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Welcome to Ute Country

"Constant kindness can accomplish much. As the sun makes ice melt, kindness causes misunderstanding, mistrust, and hostility to evaporate."

— Albert Schweitzer

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Successful 10th Annual Pie Palooza



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Evolution of the Guffey General Store

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On Deck




Jeff took the cover photo a number of years ago at Silverthorn's Ice Castle. We felt it appropriate for March as we look forward to getting more snow in March than we often do in January or February. March tends to be a transitional period of lots of snow and melting. The photo shows the power of the sun as it begins to erode this massive chunk of ice. We felt the quote fit nicely as kind words really can soften misunderstandings, mistrust and hostility.

This issue has a number of articles that can guide you in being a kinder person. *Heaven and Earth's Being an Empathic Person* part II will help you understand how powerful emotions can linger and be felt by others. *Musings Along the Way* is a new column we hope you'll enjoy as Catherine shares her very personal and intentional struggle to be kinder. *Life Enhancing Journeys* can shed some light on how being genuine is actually a kindness toward a valued relationship.

The deadline for our April issue is March 25. We love to print your photos in our Critter Corner and we're running out! Please send them to use via email utecountrynewspaper@gmail.com or snail mail POB 753 Divide, CO 80814.

Thank you,
— Kathy & Jeff Hansen



The Thymekeeper

The raspberry and the rose

by Mari Marques-Worden
photo by Mari Marques-Worden

When I teach about herbs, I often give a hand-out explaining various herbal actions such as anti-inflammatory, anti-biotic, etc. The list is in alphabetical order and there is a long list of antis on it. It occurred to me as I was speaking to a friend about an anti-inflammatory pain reliever that herbs really aren't as anti as they seem. Pain reliever being the two key words here; more often than not, they are promoters of harmony or balance by utilizing their synergistic all-inclusive super powers. Two of the great harmonizers in my medicine chest grow wild in Ute Country and it may surprise you to know are red raspberry and wild rose.

What do these two have in common? Quite a lot! They are closely related as members of the rose family. Both have nearly identical flowers, have prickles on the stem, produce fruit and are frequently used for women's reproductive health; not to exclude the gentlemen, what's good for the goose is good for the gander. Both plants increase fertility in women and men.


Raspberry

Wild raspberry can be found in the woods and shady hedgerows especially where water is present. The fruit deepens in color as it ripens but will typically only reach half the size of cultivated berries. To some, the wild raspberry may seem to be an invasive menace with its prickly stems and its ability to inhabit large areas in a short amount of time. Prolific is the word that comes to mind. This is a good thing in the wild as the berries are an important food for wild animals, especially those that have been displaced by wildfires. To herbalists and mid-wives, the leaves are useful for tonifying and harmonizing the reproductive system.

Traditionally the tea was drunk to ease menstrual pain, to relieve heavy bleeding and to harmonize the menstruation cycle. The leaves contain constituents called fragrine which gives tone to the muscles of the pelvic region, including the uterus itself. Raspberry leaf is included in my fertility tea blend as well as my pregnancy tea to relieve nausea and ease labor as well as assist with milk production. This herb enhances every aspect of gestation and delivery. It also decreases the possibility of miscarriage and hemorrhage, and lessens afterbirth pain. Raspberry leaf is also included in my Wise Woman blend for women experiencing life changes later on.

Tip: Raspberry leaf is excellent for fertility when combined with red clover.

Per herbalist Juliette de Bairacli Levy, Raspberry leaf is an acclaimed remedy for sterility or barrenness in both men and women. The wild raspberry foliage and shoots are a well-known tonic for stallions and bulls.



Wild Rose

Rose is the flower of love, making it the perfect ally to the plant of fertility. According to Greek mythology, Chloris, the goddess of flowers found the lifeless body of a nymph one day. She solicited the help of the Three Graces to create a special flower out of the nymph. The Graces gifted the flower with joy, brightness and charm. She then asked Aphrodite, the goddess of love to gift the flower with beauty and Dionysus, the god of wine to add nectar to create a beautiful scent. Zephyr, the wind god was asked to blow away the clouds so the flower could open herself to the sun. On that day the rose was born and was crowned the Queen of Flowers, the emblem of Venus and the symbol of love. (*Flower Power*-Anne McIntyre)

In lockstep with its sister the raspberry, rose flowers also tonify the reproductive system, harmonize menstruation and relieve infertility and impotence. Its astringent properties are employed by mid-wives to slow bleeding post-partum.

Tip: Rose can stimulate the uterus and should be avoided during pregnancy.

Soothing and cooling

Traditional Chinese Medicine teaches us that the emotions anger and depression can be exacerbated as a result of a sluggish liver which aggravates heated conditions. Rose's energy is soothing and cooling. We all know someone who could be considered a red-faced hot head. Chances are this person could benefit greatly from rose. It stimulates the liver, promotes bile flow and resolves accumulation in the case of liver and gall bladder congestion. As a result of this action, rose lifts the spirit and relieves depression and moodiness including chronic conditions such as grief, PMS and PTSD. In any condition where anxiety is present, rose is a supreme ally. In addition, it facilitates more optimal digestion as a result of this action on the liver.

Oil and water

Rose is one of the most popular scents across the globe and one of the most soothing to the soul. It is however one of the most expensive essential oils on the market. The reason for this is it literally takes a ton of rose buds and petals to make an ounce of essential oil. Although it's pricey, most herbalists will overlook the price and dole out the dollars for this amazing product that promotes tissue repair and moistens the skin. I include rose essential oil in my pretty face oil blend for its effects on wrinkles and broken veins/capillaries.

Rosewater is a by-product of the essential

oil process and is much more cost-effective method of achieving similar results when used in daily skin treatments. The soothing and cooling properties of rose make it useful in the case of dry, hot and inflamed skin conditions like eczema, boils, herpes and shingles.

The fruit

The rose hip starts to form after the flowers have been pollinated in the spring and early summer ripening in late summer and into fall. Most plants channel their metabolic energy into the end goal of reproduction. The old saying be fruitful and multiply is applicable here. The rose hip is where you'll find the seeds of the rose plant.

Though the hips are well known for their vitamin C content, unfortunately much of that is lost in the drying process and if you heat the hips to make tea, even more is lost to heat. Other important nutrients in rose hips include vitamins A, E, and vitamin K. Minerals include calcium and magnesium in the same one to two ratio that your body uses. Rose hips are also high in fiber.

I include rose hip seed oil in my facial blend and toner for their antioxidant and inflammatory reducing properties. Cold pressed oil is recommended as it will retain the Vitamin C content more efficiently. The A and C stimulate collagen production, reducing the appearance of fine lines around the eyes and mouth. Rose hip seed oil has recently risen in popularity specifically for its anti-aging effects. It lightens dark spots, helps prevent acne and can be used on chapped lips or to thicken lashes.

Spring tonic

With the turning of the wheel of the year in forward motion, we leave the darkness and dormancy of winter behind us. Spring is in the air and it's time to rise and shine! Spring is the season of renewal and rebirth. Let the rose and the raspberry be your springtime allies and join me in welcoming the return of the light.

Note: The rose found in the wild is very different from the cultivated rose found in floral shops. Raspberry leaf and rose buds and petals can be purchased inexpensively from StarWest Botanicals or Mountain Rose Herbs.

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.

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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Nutritive

I attribute much of Raspberry's powerful ability to promote fertility to its nutritive content. In many instances, a woman's inability to conceive is largely related to vitamin and mineral deficiency. The berries contain vitamins A, B, C, E and an easily assimilated version of the mineral calcium. Useful in the prevention of anemia, they also contain ferric acid (a type of iron). The leaves also contain vitamins A and B complex and the minerals phosphorous and potassium to name two. The entire plant is beneficial. The root was once eaten like turnips, I'm assuming this was before we lost our collective ability to understand that there is food growing around us.

In addition, raspberry leaf promotes and harmonizes urination for those who have difficulty urinating. It relieves and reduces irritation for people with bladder or prostate irritation. Raspberry benefits the lungs and throat and is beneficial in the case of bronchitis or hoarseness of the throat and loss of voice.

Being mildly astringent it can also be used as a gentle digestive remedy for mild diarrhea and constipation as well as colic and



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Tourist And Locals Can Breathe Again

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

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

This helped me with energy and mental focus.

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

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



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Musings Along the Way Choosing blessings

by Catherine Rodgers

"I will bless you ...and you will be a blessing."

— loosely from Genesis

Growing up my Irish mother roundly cursed any number of people who thwarted her will, including my father and me. Even when customer service reps at the call centers warned her, and then hung up, she was slow to catch on that the cause was her swearing. Although she had taught me that "the pen is mightier than the sword," her own frustration vented in anger and I learned whomever screams loudest wins.

My breakthrough came reading Eckhart Tolle who mentions (somewhere!) that anger is an ineffective tool to try to change a situation you don't like. We've all heard all manner and volumes of muttering, whining, bad-mouthing, vulgarities and hoodoos — ineffective attempts to slap the world around to our way of thinking. I propose shifting our thinking.

When we bless a person and a situation, we invoke the power of the Word which creates worlds. We speak into being a new form. Imagine shifting our impulse to dish back a double whammy to that mother clucker and instead blessing the benighted wet hen! After all, that ignoramus has forgotten, temporarily (for his whole life perhaps) who he is. Isn't it better to have compassion for them than to be them and get beaten with a clue by four?!

The original meaning of "Abracadabra" or in the Aramaic, "avra kadavra" means "it is as you say it is" or "it will be created in my words." So, when we bless one another, this kindness ripples out, multiplying: "... and you will be a blessing" for a multitude of others. Or as Isaiah 55:11 puts it:

"So shall my word be that goes forth out of my mouth: it shall not return unto me void, but it shall accomplish that which I please, and it shall prosper in the thing whereto I sent it."

Every moment each of us is receiving energy and, consciously or unconsciously, translate that influx of cosmic impressions into thoughts, words and actions. We transmit our thoughts and energy like a radio signal all the time. Every moment as we take a breath, we can breathe deeply, pause, and slip a blessing into that gap. Setting our intention to be peaceful, we can choose kind and friendly words. Setting our intention to

create harmony, we can simply smile.

My father resented growing older and convinced himself that every year life got worse. His children never measured up, because he never measured up to his own expectations. Once I took him a candle and candlestick to remind him that "It's better to light a candle than to curse the darkness." This famous phrase is attributed to many people, oft quoted as a Chinese proverb, but it may have come from a 1907 sermon by William L. Watkinson entitled *The Invincible Strategy* which "downplayed the value of verbal attacks on undesirable behaviors and championed the importance of performing good works." (from Quote Investigator).

Or in other words, quit bellyaching and finding fault and lead by example! I have been struggling with my strong-willed daughter for 30 years to overcome my own critical upbringing and to forge a new pattern of loving behavior. We are back in counseling to break the mirror of patterns we reflect and reinforce with each other. We are trapped in the same laser tube, bouncing back and forth searching for enough coherence to shoot a ruby beam out of here to the black hole at the center of the universe!

The Unity Prayer

"Child of Light, I bless you!"

