so angry?" Luna asked, getting to her feet.

"Humans are not meant to be made into one of us," he growled, his eyes locked on Luna.

"Who says? Your mother is the goddess of creation. She can create whatever she wants."

"She never loved me!" he shouted, losing his cool. "Everyone always wants to play with the light and not the dark. Then you came along, a thing that shines bright in the dark. I want that!" He suddenly unleashed a wave of water, rocks, and debris at her.

Luna raised her fist high above her head, stopping the wave where it was. "I am the moon," she said calmly, taking slow steps toward him. "I control the tides. I pull the water to me. I can be just as chaotic as you, Apophis. I have a purpose. Without me, there would be a mass of extinction of sea life. Killing me would be no way to win your mother's affection." She opened her fist, and the water turned

and hit him square in the chest, knocking him flat on his back.

She then rushed over to Neith and tugged on the tree roots, trying desperately to get them to loosen their hold. Neith managed to get a hand free, and she grasped onto Luna's arm. They locked eyes, and Luna could feel her energy being drained and transferred to Neith. Little flowers sprouted on the roots just before they shriveled up. Luna helped Neith to her feet, and together they faced the god of chaos, who had staggered to his feet.

"It doesn't have to be this way, son," Neith said calmly. "I do love you. I'm sorry I haven't shown it enough. I did what I did with Luna because she is the woman your brother fell in love with. He asked me to do this for him."

"I've asked you to love me, repeatedly!"

"I have always loved you! I just may not have shown it."

"Then why did you make Ra?"

The words fell heavy between them.

"I didn't want you to be lonely, and I hoped a sibling would soften you."

Apophis stared at his mother for a moment and then walked away, disappearing into thin air.

By now the sun was near the horizon. Neith thanked Luna for her help as Ra came walking out of the sky on a sunbeam.

"Why didn't you tell me who you were?" Luna asked her.

"Because I didn't want to scare you away. Ra loves you so much." Neith smiled at her, turning her toward Ra.

"Why did you make me do this myself?" Luna demanded the second he was in front of her.

"He can subdue me and mom with a magical gaze, but you have a gift of not being easily persuaded."

She almost protested, but saw Neith nodding in agreement.

He held out his hand to her, and together they walked up into the dusky sky.

~ The End ~

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This is the only fiction in this issue. Some facts have been included to make the story believable. We hope you enjoy!

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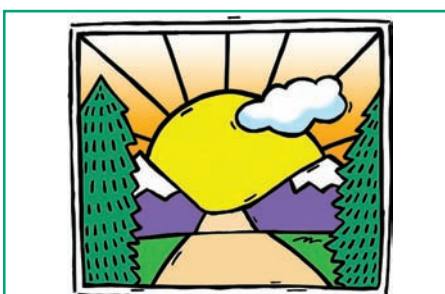
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Trooper Tips

Let there be light
by Trooper Gary Cutler

A vehicle's headlights are one of the most important items on your vehicle and yet it's often one of the most overlooked. Your ability to see clearly and be seen clearly at night is very important and is all due to your headlights.

Headlights have improved over the years to help with seeing at night. The introduction of Light-Emitting Diodes — better known as LED headlights — have improved night driving dramatically, making them shine brighter and more clearly to help identify items on the roadway. Most of the older vehicles have a halogen headlight, which is much dimmer in comparison.

Let's talk about some of the things that can diminish the brightness of your headlights. The first one is probably the most common. Some light covers will tarnish and get a film over it causing the light to dim, thus not allowing the clarity needed when using them. It's easy to tell because your light cover will look yellowish and cloudy when you look at them. If you see problems like that you might want to change them out or get them cleaned professionally.

Another issue that happens to headlights is having them move out of alignment. This can happen due to loose bolts or just movement from being bounced around when driving on the roads. You should check your headlight alignment at least once a year. Sometimes you may see one light shining way above the road, or lighting up the ground just in front of your vehicle.

A vehicle needs to have at least two headlights to the front of the vehicle and at the outer edges of the vehicle. Also, placement cannot be lower than 24" or higher than 54" from the ground to the center of the headlamp.

When a car is coming in the opposite direction at night it can sometimes be a little blinding trying to see past that oncoming



car's light. A great tip to help you be able to follow the road is to use the fog line. The fog line is the white stripe on the right side of your lane. Simply use that as a guide to let you know you are still in your lane. By using your peripheral vision for the oncoming vehicle and focusing on the fog line you won't blind yourself and won't have to worry about drifting off the roadway.

While we are talking about blinding other drivers, let's discuss when to turn off those brights. When you have oncoming vehicles on the roadway, you are required to dim your lights before you are within 500' of the other car. When you are behind another car and you are both going the same direction, you are required to dim your lights before you are within 200.'

State law dictates that if the situation makes it to where you can't see for at least 1000' you need to have your headlights on. This could be anything from darkness, dust storms, or snow storms; pretty much anything that diminishes your view. A lot of newer vehicles have automatic lights that will turn on when you get into those situations, but if you don't have that option, please make sure you turn them on. If you do have that option occasionally check to make sure they are turning on when they are supposed to come on. Also, in Colorado you are required to have your lights on within 30 minutes of sunset and turned off no sooner than 30 minutes prior to sunrise.

So, I hope this shined a little information your way.

As always, safe travels!

Meet our new park manager:

Brian Kerrigan

by Barbara Berger
photo by Barbara Berger

Brian has a degree in Forestry from Colorado State University and he has worked for Colorado Parks & Wildlife for over 13 years. Before accepting the position as Mueller State Park's manager, Brian was the operations manager for Lake Pueblo State Park which has 4,600 surface acres of water, 60 miles of shoreline and almost 10,000 acres of land.

He is excited about being at Mueller with its experienced staff, program coordinator and dedicated volunteers. Initially, Brian's priorities are finishing the paving and seal coat projects plus renovating some of the campground sites. His biggest challenge is going to be staffing because of the increases in the minimum wage. A Dome Rock Committee is being formed to determine how to better manage this wildlife area. Brian will be a part of this group.

Having the Friends of Mueller State Park, a 501(c)3 Non-Profit, to work with is considered a plus by Brian. He is hoping to



be actively involved in our activities and to help with our long-term strategic plans.

Brian's wife is a Manitou Springs High School English teacher and he has two energetic boys ages 5 and 7. We are excited to have Brian as our Park Manager. When you see him, please welcome him and ask him to show you a photo of his two pets!

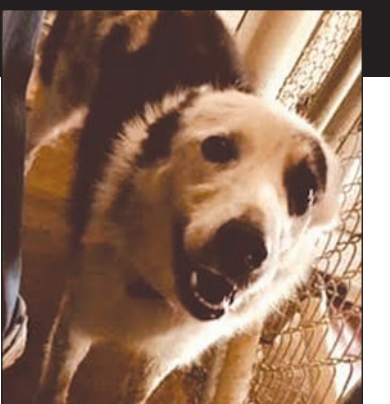
Adopt Me

by AARF

Bessie

Bessie is our female collie who loves to run, be loved, watch horses and cats, eat treats and be an all-around star. Bessie is about 4 years old. She would enjoy an active family with outside space. She gets along with some dogs but loves humans more! You have to hear her bark! Give Dottie a call to schedule a meeting with Bessie 719-748-9091.

This space donated by the Ute Country News to promote shelter animal adoption.



Art Scene

Svetlana Piltingsrude
by Mary Shell

When you view Svetlana Piltingsrude's whimsical painting it makes your mind wander to soft personal childhood memories of your own. Featureless faces, fingerless hands, footless feet, hairless heads, yet it all works perfectly. She calls her style abstract folk art. Unlike most folk art, small, exact and flat, her pieces are large canvases, colorful and dimensional.

I had in mind to ask her if moving from the small village of Kopyrye, Russia to Florence Colorado changes her painting style, theme or approach to her creating? But the answer was clear to me when I viewed her work. Your heart surrenders to a simpler way of life and a time long past. Uncluttered and understated, her images possess a kindness and safe feeling as if familiar.

