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Vol. 11, No. 2

Welcome to Ute Country

**"One kind word can warm
three winter months."**

— Japanese Proverb



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Becki Guion - clay artist

Tourist And Locals Can Breathe Again

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

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

This helped me with energy and mental focus.

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

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



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On Deck



Our photo for February was taken in St. Elmo, Colorado, just a tick away from Nathrop, Colorado. Just imagine the challenges of hefty snowstorms back in the days before we had snow plows and snow blowers! This serene scene is matched with the quote that reminds us no matter how cold it is outside, warm greetings and kind words can warm our hearts.

As you go through the pages in this issue you will find ways to be kind to each other, even when you're feeling overwhelmed, and ways to build good boundaries around all you are perceiving, including ways to care for yourself from Heaven and Earth. You will also find ways to care for the planet as you care for your cloths and other dirty duties from the Thymekeeper. Life Enhancing Journeys will explore how failures lead to success. Also, you will also meet a new columnist, Peggy Badgett who goes by Pharmgirl. We feel Pharmgirl has a down to Earth perspective and a spunky attitude — let us know what you think!

Are you a people person seeking to earn extra money? We are looking for additional sales staff. If you enjoy helping people promote their business and finding affordable solutions to get their word out, contact us to learn more about joining our Ute Country News team!

The deadline for our March issue is February 18.

Are you ready to share your amazing photos of indoor or outdoor animals? We love to print your photos in our Critter Corner. Please send them to use via email utecountrynewspaper@gmail.com or snail mail POB 753 Divide, CO 80814.

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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First Class subscriptions are available for \$36 for 13 issues, or 6 issues for \$18.



The Thymekeeper

Soapy nuts and fuzzy balls
by Mari Marques-Worden
photos by Mari Marques-Worden

Being an herbalist and working with all-natural products over the years has yielded me an unanticipated side effect. I have a deep aversion to synthetic fragrances that I didn't used to notice. A trip down the household products aisle of the grocery store amounts to no more than a full-frontal assault to my olfactory system; almost as bad as getting stuck in line next to someone doused in cologne. When certain people come to my house, I can smell their fabric softener for days after they're gone. No hugs please. Some fragrances literally linger like stale cigarette smoke sticks to hair and clothing. So, in my quest to do my small part in keeping things green and clean, or non-toxic as possible, I'm always looking for alternatives to commercial body products and household products that advertisers do their best to convince me I need. Two that I would like to share with you today are soapy nuts and fuzzy balls.

Some herbs contain the constituent *saponins*. Bouncing bet or soapwort is one, yucca root is another. Although you practically need a backhoe to harvest yucca root, if you soak it in water, almost immediately you'll notice a soap-like foam forming in the water. Of course, it will never be sudsy like your commercial dish soap or laundry detergent; natural saponins have been largely replaced with synthetic ones promising to give loads of luxurious lather. That synthetic lather is likely the most toxic ingredient in your soaps next to fragrance and has nothing to do with cleanliness.

Recently I've discovered soap nuts, or *Sapindus mukorossi* as a replacement for laundry detergent. Soap nuts, sometimes called soap berries are completely sustainable. The best part about them is they are re-usable for up to six loads and possibly more. Simply place the equivalent of six nuts in a small cloth and tie it shut with twine. I've since started to put my little bundle into a larger bag so that it's easier to find at the end of a wash. The cleaning power of that little bundle is quite impressive. My husband's work jeans have never looked better.

As long as your nuts have color and give off a bit of suds when squeezed wet, they can be re-used. Removing them before the rinse cycle would allow for more uses. I left mine in for the entire cycle. Once they appear grey and have no suds left, add them to your compost pile, they are, of course environmentally friendly. You can purchase deseeded soap nuts from Mountain Rose Herbs online for \$9 per pound plus shipping. One pound will provide you with enough soap for many loads of laundry. <https://www.mountainroseherbs.com/search?page=1&q=soap+nuts&utf8=%E2%9C%93>

www.mountainroseherbs.com/search?page=1&q=soap+nuts&utf8=%E2%9C%93

Alpaca dryer balls

Dryer sheets are another source of toxic fragrance and horrible for anyone in the house with respiratory issues. I always know when someone in the neighborhood is drying clothes. The smell travels far and wide. In what I like to think of as serendipity, as I was waiting for my nuts to come in the mail, I discovered alpaca dryer balls at my local feed store. I got the last package, there appears to have been a run on balls here in Florissant, but I have seen them at Mountain Naturals in Woodland Park.

Environmentally friendly and hypo-allergenic, the dryer balls promise to dry my clothes faster, reduce static and help to eliminate wrinkles. They won't shed on your clothing and are made from 100% alpaca wool with no added chemicals. Again, re-usable for hundreds of loads of laundry, they claim to be quite durable. As with the soap nuts, the balls did not disappoint. My clothes came out static and wrinkle free. Not only do soap nuts clean your clothes they have a built-in fabric softener so you can scrap the commercial laundry products all together!

How they work

It's recommended to use three balls per load. The balls bounce around inside the dryer drum absorbing heat and allowing for even distribution of heat reducing dryer time by up to 35% in some cases. I'm always up for saving on my electrical bill. The balls vary in size and price, a little research has shown me that the bigger balls are best.

Because the soap nuts give off a slight vinegary smell, I put a couple of drops of essential oil on one of the balls to counter the smell. No need to buy expensive products for baby's sensitive skin. Both soap nuts and alpaca balls are safe to use on the most sensitive of skin.

Tip: Soap nuts are safe to use for people who have a nut allergy, they aren't actually nuts, they are berries from a tree.

Versatility

Knowing that herbs are multi-purpose and being naturally curious, of course I had to take the soap nuts to new levels. I've noticed my dishwasher detergent leaves a somewhat troubling film on my dishes so I thought I could use the nuts in the dishwasher and get rid of



Soapy nuts (above) and fuzzy balls (cover) can save money and the planet!

the detergent. Sure enough, you can place two to five nuts in the silverware container and add some white vinegar as a rinsing agent or retrieve your nuts before the rinse cycle. I'm happy to say I'm as pleased with the nuts' performance in the kitchen as I am in the laundry room.

Liquid soap can be made with the nuts that can be used as an all-purpose cleaner for just about anything you can think of including glass, wood, metal, plastic and even your hair and body.

To make liquid soap simply crush or mash 2 nuts per cup of water. Boil for a half hour. Once the water is cool, strain the solution into another container or spray bottle. You can add white vinegar or essential oils at this point to enhance the cleaning power. Don't throw those nuts away after boiling, they'll still have enough strength to be used for one load of laundry.

To make shampoo with the liquid soap, dilute one-half to one-ounce of liquid soap with 12 ounces of water and wash away. A rinse of apple cider vinegar diluted with the same amounts will leave your hair soft and shiny. Baking soda or essential oils can be added to counter any lingering vinegar smell.

Mix two tablespoons of liquid soap with two tablespoons of white vinegar and add to 16 ounces of water for glass cleaner.

The soap can be used safely on your pets, and jewelry. Any leftover wash water can be used to water your plants as long as it doesn't contain vinegar. For more on soap nuts see: <http://www.sustainablebabysteps.com/soap-nuts.html>

Soap nuts will not only free you from many toxic products in your home, the amount of money you will save by using them is immeasurable as you are only limited by your imagination for how many uses you can find. In addition, you're cutting down on your contribution to the tons of plastic headed for our landfill and oceans every day. Reduce, re-use and recycle!

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.

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One Nation Walking Together What led us to Food Drives?

by Kelli Herr

Majority-American Indian counties comprise only 1% of all US counties, yet approximately 60% of them experience high rates of food insecurity and nearly three-quarters are considered to be in persistent-poverty. Why is this the case? Why are the indigenous people of this land experiencing disproportionate disparities? Why are so many reservations considered food deserts?



The goal of this article is not to answer these questions. They are complex and lack straightforward answers. Writing a thesis on any one of these topics would still barely scratch the surface of discussion. Rather, my intention is to introduce a brief overview of how United States policies and treaties played a critical role in the creation of food deserts in many Native American Reservations. Secondly, I will discuss the ongoing implications of vast food insecurity and offer ways you can help improve the current situation.

To understand how this situation came to be, we must revisit the past — even the ugly parts. After the “discovery” of the New World, a world that indigenous people have called home for time immemorial, Europeans flooded to Turtle Island. In pursuit of a better life, settlers embraced a manifest destiny mentality. Through battle, colonization, assimilation, and forcible removal, they pushed Native Americans off of their ancestral land and onto undesirable plots. One person's freedom is another person's constraint.

In 1830, Andrew Jackson signed the Indian Removal Act into law. This authorized the President of the United States to negotiate relocating Native American tribes east of the Mississippi to federal land on the west side of the river in exchange for their land. Although the law was intended to give Native American tribes the option to participate or not, treaty negotiations were rarely fair, voluntary, or peaceful. The U.S. government's disregard for the law led to the forcible removal of tribes and the creation of reservations.

The Trail of Tears is the most notable example of how tribes were forced to walk thousands of miles to unfamiliar territory without adequate food or water. Many indigenous people caught disease or starved to death during these brutal treks. Those who survived were challenged to adapt to new environments. This was especially difficult because identity, culture, and language are intimately interconnected and related to the land.

At this time, treaties were formed between the United States and Native Nations. These treaties promised that the U.S. government would provide food to Native Nations, along with other goods and services. Thus, starting a dependence on government programs

in reservation areas where food was often scarce and hard to grow. While this promise was upheld in circumstances, the food provided was nontraditional and did not fit many Native American diets. Traditional hunting and gathering was no longer possible as plants and animals grew or migrated beyond reservation boundaries. In turn, adverse health disparities within the Native American community grew.

Food security in Native American reservations worsened when the Dawes Act of 1887 was passed. The Dawes Act allowed the United States government to segment Native American land into allotments. Those who claimed their allotted plot could live on it. However, unclaimed land was taken by the U.S. government and sold to nonnative settlers. This policy significantly reduced the size of reservations. Additionally, it tore communities apart as people were forced to either disperse or surrender their land.

Today, the problems persist. The original people of this land continue to be hurt by the ongoing implications of these policies and institutionalized colonization. Many Native American Reservations are still considered food deserts. In the Pine Ridge Reservation, for example, the closest grocery is 40 minutes to an hour away. When half of the population on the reservation does not have access to reliable transportation, how do people get food? How do people meet some of their most basic needs? How does this effect the community at large?