I think of you,

I pray for you,

Not in terms of what I think you need or

What I think you should do be or express.

I lift up my thoughts about you.

I catch a new vision of you.

I see you as you truly are: a holy child of light.

I see you guided and directed

By an inward spirit that leads you unerringly

Into the path that is right for you.

I see you strong and whole;

I see you blessed and prospered;

I see you courageous and confident;

I see you capable and successful.

I see you free from limitation or

Bondage of any kind.

I see you as the spiritually perfect being

You truly are.

Child of Light, I bless you."

May these words inspire and soothe as we journey together along the way. It is my hope to share what insights and readings come my way with you in this little column that may serve. Namaste.

Mining Museum sells land

by Steven Wade Veatch

The Western Museum of Mining and Industry (WMMI) recently came to an agreement with the Colorado Department of Transportation on the sale of approximately 6 acres of land, which will allow the completion of the Powers Boulevard extension. The proceeds from the sale will allow the museum to improve educational programs at the museum and historic campus facilities at 225 North Gate Boulevard for both residents and tourists to enjoy.

In 1970, the founders of the Western Museum of Mining & Industry set up and started operations on a 20-acre parcel of prairie ranch land on North Voyager, originally owned by the Reynolds family. The extension of Powers Boulevard (SH 21) will pass through the north part of these 20 acres before connecting with I-25 just south of Bass Pro. WMMI has been in discussions with CDOT for more than a year about the strip of land needed for Powers Boulevard.

The museum is open 9-4 p.m. Monday through Saturday year-round and is currently renovating the 125-year-old Reynolds' Ranch house on North Gate Boulevard for public tours, as well as use for corporate meetings and weddings. The proceeds of this sale will help with the completion of the renovation of the home. The home is listed on the state register of historic buildings.

Adopt Me

by SLV Animal Welfare Society

Wanda

Wanda is a sweet, sweet, sweet, 2-year-old Golden Retriever, shepherd, hound mix. She weighs about 70 pounds and is spayed and vaccinated. Wanda gets along with other dogs and loves attention. If you enjoy giving and getting attention, Wanda may be a good fit. Learn more about Wanda by calling 719-587-woof (9663) or visit Petco at 5020 N. Nevada Ave in Colorado Springs each Saturday.

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



Colorado Women in History

by Catherine Shepherd, Florissant Public Library manager

March is Women's History Month; a month dedicated to celebrating and honoring the achievements of women to history, culture and society. The roots of Women's History Month grew out of a weeklong celebration in Santa Rosa, California in 1978. The celebration included activities and presentations at schools about the vital roles of women in history, a "Real Woman" essay contest and a parade in downtown Santa Rosa. Following the success of the 1978 Santa Rosa celebration, in 1980 President Jimmy Carter issued the first Presidential Proclamation declaring the week of March 8 as National Women's Week. Due to the success of National Women's History Week, in 1987 the National Women's History Project successfully lobbied Congress to designate the month of March as Women's History Month.

The roots of Women's History Month grew out of a weeklong celebration in Santa Rosa, California in 1978.

Colorado's history is full of fascinating women such as, Mary Cronin, Sadie Likens, Josephine Roche, Susan Anderson, and Bartley Marie Scott who settled in the Colorado to start new lives and helped shape the direction and future of the State of Colorado. These women were activists, business owners, doctors, politicians, and ranchers. They women embodied an independent spirit and often were pioneers in their chosen professions.

Mary Cronin (1893-1982): Cronin became the first woman to summit each of Colorado's Fourteeners and was an active member in the Colorado Mountain Club. Cronin's first Fourteener was Long's Peak in 1921. In 1934 Cronin completed her quest of climbing all of Colorado's Fourteeners by climbing Mt. Oxford and Mt. Belford.

Sadie Likens (1840-1920): Likens was Denver's first police matron and managed female prisoners. Likens also supported causes to help children and women who were suffering from abuse. In 1881 Likens helped create the Farragut Relief Corps which helped establish home for veterans.

Josephine Roche (1886-1976): Roche took over the Rocky Mountain Fuel Company in 1928. She became a labor advocate and politician who reformed the Colorado coal industry during the 1930s. Roche primarily



(L to R): Sadie Likens, Josephine Roche, Susan Anderson, and Bartley Marie Scott are just some of the Colorado women to celebrate in March.

of her death, Scott owned over 100 acres of land which is preserved as productive ranchland. Scott was one of the first to diversify from cattle to sheep grazing and plant native grasses for erosion prevention.

While Women's History Month focuses on the big picture of women's historical and ongoing contributions to American history, I think it's also important to reflect on women who have a personal significance in our lives. Thinking about the women in my life, I keep coming back to my grandmothers.

My grandmothers were unique individuals and played different roles in my life. I learned how to be independent, face challenges, and to be resourceful. I also learned how to laugh, be silly, and enjoy life. I'm thankful for the time I spent with them.

Resources available to learn more about Colorado's women include the Colorado Virtual Library's Colorado Histories, The Colorado Encyclopedia, The Colorado Women's Hall of Fame, and History Colorado. All these resources can be accessed online at the library.



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Life-Enhancing Journeys
The high price of being too nice
by Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII

How wonderful! This person is sooooo nice. They are listening to everything I'm saying; agreeing with all of my opinions without challenging me; whatever favor I ask of them is met with an enthusiastic "YES" response. I am so fortunate to have met such an agreeable human being. But, wait a minute...can I really trust that their friendliness is authentic? What is their true motive for being so good-natured? Does it mean that they are expecting me to reciprocate? Although being so nice may help the "too nice" person avoid discomfort or help them feel good in the moment, it really is an unhealthy habit. This article will address how being overly nice hurts everyone. We then will focus on methods which enable us to adopt a more effective approach.

To begin, let's identify what is meant by "too nice" — when there is a consistent tendency for sacrificing one's own needs and wants for others out of fear of causing conflict or disapproval.

As humans, we have an innate need to bond with others. This need was hard-wired into the brains in early humans. Without a clan or tribe with whom we were affiliated, survival would have been very difficult if not unlikely. At present, our Neanderthal brain is competing with our Evolved brain. This creates a battle between the need for connection versus the development and maintenance of one's individuality. Learning how to live with the discrepancies in our primitive and sophisticated brain will help us to flourish and progress.

Nurture is also important; what we learned from our families of origin early in life. It's reasonable that you recognized that the simplest way to get love was to be pleasing. When you were shunned, rejected or punished for your failures, your mistakes, or your flaws, you learned that demonstrating any evidence of imperfection will cause you pain, therefore it became necessary to conceal any blunders. You learned to please others in hopes that if you do it enough, are perfect enough, then others will love you. There is a tendency to take no risks, avoiding saying or doing anything that might offend or disappoint others, and if/when you do, you punish yourself unmercifully. You feel you deserve to be chastised, and you want to make sure you never make that mistake again.

It has been my experience that being a nice person usually is perceived as a positive attribute however, being too nice causes complications in relationships, both for the giver as well as the receiver. It is often based on the concept that, "If I can be who you want me to be, then I will find acceptance and love, and my emotional needs will be met." How can this be true? It is inevitable that this approach will fail.

I know this paradigm quite well. When Mark and I were in the early years of our relationship, whatever he would ask of me, I would say "yes" then fail to follow through with my agreement (my "yes" response was

never thought out; it was simply a knee-jerk reaction). It sure created significant troubles for us. He would get mad and I would feel guilty and ashamed. It was pretty unpleasant for us both. Mark had his own way of being "too nice." When I would ask him where he wanted to go to dinner, for example, he would tell me, "it doesn't matter...you choose." If my choice was different than he desired, he'd become resentful. This was among the problems Mark and I worked on in marriage counseling and I'm glad we did (and continue to do so).

Consider how detrimental this trait can be. How can you trust someone who is merely polite yet avoids being truthful? Think about your own experiences with various relationships. Can you recognize how being "too nice" could have been a way for someone to remain covertly protected, to avoid conflict, and to remain connected to others at any cost? The obvious complications to the person who is "too nice" are resentful feelings and a loss of identity.

Here is a list of signs you're being too nice

1. The thought of letting someone down causes you dread
2. You will do anything to avoid conflict regardless of the cost to you
3. Going along with the crowd is your norm (regardless of wanting to avoid whatever they are doing);
4. When someone offers their opinion, you quickly agree without giving it much thought. You rarely express your own opinion
5. You never express your needs so they are rarely considered
6. You say "yes" often without considering your own needs
7. Resentment seems to be a recurrent feeling that you experience
8. "I'm sorry" is a frequent expression that you hear yourself saying
9. There are persistent feelings of depression, exhaustion, helplessness, fear, exploitation, worthlessness, and stress.

Here are some ideas as to how to break away from the "too nice" paradigm:

1. Reassure yourself that it's ok to meet your own needs and put your own desires first. If you avoid taking care of yourself first, you will look to others to do it for you. This will taint your relationships because you are expecting something from others, and you will appear needy and manipulative.
2. Invest in yourself. Instead of trying to be the go-to person for everyone else, first take care of yourself. Allow all those unmet hopes and expectations (that others will accept and love you in return) to be turned inwards. Love and accept your unique individuality. Say "yes" when it is appropriate, and avoid what you don't want to do.
3. Remind yourself that you're a valuable person who's worthy of love and affection simply because you exist, and start loving yourself. The more you reinforce the notions

that you're a valuable, lovable human being, and act accordingly, the more your behavior will shift away from the "too nice" person into a more confident and interesting person.

4. The paradox is that once you stop being obsessed with how to get other people to love you, it's likely that they'll start to appreciate you more than they ever have.
5. Be aware of how you approach people. Notice your posture. Are you looking down at your toes with your hands in your pockets? This demonstrates weakness and insecurity. Stand up straight. Develop good eye contact. Make yourself as large and tall as you possibly can. It gives the impression that you are confident without ever having to say a word.
6. Give yourself at least one breath, in and out, before you say or do anything. This enables you to respond instead of react.
7. Use a calm yet assertive voice. When you talk softly, others get the impression that you are feeling insecure and frightened. Keep your voice soothing yet firm, offering the appropriate amount of intensity. Be direct with what you want, then stop talking and listen.
8. Allow yourself to say "no" when it's appropriate yet learn how to negotiate. Instead of an automatic "no" consider asking, "How about if...?"

There essentially are two ways of being nice. Although they both can look the same on the outside, there is a significantly different motivation for each approach. One is coming from fear: "I need to be nice to you because it calms my anxiety associated with any potential conflict or rejection." The other is: "I choose to be nice because I think it's the appropriate choice based on my personal values." Which one influences your choices?

Remember, it's impossible to please everyone. You're not going to be abandoned if you start taking care of yourself first. It's beneficial to invest in yourself, it's empowering to say "no," and it's necessary to meet your own needs. You will be happier and better able to help others when you come from a place of strength rather than out of neediness or manipulation. Whatever you're doing or saying will be viewed as an act of kindness. By being nice to someone, you're doing it unconditionally, out of compassion and respect. When you are your authentic self, it's easier to act in ways that will support your personal self, your well-being, your beliefs and boundaries and allows others to do the same.