As I study her paintings I wondered how she could get so much emotion and expression in faceless figures? How did she get such graceful movements without fingers, feet, toes? You can see the kindness and care in embracing figures without seeing features. Yet it all works beautifully. They look like viewing people from their souls and not their bodies.

I did ask Svetlana what inspires her to paint. Her response was, "Whenever I think of my homeland and the beautiful scenery of my village." It was obvious that moving here didn't change her approach to creating art; she took Russia with her. You can see subtle hints in the framing around windows, the clothing of her characters, the modest yet



"Vkopor'e packed, place for picnic looking" (below) by artist Svetlana Piltingsrude (left).



significant surroundings and backgrounds, it all made beautiful sense. Her paintings leave a mystery, a sense of peace and wonderment each viewer will experience.

It's hard to tell if the move from her native homeland, Russia, and settling down in Florence Colorado had affected her artwork. But when you see her paintings there is a mystery hidden in the faceless figures surrounded by images of a time long past.

Married with three children has not interfered in her passion to paint. She also owned a gallery in Florence and is very involved in the community.

You can see the works of Svetlana at the Bell Tower Gallery in Florence for the month of October. You can also view her work on Facebook.

Nonprofit Excellence

Community Partnership is hosting a FREE workshop on Nonprofit Excellence! Presented by Colorado Nonprofit Association of the Pikes Peak Region. This workshop will feature four sessions, each focusing on different vital aspects of running a nonprofit. Attendees can participate in as many sessions as they feel would benefit their organization.

To register go to: <https://www.eventbrite.com/e/nonprofit-excellence-sessions-tickets-48855799010>. Only two sessions with tickets left and they're going fast! Get yours now! Must RSVP by September 11.

Session 1: Volunteer Engagement Best Practices: Recruiting, Retaining, and Strategizing 9-9:55 a.m.

Session 2: Board Roles and Responsibilities 10am-10:55 a.m. This workshop dives into the critical roles board members play at nonprofit organizations. We'll share stories from the field and our experience working with and serving on boards.

Session 3: Grant Writing 101 11-11:55 a.m. (sold out) Participants will learn the elements a grant proposal and where to find additional training and resources.

Session 4: Tools for Finding the Right Grants 12-12:55 p.m. (sold out). Demonstration of the Foundation Directory Online, a national directory of foundations. Participants will learn how to use the directory to their advantage, and leave with a list of grant resources accessible from anywhere.

About the presenters:

Amber Coté is the Director at Colorado Nonprofit Association of the Pikes Peak Region. In this capacity she oversees and develops programs, volunteer engagement initiatives, resource development and member relations.

A native to the Pikes Peak region, Ms. Coté built her nonprofit career around improving the lives of vulnerable populations to ensure a better quality of life for all in our community. Ms. Coté's diverse experience in the field of nonprofit administration, education, victim advocacy and business guide her approach to collaboration-building and organizational leadership.

Since 1997, Ms. Coté trained and supervised Court Appointed Special Advocates (CASAs) for abused and neglected children, and later, victim advocates for survivors of domestic violence and sexual assault at TESSA. She was Executive Director for FutureSelf, where she oversaw programs, coordinated events and secured resources to provide creative self-expression and job training opportunities for young adults. She advanced a collaborative regional early education initiative at Pikes Peak United Way; and most recently implemented a re-imagined volunteer services program robust enough to meet the ever-changing business needs and served as a key organizational liaison for Care and Share Food Bank for Southern Colorado.

She has served on multiple nonprofit boards and advisory boards to include Community Prep School, Indy Give!, KRCC, Colorado Springs Fine Art Center, Modbo Co School of Art, Urban Peak Colorado Springs and Rocky Mountain Women's Film Institute. She's a graduate of Colorado Springs Leadership Institute, the Leadership Pikes Peak Signature Program, the Community Leadership Program through the Center for Creative Leadership and a recipient of the Colorado Springs *Business Journal* Rising Star award.

Tammy Sayles is the El Pomar Nonprofit Resource Center Librarian with Pikes Peak Library District. The El Pomar Nonprofit Resource Center is located at the Penrose Branch, downtown Colorado Springs. Tammy provides resources and training on starting a nonprofit, grant-seeking, grant writing, fundraising and other nonprofit topics.

Before entering the library profession, Tammy worked as a legislative aide where she was involved in event planning and fundraising. She also worked as interim director for a nonprofit which honed her ability to turn lemons into lemonade. It was also during this time where she learned the valuable lesson of what not to do.

Tammy currently serves on two nonprofit boards. She is passionate about nonprofits and libraries.



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2nd Annual Friends of Mueller State Park Art Show a success!

by Kathy Hansen

We hope you had a chance to enjoy the 2nd Annual Friends of Mueller State Park Art Show held July 28 and 29, 2018. This year's featured artist Ken Shanika, along with 25 other artists, including students presented their work in this juried show. All artwork had to relate to Mueller State Park (MSP) in some fashion or form to include landscapes, animals, flora or historical themes. Artists are encouraged to use their imaginations. The pieces displayed were truly awesome! Styles ranged from realism to surrealist and subject matter was as varied as you'd find strolling through MSP. We were really impressed with vibrant use of color and how many pieces came to life! One pass through was not enough to really absorb each



painting. The art show is sponsored by the Friends of Mueller State Park, a 501(c)3 in order to raise money for projects and improvements. This organization continues to support MSP through funding of various items such as bear resistant dumpsters, benches, bike racks, weather station and web camera, laptop and DVD for amphitheater, baby changing stations, binocular viewers, and two-way radios. They also help to publish various guides to help educate the visitors. The Friends of MSP has also funded entry for various groups that may otherwise not have opportunity to visit the park. To learn more or donate visit <https://www.friendsofmuellersp.com/>.

Victor Celebrates the Arts

Looking for something unique to do over the Labor Day Weekend, and close to home? A treat is in store for art lovers, history buffs, families and gamblers at the 19th Annual Victor Celebrates the Arts *en Plein air* show and sale. This type of painting is done on location, outside, and within 10 miles of the Victor City Hall.

The first of its kind along the Front Range, VCTA is now in its 19th year. Founded by three Victor women in 1999, the *en Plein Air* art event is a week-long attraction that appeals to artists and art lovers from across the west. In 2017 over 1500 visitors attended the show in the Elks Hall Gallery.

During the week prior to the show, nearly 50 artists set up their easels in various locations around the town and in the scenic mining district vistas. The event continues to attract repeat artists, however this year numerous newcomers to VCTA have registered to paint. The judged show

awards cash prizes amounting to \$4,000 in 24 various categories; 46% of the paintings entered in the show were sold.

Why Victor? The City itself is a gallery of architectural styles from the 1890s. Dozens of artists capture authentic Colorado gold mining history that has never been visited by urban renewal. It remains a favorite destination for nearby residents and out-of-state tourists who seek out authentic gold mining history and spectacular fall scenery. Clean mountain air, inspired art, new shops and historic ambiance add to the excitement.

The show opens on Labor Day weekend. A Patron Invitational is set for Friday night, Aug 31. Call 719-689-5836 for an invitation. The show and sale are free and open to the public Saturday and Sunday 9-5 p.m. and Monday 9-1 p.m.

Victor is 5 miles from Cripple Creek. FMI www.Victorcelebratesthearts.org, email vctashow@gmail.com, call 719-689-5836.

Where is Zack this month?

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

On Saturday September 22nd from 9 a.m. to 2 p.m., Zack will be at Tractor Supply's Farmers Market, 919 Spruce Haven Drive, Woodland Park, CO, collecting donations and food for his feline and canine friends in exchange for homemade dog biscuits, frisbees and catnip toys. Please stop by and give him a hug for his hard work!

Thank you for your support. For more information, go to www.PetFoodPantryTC.com.



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Spotlight on the Divide Chamber

Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future — www.dividechamber.org.

■ **Mueller State Park:** 719-687-2366 or www.cpw.state.co.us/placetogo/parks/Mueller. Offering year-round recreational opportunities: fishing, camping, hiking, biking, horseback riding, winter sports and nature studies.