When we look at the statistics, we discover that only one-in-five Oglala have a job, one-in-four children are born with Fetal Alcohol Syndrome, 70% of students drop out of school, and this community has the lowest life expectancy in the United States. Many of these problems are interconnected and thus connected to the absence of food sovereignty. The data is startling. However, statistics don't account for everything. How do you quantify hopelessness? How do you measure despair? Do these statistics account for cultural nuances that deviate from the dominant western worldview? It is hard to truly get a grasp for how urgent the situation is without spending time within the community. It is not realistic to expect that people can just drop everything and take a trip to the reservation. However, it is practical for us to listen to and share the stories of the people living in these communities.

When asked about how inadequate resources and access to food affects her students, a teacher from the Porcupine School in the Pine Ridge Indian Reservation shared this:

It's really hard to teach kids who are hungry. For many of my students, the only two meals they eat are the meals provided by the school. Parents are so concerned about making ends meet that they cannot always be there for their children in the ways that they wish they could be. Therefore, kids are lacking a lot of parental involvement that leads

How do you quantify hopelessness? How do you measure despair?

to challenges in the classroom. Since 80% of people living on the reservation are unemployed, people largely depend on government benefits. The 11th of the month is practically a holiday. It is the day when EBT benefits come in. The gas station stores which typically close around 9 p.m. stay open late because people rush to the shelves at midnight. My students come into class the next day hyped up on candy and soda. There isn't a grocery store on the reservation, so options are limited, and healthy options practically don't exist. The end of the month is a particularly tough time for families because welfare and EBT has run out in most situations.

It is during this time at the end of the month that food insecure communities could use a hand up. However, after generations of historical trauma and harmful policies, it is not surprising that there exists an overwhelming level of distrust between native and nonnative communities. Here at One Nation Walking Together, a nonprofit organization dedicated to making a positive difference in the lives of Native Americans, we have built trusting relationships with at-risk communities for over 15 years. We have spent time talking with elders, community leaders, and others. We have gained rapport by those who believe in our mission. We are actively working to be a part of the solution, but we can't do it without you.

Next month, March 1 through April 30, ONWT will host its annual nonperishable food drive. Our goal is to collect 10,000 pounds of nonperishable foods. Your participation in One Nation's food drive will help parents stress less and allow students to succeed in the classroom. We are looking for individuals, local businesses, churches, and organizations to help us meet this goal. We will provide you with a collection box, posters, and other marketing materials. All you have to do is collect the food. Suggested non-perishable items to collect and donate include: canned meats, canned fruits and vegetables, soups and sauces, juices, dried fruits and nuts, whole grain cereals, canned and powdered milk, baby formula, rice, pasta, legumes and beans. Any monetary contributions to the drive will aid us in the delivery of the food and other essential items to the communities we serve, and are much appreciated. These items and/or monetary contributions may be dropped off or sent to our facility at 3150 N Nevada Ave. We extend our heartfelt gratitude for both your support and assistance. With your help, we are confident we will reach our 10,000 pound goal! Together, we can make a difference! For more information call 719-329-0251 or email: admin@onenationwt.org

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Museum of Colorado Prisons - part III

by Flip Boettcher

This is the final installment of the series. Part II appeared on page 14 of our January issue.

In 1983, the first meeting of the Colorado Prison committee was held, comprised of retired and active Department of Corrections personnel, Cañon City bankers, realtors and a history museum curator, according to Stacey Cline, Administrator Museum of Colorado Prison, Cañon City. The Women's Correctional Facility, built in 1935 after the 1929 riot, had been vacant since 1973, and seemed like a good place to house the non-profit Prison Museum.

Unfortunately, the Colorado senate has to approve a non-profit using a state prison building, which they did in 1987, approving Senate Act 100. The Museum of Colorado Prisons officially opened in June 1988. The museum's goal was to collect, preserve, conserve, exhibit and interpret Colorado prison history before it was lost, said Cline.

There was considerable remodeling that needed to be done to the old correctional facility before the museum could open, said Cline. While each original cell had a toilet and sink, public restrooms had to be built. Asbestos abatement had to be done and each cell door was welded open. At first, only the top floor was used, not the downstairs, which is in use today.

Each of the 32 cells features an exhibit of the Colorado prison system with historic prison items. It was illegal for DOC employees to remove any historical items from the prison, but over the years, it happened. With a moratorium on those “stolen articles,” they were gradually returned to the museum even today, said Cline, who has been museum administrator for six years now, every week some more items are donated back to the museum.

Today the museum offers an exploration of the history of Colorado corrections with individual audio or self-guided tours through the 32 cells. Each cell is filled with exciting exhibits and life-sized models, each with their own story to tell of days, employees and inmates gone by, stated the museum pamphlet. Some of the exhibits include the Old Gray Mare, rare photographs, confiscated weapons, the last hangman's noose and the last gas chamber. A visit to the Royal Gorge area is not complete without “doing time” in the historical women's cell house.

Another interesting feature of the museum is its gift shop, stocked with lots of inmate made items from around Colorado. Some of the items include: hand carved wood items and cutting boards, leather belts, wallets, dog tags and key chains, all kinds of furniture, inmate clothing, laser art, license plates, and ceramic pots. There are also non-inmate items in the gift shop as well.

Throughout the state prisons there are different industries, i.e. culinary arts and woodworking, and each inmate has a job within an industry. For instance, all the furniture for the correctional institutions is inmate made. Inmates are paid a percentage of the profit, if there is any, of the industry per year, said Cline.

Sometimes some unique items come in, Cline said. One time there was a beautiful inlaid, oak and walnut cutting board and a set of poplar cabinets. Sometimes the gift shop has inmate-baked items, like bread. The inmates use materials leftover from other jobs in their industry to make the gift shop items. Colorado license plates are still made at the prison.

The prison museum, once the Women's Correctional Facility is the third most haunted place in Colorado, stated Cline, and the museum offers paranormal tours. The paranormal tours are offered May through November, mostly in the summer, at least once a month, sometimes every other weekend, said Cline.

The tour is usually composed of 15 people divided into three groups who go to different areas of the museum. The public tour runs 6 p.m. to midnight. The museum also offers private tours from 6 p.m. to midnight, 6 p.m. to 3 a.m. and 6 p.m. to 6 a.m. Check the prison website for more information about the paranormal tours.

Colorado Territorial Prison is the last of

the six territorial prisons established in the 1800s to help curb lawlessness in the west. The six territorial prisons were Utah, 1855-1951, when it was demolished; Idaho, 1864-1973; Colorado, 1871 and still open; Wyoming, 1872-1990 when it was restored as a museum; Arizona, the west's most feared prison, 1875-1909, closed for overcrowding; and Old Montana Territorial, started in the late 1800s, no closing date.

Since the 1970s, said Cline, people have wanted to close the territorial prison here, but it remains active with about 890 inmates.

While there have been quite a few escapes from the prison, not all of them were all that long ago. This past Labor Day, September 3, 2018, when Anita Price, a volunteer in the archives room was arriving through the front gate, she looked up at Tower 6, which stands above the museum parking lot, and a fellow at the top of the wall waved at her. Price hurried into the lower part of the museum to report what she had seen. At the same time, a museum visitor asked Susan Cantrell, Administrative Assistant who was standing at the

museum entrance at the top of the stairs, if the two prisoners the visitor just saw go over the wall was part of the museum's exhibits?

Obviously not, as Cantrell called 911 and asked Josh Cline, who was working the front desk, to lock the back gate, while Cantrell locked the front gate and turnstile to secure the area. The other museum employees and volunteers calmed the museum visitors who realized they were in the midst of an actual prison escape.

Two men went over the wall and were both apprehended within a couple of hours of escaping, one within two blocks of the prison. Needless to say, there is now a guard in Tower 6. Warden Romero presented commendations to the staff of the museum for their quick actions that day.

To learn more about the history of the Colorado prisons, the riots, escapes and stories, a visit to the prison museum is a



The dedication sign in the courtyard of the Museum of Colorado Prisons which is housed in the Women's Correctional Facility built in 1935. Guard tower 6 is in the background.

must. The Museum of Colorado Prisons is located at 201 North First Street in Cañon City; website: www.prisonmuseum.org; phone: 719-269-3015; also like them on Facebook. Museum hours: October 1-May 14, Wednesday-Sunday 10 a.m.-5 p.m.; May 15-September 30, daily 10 a.m.-6 p.m.

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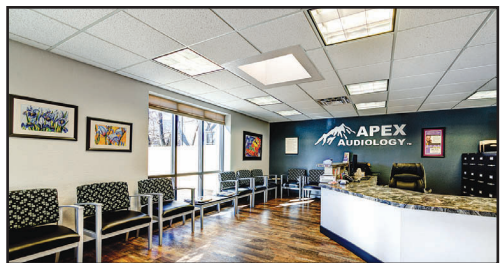
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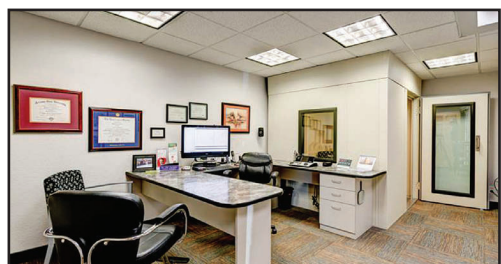
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Rylie Stolpp, 5th grade
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After the Flames

by Coalition for the Upper South Platte

Wildfire is an integral part of a healthy forest, but our relationship with fire has changed over the last century. Historically frequent small fires were common and helped reduce fuels, clearing out undergrowth and recycling nutrients into the soil. The small fires help diversify wildlife habitat and create strong, rejuvenated forests.

Currently, we see the frequency and intensity of destructive wildfires increasing. Several factors contribute to the impact of fires, including suppression of natural fires, more development and people living in the forest, and the impacts of climate change. Large wildfires have become a reality in the American west. Experts warn us to protect our community and homes before the fire by creating defensible space, having an evacuation plan, and consulting with local emergency services.

However, knowing that wildfire is inevitable, how do we cope with the aftermath? It is important to remember that the landscape will recover, but it will take many years and will look very different from the pre-fire landscape. There is an increased risk of flooding, erosion, debris flows, and hazardous trees long after the initial post-fire cleanup. Infrastructure, such as power supply and septic systems, will be impacted and must be carefully mitigated. Properties must also be managed to consider impacts to endangered species and to limit the proliferation of invasive species.