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDRII is the program director of Journeys Counseling Center, Inc. At Journeys we teach you tools, skills and help you discover resources to live the most effective life possible. We guide, support and coach you along the path you desire, to become the best version of yourself. To contact Barbara, call 719-687-6927 (office) or 719-510-1268 (cell).

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Pharmgirl Uprooted
Snowboard love
by Peggy Badgett

I shivered alone at the edge. Ice sparkled twickedly on the pitch below. This certainly wasn't the moderate blue run I had started out on; I must have taken a wrong turn somewhere. Wind blew snow in my face as I looked around for options, but there were none. The only way off the mountain lay before me. Were my edges sharp enough to carve into that glittering surface? I took a deep breath and counted slowly in my head. How had I gotten into this mess?

My son Alex introduced me to snowboarding when we lived on our Illinois farm. I quickly fell in love with the mountain sport, even though mastering it was challenging with the icy winters and small hills along the Mississippi. The learning curve involved frequent and violent meetings with the earth; bruises of surprising colors bloomed over almost every part of my body. Admitting defeat just wasn't my style, so I doggedly kept at it. Eventually I was able to make it down the short Midwest runs without injury, but proficiency evaded me.

It turned out that all I really needed was practice. Moving to Colorado with a season pass did the trick. My stiffness and hesitation decreased. I picked up speed, but concentrated on control because hip fractures aren't on my bucket list. However, grace has never been a trait of mine. Lift ramps and uneven surfaces can still catch my edge and pitch me unceremoniously onto the ground. "Lifties" probably place wagers on stubborn moms like me. Staying upright: odds 10 to 1. Crashing into someone else: odds 15:1. Yard-saling on a patch of ice: odds 20:1. In spite of all my mishaps, experiencing an awesome run linking tight turns in the whispering snow lures me back time and time again.

The nearest resort to my little cabin is a



Peggy and Alex enjoying the slopes.

mere two hours away. Like every powder junkie, I monitor snow conditions daily. When the skies begin to dump, those muscle-burning thrills of freshness beckon. I drive to the mountains solo or cajole my ski buddy to ride along; we are both fortunate to have flexible schedules. Sometimes I meet Alex and his friends on the weekends, but the aerial cavorting they do is way over my head, and my style is too slow for them; stopping to admire the breathtaking majestic scenery is not their thing. We take the first lift together, go our separate ways, and then meet at a designated time to laugh and swap stories.

So here I was, on a run the kids would adore, summoning up courage to descend. At the count of twelve, my board and I slid over the brink. The beauty and tragedy of short mid-week lift lines was exhausting non-stop snowboarding. Rubbery legs sent me careening toward a massive ponderosa

pine. At the last second, my tired hips finally responded, twisted, and sent me flying in the opposite direction. Suddenly giant moguls reared before me. The first one set me right down on my padded butt. I took my bearings and tried to figure out the least damaging route down while visions of casts danced in my head. An easier line toward an old lift magically appeared at the bottom. Progress was slow. Ten feet, crash. Five feet, crash. Luckily the snow was soft. Finally, I reached the end and found an easy run that led all the way to the gondola. My pink snowboard and I had survived our first (and possibly last) double black diamond.

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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Citizens' Climate Lobby The End of Complacency

by Patricia Turner, retired marine research scientist

Ever since the elections of 2016 I found myself feeling deep despair over the climate crisis, watching the end of corals, the devastation from weather anomalies and the earth in peril. I realized that I had come out of a deep sleep and was doing nothing to address the problem other than recycling, composting and using my car as little as possible. I began working for a group called Citizens' Climate Lobby (CCL) ever since that time.

For nine years members of CCL struggled to get one Republican and one Democrat in Congress to sit down and discuss the climate crisis. Finally, two people stepped on board just before I joined the group. It was called the Climate Solution Caucus. In only two more years this caucus grew to more than 90 members in the house and the only way they could join was two-by-two; half Republicans and half Democrats.

In every dark time there is a light and we are now seeing a tipping point for the planet

rather than against the planet. The Green New Deal, The Energy Innovation and Carbon Dividend Act, the truth about climate is being exposed with our Government Climate Assessment and the UN's assessment. The science is real, and the deniers are diminishing on both sides of the aisle.

With political will, we can help our children look forward to a livable world. We cannot fall asleep again, we must continue the engagement towards creating a world of renewables and ending the devastation of fossil fuels. The right to vote is our most powerful ally and the political will in Congress is brought on by our voices.

Many people still do not believe that we are the cause of global warming. Psychologically some people cannot bear to believe this and others just listen to those whose propaganda in support of fossil fuels makes them feel better. These people clearly have not taken the time for critical thinking and

learning the facts — 99% of all the world's climatologists know that global warming is real and is caused by our actions.

We have one of the greatest opportunities in history to change the future for the better through the use of renewables. Even if you still don't believe in global warming and its cause, surely you can see a better world with clean air and water for everyone; a world where we have done what is necessary to mitigate more disasters like those we have witnessed already.

Each of us must do our part in this. It can be as simple as calling your members of congress and telling them you support the Energy Innovation and Carbon Dividend Act which promises a huge reduction in emissions along with a market driven, revenue neutral aspect. Express your concerns about climate and that you realize it must be on top of their agenda. We are the ones that create the political will needed and five minutes of our time does make a difference. The end

of our complacency has arrived and my own awakening has given me new hope.

If you are interested in learning more about Citizens' Climate Lobby go to citizensclimatelobby.org or join us the second Saturday every month at 11 a.m. at the Woodland Park Library. If you are not in our area there are chapters all over our state and the country.

Call for entries Salida Council for the Arts seeks "Valley Visions" submissions

All Salida-area artists are invited to submit their work for exhibition in the popular annual "Valley Visions Art Exhibition," sponsored by the Salida Council for the Arts. Deadline for entries in this 8th Annual Show is Friday, April 5, 2019.

Designed as a showcase for the area's top creative talent, the non-juried exhibit will be on display May 3rd - June 2nd in the Salida SteamPlant Annex. All entries will be for sale, with 80% of proceeds going to the artist and 20% to benefit the SteamPlant.

The exhibition will kick off with a Public Grand Opening Reception on Friday, May 3rd from 4-7 pm. The event will feature gourmet hors d'oeuvres, live entertainment, cash bar, "meet the artist" opportunities, voting and presentation of People's Choice Award winners.

Valley Visions is open to all greater Salida area (40-mile radius) artists, photographers, artisans and sculptors; one entry per person. Patrons attending the reception will vote for their People's Choice favorites; and winners will receive cash and/or merchandise prizes in addition to Award Certificates. The show and winners will be heavily publicized throughout the Rocky Mountain region; and many entries traditionally sell at the grand opening reception and throughout the show's duration.

Because of space limitations, this highly popular show is limited to the first 40 entries received. For complete information, application instructions and printable entry forms go to salidacouncilforthearts.org. Questions may be directed to, Licia Iverson, Valley Visions Chairperson at salidacouncilforthearts@gmail.com.

Efforts to keep Gillette Flats Spring open

Following months of discussions and research, people in favor of keeping the water known as Gillette Flats Springs flowing came together to organize their efforts formally and discuss next steps. The meeting was held January 18 at the Aspen Mine Center in Cripple Creek. Dan Henrichs, District 12 Commissioner for Division 2 of the Colorado Division of Water Resources attended and participated in the discussions.

The group voted unanimously to create a nonprofit association and appoint members to the first board. Those members are: **Chair**, Sherri Renner, JD Woodland Park **Vice Chair**, Erik Running, Woodland Park **Treasurer**, Donald Moore, FA, CPA Florissant **Secretary**, Toni Moore, BS, Florissant.

Additionally, Tom Greive of Victor will serve as Sergeant-at-Arms. Wendy Lee Greive, also of Victor will continue to serve as administrator of the Facebook page that she initiated, and which was the genesis of this growing organization.

The Gillette Flats Springs Organization group meets every third Thursday 6-7 p.m. March meeting is in Woodland Park. For more information, visit <https://www.facebook.com/groups/Gillette.Flats.Spring.Organization> or email gflatsspring@gmail.com.

Victory Service Dogs

Home remedies for dogs

by Janet Bennett

Dogs all have issues that can sometimes be treated at home. Here are some popular remedies.

Skin and coat issues

If your dog has an itchy hot spot, baking soda can help with the itching. Mix warm water and a spoonful of baking soda to form a paste and cover the affected area. Your dog may want to lick it off so do something else to distract him like throwing a ball or going for a walk. Another option is to use half water and half vinegar and blot it on the area. Keep it in the frig and blot or spray it on three times a day. While humans tend to react to allergies with sneezing and a runny nose, dogs will react with itchy skin. If your dog scratches a lot, he is probably sensitive to something in the house (carpet cleaner, fabric softener, etc.) or he may have developed a food allergy. In this case, you should talk with your vet and find a solution to the problem.

Environmental allergies

If you think your dog has an environmental allergy like fleas, dust or pollen, try giving your dog a Benadryl. It doesn't work for food allergies but may help with other types of al-

lergies. The amount you give is based on the dog's weight. Before you give it to your dog, you should consult your vet to make sure it's safe for your dog to take it. Your vet can also give you the appropriate dosage.

Upset stomach

Dogs are notorious for getting upset stomachs. This can be a tricky area because sometimes the symptoms are minor but can turn into something serious such as pancreatitis. Try these home remedies once or twice and then consult a vet. Pepto-Bismol can help with vomiting and diarrhea. If the dog vomits it back up immediately, consult your vet. Dogs can become dehydrated with vomiting and diarrhea and need medical attention. If the Pepto-Bismol stays down, vomiting should decrease or stop within 15 minutes. If it decreases but does not stop, repeat the dose. If your dog is vomiting blood, do not give Pepto — go to your vet. Pepto-Bismol takes longer to work for diarrhea but can be effective within one to two hours.

Your pup may not have a bowel movement for up to 24 hours after getting Pepto. If that happens, don't panic. Dogs can get 1 teaspoon for every 10 pounds of body weight. DO NOT GIVE DOGS TYLENOL, IBUPROFEN OR ASPIRIN as these can lead to more severe problems with the liver or internal bleeding.

Bad Breath

Dental disease and internal infection are just two of the causes of bad breath. If your vet has already given your dog a clean bill of health but you still want sweeter breath, give him a sprig of parsley every day.

Anxiety

There are a number of natural remedies for anxiety in the stores, but you can also try lavender or calendula essential oil. You can use this in a diffuser in your room and it will benefit both you and your dog. If you notice this helps your dog, turn it on during thunderstorms or when-

ever your dog might be experiencing stress.

Call the vet

If your dog has no appetite for a day or two, it's time to call the vet. If your dog is acting tired and stressed or depressed, something might be seriously wrong. He might be in pain or be suffering from something only a vet can cure. If there is no response to home remedies and your pet gets worse over 24 hours, it's time to call the vet. If he has bloody diarrhea or is vomiting blood, take him to the vet. Anytime the pet is not better within 24 hours or is uncomfortable, see the vet first.

This article is brought to you by Victory Service Dogs, a nonprofit organization helping veterans obtain and train their service dogs. For more information, check us out at www.victorysd.org or visit our Facebook page - Victory Service Dogs.