■ **The Colorado Health Foundation:** 303-953-3600 or www.coloradohealth.org. Helping Coloradans live their healthiest lives by advancing opportunities to pursue good health and achieve health equity.

■ **Chaney Pest Elimination:** 719-650-0246 or www.chaneypestelimination.com. Offering residential and commercial pest and rodent control.

Making the grade, and then some! Teller's Head Start program rated top 10% in nation!

by Kathy Hansen

About two years ago the Early Head Start and Head Start programs in Teller County, based out of Cresson Elementary School in Cripple Creek had gotten all new faces, except for one. New faces, fresh ideas and evidence-based programming came together to create a new Early Head Start (pregnancy to 3 years old) and Head Start (3 to 5 years old) programs through the Cripple Creek Victor School District RE-1. All E/HS programs are evaluated every three to five years. The scoring from the 2013 review left many areas of concern, but that is history.

The 2018 review yielded a rating in the top 10% of the nation and left "no areas of concern" across all areas rated! The report was so glowing Sara McChesney, director of the program received a hand-written "atta-girl!" from Dr. Deborah Bergeron, director of US Department of Health and Human Services.

That is something to be proud of, especially for one of the smallest programs in the nation, serving only 93 students* and being connected to a school district. Keep in mind, being a small program does not absolve them from any of the requirements for curriculum, staff training or nutrition; in fact, it simply means the teachers need to wear more hats, have more training, and definitely have more dedication because they are required to provide the same quality curriculum as larger programs that have more staff and probably more funding.

The standards for E/HS teachers are relatively stringent, requiring a minimum of a bachelor's degree in early childhood development or a related field for lead teacher. Mandy is a new teacher who started July 2017 and brought with her the Montessori influence that celebrates independence, grounds students in reality and explores imaginative play. To sum it in a statement, "Help me do it myself." The teachers are there to encourage independence, teach boundaries and personal space, while encouraging confidence and self-regulation. Children learn how to identify their needs and ask for help. Everybody needs help at one time or another. Building this into the program creates an "I can!" attitude; setting the child up for a lifetime of success!

There are a number of trainings each teacher must complete and new information coming all the time. For example, there is a Safe Sleep training for children 3 years old and under. This program can help prevent Sudden Infant Death Syndrome and other potential sleep hazards. Who knew?

Head Start actually began in 1960s with the goal of preparing underprivileged children for kindergarten. The focus is readiness in the areas of academics, social skills, nutrition, and a sense of confidence. Studies over the years have consistently shown students who are ready for kindergarten have a higher rate of completing high school and going on to some form of higher education, giving them a better

chance to succeed in our society as adults. There are a multitude of risk factors in each society that can prevent children from having a sense of readiness for kindergarten. These same risk factors are eligibility criteria (see sidebar) for the E/HS programs, which are all voluntary; a parent or guardian *simply needs to apply* to the program to get the ball rolling. While there may be a wait list, the services and resources in the community E/HS serves can be accessed immediately!

Keeleigh White is the first point of contact for Teller County's E/HS program and she is happy to help the family through the application process. Not only can Keeleigh identify the resources in the area that can help the family, she will guarantee a "warm hand-off" meaning she will go with the family and personally introduce them to the resource providers. Doing so means a higher likelihood the parents will access resources that can help their family.

"We get kids with cracks in their foundation and we fill it with gold."

— Sara McChesney, director of Teller County's Early Head Start programs.

As we listened to Early Childhood Programs Director, Sara McChesney tell us about the Cripple Creek-Victor E/HS program, she continued to focus on a 2-Generation Approach; meeting the child's needs

means also understanding the parents' needs. "Our job is to help them self-identify what their barriers are," said Sara. "Once we know their barriers we can help them find the resources to overcome the barriers," she continued.

Let's face it, about 85% of Colorado's population are transplants from somewhere else. It takes time for people moving into any area to know what resources are available, and quality childcare is expensive!

Parents/guardians may not know about Colorado Childcare Assistance Program or CCAP, a funding source for children age 0-16, with a goal of "keep them alive while you are at school or work." Keeleigh can help them access this funding.

Many parents/guardians are seeking employment. Finding a job can be challenging enough; finding felony-friendly job opportunities available in the community can transform challenge



Keeleigh White (left) and Sara McChesney, director of the program proudly show their hand-written "atta-girl!" from Dr. Deborah Bergeron, director of US Department of Health and Human Services.

into probability.

Sara and Keeleigh were both very excited about the positive results they have gotten from the 2-Generation approach to helping families. They believe the teachers doing home visits has helped tremendously in helping parents/guardians identify barriers. As the parents/guardians begin to feel heard by Keeleigh and the teachers, they in turn begin to open up even more.

To bring the listening full-circle, parents/guardians can be elected to sit on the policy council, made up entirely of parents/guardians of the program. Giving the parents/guardians a voice in this way is one of the best ways to identify risks and to manage the many staff decisions about the development of the program. It also opens doors for parents/guardians to attend conferences and access funding to make that possible. This process truly engages parents/guardians and helps bring amazing results. Those elected to the policy council have become many of the best advocates of the program, reaching

Eligibility criteria:

- Homelessness or living in a non-permanent structure.
- Primary caregiver has a disability.
- Either parent is deceased.
- Child has an active Individual Education Plan or Service Plan.
- Either parent is incarcerated.
- Either parent is/was less than 18 years of age when child was born.
- Abusive adult currently or formerly residing in the home.
- Child is currently in the Foster Care program.
- Child is being raised by grandparent or other relative.
- Either parent is in the military and is subject to deployment.
- Drug or alcohol abuse in the home.
- Child has moved two or more times since birth.
- Either parent has not received high school diploma or GED.
- Primary language in home is not English.
- Family is receiving services from DHS, TANF, SNAP or Medicaid.
- Primary caregiver has a chronic, serious illness.
- Child is transferring from another E/HS program.
- Child has a sibling already enrolled in E/HS program.
- Residence was built before 1960 or does not have a complete kitchen or bath.
- There is concern about the child's learning.
- There is concern about the child's social development.
- There is concern about the child's language development.
- There is concern about the child's vision or hearing.
- There is concern about the child's speech.
- Child lives in a rural community.
- Child's residence is isolated with limited opportunities for peer socialization.

A lot has changed over the past two years at Teller County's Head Start and Early Head Start programs. New staff, proven programs, and additional funding to help give our youth the best opportunity for a bright future.

Are you pregnant or do you have a child under 5 years old in or near Teller County? Are you looking for a pre-school program that offers breakfast, lunch and two healthy snacks a day? Does a curriculum with a focus on "Help me do it myself" appeal to you? Are you looking for ways to build your child's self-esteem so they are confident enough to meet the world with all it's challenges? Then please contact the Early/Head Start programs 719-689-3420 or email smcchesney@ccvschools.com.

*93 students = 23 Early Head Start, 20 Head Start, and 50 Early Head Start in partnership locations. Partnership locations must abide by the same requirements and have the same training as the Cresson Elementary School.

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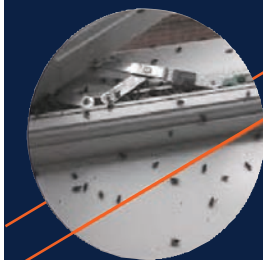
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Life-Enhancing Journeys Boundaries part III: Reactions to setting boundaries

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

In the previous articles, the importance of identifying, then setting clear, secure boundaries has been discussed. What was alluded to, yet just minimally explored, was what to expect from the interactions with others when you set your new boundaries. When the courage to speak up for yourself is finally mustered, wouldn't it be fantastic to think that others will be ready to hear what you have to say? It would be great to believe that others will acknowledge then value your boundaries simply because you asked them to be respected. Based on the numerous comments I've heard since writing the articles on boundaries, there is a very different story evolving.