Many of the pre-fire preparation recommendations also apply to post-fire. Property owners are reminded to pay close attention to weather conditions and understand evacuation routes. The evacuation options will have changed after a fire and will be impacted by storm events and recovery efforts, such as road reconstruction and culvert replacement.

At CUSP we believe that we are most effective in the post-fire response when we work together and learn from each other. Post-fire resources from many sources, addressing information to consider both before and after the fire can be found at <https://co-co.org/programs/post-fire>.

To bring the expertise gained on the ground from post-fire recovery, CUSP's partner, Coalitions & Collaboratives, is hosting a conference in April 2019 to explore the response to the post-fire landscape. There are many conferences and workshops on preparation before the fire, but very little information on what to do after the fire. The *After the Flames* Conference will bring together community leaders, agency representatives, and property owners to share best practices, fantastic failures, and experiences for those impacted by wildfire. The conference is April 1-3, 2019 and information can be found at AfterTheFlames.com.

After the Flames is organized to allow attendees to share their experiences and work together for effective solutions. Experts who are working in the post-fire landscape will provide real-world answers to questions and discussion of what happens After the Flames. Breakout sessions will allow more focused discussions of many post-fire issues ranging from flooding and erosion control to economic recovery from a fire.

The conference keynote will be delivered by Jim Hubbard, U.S. Department of Agriculture undersecretary for natural resources and environment. Mr. Hubbard worked for the Colorado State Forest Service for 35 years, including as the state's chief forester for the last 20. He also directed the Office of Wildland Fire Coordination for the U.S. Department of Interior and deputy chief for state and private forestry with the USDA Forest Service. In a 2017 interview, Hubbard detailed the importance of managed fires and cooperation from residents all the way from the local to the state and federal levels.

The conference will conclude with an optional bus tour of post-fire reclamation sites. The group will have the opportunity to get a bit dusty, pull the workshop lessons together, and see some successful and some not-so-successful restoration sites.

Registration for *After the Flames* is currently open on the website AfterTheFlames.com.



Adopt Me Buddy

by SLV Animal Welfare Society

Buddy is a 5-year-old German Shepherd mix who loves to go for rides. He is very smart, mellow, affectionate, charming and well-behaved. However, he does not like other dogs and would love a home in the mountains or country. He would be great as a family guard dog as he is leery of strangers. He is 100% house-trained. Buddy does not have separation anxiety. No children under 10 years old as he is food aggressive. Buddy is needing a new forever home as his former owner died. Would Buddy be a good fit for your household? Call 719-587-9663 (woof). *This space donated by the Ute Country News to promote shelter animal adoption.*



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The cutting edge

Custom craftsmanship at the Blade Barn

by Kathy Hansen
photos by Jeff Hansen

When it comes to tools like knives, axes and fire-starters, quality is key and your tools need to be sharp to get the job done correctly and safely. John Swede of the Blade Barn in Buena Vista is a blacksmith artisan who starts with quality steel, then forges by hand, pounding and folding, heating and cooling to make beautiful custom knives. He also sharpens the blades for a razor-sharp edge. We had a chance to witness this process first hand during our visit January 17, 2019.

John starts with a blacksmith's file and heats it until it is bright red. Then he pounds it flat. Using what is called the Damascus process (commonly known as Damascus Steel) he joins two types of steel together; plate steel has the highest carbon and nickel content making a harder steel. By heating and pounding the two forms of steel together the Damascus is created. Then comes the tempering; a process of hardening the steel by normalizing the steel, or reducing the hardness by cooling it slowly. Ever notice how you can't drill a file but you can file a drill? It's all about temperature. To harden steel, you must quench the hot steel in oil for fast cooling. He showed us how he pounds out the blacksmith's file to form the taper. The taper is what makes each blade unique.

John makes his own steel into billets, or rectangles that are not shaped, and forms it from there. The other way would be to use blanks, which are pre-shaped blade and tang made of buffalo hide, explaining how the arrow rests directly on the gauntlet. John enjoys making custom pieces. He also works with unique woods such as the orange Osage from Arizona.

John can sharpen anything with a blade from axes and adzes to circular saw blades and miter saw blades, even chain saw blades. He has the sharpening equipment for each. He sharpened a chef's knife and a longer knife for me. He started with the 6,000 grit belt to put a fast edge on the blade, then went to the 10,000 grit Japanese ceramic, and then finished on a barber's strap.

His tip for those learning to sharpen is to find your equipment and stick with it. He has his stones clamped to his work table with a vice to hold it steady. That way his fingers can evenly guide the blade across the stone and all he moves are his hips. John's been doing this since 1995 so he's got this move down!

John warned that snow will dull your chainsaw blades and plastic cutting boards can dull your kitchen knives, suggesting only wooden cutting boards. Of course, if you prefer the plastic boards you can always learn to sharpen your knives yourself or take them to John every few months to maintain the blade.

John has his own foundry on the property so he can cast his own fire-starters. He casts sizes of ¾ inch, 1 and 2 inch rod igniters. He uses the same recipe as the Department of the Navy, using phosphorus, ferrous oxide and aluminum powder for the igniter. This provides a 12,000 degree Fahrenheit spark and throws a spark much like a sparkler. He demonstrated by lighting a cotton ball and a paper towel. We could see how this tool would be helpful next to the wood stove and when camping. He's been making these for 13 years and is so certain of their quality he said, "If you wear it out, you get one free and I get your story," as he cannot imagine how someone could wear one out.

John also showed us some of the specialty items he's made including cork screws, arrow heads, banquet knives and bridle hooks. He has also made custom coat hooks and custom hinges for homes that were originally built in the 1800s to give the remodel a rustic flavor.

There is no question John is a craftsman at the top of his skillset; he really knows his steel and he knows the market. "If you want something to cut with and can't find it, I can," he said with confidence. He also offers discounts to military personnel (current and veterans), law enforcement and fire fighters because as a former marine he respects those who serve.

Are you interested in seeing some really interesting knives like the *survivor* that is a

(part under the grip) and you put your own handle on. He showed us a beautiful knife with a full tang, covered with elk femur, cork and brass (see photo at right). Every blade he makes comes with a leather sheath.

As he showed us some of his impressive leatherwork, he brought out a bow hunter's gauntlet



The Damascus process yealds beautiful banding and mottling reminiscent of flowing water.



John's fire -starters come in various sizes.



Corkscrews, nails, coat hooks and arrowheads.

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Financial Focus Insurance can protect your aspirations

You probably already know that life insurance can protect your family if something were to happen to you. But you might not realize the many ways in which insurance can help you preserve your plans for the future — whether for yourself, the next generation, or those charitable groups you support.

Specifically, life insurance can potentially help you address several areas, including the following:

Help in covering final expenses

The proceeds of a life insurance policy can provide immediate funds at the time of your death to pay for your funeral costs, your debts and your final income taxes.

Transfer wealth (with potential tax advantages)

Some wealth transfer vehicles carry significant tax consequences. But the proceeds from life insurance are typically free of income tax, so if your death benefit is \$1 million, your heirs will receive the full \$1 million. (Consult with your tax advisor about all potential tax consequences beneficiaries might face.)

Provide charitable gifts

You can use life insurance in various ways to support charitable organizations. One option is to donate a policy you may no longer need. Either you or the charity would continue paying the premiums, but the charity would become both the owner and beneficiary of your policy. Alternatively, you could purchase a permanent life insurance policy and donate it to the charity, which could then use the policy's cash value when you're alive and receive the death benefit when you die.

Help fund a revocable living trust

Depending on your situation, you might want to establish a revocable living trust as

part of your estate plans. A revocable living trust helps you avoid the time-consuming, expensive and public process of probate. Among other benefits, a living trust allows you to distribute your financial assets over time, and in amounts that you specify, which may be quite appealing, if, for example, you'd rather not give your children a large amount of money at once. Life insurance can help fund your living trust — you just need to name the trustee (which may well be yourself while you're alive) as the owner and beneficiary of the policy. However, you will need to consult with your legal advisor before creating and funding a living trust.

Help cover long-term care costs

You may never need any type of long-term care, but if you do, you'll find it quite expensive. It now costs, on average, more than \$100,000 per year for a private room in a nursing home, according to the 2018 Cost of Care Survey, produced by Genworth, an insurance company. Medicare typically pays little of these costs, so the burden will fall on you. To avoid using up your financial assets — or, even worse, having to rely on your adult children for help — you may want to purchase insurance. Some life insurance plans offer long-term care coverage, either through a special "rider" or by accelerating your death benefit, but you might also want to consider a traditional long-term care insurance policy.

As you can see, one of the most flexible tools you have is life insurance. Start thinking soon about how you can put it to work.

Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice. You should consult your estate-planning attorney or qualified tax advisor regarding your situation.

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

Huge Thank you!

A huge thank you to the three separate men: off duty policeman, Bud Light distributor, and young man in utility vest and white Chevy pickup (to which I didn't get thank or get names) who stopped Friday night 1/11/19 at about 4:30-5:30 p.m. after I crashed into guardrails between Divide and Florissant on Hwy 24. Those kind-hearted people helped us get out of the car and direct traffic. Thank you for stopping and taking care of us!!! With our deepest and utmost gratitude.

— Carlson Family

Woodland Park School District revises 2019-20 school calendar

Woodland Park School District (WPSD) is rolling out a calendar revision to the 2019-20 school year. The biggest change includes rather than having long weekends scattered through the year, the days have been combined. This adds two full instructional weeks to the school year, totaling 27 full weeks for elementary and middle school students and 29 for the high school.

The reason for the changes focuses on the benefit of instruction. It provides an opportunity for WPSD students to receive more consistency in their learning throughout the weeks. Most of the long weekends are grouped together to provide longer breaks for students, which also results in a more focused time for WPSD staff development.

WPSD Calendar includes:

- First day of school is August 21 (teachers begin Aug. 15)
- No School on Labor Day, Sept. 2
- No School the week of Oct. 14
- Thanksgiving Break the week of Nov. 25
- Christmas Break is Dec. 23-Jan. 7
- No School the week of Feb. 17
- Spring Break the week of March 23
- No School April 17, 20 & 21
- No School Memorial Day, May 25
- Last day of school is May 28

For more information, go to wpsdk12.org and go under District Info and District Calendar 2019-2020.

Adopt Me by Ark Valley Humane Society

Louie Armstrong

Louie Armstrong is a 9-year-old male domestic shorthair who is reserved, sweet and handsome. Come meet this beautiful cat today! Louie is at Ark Valley Humane Society 701 Gregg Dr in Buena Vista or call 719-395-2737 FMI.