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HRRMC News Scholarship applications

Heart of the Rockies Regional Medical Center Auxiliary is accepting applications for its 2019 renewable, four-year scholarship for \$1,000 per year for graduating high school seniors who reside in the hospital district. The eligibility requirements are:

1. Interest in pursuing a career in the health-care field.
2. Grade point average (GPA) of 3.0 or higher.
3. Must be a senior attending a high school in Buena Vista, Cotopaxi or Salida.
4. Resident of the Salida Hospital District. The boundary for Cotopaxi applicants is the Salida side of Kerr Gulch Road.

Application packets can be retrieved in the schools' counseling offices or by calling 719-530-2218. Applications need to be mailed and postmarked by April 1. Applications postmarked after this date will not be accepted.

For questions about the application process, contact Kimla Robinson at kimla_robinson@hrrmc.net or 719-530-2218.

Total Wellness Retreat on "Go List"

A roundup of "9 Adventurous Wellness Retreats" on Outsideonline.com includes HRRMC's Total Wellness Retreat at Mt. Princeton Hot Springs Resort.

"Wellness retreats are all about treating your body and mind right," writes Megan Michelson in "The Go List" on Outside magazine's online site. "You'll exercise, eat well, enjoy plenty of fresh air, and disconnect from your devices... That's why we rounded up some of the best adventure-oriented retreats across North America and beyond."

The Total Wellness Retreat is an all-inclusive, lifestyle-change program that spans five days and four nights. Led by medical providers and staff from HRRMC, the program is designed to spur a lifestyle change for better health.

The retreat offers educational sessions on topics such as stress management and includes daily meditation, group counseling, tai chi, hiking and a healthy cooking class.

Participants have access to the pools, spa services, mountain bike rentals and fitness classes. Blood work is taken at the beginning of the session and participants can opt for a full cardiovascular screening on the final day.

Upcoming retreats are scheduled for March 31-April 4 and Nov. 3-7.

In addition to the all-inclusive program, single-day options are also available. FMI 719-530-2057 or visit www.hrrmc.com and click on the Total Wellness Retreat button on the home page.

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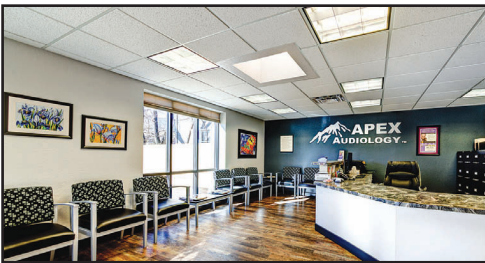


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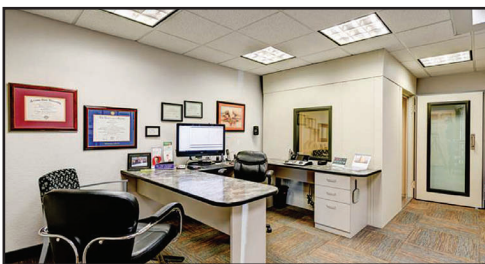
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Successful 10th Annual Pie Palooza

School raises \$20,000

by Flip Boettcher

photos by Flip Boettcher

Once again, pie madness took over the town of Guffey at the 10th Annual Pie Palooza. At least 110 people were packed like sardines into the multi-purpose room of the Guffey Community Charter School for the event on February 7. The pie fest is one of the biggest fundraisers of the year for the school and is a combination of a pie contest and a pie auction.

Ten years ago, according to Alexi Alfieri, past Guffey schoolteacher and playwright of the Pie Palooza melodrama trilogy, the

school staff was looking for a good, Guffey-type of fundraiser. They had heard about a small Colorado town that had a fundraiser that had to do with pie.

The school staff liked the idea, *Guffeyized* it, and raised \$1,600, debuting "In a Pickle at the Pie Palooza," part one of the pie trilogy, that first year. The second year the school raised \$2,000 and premiered "A Question of Pie." The third year the school raised \$2,500 and staged "All is Fair in Love and Pie," last part of the trilogy. Over the past nine years, the school has raised \$37,000 selling pies, stated Alfieri.

This year, with an anonymous donation of up to \$10,000 matching funds for monies raised at the auction, the school's goal was to raise \$10,000, which they did! As an added bonus, all the past Grand Champions submitted their award-winning pies for this year's auction. All monies raised are going to the much-needed school bus fund.

A big *Thank You* to all who contributed in any way to the successful event.

While the pie judges, Betty Roysse, Frank Schiola, and Julie Frost, tasted the 60 pies submitted for the contest, the Guffey students presented "In a Pickle at the Pie Palooza." The students did a fantastic job keeping the audience in stitches, booing, hissing and applauding with the Pie sisters, the villains, the Pie Angels and Sheriff Roland Dough.

After the melodrama, the winners were announced. There are four categories of pie, fruit, cream, other, and savory. The top three winners in each category receive blue ribbons. The Grand Champion is chosen from the first-place winners in each category.

Before the auction started, everyone got to sample as many and as much of the pies as they wanted.

There were 60 pies submitted for the



Jake Van Egmond on the right with pie judges Julie Frost on the left and Frank Schiola on the right.

On the cover: The Grand Champion - Best in Show, from left to right are judge Julie Frost, Grand Champion Jake Van Egmond, judge Frank Schiola, and judge Betty Roysse.

auction, and former School Principal Pam Moore was emcee and Chris Downare was again the auctioneer.

The first pie sold for \$130 and the auction took off from there. The top selling pie was a Shepherd's Pie, submitted by Gary Kaszynski, which sold for \$500 and Bev's Tomato Basil Tart sold for \$310, submitted by Peg Larson. Last year's top selling pies went for \$485 and \$475.

A lot of pies sold in the \$40 - \$60 range. Many sold in the \$100 - \$150 range and quite a few sold in the \$200 - \$300 range.

With the anonymous matching donation and other donations, the school raised \$20,000 at the very successful event. So, it is not too early to think about what pie you would like to enter in next year's Pie Palooza and perhaps become Best in Show.

Only Me and the Mountain

by Ben Elick

I see the rough boulders, weathered, rugged, heavy and imposing.
I touch the quartz in my hand, aged dirt falling at the rub of my thumb.
I smell heat on the rocks, baked in the sun, far above the tree line.
I hear only me and the mountain, a sense of freedom, solitude.
I taste the dirt as it flings up in my face while digging.

I see the true sparkle of an uncut gem, the way nature made it.
I touch the cold dirt, a reminder that the prospecting season is ending.
I smell my pack, tattered and dusty, ready to see another prospecting adventure.
I hear my whisper to the mountain, asking for a safe and prosperous day.
I taste the fresh water from a mountain stream, clean and cold.

I see respect for the never-ending clash between the mountain and weather.
I touch gemstones, un-earthed with hard-work, sweat and willpower.
I smell the success and the failure of those before me, coated in hope and aspiration.
I hear my heart beat, accelerated by the thrill of experiencing the mountain.
I taste success through the power of dogged determination.



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One Nation Walking Together

Allyship - What is it and why does it matter?

by Kelli Herr

As a privileged white woman with a huge passion for diversity and inclusion, I am constantly trying to understand how I can best support disadvantaged groups without perpetuating a harmful white savior mentality. After being exposed to the injustices plaguing all those with more melanin than me, doing nothing was never an option. However, good intentions do not always lead to helpful solutions.



I have learned to humble myself, listen, and learn. In my opinion and experience, it is neither the responsibility nor appropriate role for white people to solve problems for communities they do not fully understand or belong to. With that said, it does not mean that there is not a role for those from the dominant western culture in the fight for equality. Outsiders can, and should, support the initiatives being led by minority communities. From conversations with people of marginalized ethnicities, genders, and sexual orientations, I have found that non-community members are wanted, needed, and appreciated as allies.

So, what is an ally? To answer this question, I reached out to activists, allies, sun dancers, and friends. Like most topics in the diversity, inclusion, and social justice space, there is no universally accepted definition of allyship. Though, there are common themes and understandings held by most.

From what I have gathered, an ally is someone who has the same goal and vision as people of an oppressed group they are not innately a part of. Allies use their skillsets, platforms, and positions in society to raise awareness to issues which do not necessarily directly impact them. They recognize that as a society, if some of us are held back, we are all held back. They do not run ahead. Rather, they walk alongside and stand behind. They leverage their privilege to even the playing field for all people. They do not seek the spotlight. Instead, they point the spotlight on those who have historically been silenced. They accept that they will never fully understand the struggles faced by others, but they refuse to stand back and watch it happen.

From the indigenous perspective of Choctaw, Chickasaw, and Yachti activist and indigenous chef, David Rico:

An ally is someone who recognizes the struggle in a group of people that is not themselves. To be an ally, the struggle is not yours. It is the struggle of someone else. You put yourself in a position where you can start to alleviate the problem or help the people. That is the baseline. You are trying to use your resources, knowledge, and ability to improve a problem that doesn't directly affect you.

It is really important not to dominate discussion and really listen to communities that you are involving yourself in. You can't take the reins of the struggle. You can't impose yourself and be the savior because then you become the problem. If you think of yourself as the one who is going to go in and solve the situation, then you are going to enact as much damage as you are trying to solve. The best allies are the people who just take a step back and understand that the people going through the struggle are still people.

After gaining an understanding of what an ally is, I wanted to learn more about what indigenous people want to see allies doing. What are tangible steps that non-native people can take to become allies? These are some of the steps towards appropriate allyship suggested members of the Native American community and their allies.

Follow Native Media

"With the rise of social media, it is easier than ever before to gain an understanding of what is going on in different communities. Follow leaders of the movements you wish to learn more to hear their unaltered opinions and see firsthand what is going on."

~ Joseph Mabon, ally and alumni of the American Indian Movement's Longest Walk 5

Divorce your own Mental Imagery

"You need to let go of the image of a woman with a feather in her hair praying by a waterfall and doing rain dances. That might be a cool image. You might like that image, but it's not real. If you are starting to be an ally, you need to take a real good look about what you think a native person is. Ask yourself, is this something that I got from interacting with native people and native culture or is this something that I saw on TV?"

~ David Ricco, Native American activist and chef

Support Native Artists

"Non-native people can act as allies through financially empowering native artists. Native people exist physically, but also as artwork—as patterns and designs. If those designs are something that you like, financially support native artists. Allow indigenous people to make a living off of doing the things that they do and the things that the world is benefitting from."

~David Ricco

Be Yourself and Prejudice Free

"I believe that too many people try to be something they are not. If we approach people as who we are, not trying to be something that we are not, we will come to a greater understanding between one another and with one another. I would like for us to hear and see one another without judgement—see each other as humans. Allies should always come without prejudice. We should all have the same goals because our real needs are all the same."

~Milton Bazinau, Ojibwe sun dancer

Learn the History

"It is really important to learn history from the non-dominant perspective. Learning the true history of this nation will help us empathize with other groups, though we will never fully understand their lived experiences and generational trauma."