What I have been hearing are comments and questions such as: "I have finally started to stand up for myself. I will no longer allow myself to be treated so badly. So why am I making people angry?" "I'm becoming more self-confident and self-reliant since clearly asking for what I want. I now let my friends know what I will or will not do to help them out. Why are my friends treating me like I'm out of my mind?" "In the past, I've been told, 'stand up for yourself...stop allowing yourself to be treated like a doormat. Well, now that I am setting limits, I'm being ignored by my friends. The invitations to join them have dried up. Have I frightened them so much with these changes I've been making?" As I have listened to these observations, it seemed prudent to address these commentaries.

Be patient and strong

Based on these concerns, it would seem like your strong and clear boundaries has now completely backfired. You're sitting there stunned, wondering what went wrong? If you're like most people who are practicing a healthier way of living by setting secure boundaries, you might now wish that you'd never said anything in the first place. Maybe you're thinking that you have to do damage control at this point. This frequently is what makes people give up and revert back to previous, detrimental approaches. All I want say to them is, "STOP!" Never give up. Yes, it's difficult yet keep at it. It will be beneficial. It takes time. Be patient with yourself and others.

It may seem to make no sense. Why would having secure boundaries cause so many friendships to fall apart? Even though you were prepared and started making significant changes in your life, others may not have been ready to interact with you in such a different way. Did you have the unrealistic expectation that, because you were ready to speak straightforwardly, rather than in

a people-pleasing way (or not at all), that everyone would applaud your changes? Truth be told, some people may not be ready to hear what you have to say. Speaking up for yourself may cause others to be resistant to any modification in what they have come to expect from you. Remember, others thought you were the one they could always count on, no matter what! Now that they are unable to manipulate you into doing what they want or expect, they can become angry. Just remember that respect goes two ways. When you honestly state a boundary, pay attention to the fact that the other person may be coming from a fearful place of "ego" that creates an immediate reaction of push back. Try to help them get out of ego and truly hear you by letting them know, "This is my view point even though you may see it differently..." You may need to help them move from ego to caring person before they can successfully take in what you are saying and feeling (ego will be addressed in a future article).

Give it time.

Changes in one's behavior can cause fear and anxiety in others even without any conscious awareness. It usually involves a period of adjustment, not only for you but also for others. A great deal of uncomfortable emotion can be generated for both of you. Often the first feeling is anger. That may be why you may have heard remarks such as, "You think you're too good for us now..." "What have I done wrong? You used to always say yes before?" "You used to be so nice...what happened..." This can be translated into, "I thought I could always get you say yes to anything I asked...now I can't...what's up with that...!"? This is what is meant by your changes may cause fear and may be expressed as anger.

Real life experience.

On a personal note, even though my husband and I have been together for over four decades, a couple of years ago there was a significant change in the way the two of us related to each other. My husband is the most kind, intelligent, supportive and loving person I know, yet he had a tendency to hide his feelings and avoided expressing his wants or needs directly to me (and to others). In 2016, I notice my husband starting speaking up as he began setting strong boundaries in a way I never experienced. He began offering me feedback about what he thought about my words and actions, some of which were very painful to hear. Who is this man? I don't even recognize him. Initially I was angry with him; "What do you mean...that's not true...that hurt my

feelings..." were some of the thoughts I had, whether I expressed them outwardly or kept them to myself. What was causing me to feel so unsettled and angry? Using the tools I teach others, I decided to listen carefully and openly to what I was hearing from him (and realizing in myself). Within a short time, I recognized my irritation with Mark was because I could no longer manipulate him the way I used to. Now that he has found his voice, he speaks up when he has an opinion and I no longer always get my way. It's rather embarrassing to admit yet it's the truth.

After I understood my motive for becoming uncomfortably triggered off by him, I was able to value the "new" man with whom I was now living. Instead of arguing with him to make myself "right" I started to thank him for his willingness to give me feedback. He is clear and direct. As he secured his boundaries, his self-confidence soared and he is a much happier man. It actually has brought us even closer than ever. Now I always know where I stand with him. That is something I appreciate so much. It definitely takes courage to speak up so when someone you trust is willing to offer you feedback, take it and thank them.

Sometimes we even have feelings of "oh this isn't worth the continuing effort" or "I feel guilty putting these thoughts and feelings out there." Whether it be with pets who need boundaries within your home or around others, or children who require repetitive reminding of boundary respecting behavior, it is worth the effort to listen to your inner voice telling you that this is the right thing to say or do, even when it is easier and more comfortable to let it go.

Those who are supportive of your need to take care of yourself by creating secure boundaries, usually have strong boundaries themselves. They take nothing you say as a negative expression of their personhood. There's now an understanding that it definitely takes courage to stand up for yourself, fortify your boundaries and speak your truth and allow others the same courtesy. Thank yourself and them. Let them know how much you appreciate their perspective and their willingness to share it with you.

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).



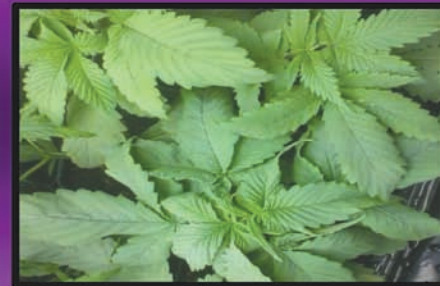
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One Nation Walking Together A clash between western and local knowledge witnessed at Casa Grande Ruins

by Kelli Herr, ONWT AmeriCorp/VISTA Intern

In 2016 I was a part of an advocacy walk across the United States called the Longest Walk 5. The goal of the walk was to find cultural and spiritual solutions to drug abuse and domestic violence. Because the walk was hosted by the American Indian Movement, there was an emphasis of the effects of these problems on Native American communities. Therefore, the route we took was carefully designed to pass through as many reservations as possible. In total, we visited 45 reservations across the southern United States. Each reservation and tribe had a unique and distinctive culture. A majority of the tribes who hosted us provided us with warm food, a place to sleep, and water for the road. My favorite gift they gave us, however, was their teachings. They shared with us firsthand local knowledge about their culture, which had been passed down from their ancestors for generations.



One tribe I particularly remember, going above the call of duty to share their stories and bless the walkers, was the Gila Band River O'odham Indians in Coolidge, Arizona. When we arrived at their community center after a long day of walking, they prepared us a traditional meal for dinner, which required being cooked over an open flame for an entire day. While we waited for the food to cook, the men played the big drum and sang. They invited the men from the walk to join in with them. The songs were beautifully sung. I stood alongside the other women behind the drummers and could feel the energy and the heartbeat of the drum as it played. I know it sounds romantic and foreign, which perhaps at the beginning of my experience it was. However, at this point the sacred songs and fierce beat of the big drum were becoming a normal everyday event.

After we ate, the women did a traditional "basket dance" for us. The dance was not merely a performance, but rather a welcoming and an offering of prayer. One of the most beautiful parts about this dance, in my opinion, was the age range of the dancers; both young girls and elderly women were dancing together. I was happy to see traditions being passed down. Preceding their welcoming dance, the women held a "giveaway dance." During this dance, everyone was encouraged to dance with one of the basket dancers. The basket dancers ran you around the circle, spun you around, and quite honestly wore you out. Once the dancer felt like you had worked hard enough, she would give you a gift. The gifts were sea-shell necklaces the women hand-crafted. They have been hand-crafting such necklaces and doing the

giveaway dance for generations.

Throughout the dinner, drumming, and dances, I learned a lot about the history of the Gila Band Indians. Talking to members of the community, I also was able to learn about modern-day issues the tribe faces. The people who chatted with me were very proud of their heritage and wanted to show us more. The next day they decided to take us to the Casa Grande Ruins National Monument (CGRNM) in Arizona because the ruins were built by their ancestors long ago.

When our group arrived at the Monument, we stood out as almost everyone in our group of approximately 20 people was Native American, compared to the other tourists who were mainly white folks. Secondly, many of us were living out of backpacks; we weren't necessarily the best dressed people there. Anyhow, the tour started in a small theatre where a video produced by National Park Services (NPS) was screened. It was about the history of the ruins and the people who built it. Things quickly turned uncomfortable when the video repeatedly talked about an "ancient" people and culture. The irony was unbelievable. Here are the descendants of the people who built this National Monument standing in a room full of white tourists...