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



Heart of the Rockies Regional Medical Center news

Silkscreens by Jenni Noreen

Buena Vista artist Jenni Noreen is showcasing a study of wilderness species in a collection of silkscreen prints on display at Heart of the Rockies Regional Medical Center through March 31.

"These animals represent a community of individuals all striving to coexist together in the wild. I not only portray native species, but also those that are endangered or have been introduced," said Noreen.

"I find a connection between the stark lines on paper and the challenges that these species must face as a direct result of human meddling. The vulnerability of these animals to environmental change is paralleled by their representation with bright colors on paper."

Noreen's inspiration for her artwork comes from spending time in and around rivers and water and in the wilderness.

Noreen graduated with a bachelor's in studio arts with an emphasis in printmaking from the University of Puget Sound in Tacoma, Washington. When she was a student, she experimented with mediums and styles

and in the process developed an interest in silkscreen printing. She went on to develop a homemade screen-printing setup and began creating reduction prints. The reduction print process involves creating multi-colored prints from one screen. More of her work can be viewed at www.noreenart.com.

All of her prints in the hospital exhibit are for sale, and 25% of the proceeds are donated to the HRRMC Foundation. This will be the first exhibit this year, which is part of the hospital's mission to create a healing environment.

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

New cardiologist joins HRRMC

Kenneth J. Wool, M.D., of Colorado Springs Cardiologists has joined the medical staff at Heart of the Rockies Regional Medical Center. Dr. Wool will be based in Salida and is providing full-time cardiology services at the Salida hospital.

"Our community is fortunate to have a

full-time cardiologist with extensive training and experience who resides in our community," said HRRMC CEO Robert Morasko.

Dr. Wool earned his degree in medicine from the University of South Alabama College of Medicine in Mobile. He completed a residency in internal medicine at the University of Texas Health Sciences Center in Dallas, then served as chief medical resident at the University of South Alabama College of Medicine. He continued his training with fellowships in cardiology and nuclear cardiology at the University of Alabama in Birmingham. Dr. Wool is board certified in cardiovascular disease and internal medicine by the American Board of Internal Medicine.

Prior to moving to the Upper Arkansas Valley, Dr. Wool practiced as a cardiologist in Montgomery, Alabama. He also served on the faculty at the University of Alabama School of Medicine in Montgomery. FMI 719-530-2482.

New cardiologist in BV

Laurence A. Berarducci, M.D., FACC, of Pueblo Cardiology Associates is now providing cardiology services at HRRMC

Buena Vista Health Center.

He sees patients at the Buena Vista Health Center and performs procedures at the Salida hospital. "Dr. Berarducci is covering for Dr. Schmidt while he is on leave and will also be providing cardiology services on an ongoing basis," said HRRMC Vice President of Business Development Peter Edis. "When Dr. Schmidt returns, the doctors will work opposite weeks of each other."

Dr. Berarducci earned his degree in medicine from Wayne State University in Detroit.

He completed a residency in internal medicine at Sinai-Grace Hospital in Detroit and a three-year fellowship in cardiology at the University of Illinois in Chicago.

He also served as a major with the United States Air Force Medical Service Corps at Scott Air Force Base in Illinois.

Dr. Berarducci is board certified in cardiovascular disease and internal medicine by the American Board of Internal Medicine.

He is a fellow of the American College of Cardiology (FACC) and a member of the American Society of Echocardiography. FMI 719-562-2900.

HRRMC Allergy Services

Board-certified allergist Diane C. Napoli, MD, is now accepting new patients.



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The HRRMC Allergy Clinic specializes in evaluating and treating allergies, asthma and immune disorders.

"My philosophy for patient care is to view and treat my patients like my family. I believe in treating the 'whole' person and feel that communication and compassion are key."



Diane C. Napoli
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Returning home

By Deborah Idleman

For Dr. Rachel Keesling, who was born in Colorado Springs and graduated from Woodland Park High School, the small mountain town above the clouds has always felt like home.

So, when an opportunity to practice medicine at the UCHHealth Family Medicine Clinic — Woodland Park arose, Keesling decided it would be a great move.

After graduating from high school in 1998, Keesling attended the University of Colorado Colorado Springs before going to the University of New England Medical School and earning a doctors of osteopathy degree, which means she is a doctor and also is trained in hands-on manipulation of the human musculoskeletal system.

She worked on the East Coast for many years completing her internship and residency program in Long Island and rotating every few months to another new hospital.

In her log cabin-style clinic, which is on the National Register of Historic Places, she will focus on wellness and preventative medicine and make sure patients receive regular screenings for breast and colon cancers.

"The osteopathic philosophy is one that treats the whole person — body, mind and spirit. A dysfunction in any one of those parts will lead to a manifestation of disease in other parts," Keesling said.

For Dr. Keesling, living and practicing in Woodland Park is the ideal. She has a three-minute commute and the only traffic jams she might encounter are caused by a herd of deer. She said she enjoys the pace of rural life, having grown up in Woodland Park, where the possibilities for recreational activities are endless.

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 February 16th from 9 a.m. to 1 p.m., Zack will be at Woodland Hardware & Home, 100 Saddle Club Ave, 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. FMI www.PetFoodPantryTC.com.



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Critter Corner



2 of the 3 fawns that frequent our property, taken late December 2018 - Steve Virden, Florissant, CO



Taking a break -
Jeff Hansen, Divide, CO

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

Hellith Chapter 4

by Danielle Dellinger

Fire exploded around them as high-power lasers pierced through wood and foliage. Brea ran with Ny-oak and the drone followed, even through the thick black smoke. Then she heard the whistle of a missile. She looked over her shoulder and yanked Ny-oak to the left at the last second, the missile hitting a tree squarely in the trunk and exploding it in a large fireball. The force of the blast sent Ny-oak and Brea flying. Ny-oak landed in ferns while Brea clipped a tree and landed with a thud, the air rushing out of her lungs.

Her vision blurred as she nearly blacked out. Everything ached and all she wanted to do was go to sleep. She didn't want to be trapped in a game of conspiracies anymore. But then she remembered Ny-oak, and with great effort she forced herself up.

"Ny-oak!" she called over the roar of flames. She narrowly dodged a fiery tree limb as it fell. The smoke grew thick and she covered her mouth with her arm as she stumbled forward.

"Ny-oak!" she called again, coughing. Finally, she spotted some robes sticking out of a large fern. Brea rushed over, and grabbed whatever she could find and pulled Ny-oak out of the fern. Ny-oak was clearly traumatized and Brea could tell that it all was too much to handle.

"Come with me, Please. Corbyn will protect the village. Please," she urged, tugging on the robes. But it didn't work, and Brea noticed that Ny-oak's face had gone from porcelain white to pitch black. However, it wasn't from the smoke or ash from the burning wood. Ny-oak swayed, eyes fluttering. Brea barely caught Ny-oak in time. She spotted a large, dark stain on the center of Ny-oak's robes, and as she looked closer she saw a jagged chunk of wood protruding from the velvet cloth.

"No, no, no," she muttered, gently laying Ny-oak down. Some brief medical training told her not to yank out the wood. Brea frantically looked around, trying to formulate a plan. The drone's engines could be heard nearby, getting closer.

Ny-oak shakily reached up and put a hand on her temple. Images of the flower with a baby's face flashed through her mind. She looked down and saw Ny-oak's other hand pointing at her chest, more specifically where her heart was.

"I press the flower to my chest?" she asked. Ny-oak slowly gestured to things around them. "I can press the flower to anything?" Ny-oak faintly smiled, nodding. "Can it save you?" her voice cracked. Ny-oak held the faint smile, but didn't nod. "No, no, there has to be a way. I'm so sorry. Please, tell me how to help." She watched helplessly as Ny-oak's eyes closed. Her lip trembled as tears welled up and spilled down her cheeks. It enraged her that she'd only arrived a week ago, and now one of the indigenous people was dead.

The roar of the drone's engines grew louder as it zoomed back toward her. Brea looked up, rage in her eyes and heart. Without a second thought, she grabbed the largest rock she could find near her and hurled it at the drone, aiming for the camera. The rock clipped it, which was enough to knock it sideways, rendering it useless.

"Yes!" she cheered, doing a small victory dance as the drone flew over her. However, in the distance, she saw large ships landing and soldiers walking in her direction.

She cursed under her breath, and pulled off several fern leaves and put them over Ny-oak's body. "Rest easy, friend," she mumbled, her hand on a leaf.

It was a hard thing to do, but she got up and ran to go find the flower. As she ran, she strained to hear the drone, but it was too far off in the distance. She tapped the comms button on her space suit's sleeve, hoping to reach Corbyn.

"Corbyn, come in! Corbyn!"

Static. She shook her head, vaulting over a fallen log that was on fire. She tried again, keeping her eyes peeled for a mound of dirt. "Corbyn Westfield, do you copy?" Just as she finished talking, she registered a familiar high-pitched whine behind her. She zagged to the left right as dirt exploded behind her. The blast knocked her flat on her front, all air in her lungs rushing out again. This time it was harder to regain her breath. She didn't move. It was like all of her joints had simultaneously locked.

Brea turned her head to the side to see if she at least could spot the drone. How were they still able to see her? Did they have a secondary camera she wasn't aware of? She couldn't see the drone, but she guessed it was an infrared camera that saw her heat signature. As she was looking for the drone, her eyes landed on an illuminated mound of dirt 10 feet away. She narrowed her eyes, her ears picking up on a strange thumping sound in the ground. It was like someone had buried a set of drums. Her mind went to a science class she'd taken back in the day, recalling what she could about how sound travels. Sound waves travel faster through ground than air or water because in the ground the molecules are tightly packed together, allowing them to rapidly bump into each other. Whereas in water or air, the molecules are more spread out, thus taking longer for the sound wave to cause the molecules to hit each other.

She blinked and pulled herself out of her thoughts to handle the task at hand. Since she didn't hear the drone anymore, she felt safe to move and she began army-crawling toward the mound. The illumination started to flash as she got closer. When Brea reached the mound and plunged her hand into the soil, the flashing light increased to a strobe light pace. She pulled herself up into a better position to quickly dig. Dirt flew everywhere, including into her own face as she worked to find the flower.