~ Katie Marinari, ally and alumni of the American Indian Movement's Longest Walk 5

Learn the Contemporary Struggles

"If you really want to be an ally to native people try to start taking in native media—understand who native people are in

Allies use their skillsets, platforms, and positions in society to raise awareness to issues which do not necessarily directly impact them.

a contemporary context. Understand that we have contemporary struggles with land development, land theft, missing and murdered indigenous women, alcohol, suicide, depression, and communal poverty. There are so many contemporary issues that we are trying to address and allies would be a huge help if they could pour in attention, power, and money."

~David Rico

Here at One Nation Walking Together, most of our staff and volunteers are non-native allies. We recognize the contemporary struggles. We acknowledge that the indigenous people of this land are the most underserved and misrepresented people in the United States. Governed by a majority Native American board, we strive to listen to the expertise and lived experiences of our Native American leadership. We then add capacity by using our skills in grant writing, fundraising, organizing, development, and organizing to collect and redistribute donations to our relatives in 12 reservations throughout eight western states. We invite you to be an ally and support our mission by donating your gently used items, volunteering, participating in one of our supply drives, or donating monetarily.

One of the most beautiful aspects of talking about allyship is that everyone has a voice in the conversation. Ideas surrounding allyship are malleable and the input of all shapes the way we understand our roles in supporting one another. I would love to hear your thoughts and opinions about allyship, diversity, and inclusion. Please feel free to reach out and continue the conversation. You can reach me at admin@onenationwt.org.

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

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LABYRINTH

by Danielle Dellinger

His breath rose in front of him as he looked down the dark, stone corridor of the labyrinth. The soft patter of dripping water echoed in the silent maze. Lit torches whispered secrets to each other in the gentle breeze that lapped at their flames. Living in the labyrinth was isolating and depressing. The minotaur, a creature with the body of a man and the head and tail of a bull, roamed the corridors daily, trailing his fingers along the stones. He'd lost track of how long he'd been in the maze, but he knew it'd been too long for his liking.

When the minotaur was born, his birth name was Asterion, meaning "starry one" in Greek. It's thought to be associated with the bull constellation Taurus. Asterion's birth had been one of scandal. King Minos didn't sacrifice the majestic bull he was gifted from the god Poseidon as a way to secure his ascension of the throne. He kept the bull and sacrificed a different one. This angered Poseidon and he inflicted a curse upon King Minos's wife, Queen Pasiphae. Her curse was to lust after the majestic bull, which culminated into a bestial affair, and thus Asterion was born. Queen Pasiphae cared for him for as long as she could, but as he grew, he became a ferocious and terrifying beast. When she could no longer find him suitable food, since he was neither man nor beast, he began to eat people. To hide the affair and the monster, King Minos ordered the craftsman Daedalus and his son Icarus to build the labyrinth. Every year, a handful of men and women would be sent into the labyrinth as a sacrifice.

Asterion's foot kicked a femur bone aside as he walked. He didn't like being kept in a maze of stone, away from everyone. He knew why it was necessary, but it wasn't his fault. He hadn't asked to be born a monster. But he was treated as one. The people of Crete called him a beast out of fear. Rightfully so, he reasoned, since he had eaten some members of their community. But no one had given him a chance to prove that he could be something other than a beast that eats people. It was almost time for the annual sacrifice, and his stomach loudly rumbled. His body had been conditioned to crave human flesh. But he was sickened by the craving.

He raised his head as the maze vibrated from the sound of the heavy door at the entrance opening. His ears swiveled, picking up on two voices talking.

"It's so dark in here, even with the torches."
"We didn't come with any extra."
"It'll be fine. Come on, let's see what's inside."

"We already know what's inside. The beast. The beast lives in here."

"Yeah, but what're the odds we'll run into it?"

"Probably higher than you want to know." Asterion snorted at their conversation. How foolish they were, he thought. However, this was different from when the sacrifices were brought in. So what was this about? No one had ever dared to voluntarily enter. He

walked toward the entrance, his large feet making dull thuds on the stones.

"Wait. Did you hear that?"

Asterion stopped, wanting to maintain some element of surprise.

"No, I don't hear anything. What was it?"

"Could've sworn I heard footsteps."

"Do you think there are rats in here?"

"Honestly, anything could be in here. Who knows what the beast does when it isn't eating?"

"Oh, true. I'd never thought of that."

Asterion's ears swiveled, picking up on their light footsteps as they began making their way into the labyrinth. He matched his walking pace with theirs, so as not to alert them. The dripping sound of water helped mask his steps.

The walls had been built extraordinarily high because Asterion stood at well over six feet tall, and the high walls were to keep him from vaulting over and unfairly killing any unsuspecting person, even if they were a sacrifice. Asterion finally found the point where the intruders were on the other side of the wall from him. His hair bristled at the salty smell of their skin. He walked parallel with them, knowing full well that the corner up ahead would force them all to bump into each other. Long tendrils of drool slid out of the corners of his mouth as the anticipation built inside of him. An early meal was just what his body needed.

A little bit closer . . .

Any second now . . .

As all three of them rounded the corner at the same time, he let out a roar that drowned out their high screams of fear. The two men turned tail and ran back down the corridor, but Asterion was hot on their heels. He'd give them credit for trying to outrun him. With one giant leap, he tackled them both to the ground. Just as he was about to smash their skulls together like pumpkins, one of the men flashed a large-bladed sword at him. This made him roar in surprise and stumble back. There was a brief moment where no one moved, and then the men took off running at full speed. Asterion blinked and regained himself, barreling after them. He couldn't let them get away; his pride wouldn't have it.

But they reached the door before him anyway, slipping out and shutting the door just as Asterion crashed into it. Dust and pebbles fell from the ceiling, blanketing his fur. He breathed heavily, his breath rising in thick, frequent clouds in front of him. The men laughed nervously at each other on the other side of the door. This angered Asterion, and he punched the door so hard two of his knuckles broke. The men cursed and ran away. Minutes ticked by as he stood in place, nursing his wounded hand and pride. Eventually, he shuffled away to wrap his knuckles.

Once that was taken care of, he returned to the door and began feeling around the edges, trying to see if it were possible to open it from the inside. He pushed and pulled and kicked and yanked. Nothing. He sat down across from

the door, his back against a wall. Maybe the door would open again before the sacrifices arrived. The men had clearly entered as a joke, a challenge to one another. But would someone come in just to see him, maybe for a visit? Who was he kidding, though? No one ever wanted to visit the monster. He desperately wanted to try visiting with a person without ultimately eating them in the end.

An unknown amount of time passed. All Asterion could do was pace around the maze, dragging his fingers along the walls. Slight ruts had appeared from this continuous motion. His fingers brushed aside delicate vines and flowers that had taken up residence on the stone walls, climbing down from the ceiling. He was about to reach the middle of the labyrinth when he heard the familiar grinding sound of the door opening. The footsteps that entered were soft and delicate. With extreme caution, Asterion made his way back to the entrance, wondering if this was going to be a trap. Or, he pondered, maybe it was all a trick of his mind, a consequence of being isolated for so long.

He carefully peeked around the final corner and saw a young woman making her way up the corridor. His jaw dropped. No woman had ever dared to willingly enter. Her features were soft, but he could see in her eyes that she was of strong will. She walked with purpose, not even glancing at the gloomy surroundings. As she got closer, Asterion suddenly felt nervous. What did she want? He made a split-second decision and stepped out from around the corner to face her.

They both stopped and stared at each other, sizing the other up. He saw her eyes narrow as she seemed to make some quick mental calculations.

"You're not so scary," she finally said, a hint of disappointment in her tone.

Asterion merely stood there, staring down at her. However, a low rumble soon rose out of his chest.

"Are you telling me to get out?" she asked, folding her arms. Clearly, she could not be told what to do.

The low rumbling stopped. A smirk slid across her lips. "That's what I thought."

He snorted and took a step toward her. "Oh, intimidation now to get me to leave?" Asterion took a step back.

"I came here because I want to help you escape and go live your life in peace. Also, my sister is part of the next sacrifice to you, and I really don't want you to eat her. So, will you follow me out of here?"

Asterion was dumbfounded. He looked over her head at the door, which was cracked open with a rock.

Freedom. It was right there. He lowered his eyes back to her, thinking hard. With one final glance at the door, he turned and disappeared around the corner.

There was no way he could walk out. It would frighten the whole city. He couldn't do that. He didn't want to. It was safe in the labyrinth. Isolating, but safe. Even if he were

to leave, he'd be isolated out there too, most likely chased into exile even.

She followed him. "Wait! Where are you going?"

Asterion kept walking, his footsteps heavy. "I promise I can help. Hear me out." She caught up to him and put a hand on his arm.

He pulled his arm away and snarled at her, barely breaking stride.

"Don't be like that. Let's start over." She stopped walking. "My name is Arya. What's yours? I know it's not 'beast' or 'monster.'"

That made him pause. Slowly, he turned to face her. He looked for a way to communicate his name. The dripping water caught his attention, and he went to the wall, getting his finger wet and then writing ASTERION on the wall beside the trickle of water.

Arya came closer to read what he'd written. "What a gorgeous name," she commented, looking up at him and smiling.

His breath was soft and his eyes twinkled at the kindness.

"It's a pleasure to meet you, Asterion." Arya held out her hand to him.

He blinked, unsure of what to do.

"Shaking hands is a form of greeting or introduction," she explained. She could see him working it out in his mind, and then slowly he extended his own hand, which she grasped and shook.

He slowly nodded as he grasped the meaning of the gesture.

"Excellent," she beamed. "You're a quick learner." She stepped back and finally took a good look around her at the maze. "So this is home . . ."

Again, he nodded, gazing around as well. "It's . . . lonely." Her eyes met his.

He nodded slowly again.

"Have you ever seriously considered leaving? You can be honest with me."

Asterion shrugged a little. "Come on, really? You've barely thought about it?"

He watched her and then finally gave a big nod.

Arya smirked. "Now that's what I thought. So, will you let me help you?"

Asterion let out a long sigh, but then shrugged and started back toward the entrance.

She broke into a grin and quickly followed him. At the door, she opened it enough for him to peek out at the world that lay beyond it. He inhaled deeply at the fresh air, closing his eyes. Then, his stomach rumbled and he stepped back, placing a hand on his belly.

"Right. Well, I've discovered a fruit about the size of a pineapple that I think will be a suitable food for you. I found it growing near a mass grave, and I think it has the, uh, taste you require."

He stared at her in disbelief.

"No, it's true. I'll show you if you come with me."

Asterion lifted his eyes to look out the door again.

"I'll protect you if we encounter any idiots," she chuckled. Arya thought she saw

him smirk.

He pulled open the door and stepped out onto the grass, blown away by how it felt on his bare feet compared to the stones of the maze. Arya led the way up several steps, then to a long winding trail into a forest, and down into a valley where a simple white cross stood with red ribbons dangling from the horizontal piece, marking a grassy mound. A scraggly bush sat nearby with slightly unappetizing-looking fruit hanging from the thick branches.

Arya picked one off for him and held it out. Asterion took it and gave it a sniff, his nose wrinkling at the smell.

"It's not perfect, I know," she said, watching him.

He carefully bit into it, getting a small piece and chewing. She was right, it wasn't perfect, but it had the flavor that his body needed. Before they knew it, he'd eaten three of the fruit.