After the video, attendees were invited to follow the white tour guides to the ruins where they continued to "educate" the crowd on its history. Our group broke from the tour guide. Instead of directing our questions to the guides, we were able to ask our hosts questions. The tribal members we were with were knowledgeable about the ruins. However, they were more focused on the teachings which were passed down to them. They emphasized that Native American culture is dynamic, not static. Not once did a person outside of our group ask the tribal members about their local knowledge or opinion. This demonstrates that the tourists and guides were either unaware or uncomfortable approaching our group.

There is a concerning disconnect between the NPS tour guides and the Native American people they represent. The underlying power dynamics witnessed through their behavior shapes the way the general public perceives Native Americans and their cultures. The way the history of the CGRNM is being preserved cuts indigenous people out of the conversation by perpetuating a false narrative that they are no longer here, let alone a thriving, culturally distinctive community.

This can be seen firsthand when visiting the CGRNM website. The website refers to those who built the structure as "ancient Sonoran Desert People." They provide further information about how archeologists refer to this culture as "Hohokam" although the O'odham (the tribe which the Gila Band Indians belong to), Hopi, and Zuni descendants have no such word in any of their language. Despite being knowingly incorrect,

the term is still used when referring to archeology and its discoveries. The site claims the CGRNM was abandoned around 1450 C.E. but since the "Desert People" who built it left no written language behind, the history of the site begins with the journal entries of Padre Eusebio Francisco Kino, a missionary from Spain's colony in Mexico.

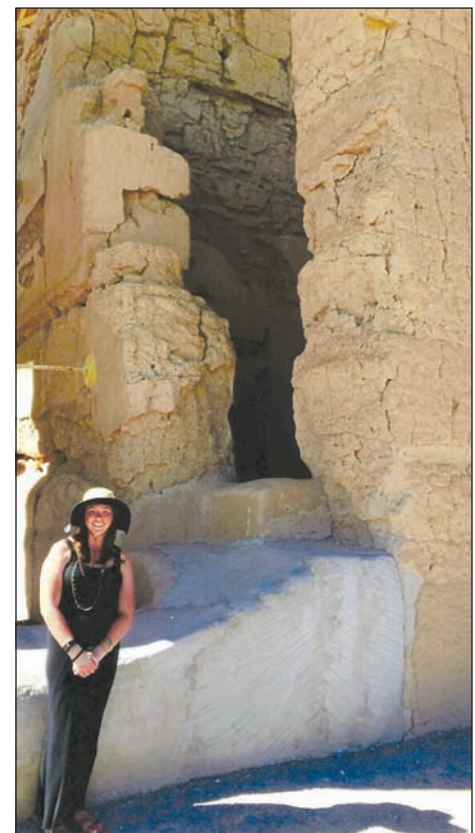
A fundamental flaw in this approach could easily be solved by inviting the descendants of those who built the structure into the conversation. The basic understanding in many Native American cultures is history has been traditionally preserved orally through storytelling. Discounting local knowledge because there is no written documentation is institutionalized colonization. The NPS acknowledges their historical documentations are misaligned with native communities, yet they continue to tell the story developed by archeologists.

This highlights the western cultural phenomena of expert superiority in which people look to experts as all-knowing. The American education system, especially in higher education, trains individuals to specialize in a single specific study area. These individuals then become experts in their fields and in the workplace. Others look to them for the answers to the questions related to their work or expertise. While there are benefits to this approach, it becomes problematic when crucial voices are left out of conversation and have no say in setting the agenda.

In this particular situation, tour guides are trained by the NPS and likely earned their college degree from accredited universities. Albeit, this false narrative begins far before tour guides ever reach the point of becoming a guide. Native American history, in most public-school curriculums, is often inaccurate, outdated, and only briefly explored. The lack of elementary education on native issues disadvantages tribes by perpetuating a perception that the cultures and peoples are a thing of the past. Thus, a falsely romanticized vision of Native American culture prevails.

Higher level education provides opportunities for more in-depth and comprehensive education about Native American culture and history. However, such courses are only required for a small percentage of majors, programs, and specializations. Thus, many people graduate still knowing very little about the subject matter. Individuals who focus their studies on Native American issues may become an expert in the field. Some scholars achieve this status with minimal interactions with native people. Claiming expert status in Native American Studies with little contact with native people leads to the marginalization and oppression of tribal communities.

The CGRNM does little to disentangle the notion of expert ignorance. The tour guides are taught and believe that the ruins were built by the "ancient Sonoran Desert People," this is the story they tell to the tourists who visit. It is likely the tour guides feel proud



Kelli stands outside of the Casa Grande Ruins National Monument (above). Photo on cover: LW5 Long Walkers pose for a photo at their campsite before smudging and beginning their walk for their day.

and passionate about their contributions to the preservation of history. But whose history?

The current expert-driven approach to educating tourists about the history of the ruins ignores the knowledge, experience, and wisdom of indigenous people. Unless there is a conscious attempt by the NPS to listen and give value to the oral history of the Native American people, there will continue to be two different and misaligned stories being passed down to future generations. It is probable to assume, given our past, that the dominant story will prevail. There is great power in writing the narrative of our nation and grave consequences for those who do not get a say.

National Park Service *The Ancient Sonoran Desert People*. n.d. 10 December 2016.

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



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to One Nation Walking Together.





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Rampart Library news

Wonder Woman

by Michelle Petrazzoulo

When I was a little girl I knew, without a doubt, that I wanted to be Wonder Woman when I grew up. I don't know when I first had this inclination, or what influenced my great ambition, except that she was beautiful, powerful and flew an invisible plane — what more could a girl ask for?

To transform myself into Wonder Woman, whose official name is Diana Themyscira, Daughter of Hippolyta, the Amazon princess from Paradise Island, all I had to do was put on my Wonder Woman Underoos™, grab a jar of blowing bubbles, dip the wand in the bubbles and spin around. These bubbles flying into the air around me were the sign that I was no longer a shy and lanky girl with thick glasses and mousy hair, but a powerful female superhero ready to take on the world.

My generation of Wonder Woman admirers was primarily introduced to her through the television series starring Linda Carter, which originally aired from 1975-1979. But Wonder Woman has a much more complicated story than this Hollywood production provided. It is a complex history of a character that has greatly evolved over time to reflect not only the culture that has surrounded her, but also the political and social atmosphere of the times as well as how society views the role of woman.

Wonder Woman, who is without a doubt, the world's most popular female superhero, was created in 1941 by William Moulton Marston. Born in 1893 and educated at Harvard University with a BA in psychology, he was a writer, lawyer and inventor. His personal experiences and relations influenced his creation. In his early years at Harvard, he was exposed to the Progressive Era and women's suffrage movements. He was a freshman when the British militant suffragist Emmeline Parkhurst was banned from speaking on

campus. Marston's wife, Elizabeth Hallowsay, was a suffragist herself. Olive Byrne, Marston's lover, was the daughter of Ethel Byrne, who in 1917 was the first woman in the nation to go on a hunger strike after her and her sister Margaret Sanger were arrested for having opened the nation's first birth control clinic.

When Marston submitted his first script of Wonder Woman to his editor, he stated "A great movement is now underway — the growth in the power of woman." His superhero not only fought injustice on paper, but trail blazed a path for women's rights. He wrote that his intention with his character was to "set up a standard among children and young people of strong, free, courageous womanhood; combat the idea that women are inferior to men; and to inspire girls to self-confidence and achievement in athletics, occupations and professions monopolized by men."

Wonder Woman consistently fights for peace, justice and love. As a creation of the 1940s one of her first roles was to fight crime and the evil of the Nazis. Traditionally, she does not use violence as a means to fight evil, but rather deflects it. Marston's real-life inventions and beliefs greatly influences Wonder Woman's tools for fighting evil. His most notable invention was an early version of the lie detector test, which would later be the primary influence of Wonder Woman's most effective weapon — her "Lasso of Truth," which forces anyone held by it to tell the absolute truth. She also has a telepathic tiara, which acts as a boomerang, and bracelets of submission; a pair of indestructible cuffs

William Moulton Marston and his creation Wonder Woman.

that Wonder Woman and all Amazons were required to wear as a reminder of their experiences with enslavement. These bracelets are indestructible and able to absorb the incoming impact of attacks. They are a symbol of oppression transformed into empowerment.