Her hand eventually closed around a rather prickly stem. Ignoring the pain, she pulled the flower out of the earth. The once peaceful baby face was now twisted into an ugly grimace, and when its mouth opened, an ear-splitting shriek cut through the air. It was sure to be heard for miles. Reflexively, she dropped the flower and covered her ears, turning away from the thing. But being abruptly dropped only seemed to upset the flower more. Taking a chance, she carefully picked it up and cradled it in her arms. The crying slowed to a stop.

"Thank God," she muttered, frowning down at the quiet flower.

However, the field nearby with the droopy flowers was now in an uproar, a mix of roaring and moaning.

"One problem at a time," she said to herself, taking off toward the village.

The sight that greeted her when she rounded the bend in the path would forever haunt her memories and dreams. The village was a wall of flames, which were making their way down the hill toward Corbyn's cabin. But the cabin wasn't unscathed. It had a giant hole in the roof. How it was still standing was beyond her.

"Corbyn!" she shouted at the top of her lungs, hoping her voice would echo. Her shout set off the flower again, and she had to resist the impulse to drop it and run. This time, however, she realized that the trees across the way were reacting to the cries of the flower. They swayed violently, almost like they were trying to pull themselves free from the soil. The trees next to her were doing the same. She remembered Ny-oak's instructions.

"I hope this works," Brea muttered, going over, holding up the flower, and then pressing it against the

Hellith: Chapter 3 appeared in January 2019's issue, on pages 10 & 11.

tree's trunk. The tree shivered, making it rain pine needles and chunks of bark. Brea put an arm over her head, stepping back several steps. Then right before her eyes, arms and six legs erupted from the tree's trunk.

A scream that she didn't know she was capable of making came out of her. A giant leg stepped right in front of her and she fell back on her butt. Even over the thundering footsteps of the now-walking tree, she could hear the drone's engines racing in their direction. She spun on her butt to see behind her and watched as the tree swatted at the drone, hitting it and sending it plunging toward the ground. At the last second, the drone activated emergency thrusters that faced downward and sent the drone flying high up in the sky. It disappeared in the clouds, but that didn't stop the tree from sending a hard uppercut after it.

A moment later a piece of debris dropped from the clouds and crashed to the earth, leaving a small crater. Brea got up, stepping back as she watched robot legs descend from the clouds. "Brea!" came a familiar shout from behind her.

She turned and saw Corbyn running full out toward her. "You're alive!" she yelled, running to meet him.

They crashed into each other's arms. "Are you okay? You hurt?" he asked worriedly, squeezing her. "I'm fine, I'm fine. You okay?" She squeezed him back just as hard, feeling him nod.

"All good. But hey, is that a robot?" he asked. She let him go and turned back around to see that there was a robot striding toward the tree. "The drone must have transformed," she sighed, feeling defeated.

"Wow," he mumbled, moving to stand beside her. She detected a similar tone of defeat. Brea frowned, her thoughts turning in her mind as the two giants squared off and sent punches flying. The ground trembled.

Brea and Corbyn scoured the area and dug up as many flowers as possible, shov-

ing them into trees. The sounds of people screaming and shouting soon filled the air. An alarm sounded on the ship as several trees rocked it back and forth, eventually succeeding in tipping it over. While the trees did that, Brea and Corbyn snuck around to the army and began taking out people one by one.

As the battle raged on, Brea could hear booms in the distance, and she feared that there were more ships landing. She had no choice but to send a couple trees to go check it out. When they didn't return after a while, she knew that wasn't a good thing. The more booms she heard, the more trees she sent.

After several days, a thick, muddy brown haze lingered. The battle had ended when Hellith itself opened up its soil like an enormous maw and swallowed all the ships and trees whole. Brea and Corbyn walked through the carnage, Brea struggling to hold back tears as she saw the numerous bodies of the indigenous people and creatures.

"They never meant to just explore and make friends," she said heavily. "The plan was always to colonize. I bet they sent that fleet a day after you left, and it's just been collecting as much info as possible to make sure it was safe to colonize. They consider us collateral damage."

"I should never have gone on this mission," Brea put a hand on Corbyn's shoulder. "We both shouldn't have. We underestimated Director Andrea. I thought we'd learned from our dark, global history of colonization. Guess not."

Corbyn grew silent. "We're gonna die here, aren't we?" he finally asked. Brea sighed, stopping in front of a pile of fern leaves partially obscured by ash.

"Probably," she answered, pulling the leaves away to reveal the oddly mummified body of Ny-oak. "Let's at least give Ny-oak a proper burial."

They knelt down and began to dig a hole in the soft soil. It took a long while, but neither of them cared because it was likely they would be joining Ny-oak if Hellith decided so. Later, they gently lowered Ny-oak into the hole and pushed the dirt back in. They patted the last bit of dirt into place and stood, unable to find any final words to say. Brea frowned as the dirt began to wiggle and small root tendrils snaked up toward the sky.

She slowly smiled. "I think we're gonna be okay."

The End

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ONE NATION WALKING TOGETHER

What is a cruciverbalist’s conundrum?

by Catherine Shepherd, Florissant Public Library Manager

A cruciverbalist is a person skilled in creating or solving crossword puzzles. A conundrum is a problem or a question. A cruciverbalist’s conundrum is a crossword puzzle.

In 2013, the crossword puzzle marked its 100th anniversary. Arthur Wynne a journalist, originally from Liverpool, for the *New York World* newspaper is credited with the creation of the first crossword puzzle. Wynne was asked to come up with a new game for the Sunday entertainment section. On December 21, 1913, the first crossword was published in the *New York World* newspaper. Wynne’s original puzzle was called a “word-cross.” Due to a typo by copy editors “word-cross” became “cross-word.” Wynne’s puzzles were instantly popular with the *New York World* readers. Despite the crosswords’ popularity, the *New York World* was the only newspaper to publish crossword puzzles until 1924.

Simon & Schuster published the first book of crossword puzzles, *The Cross*

Word Puzzle Book, in 1924. The book was a collection of the *New York World* puzzles. The book sparked a “craze” during the 1920s with crosswords becoming a favorite pastime. Newspapers across the country began adding crossword puzzles to increase circulation. One newspaper, the *New York Times*, refused to publish crosswords. A *New York Times* opinion column in 1924 described crossword puzzles as, “a sinful waste... *solvers* get nothing out of it except a primitive sort of mental exercise.” The *New York Times* was the last newspaper to join in publishing crossword puzzles in their newspapers.

In 1942 the *New York Times* finally began publishing a weekly crossword puzzle in the Sunday edition; this continued until 1950 when the *Times* incorporated a daily crossword puzzle in the newspaper. Today, the *New York Times* is the considered the standard for crossword puzzles. The popularity of crossword puzzles continues with approximately 50 million people solving

a puzzle daily. A good resource for a more in-depth history of crossword puzzles is the book, *The Crossword Century: 100 years of Witty Wordplay, Ingenious Puzzles, and Linguistic Mischief* by Alan Connor.

Despite initially being referred to as “a primitive form of mental exercise,” current research suggests crossword puzzles provide mental and physical health benefits. The benefits of crossword puzzles include: improved mood, reduced stress, enhanced vocabulary, lowered risk of Alzheimer’s and dementia, and are a great social activity. I personally enjoy crossword puzzles. Not only do I find crossword puzzles relaxing, but I also like engaging my mind and learning new information as I solve clues. However, I’m not very good at difficult puzzles. It’s more fun to work on crossword puzzles with a friend or in a group.

Building on the idea that crossword puzzles are a social activity that can foster collaboration, the Florissant Public Library set up a Community Crossword Puzzle. People

visiting the library are working together to complete the puzzle. Some people are reading and thinking about the clues and then coming back to fill in an answer. Other people read the clues and know an answer right away. It has been great to watch people enjoy participating in solving the crossword puzzle while visiting the library. If you haven’t visited the Florissant Public Library recently, stop by and flex your brain with our Community Crossword Puzzle.

Reminder: If the Woodland Park RE-2 School District is closed due to inclement weather, the Rampart Library District is also closed. You can check the Rampart Library District website or call the Woodland Park Public Library at 719-687-9281 for updates about closures for both the Florissant and Woodland Park locations.

Victory Service Dogs

by Janet Bennett

Victory Service Dogs is a 501(c)3 non-profit organization dedicated to bringing the healing power of dogs to our local veterans to help them lead lives of independence and dignity. Established in 2015, Victory Service Dogs has a training facility in Colorado Springs but works with handler/dog teams in Teller, El Paso and Douglas Counties and we continue to grow.

If you know of a veteran that would benefit from a service dog, please visit our website at www.victorysd.org and complete the on-line application.

If your current dog is not a good candidate for service dog training, we will have you go through our selection program to adopt a puppy that meets your needs. You and your dog will train together with other teams and a certified trainer. See our website for complete details.

If you don’t have need for a service dog but want to help, your donation will go a long way to helping veterans cope with their injuries, gain better mobility and have a greater sense of well-being through a canine service companion. You can donate on-line at our website also.

If you are interested in having a speaker come to your business or organization to talk about service animals and the training we do, please contact us. Look for future articles from Victory Service Dogs!

History of Lake George

Lake George is now a sleepy hamlet known for world class fly fishing, camping and all-around outdoor adventure. But it wasn’t always this way. Once it was a supplier of goods — ice and produce — for both Colorado Springs and Cripple Creek. Steve Plutt, local historian, will be speaking at the February Pikes Peak Historical Society Chautauqua and will cover these topics and more. Find out what influence the railroad had on Lake George, How the town got its name, and many more exciting tidbits of information! Steve Plutt has long lived in the shadow of Pikes Peak, having grown up in the Woodland Park area. Steve now resides near Lake George.

The Pikes Peak Historical Society invites you to learn more about the history of Lake George at the PPHS monthly Chautauqua on Sunday, February 17th at 2pm at the Lake George Charter School. The Lake George Charter School is located only 4 minutes from Florissant, on the south side of Highway 24 just 2/10 mile west of the Ferrell Propane lot. This program is presented as a public service of the Pikes Peak Historical Society.

Admission is free and refreshments are served. No reservation is required but arrive early, seating is limited. FMI 719-748-8259 or 719-748-3861.