"Make sure to plant the cores with the seeds in them so you can grow more bushes. For now, there are more in that grove of trees." She pointed to the side.

Asterion gave a quick nod to show he understood.

"What do you think? Can you live out here?" He gazed around at the scenery with a peaceful expression.

"I'll take that as a yes. So, thank you for trusting me. I'll make sure you're never disturbed. But please, no more eating humans. I'm very thankful that my sister and I will be able to live out our lives together."

Asterion opened his arms and she stepped into him, giving him a firm embrace to convey just how thankful she was.

They parted ways after that. He watched her leave, his heart happy from meeting her. Next, he made his way into the grove of trees to make a shelter. It was hard for him to believe that he was out living in the world, free from the maze. He hoped she wouldn't get in trouble for helping him. But she struck him as one not to take any crap, and it made him pity whoever got in her way.

A year later, a woman resembling Arya came over the hill. However, it wasn't her, but her sister, Arin. She explained to Asterion that Arya had been confronted about releasing him, a confrontation that turned into a battle. Arya had fought bravely, but unfortunately had lost her life. Arin had made sure her death wasn't in vain by taking over the government and transforming it and the community into a more accepting place.

"I'm here to invite you to live within the city beside Arya's monument. What do you think?"

Asterion gladly accepted. When he stood in front of her monument, which had a fountain around it, he dipped his finger into the water and wrote ASTERION on the marble rim as a small, fleeting tribute to her.

~ The End ~

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Financial Focus

The right insurance can meet both short- and long-term needs

If you're going to achieve your important financial goals, you'll need to build an appropriate investment portfolio. But that's only part of the story because you also need to protect what you have, what you earn and what you'd like to leave behind. That's why it's a good idea to become familiar with the various types of insurance and how they can address short- and long-term needs.

For starters, consider life insurance. You may have important long-term goals, such as leaving an inheritance for your family and providing resources for your favorite charities. You may be able to fulfill some of these through the death benefit on your policy.

You can also purchase life insurance to help fill the gap between the amounts you have saved and what your family would need if you died unexpectedly. Thus, insurance can pay for liabilities (such as a mortgage, car payments, student loans and other debts), education expenses (such as college for your children) and final expenses associated with your passing.

Next, consider disability insurance. If you were injured or became ill and couldn't work for a while, the loss of income could be a big problem for your family members. In fact, it could disrupt their entire lifestyle. Even a short-term disability could prove worrisome, while a long-term disability could be catastrophic. Your employer might offer short-term disability insurance, and that could be enough — but do you really want to take that chance? To protect your income if you were out of work for an extended period, you might need to supplement your employer's

coverage with your own long-term disability policy. Long-term disability insurance, which generally kicks in after you've used up your short-term benefits, may pay you for a designated time period (perhaps two to five years) or until you reach a certain age, such as 65. Long-term disability insurance likely won't replace your entire income, but it can go a long way toward helping you stay "above water" until you recover.

You may also want to think about long-term care insurance. Despite its name, a long-term care policy could meet either short- or long-term needs. On the short-term end, you might need the services of a home health care aide to assist you in your recovery from an injury such as a broken hip. On the other end of the long-term care scale, you might someday need an extensive stay in a nursing home, which can be extremely expensive and which isn't typically covered by Medicare. But in either case, you might be able to benefit from a long-term care insurance policy, or possibly a long-term care rider attached to a life insurance policy. The earlier you take action, the better, because long-term care insurance, in particular, generally becomes more expensive the older you get.

This list of insurance policies and the needs they can help meet is certainly not exhaustive, but it should give you an idea of just how important the right insurance coverage can be for you at almost any stage of your life.

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

CC-V Pioneers Speech & Debate Team

The Cripple Creek-Victor Pioneers Speech and Debate Team competed at the CHSAA Region VII State Qualifying Tournament on Saturday, February 16th at Liberty High School in Colorado Springs.

Congratulations to junior Emily Heida, who was the Region VII Tournament Champion in Program Oral Interpretation, and to senior Alaura Niedoismiale, who was Region VII Tournament Champion in Humorous Interpretation for the second year in a row.

Emily and Alaura will be competing at the CHSAA State Speech and Debate Tournament at Mountain Vista High School in Highlands Ranch on March 22nd and 23rd. We wish them the best of luck and skill!



Trooper Tips

Call to action

by Trooper Gary Cutler

Car crashes over the 2018 holiday season took 9 lives in 7 crashes over a 72-hour period. We now need to start looking at the causes of these crashes. Each of them had a different reason for the crash, but each one did have one thing in common; a lack of due care on the roadway. Let's start with an obvious one today; mixing drinking, drugs, and driving.

Safety is all about having a preventative mindset. By this I mean why anyone would ever want to push the limit that could injure themselves or others is beyond me. I say it's not worth it. If you are going out to drink, take the preventative measures to not push that limit, even if you only plan to have one or two drinks.

Option 1: Have someone in the group be the designated driver. This option has been around for decades, yet people still fail to realize, or choose to ignore, what the consequences are if you choose to drink and drive.

Option 2: plan for someone to pick you up. There are many options available today including sober friends, or ride share services. Again, not rocket science, but very effective. My question to those who do this type of careless behavior, is how many times does it have to be stated for it to become standard practice that no one will ever do it again?

I have arrested plenty of people who went out to have a couple of drinks and ended up in jail. Their life is forever changed from that point on. I like to think I prevented them from making their life much worse by stopping them before they killed someone.

Marijuana impaired driving has been around a long time, but is still relatively new

as a legalized drug. The problem I am seeing with this drug is users don't believe it is dangerous to drive while using it. It can cause your cognitive thinking to become skewed. If it wasn't bad enough already with marijuana impaired drivers, now there is increased danger for the driving public. Some marijuana users combine it with alcohol, which can enhance the impairment while driving.

Another issue we have is prescription drugs which are becoming a lot more prevalent on our roads. My years working the road have shown me that people on prescription drugs don't look it the same as driving under the influence of alcohol.

A prescription drug is regulated by doctors because the drugs change a person's chemistry. This means they are going to make the user react differently, think differently, and judge situations differently than they normally would. Even if you don't think you feel differently, you will be affected one way or the other. Prescription drugs can be just as dangerous as driving while drinking or using marijuana.

Think in these terms, if I told you I wanted you to do a task, but there was a 50% chance that while doing the task you would kill or severely injure yourself or a friend, would you do it? Now if that wasn't enough to dissuade you, then I add that even if you don't kill someone, you may go to jail, will you do it?

Please keep in mind that it just isn't worth it. I hope I have changed the mindset of at least one person reading this article to be preventative in their actions. As always, safe travels!

Featured Non-Profit

Aspen Mine Center - Community of Caring

by Barbara Berger

The Aspen Mine Center (AMC) building, located at 166 East Bennett Avenue, was a former casino that was donated by its owners to provide a "one-stop resource shop" for residents of Southern Teller County and the surrounding area. AMC is run by the Community of Caring, a 501(c)(3) nonprofit organization founded in 1999 and based in Cripple Creek. It provides offices for 22 collaborative partners and meeting rooms for other agencies. This creates an atmosphere that fosters partnerships and enhances working relationships between organizations that offer services to many of the same individuals and families. It is much easier to communicate with another agency if they are in the same building.



The gang at the Aspen Mine Center is waiting to help you.

The Community of Caring founder and Board Chairwoman, Mary Bielz, along with Executive Director Ted Borden and a dedicated staff and volunteers are responsible for the growth of this organization. Its mission is to provide quality services to residents and families of Teller County while promoting the values of respect, responsibility, trust, caring and family.

Programs are administered and provided at no cost to individuals and families. These include a food pantry, clothes closet, employment services, summer youth program, senior assistance, financial and health advice, commodities distribution and Teller County Resource Group Coalition. Thanks to funding from United Way, Aspen Mine's Financial and Health Advocate has helped over 80 clients reduce their debt by setting up budgets and structuring bill payment plans. The Medicaid Navigator, Krys Arrick goes above and beyond by calling all patients

when they are discharged from the hospital. She checks on their physical and mental health and ensures that they are being billed appropriately, i.e. they are not being billed for services that Medicaid covers.

AMC works closely with TESSA, The Independence Center, Veterans Administration, Legal Services, etc. A Senior Advocate works to keep the elderly in their own homes for as long as possible. When this is no longer possible, she will help to find a care facility that best suits the needs of the individual. It is hard to believe that this and a lot more happens in a former Casino. Children needing food and clothes, adults seeking work, homeless people, elderly people confused about health care options and bills, anyone just needing help can stop by the Aspen Mine Center and ask for guidance. In one year, AMC helps over 5,000 individuals.

In addition, the Community of Caring partners with the Salvation Army based in the AMC. Over \$100,000 is spent for emergency assistance for Teller County residents. There is a gift shop and thrift store across the street from the AMC. All monies from these enterprises are used to develop programs and provide emergency assistance and resources for Teller County residents. An analysis of AMC financials concludes that for every actual dollar spent approximately \$8 is provided through donations and/or volunteer services.

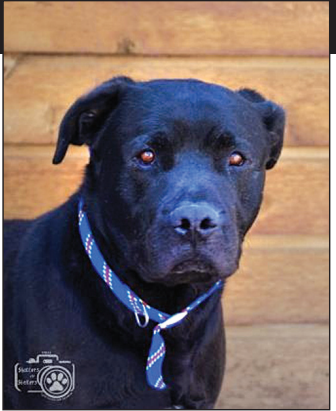
For more information, stop by the AMC or go to their website www.aspenminecenter.org. Your support and generosity are greatly appreciated.

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Pictured from left to right: Deb Costa DON, Barb Szendrey RN, Lawrence Cowan, NHA, and Kellye Carter-Nelson ADON.

Barb Szendrey started working at Cripple Creek Care Center in January of 1994, as a full time LPN on night shift. While working full time nights, she was also a full time student working towards her RN. Barb has been a member of the community for 30 years. When she was asked why she chose to remain a part of Cripple Creek Care Center, she stated that "the community atmosphere, small family closeness, location, coworkers and the ability to make a difference in the lives of others" as just some of the many reasons she has devoted 25 years of her life to Cripple Creek Care Center and our residents.

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Art Scene

Sophia Grace Torrez, poet

by Mary Shell



I am always taken away by people who create poetry. How a few, yet select, string of words can be so powerful, so meaningful that it would fill a book to explain how it effects the human psyche. Sophia Grace Torrez is one of those people who can do just that. She is an artist in her own right, playing with words to arouse images and feelings within us as if overwhelmed by a sweet drug taking you to dimensions unexplored.

I have known Sophia for about seven years. A soft-spoken woman with American Indian heritage she captures your heart with her essence. Her favorite poets are Maya Angelou and Rumi (my personal favorite) and loves books by Kahil Gibran, especially *The Prophet*.

What drives a person to create poetry? I guess it's the same uncontrollable drive that forces artists to paint.