The symbolism of female bondage is represented in almost all of Wonder Woman's adventures. In most stories, she is shackled in chains that she must escape from. Marston often received heavy criticism for this but insisted that she had to continue to free and emancipate herself, which she always did effectively. Throughout time she not only has liberated herself, but has inspired generations of women to do the same. While she has been practically reinvented through the decades with numerous transformations in her superpowers as well her professional occupations, one thing has remained consistent — her ability to inspire girls and woman worldwide that nothing is impossible — that they can be anyone or anything they want to be.

To read more about the origination, history, and evolution of this fascinating character of popular culture, I highly recommend reading the book *The Secret History of Wonder Woman* by Jill Lepore and watching the documentary *Wonder Women! The Untold Story of American Superheroines*.

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~OUT AND ABOUT~

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

BUENA VISTA

Aug 31-Sept 2 Seven Peaks Music Festival featuring Diarks Bentley, Miranda Lambert, Brothers Osborne and more! Located in the private event space called "The Meadows" off County Road 350. Great music, camping, and adventure in the heart of the Colorado Rocky Mountains! For full info check out the festival's website: SevenPeaksFestival.com

1 Trout Unlimited and Optimist Fishing Derby at McPhedney Park, All Day. Trout Unlimited and Optimist Fishing Derby including Pancake Breakfast and Hot Dog Lunch. FMI 719-395-1785 or info@optimist.org

1-3 Chaffee Arts Open Award Show. Chaffee Arts has been sponsoring a juried art show in Buena Vista for 34 years. The show is free and open to the public. It allows local artists to showcase their work and adds to the artistic vitality of our community. Located in Buena Vista Community Center. Sept. 1 & 2 from 10-5 p.m. and Sept 3 10-2 p.m.

8 AppleFest at Turner Farm 9-2 p.m. Quarter-mile west of Buena Vista traffic light. Festivities include picking and pressing apples, croquet, horseshoes, a cake walk, children's activities, tractor rides, tours of the farm and demonstrations of old-time sewing, spinning, blacksmithing, butter making and log sawing. Apples and apple pie for sale. Entertainment by local musicians on the farmhouse front porch. Donations gratefully accepted.

13 Avalanche Science: The Cold Facts 7 p.m. at the Community Center. Dr. Ethan Greene, director of the Colorado Avalanche Information Center (CAIC) and instructor will present this program. The lecture is free and refreshments will be served. FMI www.collegiatepeaks-forum.org.

15 BV Autumn Color Run. The Autumn Color Run is held each year in and around the historic, friendly, and picturesque town of Buena Vista. Colorado nestled in the upper Arkansas River Valley at the base of the Collegiate Peaks. The ACR began as many races do with one run, and as it grew over the years the Autumn Color Run has consistently worked with community organization to raise funds and awareness through running. The ACR continues to support the organizations that support our community. <http://www.bvautumncolorrun.com/>

18 OHV Fall Color Tour all day. Experience the rugged terrain, fall colors and historical sites in the heart of fourteen county. Riders will experience four days of self-guided tours through the awe-inspiring backcountry of the Collegiate Peaks range with 12 fourteen thousand-foot mountains! The greatest concentration of 14,000 ft. peaks on the continent. Participants will be able to explore old mining camps and ghost towns via high mountain passes where gold and silver ore were carried by mule wagons to the railroads. <https://www.buenvistacolorado.org/ohv-color-tour/>

23 Freedom Sunday at Clearview Community Church. Services at 9 a.m. and 10:45 a.m. We will be highlighting



FLORISSANT LIBRARY
30 Culturally Modified Trees of the Pikes Peak Region at 2 p.m. presented by CMT Chairman, Andy Weinzaepfel. FMI 719-748-8259 or 719-748-3861. Sponsored by Pikes Peak Historical Society.

ing the world problem of human trafficking, what HOPE is doing and what concerned people can do to help. Join us at 457 Rodeo Rd.

24 BV Strong Community Dinner 5:30-7 p.m. We are a community that's diverse in opinions and ideas; yet on this night, we focus on all we have in common as we eat together in a table. We embrace the people we love and celebrate those we've lost, cheer our accomplishments, and anticipate the return to "just us" as the summer season winds down. All are welcome, and there's a seat for everyone at our table. Our beautiful views are surpassed only by the beautiful people who call BV home! <http://www.bvstrong.com/>

28-30 The 14er Fest all day. The 14er Fest is a multi-sport mountain festival, featuring off-roading, mountain biking, hiking, fly fishing, and trail running. Join us for trail events, clinics, festival camping, live music, local libations and amazing vendors. <https://14erfest.com/>

CA ON CITY

A free legal clinic for parties who have no attorney, will be featured from 3:30-5 p.m. on the first Wednesday of each month at the 516 Macon Ave. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veteran's issues, and civil protection orders. Walk-ins are welcome, and everyone will be helped on a first-come, first-served basis.

7 Come visit REM fine art gallery and Picasso Art Supplies for the First Friday Art Walk. Featured artist for September is Rose Johnson and her wood burning art. Artist reception 5-8 p.m. Mary Shell will do her speed painting show at 7 p.m. and giving the painting away. We will have food and wine for refreshments.

9 Violin and Piano Recital 2 p.m. featuring Karine Garibova — violin and Mary Beth Barteau Shaffer — piano. Enjoy Sonata No.4, E minor *Fritz Kreisler* and Sonata No.2, E Major, Op. 94bis for Violin and Piano, and Sonata for Violin

COLORADO SPRINGS

8 Evergreen Cemetery's 18th Annual Living History and Walking Tour 9:30 a.m. to 12:30 p.m. Evergreen Cemetery 1005 Hancock Expressway.

10 Poker Alice — The Straight Story by Liz Duckworth 6 p.m. social, dinner at 6:30 p.m. RSVP and pay \$17 by Friday prior <https://square-up.com/store/pppw> FMI posse@dewittenterprises.com

11 Bill Callen's Pikes Peak New Horizons Band 9:30-11 a.m. meet and greet for prospective new band members. Enjoy a band rehearsal and meet Bill Callen and band members. We are a 501(c)(3) nonprofit that is open to musicians 40 or older. The average age of the band is 70. The Band has a membership of 50-55 musicians; former music educators, college and high school musicians, folks that haven't played for 40 years and those no musical experience. If you plan to attend, please call Bill Callen at 719 598 2373 or email wcullen@netzero.com. The

MEET and GREET will be at the AWAKENING CHURCH, 3445 Oro Blanco, 80917 north of the intersection of Oro Blanco and South Carefree Circle.

15 Walk to End Alzheimer's. Registration at 7:30 a.m., ceremony at 9 a.m. Route length 1 mile and 3 miles at America the Beautiful Park 126 Cimino Dr. FMI 303-813-1669 ext. 310.

19 Social Security 101 at PPACG 15 S 7th St 5:30-7:30 p.m. FMI 719-471-2096 to reserve your place.

19-Oct 24 The Caregiver Support Centers' Powerful Tools for Caregivers course will be offered beginning September 19th. The course will be on 6 consecutive Wednesday mornings from 9-11:30 a.m. starting on Sept. 19th and ending on Oct. 24th. The course will be held at the Colorado Springs Senior Center. It is open to any person caring for a family member or friend who is 60 or older. To attend caregivers must register at 719-471-7080 ext. 115.