Pharmgirl Uprooted

Welcome to the wild west

by Peggy Badgett

Many of the best decisions in my life were responses to dares. Not the crazy kind, where you stick your tongue to a metal fence post in the middle of a frigid January day because the childhood bully taunted you. No, these forks in the road arose from nay-sayers when I vocalized dreams to friends and family. The first one was ditching a promising research career to raise three little kids on a thistle-filled farm in North-west Illinois. They said we’d never do it. We did. The next one was maintaining that farm as a single mom while parenting teenagers and working fulltime as a retail pharmacist. I was repeatedly told I’d never make it on my own. For 10 years I proved otherwise. Then another dare prodded me to expand my horizons. With no formal training, I penned a weekly column for our local paper, “Pharmgirl Adventures.” Every Sunday I shared my country life and traveling experiences in the Lifestyle section.

Sure, living in the middle of the Midwest was hardly a glamorous setting but every day was an adventure when your feet were solidly rooted in rich black soil and gnarled oak trees sheltered you with mighty gravity-defiant limbs. Capturing rural camaraderie and indomitable spirit, along with exploring hidden jewels in our little corner of the universe gave me plenty of material. I raced the clock every Wednesday deadline to compose six hundred words that entertained, educated, or inspired. From all the positive feedback I received, my picture and byline seldom lined bird cages.

It was humbling when fans approached me at gas stations and grocery stores. We often chatted like old friends. They didn’t mind that I usually sported tattered blue jeans, mud on my face and manure-stained boots; after all I was a genuine farm girl

and pharmacist. But 20 years of juggling a 20-acre spread and stressful job become difficult, especially as my children flew the nest. One morning, as I sipped coffee from the farm’s front porch overlooking shaggy grass, weedy gardens and buildings screaming for a coat of paint, I realized the red-tailed hawk soaring above me was sending me a message. It was time to reset my life.

Leaving friends, family and a 34-year career behind was a monumental move. The seismic shift seemed to require a new moniker. I spent countless hours jotting down ideas in the shadows of Colorado mountains. But nothing felt right. My chickens, Chuck and Stella, didn’t offer any guidance. Jack and Sadie, the mongrel canines of the family, weren’t vocal in their opinions either (they were too busy sniffing all the tantalizing high country varmint odors.) Finally, while sitting on my new porch admiring Pikes Peak shrouded in pristine snow, it suddenly hit me. I will always be a Midwest “pharmgirl” at heart. I still dig in the dirt, shuffle rocks around, and build fences. Friends and family, animals, hard work and admiration for the land around me remain my core values. I’ve simply changed my address.

This is my “gap year.” Inspired by the new vistas surrounding my little cabin on the mesa, paint brushes are calling again. Words flow smoothly. My future stretches before me; an unmapped ribbon of road that will no doubt have plenty of twists, uncertainty and surprise turns. Of one thing I am certain; it will be one heck of a story.

Peggy Badgett is a recent transplant to Guffey Colorado. She is a pharmacist, writer, artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com.

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Heaven and Earth

Being an empathic person - part I

by Olga Daich

If you are an empathetic person and you are reading these words, it is my hope that you find peace in your heart after finishing this article. If you are open to feel the energies and emotions of the people you are surrounded by, you have a gift. You may be thinking, "feeling the sorrows, sadness, angers, coming from a person doesn't feel like a gift!" Well, let me tell you a little about what it really means to be an empathic person, what you can do about it and how it will help your spiritual path.

Empathy is a word that means that someone can share or understand the emotions and feelings of another person (Wikipedia). We are all capable of feeling compassion for somebody who is having a hard time. However, I will be writing in this article about those people who can feel the sadness, sorrow, madness, pain and all kind of different emotions coming from a person who they've never met or talked to before. Sitting in a bus or airplane next to a stranger would be enough for an empathic person to feel the emotions coming from that soul. This phrase comes to mind, "May the Lord help you when your senses awaken." Our awakening process is part of the shift we are going through as human beings, (I wrote about the Shift in the January 2019 edition, page 12). I know from personal experience that being empathic can be very painful but once we understand what is going on, we will do what is right for the person in need and for our own spiritual growth.

From the scientific point of view, there is a Field that connects us and is communicated between us all. Quantum physics calls it the quantum field; a Field of energy that carries information. Dr. Joe Dispenza is a chiropractor trained in neurology, neuroscience, brain function and chemistry, scientist, teacher and lecturer. He is one of the authors who explains how we are connected to the quantum field and how we can tap into other's magnetic field and emotions. According to him, "When someone experiencing a strong emotion walks into a room, their energy is often very palpable. We have all felt another person's energy and intent when they were very angry or frustrated. We felt it because they were emitting a strong signal of energy that carried specific information" (from his book *Becoming Supernatural*). Whether you want to be or not, we are all connected through fields of energy. Some people are more awake than others; awake enough to tap into other fields. Those fields are carrying the energy of the emotions and feelings of the person sitting near you.

There are some empathic people who can feel overwhelmed from the emotions you are tapping into. You may think that the only way to protect yourself from this overwhelming experience is to isolate yourself from the rest of the world but, believe me if you do that, you are wasting your gift. You will be turning your back on the opportunity to grow in your spiritual path. Being empathetic goes further than just feeling the emotions of the person near you. You may also have the ability to feel the blueprint of the energy left behind by a person even when he or she is not around you anymore. I will explain this with a couple of stories from my own experience.

Working in a rehabilitation hospital I had the opportunity to meet a 48-year-old man diagnosed with physical and mental incapacities. His brain was damaged since childhood and his mental age was like a

5- or 6-year-old child. I went to his room to get him ready for his therapy session. He was sitting in his wheel chair, head down, staring at the floor. Wherever his mind was, it was not in the room, he didn't notice when I came into his room. I felt sorry for him. I moved slowly and placed myself a little behind and to the right of him. I was feeling his sadness. Quietly, I placed my left hand near his neck. I didn't touch him. My intention was to let him know without words that I was feeling love and compassion for him. I was conscious of the feelings in my heart and intentionally I sent that energy from my heart to his heart. It took just a minute for him to raise and turn his head to the right. He looked at me with his very sweet childlike smile and said, "You love me!" His words and smile melted my heart. This 48-year-old man with the heart of a 5-year-old child was able to pick up the feeling of love in my heart. He made my day!

This, my dear empathic lector, is one of the things you can do when you are facing a situation like this. If you are tapping into the field of a sad or angry person, why not send some love and compassion to them? In doing that you will be reaching the person's field and heart with positive emotions. Who knows? You may be making a difference in this person's moment or even his/her day!

You don't need a degree or special training to send love from your heart. Your heart knows its way.

Now, if you feel the sadness coming from a person and you start to cry, you won't be helping that person. You will be feeding the field with more sadness. I encourage you to shift your emotions (energy in motion). You may be perceiving sadness, but you can send back to the person's field love or compassion. In doing this you will be changing negative energy information into a high and positive one.

In my experience with this patient, his smile filled my heart with even more feelings of love. If you, my empathic friend can have an act of kindness (don't underestimate the power of a smile) with the sad person next to you, I can assure you, in touching his/her heart he/she will be touching yours right back. You don't need a degree or special training to send love from your heart. Your heart knows its way.

Being empathic means also to be aware of people around you who carry low energies in their fields. Your gift will help you to identify them and if there is nothing you can do to help them, at least you will have the option of walking away. There is nothing wrong with that decision. Sometimes the energy surrounding a person is so heavy that it can literally make you feel sick. Here you have the right to walk away without feeling guilty since each person must be responsible for the energy they carry on. My next story will explain better this kind of situation. To be continued...

For more information on Heaven and Earth Workshops, Reiki appointments or Reiki training please contact me by email: olgacely@hotmail.com or text: 801-628-9273.

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Art Scene

Becki Guion - clay artist

by Mary Shell

Clay is one of the oldest forms of creative endeavors. Not only was clay used for art, it was also, at one time, used as a means of communicating and keeping records as far back as 320 BCE in Mesopotamia. We have been using clay for pottery, cups, dishes and cooking as far back as 20,000 years ago and most of those ancient techniques are still used today.

Most people don't realize artists that work in clay live on the edge. How is that, you ask? Well, unless you've worked in clay it's hard to understand. Unlike working in paint where you fill your brush with color and apply it to canvas where it stays, clay is fickle and tricky to work with. It wants to be at a certain consistency to be able to work with. Too dry and whatever you attach to it will fall off. Too wet, or soft, and it will sag and even collapse. You spend hours creating a perfect vessel only to find it blows up in the kiln while being fired because of a tiny air bubble hidden deep in the clay. The ones that do survive get to go through uncertainty again as they are put, once again, in a 1600-2300-degree kiln to be glazed. That beautiful yellow glaze you applied could turn out brown or red according to what color it was fired next to. There are so many steps and factions to consider.

Becki Guion is a clay artist with 25 years experience and she lives on the edge. She uses atmospheric firing, wood and salt, an



old technique that surprises you every time with either failure or success. She got her first kick wheel in 1994 and received her BA in ceramics in 2004. She had received the Outstanding Art Award at graduation. She works and teaches full time at her studio, Blue Heron Clay Center in Cañon City where she creates beautiful vessels.

Her pieces are dynamic, colorful, bold and beautiful. She makes all functional ware that are intricately detailed with inlaid lines in bright bold patterns. Bold colors are achieved with glaze on glaze. The surfaces of her pieces range from roughly scratched out surfaces to smooth as glass. Working on the wheel she creates simple to complicated shapes and forms. She has an understanding and relationship with clay that takes years to achieve but comes easily to her. Many artists have tried working with clay but find it too difficult and risky to work with. Becki welcomes that risk never allowing disappointment to stand in her way.

Her goal is to not only continue teaching and creating, but to provide a clay facility to the local community, and other potters. She hopes to build a wood fired kiln and have community firings. She said community firings are the best.

In the future she hopes to host several local and international artists to do workshops

Blue Heron Studio is located at 545 Lincoln St. Cañon City. www.blueheron-claycenter.com 719-371-3241.

Mary Jane Oliver

A life of poetry and nature

by Eric Chatt, N.D.

January 17, 2019, Mary Jane Oliver a renowned poet, environmental advocate, and mentor to many with her words, passed away following illness. She had a deep reverence for nature, wonder, and amazement, as her creative body of work illustrates so concisely. When asked in an interview how she found new words to describe what she saw she replied, "I suppose by paying very close, close, close attention to things and seeing new details."