Sophia starting writing poetry in the early 1980s and hasn't stopped since. Born in Brighton, Colorado, she grew up in the small farming community of Sugar City, 55 miles east of Pueblo. The wide-open spaces enabled her to fall in love with the vistas of the Spanish Twin Peaks, the Greenhorn Mountains, the Front Range and Pikes Peak.

I asked Sophia what her favorite subject was in her poetry and she responded, "Many poems feel as though I have channeled them. I am aware that an entity named Maya has taken over my writing in various poems, and of course, our beautiful mountains and the wide-open spaces inspire me. When they do, I simply must capture the images."

She finds inspiration by taking long solo road trips through the beautiful vistas of Colorado finding herself composing poetry and singing each verse into existence. When she stops, she writes down a poem sharing her experience.

Sophia explains how she strives to create

The Canvas of My Life

*For the canvas of my life;
I choose peaks and valleys;
storms and rainbows;
sunshine and starlight;
camaraderie and solitude;
intimacy and distance;
laughter and tears;
community and isolation;
a full range of experiences.*

You can find Sophia reading her poetry at REM Fine Art Gallery's Art Fusion Friday which takes place every third Friday of the month located at 710 Main St. Cañon City. 719-371-5405.

JA in a Day

Junior Achievement of Southern Colorado, Teller County, will host *JA in A Day* events at Summit Elementary in Divide on March 20 and at Gateway Elementary in Woodland Park on April 12. Community volunteers will present Junior Achievement curriculum on work-readiness, entrepreneurship and financial literacy skills to all school students in K-5th grades. JA's educational materials and activities enable students to develop the skills they need to experience the realities and opportunities of work and entrepreneurship in the 21st-century global marketplace. All necessary volunteer training and curriculum materials are provided. For more information or to volunteer in the classroom, contact Sherri L. Albertson at 719-650-4089 or via email to sherri.albertson@ja.org. Find out more about Junior Achievement at <https://www.juniorachievement.org/web/ja-soco/>.

10th Anniversary of The Dungeon

by Flip Boettcher
photos by Darci Wige

The 10th anniversary of any business is quite a milestone, and this coming April 1 marks the 10th year for The Dungeon Inc, Body Art Studio. That is not an April fool's joke. The Dungeon is located at 503 Main Street in Cañon City's historic business district.

In celebration, The Dungeon will be offering a 50% off sale on all taxable products in the store from April 2-6. The Dungeon features a whole line of body art accessories and clothing.

The Dungeon will also be hosting a 10th anniversary party at the Royal Event Center, 523 Main Street, on April 6 from 6-10 p.m. featuring two bands. Tickets are \$5 at the door.

Darcie runs the business end of the store and Richie is the tattoo artist. Richie has been tattooing for 17 years and has won many awards for his tattoo designs and is noted as one of the top 25-tattoo artists world-wide, said Darcie. Richie is also known for his UV tattooing, or invisible ink. The couple moved to Colorado in 2006 and really liked Fremont County and Cañon City, said Darcie.

The Dungeon is housed in the 100-year-old-plus F.L. Smith building and still has the original tin ceilings. The Smith building, built in 1901, was built on the site of the first church built in Cañon City. The First United Methodist Church was built in 1867 and torn down to build the Smith building.

Smith moved his dry goods store to the site in



Ritchie Streate and Darci Wige owners of The Dungeon Inc, Body Art Studio.

1901. In 1924 it was Emerson Furniture Store and in 1933 a Safeway. The lodge room on the second floor has housed many groups over the years including the original Elks Lodge, Ku Klux Klan (1920s), Grand Army of the Republic Knights of Pythias and the Maccabees.

Come help The Dungeon celebrate their 10th Anniversary in April. The Dungeon is open Tuesday-Saturday 10 a.m.-8:30 p.m., 719-275-5050, www.thedungeoninc.com, or like them on Facebook.

2018 water quality testing

by Coalition for the Upper South Platte



Mining has traditionally been, and continues to be, an important economic engine in the Upper South Platte Watershed. Park County's deposits of mineable ores, including gold, lead, and uranium, resulted in Park County being one of the earliest settled areas in Colorado. Historic mining's legacy of waste rock piles, tailings from processing operations, and drainage from mine structures, has left their mark on Park County's landscape and water quality.

In 2010, CUSP completed an assessment of abandoned and inactive mines to assess the potential impacts from these mines and to plan for future monitoring and reclamation projects. This study is available at <http://cusp.ws/mineral-assessment/>. The results of this assessment showed only a handful of historic mines were impacting water quality in the watershed. Many of the historic mines had very little or no draining water.

With funding through the Colorado Department of Public Health & Environment and the Park County Land and Water Trust Fund, additional sampling was completed in 2018. Water samples were gathered from six locations on the Middle Fork of the South Platte, above and below currently operating gold mines, and below the town of Fairplay. Sample collection was accomplished during spring melt high flows, summer flow, and fall low flow. The sampling locations were based on legal access, and opportunity to characterize the water quality to focus future sampling.

Samples were analyzed for total and dissolved metals, anions, total dissolved solids, gross alpha/beta and gasoline range organics/diesel range organics. Results of

the 2018 samples showed no exceedances of drinking water nor aquatic life standards for the constituents tested. CUSP is compiling the data and will make it available on our website.

Also in 2018, The Colorado Department of Public Health & Environment, Colorado Parks and Wildlife, and Colorado Division of Reclamation Mining and Safety completed testing of fish for mercury from three Middle Fork of the South Platte locations and at Spinney Mountain Reservoir. The river sites were located up and down-stream of mining activity, the reservoir is 25 miles downstream of mining activity, but has the highest potential for bioaccumulation of mercury compared to fish tested prior to recent mining activities.

The study concluded that fish from below mining activities show no evidence of increased mercury levels as compared to fish upstream of the mines or levels in fish statewide. There was no evidence of increasing mercury levels in the fish at Spinney Mountain Reservoir.

Next steps for this watershed plan include additional water quality monitoring in 2019. A stakeholder-driven 9-element watershed plan, under the EPA standards, will be developed to identify problem areas and potential projects that will produce measurable improvement in water quality to protect drinking water, public health, fisheries, and wildlife.

To Be Present

by Eric Chatt., N.D.



*Being present is a practice, one that changes with the winds.
Fetching water, grinding axes, cooking food, and singing hymns.
Carving a spoon sitting down, soaking up the sunrise view.
Steam curls away from coffee as the first beam stirs morning dew.
Curiosity takes up the drivers' seat, lifelong learning perpetual treats.
To whiff the pines with wonder, finding beauty in the shadows.
Is to be in the present moment, sounds of music in the meadows.
Moved to silence, moved to action, moved to stillness, moved to tears.
Elk in the forest bugles, song of a warbler rings in my ear.
Whatever grounds you, this is well, in nature do such healing patterns dwell.*

Eric Chatt is Site Manager at Beaver Ponds Environmental Education Center

BPEC offers experiential education combining ecology, watershed protection, exploration, creative projects, medicinal plants, sustainable agriculture, sustainable energy and more. Check the website www.Beaverponds.org for more information.

Teller County Youth lead Youth Vaping Prevention

In response to a growing national health concern of youth vaping, SATURN, Cripple Creek-Victor School District, Woodland Park School District, Community Partnership and Joint Initiatives collaborated to bring education to the community regarding vaping. "Start the Conversation; How to Talk to Young People about Tobacco, Vaping, Juuls, and other Electronic Vaping Devices" was presented to adult attendees and "Why Do E-Cigarettes and Vape Pens Matter to Young People?" was presented to youth attendees.

Teller County youth led the evening of education and conversation to their peers to open the dialogue about vaping. Four Cripple Creek High School students facilitated a discussion with 21 of their peers in Woodland Park. This youth-to-youth event highlighted a

conversation regarding why youth vape, why adults use vape, and why youth don't vape. The conversation was followed by education and information about how big tobacco targets youth through advertisement. The night ended with an activity where groups worked together to deconstruct a vaping ad and reconstruct a more truthful ad to share with the larger group. The impact of the event extended beyond education to give youth an opportunity to shine as leaders, have their voices heard, and begin positive change within their community.

For more information or to become involved with future youth opportunities through SATURN, please contact Tami Clark-Teller County Public Health Program Manager clarkt@co.teller.co.us.

Woodland Park School District

'Elevate Your Education'

Woodland Park High School Spring Sports Schedule



Soccer Girls Varsity Schedule

Date	Time	Opponent	Location
3/7/2019	6:00PM	Pueblo East	WPHS
3/9/2019	6:00PM	Pueblo South	WPHS
3/12/2019	6:00PM	Falcon	WPHS
3/14/2019	7:00PM	Coronado	Garry Berry Stadium
3/16/2019	2:00PM	Sand Creek	WPHS
3/20/2019	6:30PM	TCA	TCA
4/2/2019	6:00PM	Canon City	WPHS
4/4/2019	6:00PM	Conifer	Conifer HS
4/8/2019	6:00PM	Mesa Ridge	WPHS
4/9/2019	6:00PM	Widefield	WPHS
4/16/2019	6:00PM	Sierra	WPHS
4/18/2019	6:00PM	Mitchell	Garry Barry South
4/25/2019	6:00PM	Harrison	Harrison HS
4/30/2019	6:00PM	Elizabeth	Elizabeth HS
5/3/2019	6:00PM	Palmer	Garry Barry South

Baseball Boys Varsity Schedule

Date	Time	Opponent	Location
3/7/2019	4:00PM	Coronado	Meadowwood
3/14/2019	4:00PM	Sand Creek	Meadowwood
3/16/2019	1:00PM	Manitou Springs	Meadowwood
3/19/2019	4:00PM	Pueblo South	Runyon Field
3/21/2019	4:00PM	Pueblo County	Meadowwood
3/26/2019	TBD	Greenway	Phoenix Arizona
3/27/2019	TBD	Greenway	Phoenix Arizona
3/28/2019	TBD	Greenway	Phoenix Arizona
3/29/2019	TBD	Greenway	Phoenix Arizona
4/3/2019	4:00PM	Pueblo Centennial	Meadowwood
4/4/2019	4:00PM	Mesa Ridge	Meadowwood
4/6/2019	10:00AM	Palmer	Spurgeon Field
4/9/2019	4:00PM	Sierra	Sierra HS
4/11/2019	4:00PM	Mitchell	Meadowwood
4/16/2019	4:00PM	TCA	TCA
4/18/2019	4:00PM	Elizabeth	Meadowwood
4/22/2019	4:00PM	Widefield	Widefield HS
4/24/2019	4:00PM	Canon City	Meadowwood
4/26/2019	4:00PM	Pueblo Central	Pueblo Central HS
4/30/2019	TBD	TBA	CSML Tournament - TBA
5/2/2019	TBD	TBA	CSML Tournament - TBA
5/4/2019	11:00AM	Conifer	Conifer HS
5/7/2019	TBD	TBA	CSML Tournament - TBA

Track and Field Varsity Schedule

Date	Time	Opponent	Location
3/9/2019	TBD	Pueblo West	Pueblo West HS
3/16/2019	TBD	Harrison	Harrison HS
3/21/2019	12:00PM	Denver South	All-City Stadium
4/6/2019	TBD	Salida	Salida HS
4/13/2019	TBD	CSU Pueblo	CSU-Pueblo
4/19/2019	TBD	Fountain-Ft Carson	Fountain Ft Carson HS
4/20/2019	TBD	Fountain-Ft Carson	Fountain Ft Carson HS
4/26/2019	TBD	Coronado	Gerry Berry Stadium
5/4/2019	TBD	Doherty	Garry Berry Stadium
5/9/2019	4:00PM	CSML	Fountain Ft Carson HS
5/11/2019	9:00AM	CSML	Fountain Ft Carson HS
5/16/2019	TBD	CHSAA	Jeffco Stadium

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Heaven and Earth

Being an empathetic person, part II

by Olga Daich

Part I appeared in our February issue page 14.