20 Brain Injury Support Group 5:30-7 p.m. Penrose Pavilion 2312 N. Nevada Ave. Free. Register at www.penrosestfrancis.org/events

20 Sex, Drugs and Rock 'n Roll in Retirement 5:30-7:30 p.m. at PPACG 14 S. Chestnut St. This lecture series, invites you to explore the reinvention of life after retirement. Speakers will discuss health, finances, purpose, socialization, technology, relationships, spirituality, and more. The initial presentation in the series will be *Creating a Life of Meaning, Medicine, and Money*, understanding "retirement" as a transition from one set of roles and routines to the development of something new, by Nancy A. Seckman, M.Ed., a lifetime career counselor and educator. Having "retired" five years ago from working with members of the U.S. Air Force transitioning to civilian life and their spouses, Nancy has taught the popular Career Shift classes (for those 30 and better) at Pikes Peak Community College and continues to meet with midlife individuals to help them assess what they want to do next. Register at <https://www.pillarinstitute.org/class-registration>. (There is no registration fee for the series, but space is limited.) For more information, call PILLAR at 719-633-4991.

21 REM and Picasso Art Supplies is sponsoring their 3rd Friday Art Fusion for interactive fun. Face painting, rock painting, music, pottery and more. Crafters will set up booths outside selling their art. A fun night for the whole family. This is a monthly event taking place every 3rd. Friday of the month.

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

COLORADO SPRINGS

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GOLD HILL MESA OUTDOOR CONCERT SERIES

4-7 p.m. Bring lawn chairs, blankets,



LAKE GEORGE
8 Library STEAM. Want to talk with people all over the world? Help with distress situations and more? Learn to operate a ham radio! This special event will be hosted by the President of the Park County Radio Club, Dan Kern. Open to the public and also a precursor to getting our children ready to have a chance to talk with astronauts in space when NASA comes to Park County next spring! RSVP by Sept 6 lakegeorgelib@parkco.us 719-748-3812.

8 Hike: Elk Bugling 6:15 p.m. meet at Grouse Mountain Trailhead.
11, 13, 15, 18, 20, 22, 25, 27, 29 Hike: Fall Challenge 8 a.m. meet at Visitor Center.
12 Hike: Cahill Cabin 9:30 a.m. meet at Grouse Mountain Trailhead.
14, 21 Hike: Ecology 9 a.m. meet at Visitor Center.
14 Hike: Children's Sensory 3:30 p.m. meet at Wapiti Trailhead.
14 Amphitheater: Aspen and Elk 7:30 p.m.
15 Hike: Elk Bugling 6 p.m. meet at Grouse Mountain Trailhead.
15, 28 Amphitheater: Mountain Men 7:30 p.m.
16 Survival Myths and Misconceptions 3 p.m. meet at Visitor Center Auditorium.
19 Hike: Preacher's Hollow 9:30 a.m. meet at Preacher's Hollow Trailhead.
19 Touch Table: Sunlight 3 p.m. Visitor Center.
8 Fly Fishing for Beginners 1-3 p.m. meet at Dragonfly Pond.

kets, family and friends. It's free and there is plenty of free parking. Food and craft vendors with a festive atmosphere.
1 Jyemo Club — Latin/Reggae Fusion
8 Spinphony — Lively Pop: Electric String Quartet
15 High Altitude — Army Rock Band
22 We Dream Dawn — (feat. Bridget Law of Elephant Revival) Alternative Folk

PIKES PEAK CENTER

12 Craig Ferguson 7 p.m.
15 COS Philharmonic — Beethoven 7 at 7:30 p.m.
16 COS Philharmonic — Beethoven 7 at 2:30 p.m.
21 & 22 COS Philharmonic — Blockbuster Broadway at 7:30 p.m.
24 WWE Live at 7:30 p.m.
29 American Icons: Revue of Music's Greatest Showmen at 7:30 p.m. Enjoy Bruno Mars, Michael Jackson, Elvis Presley, James Brown and more.
30 John Crist: The Human Being Tour 6:30 p.m. FMI: PikesPeakCenter.com.

WORLD ARENA

11 311 at 8 p.m.

CRIPPLE CREEK

15, 16 Gold Camp Victorian Society's annual Mt. Pisgah Speaks historical cemetery tour 9:30-2 p.m. on Sat and 9:30-1 p.m. Sun. Tours depart from Cripple Creek District Museum (5th and Bennett Ave) every 30 minutes and last approximately 90 minutes. \$10/person. FMI 303-921-6329 or mountpisgahspeaks@outlook.com.

15 Step Back in Time by viewing La Jean Greeson's power point presentation of amazing historic Victor and Mining Camp photos projected onto a big screen 2-3 p.m. at the Heritage Center (across from the Molly Kathleen Mine). Free seating, limited to the first 70 to attend. Refreshments, socializing and opportunity to visit with La Jean after the presentation until 4:15 p.m.

15 Bronco Biliys presents Lissa Haner 7-10 p.m.
• GED Mon & Weds -11 a.m. at Franklin Ferguson Library

ASPEN MINE CENTER

4, 7, 11, 14, 18, 21, 25, 28 A Willow Bends 3-5 p.m.
4, 18 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
5, 12, 19, 26 Community Lunches each Wednesday between 11:30-1

p.m. All community members are welcome. Meals are provided on a donation basis.

5, 12, 19, 26 Cocaine Anonymous group every Wed 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.

11 Veteran Service Meeting 9-11 a.m.
11 All Vets, All Wars. Group participation 10-11:30 a.m.

12 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.

20 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.

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

28 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.

28 Cross Disability Meetings for persons with disabilities 10-11:30 a.m.
• On-going Our Health Navigator Krys Arrick is available Mon-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.

DIVIDE

7 Masons. Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buffalo Ct. FMI 719-687-1457.
10, 24 Little Chapel Food Pantry Distribution. 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

29-30 Fall Photography Show at Mueller State Park Visitor Center 10-3 p.m. Sponsored by Friends of Muller State Park.

COMMUNITY PARTNERSHIP

4 Crossroads parenting Teller County Court approved for divorced or divorcing parents, divorce and custody class 4:30-8:30 p.m. Fee is \$35. Michelle Carothers 719-686-0705 or Michelle@cppteller.org.
14 Active Parenting First Five Years workshop for parents with children ages 0-5 years. Free childcare and breakfast provided. Fridays, Sept 14-Oct 5. Contact Michelle@cppteller.org to register.
18 Nonprofit Excellence 9-11 p.m. see page 17.
24-27 Celebrating National Voter Registration Day for the week! Visit us between 9:30-3:30 p.m. and get all of your voter information current, make your pledge to vote, get information and free swag. Vote!

continued on next page

continued from page 24

• GED Mon & Weds 12-3 p.m.

FAIRPLAY

4-8 South Park Plein Air Arts Celebration

7 Plein Air Arts Celebration reception at TBK Bank. Be sure to catch the haunting sound of a heavenly instrument when Celtic harpist Maryanne Rozzi performs background music for the South Park Plein Air Arts Celebration Reception. Event is being held in the beautiful lobby of TBK Bank on Main Street in Fairplay — Doors open "to the public" at 7 p.m. FMI 719-838-0279.

FLORENCE

8 The Gallery Walk around Florence; most businesses open late. Through Oct 2 Hispanic Show at the Bell Tower FMI 719-784-2038 or www.FlorenceArtsCouncil.com.
8 Tour de Coal Towns. A 9-mile bike ride or fun run through the historic coal camps of Fremont County with a poker run! This is a fundraiser for the Florence Pioneer Museum.

15 Pioneer Day. Florence Pioneer Museum will be having a new room dedication at 4 p.m. Light refreshments. FMI www.Florence-PioneerMuseum.org.

15 The second Saturdays of the month — The Gallery Walk around Florence. Most businesses open late.
28, 29 Junktique Antique Show and Market taking over Main Street. FMI www.junktiqueshowandmarket.com

29 Joe Uveges and daughter Kathy play classic rock and folk 7-9 p.m. at the Bell Tower. FMI 719-784-2038 or www.FlorenceArtsCouncil.com

GREEN MOUNTAIN FALLS

Through Sept 20 Musical Swings at the GMP Park

GILLET FLATS

1 & 15 Teller County Shooters Society Gold Camp Public Access Range Trainings. Range available to public 10-3 p.m. \$10 per person. 1805 Teller County Road 81. FMI: Colomountain@msn.com. www.tcss-co.org

GREEN

Mountain Falls
Through Sept 20 Musical Swings at the GMP Park

GUFFEY

BAKERY AT STRICTLY GUFFEY
1, 8, 15, 22, 29 Yoga 8:30-9:30 a.m. with Kristie.
20 Talking Threads 10-noon.
20 Drum Circle 6-8 p.m.