When Death Comes

When death comes like the hungry bear in autumn;
when death comes and takes all the bright coins from his purse to buy me,
and snaps the purse shut;
when death comes like the measles-pox
when death comes like an ice-burg between the shoulder blades,
I want to step through the door full of curiosity, wondering:
what is it going to be like, that cottage of darkness?
And therefore I look upon everything as a brotherhood and a sisterhood,
and I look upon time as no more than an idea.
and I consider eternity as another possibility,
and I think of each life as a flower, as common as a field daisy, and as singular,
and each name, a comfortable music in the mouth,
tending as all music does towards silence,
and each body a lion of courage and something precious to the earth.
When it is over, I want to say all my life I was a bride married to amazement.
I was the bridegroom, taking the world into my arms.
When it is over I don't want to wonder if I have made of my life
something particular and real.
I don't want to find myself sighing and frightened, or full of argument.
I don't want to simply end up having visited this world.

Thank you, Mary Oliver for shining light on the mystery and beauty of our natural world! Rest in peace.

Eric Chatt N.D. Site Manager, Beaver Ponds Environmental Education Center. BPEEC offers many opportunities for all ages to immerse themselves in nature, hopefully connect deeply to the natural world, and helping Earth as Mary Oliver did. Check out the website for more information. WWW.Beaverponds.org

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Life-Enhancing Journeys How to be successful? Try failing

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

Ahhh! The pleasure of success...

That's what most of us want to experience, isn't it? What is the best way to experience success? There are many possibilities, however, as counterintuitive as it may seem, *failure* is high on the list. What?!?!? That's crazy! You may be thinking. The concept of "failure" in our culture can be a really terrifying word. Through years of conditioning by our parents, teachers and the school system, we were informed that failure is something that is bad and should be avoided at all costs. We were taught that there's a wrong answer and there's a right answer. Only those who get the one right answer will be rewarded with a high grade. That may seem true in school, yet it is absolutely untrue in the real world. Creativity and imagination would be stifled if that were the case. It would prevent us from being bold and would limit us thinking in innovative ways. Failure is not really as bad as most of us think. Will you allow your failures to throw you off course or will you use your failures to find a new and improved route? It depends upon your attitude.

To begin with, it is worth defining what success and failure mean to you, individually. Without having clarity on what it means, it would be difficult to know when you've achieved fulfillment. According to Webster's Dictionary, success is, "The accomplishment of an aim or purpose." For me, success means living my life in a way that reflects my values and beliefs. It means that what I am doing is helping myself and others lead a better, happier, healthier life. I want to keep working toward my goals and dreams. This is a lengthy list; it has taken a long time with much hard work to become so comfortable being myself, and I continue to work at it by happily failing.

Every successful person has countless failure stories to tell. Reflect on one of your own experiences which, in the moment, you thought was devastating. Was it really the end of the world? Were you able to learn and grow from the incident? When you think

back on it, can you be pleased with how you now live differently because of what you've gained? That's turning failure into success. At present, I am quite familiar with failure as I have crashed and burned many, many times. As long as I continue to get back up and try new ways of accomplishing my goals, I consider myself successful.

"Failure is success in progress."

— Albert Einstein

An example of this happened right after high-school. My parents required that I go to college immediately after graduation. I was 17 years old and had never been away from home. Taking a break before attending college was my preference yet I wanted to avoid disappointing my parents. Kent State University accepted me into their fine arts program. I did not feel emotionally or physically ready to move 500 miles away from all that I knew. Yet I went anyway. By the time the first semester ended, not only had I dropped out of college, I flunked out (the only class I passed was Folk Dancing!) What a waste! It would have been a much wiser choice to have taken a break. After I returned home, I knew I had to do something to earn money. I found a job as a nurse's aide. I enjoyed my work so much that it was then that I decided to enroll in nursing school. It became my introduction to the field of psychology, for which I have a passion. I definitely failed at not living up to someone else's (my parents) definition of success, yet I used my failure to create a career which I value and enjoy. I absolutely LOVE my profession!

Here are some of the benefits of failing:

- **Mistakes can teach you a lot**
A mistake is a valuable opportunity to

"I have not failed. I've just found 10,000 ways that won't work."

— Thomas A. Edison

learn something new. It teaches us what not to do. By making a mistake you create a pathway for a more successful future. As long as you avoid repeating the mistake, you'll be able to avert repeating it. It's likely that you'll gain more wisdom than someone who never even dares to try.

- **Don't hide your failures**
When you think you've failed, talk yourself through the failure, whether you keep a journal or physical reminders of what didn't work, it's beneficial to acknowledge that you tried and it failed. The idea is not to wallow in any failure. The purpose is to accept them and use them as life experiences.

- **Failure can teach you about yourself**
Knowing yourself is one of the most important factors in achieving success. Few things teach us as much about ourselves as a failing well. Do you realize that failure means that you have courage? It means that you have the strength to endure. It shows that you have the capacity to grow and persevere regardless of whatever life throws at you.

- **Failure can open doors for you**
It may seem illogical, yet a failure is clearly an unplanned outcome. It takes you down a road that you would have otherwise avoided. When new things happen, consider it is an opportunity. Pay attention to the opportunities that your failures bring across your path. Be open to them. There be some wonderful surprises waiting for you.

- **Failure is not the opposite of success**

"Failure is another stepping-stone to greatness."

— Oprah Winfrey

As we've discussed, failures are an integral part of the process of success, therefore the opposite of success is not failure but apathy, boredom or a lack of interest. Those who have failed the most are those that succeed most often simply because they try more than the rest of us. Never quit at the first loss. Keep trying.

The best advice is that you should get out there and keep trying. Failure is not only an option, it's a recommendation. The right to fail needs to be allowed, even encouraged, as long as the experience of failure is applied to learning from and to pointing you in a more favorable direction, one that is better suited to your talents and temperament. This means that each one of us benefits from doing our best to succeed regardless, yet never giving up if you fall short of your goal. Deal with failure, use it, manage it, and face it, rather than believing it is the end of your future. Your life is not over. That is simply untrue. It merely implies that a new direction is the best way to proceed. According to William Zinsser, "...cherish the right of every person to succeed on his own terms and to fail as often as necessary along the way." He points out that every person should have the freedom and the right to fail as often as is needed to create success.

Give yourself permission to take the next step toward your vision. With no apologies or excuses, just keep on moving forward. Find something you're passionate about then fail until you're great at it.

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).

The yeti in the woods Abominable Winter Adventure Run

by Flip Boettcher

photos by Lauren Jones

If you are looking for a challenging, exciting outdoor winter adventure, the annual Abominable Winter Adventure Run in Como, February 2 starting at 10:30 a.m., might be just the thing for you. The adventure run is a four-mile obstacle course at a 10,000 foot elevation and includes a 60 foot snow tunnel, high walls to climb over, a log carry, steep hills, a sledding section, and deep, snowy woods to traverse with a possible Yeti encounter, according to Lauren Jones, event co-organizer.

The adventure run will be held again this year at Camp Como, located north of Como off of United States Highway 24. Camp Como is a Christian camp that offers people



#302 and friends are charging through the deep, snowy woods at the 2017 adventure run.

of all ages programs to get active and out-of-doors.

The idea of the adventure run is to get people out in the wintertime and "bring out their wild side," said Scott Jones, event co-organizer.

After the finish, there is hot chocolate and coffee in the lodge, awards handed out, and the famous "mountain man" contest. Snowshoeing, sledding and other winter fun activities will continue into the afternoon and on Sunday for people staying the weekend.

For more information and to register for the race, contact: www.abominablerun.com.



While one may encounter the Yeti while traversing the woods, some participants came dressed as the Yeti at the 2017 adventure run.

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10th Annual Pie Palooza

Considering all things pie

by Flip Boettcher

photo by flip at last year's pie palooza

With the 10th Annual Guffey Community Charter School Pie Palooza about a week away on February 7 at 5 p.m., it is time for all bakers to be thinking about that special pie they are going to make. The Pie Palooza is a school fundraiser and incorporates a pie contest and a pie auction.

A baker can submit a pie for the auction and/or the contest in four categories, cream, fruit, savory and other. Last year, Grand Champion Pie Maker went to Jenny Hartman's K-2 grades class for their Triple Berry with a hint of dark chocolate pie.

While the pie judges are sampling and judging the pies, the audience is treated to a melodrama put on the Guffey School students. Then the top three winners in each category are announced. The Grand Champion is chosen from the four first-place category winners. Then, the audience gets to sample any of the pies that they would like. Afterwards, the pie auction begins with local auctioneer Chris Downare.

The three top selling pies last year were the Piotrowski family's Old World Cimini pie,



Last year's Grand Champion pie maker was Jenny Hartman's K - 2 grades class with their triple berry with a hint of dark chocolate. Who will be grand champion this year?

which sold for \$485 beating 2017's top pie at \$410. The second highest selling pie was Jake Van Egmond's Chocolate Stuffed Crust Strawberry Cream pie, which sold for \$475. The third highest selling pie was Ann Erickson's Potato Tart with sautéed mushrooms and Gruyere cheese, which brought \$320. The school raised \$6,800 last year on pie sales. Monies raised this year will be going to the much-needed school bus fund.

Who will be this year's Grand Champion?

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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

- 5 Tapas and Tastings FUN Raiser 5-8 p.m. The Lariat. \$40 per person. FMI www.wildenchambermusic.org/tickets.htm
- 9 The 34th Annual Chocolate Lover's Fantasy 5:30-8 p.m. at BV Community Center. Unlimited food, chocolate, beer, and wine tasting, entertainment, a competitive silent auction and more. Sponsored by Alliance Against Domestic Abuse. \$20 at the door.

- 9 TeleFESTIVUS Monarch Mountain 21 Business After Hours 5-7 p.m. hosted by Watershed and KW Construction & Restoration. \$7 at the door.

- 23 Wedding Expo 11-4 p.m. Surf Hotel FMI www.buenavistacolorado.org.

CAÑON CITY

- 1 First Friday Art Walk. Join us each first Friday of the month where we will have featured artists, music, food and wine reception. Mary Shell will be doing speed painting at 6 p.m. and giving them away. 5-7 p.m. REM Art Gallery 710 Main St. 719-371-5405.

- 7 Recital Series at Christ Episcopal Church presents the Veronica String Quartet 7 p.m. 802 Harrison Ave. Tickets \$10 adults, students free. FMI 719-429-7551.

- 15 Third Friday Art Fusion at REM Gallery 710 Main St. This is a fusion of art, music, poetry, singing and more. Come join the fun as you enjoy our coffee bar and listen to the music 5-7 p.m.

CAÑON CITY LIBRARY

- **Mondays** 10:30 BOOK story time Babies on our Knees 0-24 mos.
- **Tues & Thurs** 10:30 Story time and craft preschool age.
- **Wed** 4 p.m. after school activities Lego Club, Wacky Wed Games & Coding Club
- **Wed** 3 p.m. Smash Brothers Tournament teens
- **Saturdays** starting Feb 9 through April 6 free Colorado Federal tax preparation and e-file. This service will be by appointment only, available to anyone, any income. FMI 719-999-8502.

- 6 Free Legal Clinic for parties who have no attorney 2-5 p.m. Please schedule 719-569-9020.

- 9 Chocolate Walk 11-3:30 a.m. FMI www.ccblossomfestival.com

- 18 Chautauqua Becky Stone portraying May Angelou 710 Macon

COLORADO SPRINGS

- PIKES PEAK CENTER**
- 1 Colorado College vs Minnesota Duluth 7:30 p.m.
- 2 Colorado College vs Minnesota Duluth 6 p.m.
- 8-9 COS Philharmonic — The Wonderful Music of Oz at 7:30 p.m.
- 11 Lyle Lovett & John Hiatt 7:30 p.m.
- 12-13 Evita Theater League 7:30 p.m.

COMO

- 2 Abominable Winter Obstacle run. FMI www.abominablerun.com

CRIPPLE CREEK

- 8-17 Ice Festival FMI <https://visitcrispolecreek.com/event/ice-fest/2019-02-08/>

CRYSTOLA

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

DIVIDE

- 1 Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.
- 11, 25 Little Chapel Food Pantry's food 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

COMMUNITY PARTNERSHIP

- 5 Tutoring/Study Hall 12-2 p.m. Free! Drop-ins welcome.
- 5 Cooking Matters for Families consists of 6 sessions through March 12, 5:30-7:30 p.m. at Community Partnership. Parents and children ages 6-17 cook, eat and learn together. Childcare provided. FMI Amy 719-686-0705.
- 6 GED Orientation 10 a.m. Call Katy to register 719-686-0705.
- 7 Active Parenting Now consists of 6 sessions through March 14, 5:30-8 p.m. discussion series for parents with children ages 5-12. Learn to use nonviolent discipline that works and open lines of communication. Free dinner and childcare FMI Michelle 719-686-0705.
- 8 Crossroads for Families that Co-

- Parent 9:30-1:30 p.m.
- 9 Under 'Kid'struction 10-12 p.m. Calling all dads, grandpas, moms and grandmas! You and your family are needed for a fun construction, painting, and crafting event. Enjoy a hands-on building or crafting activity to take home. Assorted wooden construction kits available. Design your own chalkboard flower pot or popsicle stick artwork.
- 11 Career Workshop 3-4:30 p.m. Childcare available with RSVP 719-686-0705. FMI 719-686-0705.

FAIRPLAY

- BEAVER PONDS ENVIRONMENTAL EDUCATION CENTER**
- 9 Snow — How does it form?
- 16 Animal Adaptations in Winter
- Forest Camp Friday sessions beginning Feb 1 through Feb 22. FMI 719-830-0143.

FLORENCE

- 4 Deadline for Local Photography Show at Blue Spruce Gallery. Call for artists! The Blue Spruce Gallery is hosting the 18th Annual Photography Show which runs from February 4 through March 4. There will be ribbons awarded in many categories, there are also cash prizes for the best photos in several categories. Entries are due by Feb 4 and limited to three entries per artist. Entry fee \$25. Forms can be found at the gallery or www.bluespruceart.com.

- 9 Gallery Walk around Florence. Most businesses open late.
- 9 Opening Artists' Reception 5-7 p.m. Blue Spruce Gallery 205 W Main St. FMI 719-784-1339.

- Florence Pioneer Museum is open year-round. Admission/donation is \$5 for 9-year-olds and up, 8 and younger free. We now have a Children's Corner. FMI www.florencepioneermuseum.org.

- The Blue Spruce Art and Antique Gallery is celebrating their 18th Annual February "Sweetheart Sale" during the entire month of February. The gallery offers 20% off most items. This is the only sale of the year in the Blue Spruce. FMI 719-784-1339. Located 205 Main St.

JOHN C FREMONT LIBRARY

- 8, 9 Take your Child to the Library Day 10:30 a.m.
- 16 ADD presentation 10 a.m.
- 16 Family Movie *Goosebumps* 2 2:30 p.m.

HARTSEL

- 9 Friends of Hartsel Library Fund-raising Valentine Dinner 6 p.m. Hartsel Community Center 36 Valley Ave. Bring your special someone for a night out. RSVP 719-836-2745 or hartsellibrary@gmail.com mail.com Reservations \$25/couple at the door \$30/couple. FMI 719-330-7370.

LAKE GEORGE

- 17 History of Lake George. See page 12

PALMER LAKE

- 15 Palmer Lake Historical Society will feature a performance by Liz Duckworth as Poker Alice Tubbs, the cigar-smoking lady gambler in the mining boomtowns of Colorado, New Mexico and South Dakota. Join us at Palmer Lake Town Hall 28 Valley Crescent. Doors open 6:30 p.m., program start 7 p.m.

SALIDA

- 7 Chaffee County Emergency Food Assistance Program & Commodity Supplemental Food Program distribution 9:30-2 p.m. FMI 719-539-3351.
- 14 SCFTA's creative mixer 5:30 p.m. Paquette Gallery in Steamplant.
- 17 BV HOPE will be assembling restoration bags for human trafficking survivors and answering questions about BV HOPE's work to prevent trafficking through education. FMI 719-395-6938 or www.restoreinnocence.org/restoration-bags/.

LIBRARY

- 9 Winter Fun Day 10-12:30 p.m. Fun for kids of all ages! Enjoy crafts, games, music and snacks.
- 11 Let's Read Amok! Book Club 11 a.m. Theme: Mythology
- 14 Yarnia! 10-12 p.m.

- 14 Free Legal Clinic 3-4 p.m. for parties who have no attorney. Please pre-register 719-748-3939.
- 20 Bookworms Book Club 10-12 p.m. *A Moveable Feast* by Ernest Hemingway

- 27 Craft and Create 1-2:30 p.m. Basic Paper Quilling. Please register 719-748-3939.

- Lego Club Fri 12-4:30 p.m.
- Storytime Fri 10-10:45 a.m. Ages 3 and up.
- Tai Chi Mon 10 a.m. FMI 719-748-3939.

GUFFEY

- 1, 8, 15, 22 Yoga every Fri morning 8:30-9:30 a.m. with Kristie.
- 21 Talking Threads 10-12 p.m.
- 21 Drum Circle 6-8 p.m.

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- Tai Chi Mon 10 a.m. FMI 719-748-3939.

DINOSAUR RESOURCE CENTER

- 2 Fun with Air 1-3 p.m.
- 23 Pneumatic Claw Workshop 11-3 p.m. FMI www.rdrcc.com

LIBRARY

- 9 Want to learn what you can do about the climate crisis? Join us for our monthly Citizens' Climate Lobby meeting 11-1 p.m. CCL has been highly influential to the introduction of the Energy Innovation and Carbon Dividends Act in Con-

gress. This is the first legislation in years that promises a reduction in our carbon footprint. Enjoy a great film with us at our meeting and find out what you can do to help us at this legislation passed. FMI pijotsticker@gmail.com.

- 9 A to Z Vegetable and Herb Gardening at Altitude 2-4 p.m. Presented by Larry Stebbins, botanist, founder of Pikes Peak Urban Gardens, life-long organic gardener and author. Come learn what you can do to improve your harvest. Soil preparation, variety selection, season extending tips and more will be discussed. RSVP Larry@thegardenfather.com. Rampart Area Seed Library Partnership (RASLP) is a collaborative effort of the Gardeners with Altitude Garden Club, the Harvest Center, the Rampart Public Library District, the Teller County CSU Extension and the Teller-Park Conservation District.

Children

- Silly Saturdays 10-10:30 a.m. Ages 0-5.
- Books and Babies Storytime Tues 10-10:20 a.m. Ages 0-2.
- Storytime Weds and Thurs 10:45-10:45 a.m. Ages 3 and up.
- Lego Club Fri all day.

Teens

- 7 Teen Advisory Board Meeting 3:45-5 p.m. Ages 12-18.
- 8, 15, 22 Ukulele Club 3:30-4 p.m.
- 13, 27 Anime Club 3:30-5 p.m. Ages 12-18.
- 14 Mixed Media Art Club 3:30-4:30 p.m. Ages 12-18.

Adults

- 12, 26 Stitchers Above the Clouds 1-3 p.m.
- 14 Free Legal Clinic for parties who have no attorney. Please pre-register 719-687-9281 ext. 103.

- 14 J.F.F. US coins Evaluations 3-6 p.m.
- Tai Chi Thurs 5:30 p.m.
- Tai Chi for Arthritis Fri 10 a.m.
- Tai Chi Sun Style Fri 11 a.m.

Book clubs

- 5 WP Library Book Club Tues 10:30-12:30 p.m. *For Whom the Bell Tolls* by Ernest Hemingway
- 6 Not So Young Book Club 11 a.m. *The Gentleman's Guide to Vice and Virtue* by Mackenzie Lee.

- 14 Senior Circle Book Club 10:30 a.m. *Less* by Andrew Sean Greer

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- Meet every Mon 6:30-8:30 p.m. at Faith Lutheran Church. Join us to improve your singing skills and participate in wonderful area events. No auditions necessary. FMI 520-234-6732.

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*Home Equity Line of Credit: NMLS ID # 781767. Loans are subject to final credit and property approval. Rates and terms are subject to change without notice. Certain restrictions and limitations may apply. Minimum payment is \$100 or the monthly interest due, whichever is greater. Minimum loan amount is \$1,000. Financing available on owner-occupied homes throughout Colorado. Must be secured by your owner-occupied residence and property insurance is required. Please inquire about applicable interest rates and closing costs. **Personal Loans are subject to final credit approval. Available terms are 12-48 months.



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The Pikes Peak Workforce Center cannot arrange for job seekers to access Fort Carson. Only Fort Carson can approve visitor access on their facility.

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It takes team work to care for our residents, and each department goes above and beyond in all they do for our community. The leadership team would like to say THANK YOU to each and everyone of our team members!

To get more information about our community, contact Laloni Bancroft, Admissions/Marketing Director at 719-689-2931 or lbancroft@cc-care.org

For information about our CNA training program, contact our HR Director, Susan Amiot, at samiot@cc-care.org

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