BULL MOOSE RESTAURANT & BAR

1 Griffith-Scott 5-9 p.m.
2 River City Blues 1-5 p.m.
3 Open Mic hosted by Super Chuck 6 p.m.
7 & Every Friday Night in Sept — Karaoke 7 p.m.

8 The Bloomers 5-9 p.m.
9 Denver Broncos vs. Seattle 3:30 p.m.
10 & 24 Bingo with Cash Prizes 6 p.m.
15 Dancing on the Sun 4-8 p.m.
16 Denver Broncos vs. Oakland 3:30 p.m.
17 Poker Night 6 p.m.
22 Stompin George Show 6-9 p.m.
29 The Bloomers 5-9 p.m.
For more information check our website at www.thebullmoosenguffey.com, facebook www.facebook.com/thebullmoosenguffey or call 719-689-4199

FRESHWATER

1 Sandy Wells Fall Band
2 Stompin George
3 Trailer Park Patsy
8 Fireline
15 Carl Dell Trio — Celebrating Carl's Birthday!
22 Fonda Cash Band
29 Soulsmith Unlimited
All are 2-5 p.m.

JEFFERSON

1 Jefferson Community Civic Association Labor Day Breakfast 7-11 a.m. in the Jefferson Community building. East of Highway 285. The menu includes all you can eat pancakes, eggs, potatoes, bacon, sausage, biscuits and gravy, coffee and juice. Cost is \$8 for adults and \$5 for children 6-12. Proceeds benefit the operation and maintenance of the historic buildings in Jefferson. Hope to see you there!

PALMER LAKE

20 The Palmer Lake Historical Society will present "The Harvey Girls Story" by Jane Milne (presenter of "Orphan Train") and Kathy DeHerrera. They came to be known as the women who tamed the West. Fred Harvey saw the opportunity to provide dining services along the route of the Atchison Topeka & Santa Fe Railroad. A pioneer in hiring women, the Harvey Girls would become a signature component of his successful Harvey Houses and one of his most enduring legacies. 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. Visit www.palmerlakehistory.org for more information.

SALIDA

6 Chaffee County The Emergency Food Assistance Program & Commodity Supplemental Food

~OUT AND ABOUT~

VICTOR PACK BURRO RACE

Experience a day of fast and furious (sometimes furry) racing that must be seen to be believed! Load up the kids of all ages and come to historic Victor Saturday, September 8 for a day of four-footed races packed with old-time fun. The annual Victor Pack Burro race will kick off at noon downtown with racers from across the region competing for cash prizes. The furry four-footeds are historically dubbed the Rocky Mountain Canary for their role in underground mining; the burros were used above ground during the gold rush era for hauling heavy loads, but also underground in the mines for the same tasks.

Today the burros are beloved symbols of days gone by and are, along with their trainers and human counterparts, the centerpiece of this event.

After the race, hang out in the new Pinnacle Park downtown plaza and check out the participating asses and meet their humans. All racing burros will be entered into a Nicest Ass Contest with prizes awarded.

The Victor Elks Lodge #367 will have its bar open and provide music. Proceeds from the burro race entitles benefit the Southern Teller County Focus Group, a non-profit that maintains the Trails of Gold and assists with historic preservation and mining education. The race will begin and end in downtown so you can spend the day surrounded by the historic buildings from the gold rush era. During the day while racers are running trails you can look for unique treasures in Victor's shops, eat and drink at local establishments, pan for gold at the Victor Lowell Thomas Museum, check out the old-time tractor display at the Ag & Mining Museum, or hike to the top of Battle Mountain for a super view of the area. For more information, visit VictorColorado.com, STCFG.com.

Program distributions on the 1st Thursday of each month at Salida Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Alenmang for more information 719-539-3351.

9 Teddy Bear Tour see HRRMC News page 4.
12 A free legal clinic for parties who have no attorney, will be featured from 3:30-5 p.m. on the second Wednesday of each month at the Salida Regional Library at 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, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veteran's issues, and civil protection orders. Please contact the Salida Regional Library 719-539-4826 to schedule an appointment.

13 SCFTA presents the Creative Mixer. Artists working in all genres are encouraged to attend and meet like-minded people, to share influences and news, to soak up fresh ideas, and to be inspired by the energy that makes Salida a center of support and expression. Each mixer begins at 5:30 p.m. in the Paquette Gallery, in the lobby of The Steamplant Theater (220 West Sackett Avenue) on the south bank of the dynamic Arkansas River, where we are treated to a visual feast of the current artwork on display in the Paquette Gallery. The exhibiting artist briefly talks about their work, their need to express, and their unique perspective.

WP LIBRARY

Adults
13 Free Legal Clinic 3-4 p.m. by computer link, volunteer attorneys will

join us. FMI wpharvestcenter.org.
9 Eat, drink & give capital campaign event at the Swiss Chalet for Day-Break — An Adult Daycare 5 p.m. FMI 719-687-3000.

15-16 The Pikes Peak Group of the Colorado Mountain Club, in collaboration with Friends of the Peak, will be doing trail stewardship this year on the Putney Gulch section of the Ring the Peak Trail. Please sign up online; email tom@rampartprosolutions.com if you have questions. Also, the CMC will be collaborating with RMFI and Friends of the Peaks to make improvements on the Devils Playground Trail. We will be working both days on the weekend of September 15-16, with camping overnight. RMFI will provide food. Please sign up for that trip directly on the RMFI site.

22 Zack at Tractor Supply's Farmers Market 9-2 p.m.
23 Ute Pass Chamber Players play the music of Debienne, Beethoven, Bizet and Poulenc 3 p.m. at High View Baptist Church. Featuring Guy Dutra-Silveira, oboe; Vincent Lemoine, violin; Mary Anne Lemoine, viola; Mary Lindsay, cello; Eliza Wicks, violin; Clark Wilson, bassoon; and Barb Riley-Cunningham, piano. Tickets \$15 at the door.

• GED Tues & Thurs 5-8 p.m. WPHS.
DINOSAUR RESOURCE CENTER
8 Colorado Wing Civil Air Patrol 1-2:30 p.m. Major Mary Cast, director of Aerospace Education for the Colorado Wing Civil Air Patrol will give an introduction to the planets. Come on up to the Dinosaur Resource Center for some planetary fun!
22 Tales from Ancient Egypt 1-2 p.m. Join us as Denise Gard and her famous border collies Sienna and Joey explore the pyramids. What fun!! After the show you can make an Egyptian craft to take home. FMI www.mrdmcc.com.

answer questions, help fill out forms and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant laws, small claims, -veteran's issues and civil protection orders. Pre-register by calling 719-687-9281 ext. 103.

18 AARP Smart Driver Program 9:30-1:30 p.m.
• Tai Chi Thursdays 5:30 p.m.
• Tai Chi for Arthritis Fridays 10 a.m.
• Tai Chi Sun Style Fridays 11 a.m.

Book Clubs
4 World by Paulette Jiles.
5 Not So Young Adult 11 a.m. Sept. *Long Way Down* by Jason Reynolds.
13 Senior Circle 10:30 a.m. Sept: *Charlatans* by Robin Cook.

Children

1 Silly Saturday 10 a.m. birth-5.
• Books and Babes Storytime 10-10:20 a.m. Tuesdays.
• Storytime Wednesdays and Thursdays 10:05-10:45 a.m.
• Lego Club Fridays all day.

Call for Local Authors.

We are looking for local authors to join our Local Author Showcase on Wednesday, October 10 at the Woodland Park Public Library. Interested? Contact Jennie Darrah at 687-9281 x103 or jennied@rampartlibrarydistrict.org

Computer Classes

7 Getting Started with Google Chrome 10:30-11:30 a.m.
12 Computer Basics 10-11:30 a.m.
19 Using the Library Catalog 10-11 a.m. Call 719-687-9281 to register.

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