Empathetic people have the ability to perceive emotional energy emanating from others. This can happen as we walk into a room or even down a hall. It is important to learn to distinguish when the energy is coming from ourselves or if we have perceived someone else's energy and what to do with it. Recognizing something is wrong is the first step to heal or shed the energy.

I came back to my house after a trip to visit my daughter who was living in another state. As soon as I reached the door, I felt sick. I wanted to throw up. I started to feel angry, upset. I didn't have a clue why, but I didn't want to be at home. It was an awful feeling. I spent hours trying to find out why I was feeling so upset and why I didn't want to be at home.

I shared the feelings with my husband and asked him if a neighbor came by the house while I was gone. His answer was no. I went to bed, but the next day I was feeling the same. Physically sick, and still angry. I decided to ask my husband again. His answer was the same.

I changed my question, "Did somebody come to the house while I was gone? I am feeling upset about being here and there must be a reason!" Finally, he told me, "Robert was here," (fictional name here).

Robert was not a neighbor but somebody we met earlier. Robert had a criminal record. He did things that were very wrong. When I knew about his record, I told my husband "I don't want him at my house ever." His energy was so bad that I couldn't handle it. People can make mistakes but in Robert's situation it was more than a mistake. Robert's ban from our place had been discussed between my husband and myself before. When my husband told me about him being at our place, I immediately understood why I was feeling physically and emotionally sick.

I want to add here that even my aloe plant got sick and almost died (this specific plant has been used for cleansing energies). This is an example of using your gift to protect your home, your sacred space. It took me a few days to cleanse the energy of my place. When I cleanse a place, Reiki, sage and meditations are my tools. After a few days I was able to feel peace again in my home.

Working in a hospital setting gave me the opportunity to "read" people's energy fields. I remember walking in the hospital halls and felt as if I suddenly hit a wall, forcing me to take a step back and turn my head in the direction of a patient's room; a patient who I

hadn't met before. The energy coming from that room was so strong that it made me feel sick in my stomach. I knew there was something wrong with that patient, I felt that he/she had more than a physical problem and surely, I found out later that the patient had a criminal record (including pedophilia, domestic abuse, drug abuse, etc.).

It was not always easy, but I always felt thankful for the information because then I could use spiritual tools like hooponopono or Reiki to cleanse the field between the patient and myself or to stay away as much as possible if there was nothing I could do.

Being empathetic beings, we can also pick up on loving energy, especially if we have developed routines that cleanse our own energy fields and raise our own vibrations by getting enough sleep, revitalizing through meditation, Reiki, hooponopono and other methods.

I had the opportunity of meeting a sweet old lady. She was a new patient at a hospital where I was working. I remember walking in the halls and passing her room. I felt something, turned my head and saw her laying in her bed. I hadn't met her before, but that didn't stop me from feeling the need to get close to her. I went to her room and I said hi. She smiled at me as she extended her arm and hand in my direction. We held hands as if we had known and loved each other for all of our lives. She said this, "You are my angel, what a beautiful journey you have in front of you! Write about it!"

Amazing huh! What an empathic and beautiful lady. I will never forget her. I hope she knows, wherever she is, that I am writing now. I bet she would smile. Maybe she is not in this realm anymore, but I want to honor her and her words. I want to believe somehow and wherever she is, that she will receive my love and gratitude, because she was my angel!

For more information about Reiki training, Reiki sessions, balancing energy centers (chakras) or our Heaven and Earth workshop please contact me by email: olgacely@hotmail.com (subject: Reiki info), or by text: 719-313-1564.

I would like to remind our lectors that Reiki has been recognized as a biofield therapy for the NCCAM (National Center for Complementary and Alternative Medicine), here is USA. There are more than 800 hospitals and facilities around the country where Reiki is part of their programs. Reiki is NOT a religion or a cult. Reiki works with body's energy centers.

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 March 16 from 10:30 a.m. to 1 p.m., Zack will be marching in the Woodland Park St. Patrick's Day parade. After this event, he will be the greeter at the Taste of the Irish Cookoff. This is a fundraiser for the Pet Food Pantry at the Ute Pass Cultural Center from 2 p.m. to 4 p.m.

For more information about this event, go to www.PetFoodPantryTC.com.



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A Moment in Time

The Barker Reservoir Photograph

by Steven Wade Veatch

Whenever I look at an old photo that once hung on my grandfather's cabin wall, it conjures up memories — revealing a sliver of one of his lived experiences from more than a century ago. My grandfather often talked about this photo of him, his brother, and two friends while he reminisced about growing up in Nederland, Colorado, a small mountain town in southwestern Boulder County.

No less a personage than Ed Tangen took the photo. Tangen famously photographed the early decades of Colorado's 20th century and later used his skills to document Boulder area crimescenes for the county sheriff. I often wondered how my grandfather's family could afford this photo. Taking the photo on location would have been too costly for my grandfather's family. My grandfather's dad, George Leon Giggey, earned modest wages. He spent his teen years in the min-

ing camp of Caribou, Colorado, and later worked in Nederland as a teamster hauling tungsten ore. There was no extra money to spend on an expensive photograph like this one. It is possible that Ed Tangen, while photographing the reservoir one day, came across the small posse of boys and staged the scene to add interest to his photo? Perhaps Tangen made a gift of the photo to the Giggey family.

In the photograph are the monochromatic faces of four boys: my grandfather (Roland Giggey), his brother (George Nelson Giggey), and two of their friends. The boys wore hats and dressed for the crisp mountain air as they looked out on Nederland's Barker Reservoir, named for Mrs. Hannah Connell Barker, the owner of the meadow where the dam was built. Based on my grandfather's age at the time, the reservoir was newly built. In 1908, the Central



A view of Nederland and Barker Reservoir in the background circa 1912. Winter's ice covers the reservoir. A red arrow marks where the boys in the previous photograph stood for their photo. This photo also hung on my grandfather's wall next to the first photo and bears Tangen's trademark in the right corner. From the S.W. Veatch historic photo collection.



Looking at Barker Reservoir. My grandfather, Roland Giggey (farthest boy in the background), and his brother George Nelson Giggey (foreground) look out over the Barker reservoir around 1911 in this undated Ed Tangen Photograph. George Nelson Giggey would have been about 10. My grandfather would have been 7. Ed Tangen's trademark "T" enclosed by a diamond appears in the lower left portion of the photo. From the S.W. Veatch historic photo collection.

Colorado Power Company started construction of Barker Dam — a project to provide hydroelectric power. Workers scrambled to finish the dam in 1910.

Barker Reservoir became a favorite place for Nederland's kids to play. In the summer, my grandfather, his brother, and friends floated little canoes they made from tree bark on the water where light gleamed off small waves in dazzling flashes. In the winter, my grandfather and his buddies would play on the ice that covered the reservoir. Several times, the boys rigged a sail onto their sled to catch the cold winter gases that would move them over the wind-swept ice.

The Tangen photo is also the only photograph of George Nelson Giggey that exists. George was 17 years old when he came home one day from work. He was not feeling well and sank into the couch with aches that felt like his bones were breaking. George never left the couch, and a bitter gloom filled the room as he died on October 13, 1918. He was a victim of the flu that would soon become the deadliest epidemic in human history. My grandfather disappeared outside as he shut the door. He stood on the front porch, blinked some

tears away, and took the \$7 George had in his wallet that day. He carried them for the rest of his life.

The person I wanted to talk to about the photo, my grandfather, was the person I was trying to remember the most. I tried to summon up those days when my grandfather told me about growing up in Nederland and the story behind the photo. It was like trying to corral ghosts in the night. Although it is true that time tries to blow out that small flickering flame of memory, a photograph keeps a moment more complete. It preserves a single step in the march of time.

I think about this photograph now, and how it captured a day in the lives of four boys, all on the threshold of life. One died young; the others spent a few more years in the little mining town watching the world change from horse and buggy to cars, airplanes, radios, and televisions. They grew up, held jobs, raised families, grew old, and then crossed that final threshold. Although more than a century has passed, and these boys are gone and will not return to life, this photograph brings my grandfather and his brother back to the present — to the living; to me.



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MountainAries Market hosts Grand opening

by Flip Boettcher

With the grand opening of the MountainAries Market on February 15, 2019, the general store returns to Guffey. (See article page 21 about the Evolution of the Guffey General Store.) The market is located at the Guffey turn off of Colorado Highway 9. MountainAries will feature dry goods, flours, sugar, rice, beans, nuts and spices by the pound; in-season produce and fresh herbs; farm fresh eggs and dairy products; coffee beans, teas and tea blends; breads; serums and skin care items; some household items; and snack items like granola bars, chips and candy.

MountainAries Market is owned by Guffey resident Olympia Robinson and is helped in running and managing the business by Guffey resident Ashley Stone. The market is housed in the former Mountain Light Real Estate building. It was originally the West family homestead cabin, located on the slope of Thirtynine Mile Mountain and moved to its present location.



The body/bath/household room featuring the MountainAries Skin Care products hand crafted from scratch in the building next door. photo by Ashley Stone

Geri Salsig, owner of Mountain Light Real Estate, refurbished the old building for the real estate office. In 2005, when Salsig purchased the homestead cabin the roof had been partially off and the inside was partially open to the elements for many years.

Robinson, Stone and their families have done as much as they could of the remodeling and work to turn the historic building into the market, said Stone, including painting, staining, and flooring. They really wanted to keep the rustic-modern look. Complying with all the county rules and regulations and getting the equipment they needed has been a nightmare and taken a lot longer than expected, she added.

Robinson and Stone are partners in the skin care products the women make, MountainAries Skin Care, designing all the packaging and labels. The women had been making skin care products for their families, perfecting their recipes. February 2018, they decided to go big time and then purchased the building in April 2018.

All their skin care products are hand crafted from scratch, using organic where possible, and made in the small building next door to the market.

The name MountainAries Market comes from the mountains they live in and the fact that Robinson is an Aries birth sign. She said the name just flowed together. Robinson has always wanted to own a general store, she said, and the women plan on running a small, convenience store supplying basics for the community. They want to provide organic items as much as possible, non-GMO products, and fair-trade items. Their motto is "love your body the natural way."

MountainAries also has a zero/minimum waste policy and will be refilling jars, using small, reusable cloth bags, paper bags and



The front of the MountainAries Market housed in the old West family homestead cabin located at the Guffey turn off of Colorado Highway 9. Ashley Stone on the left and Olympia Robinson on the right. photo by Flip Boettcher

compostable plastic, mostly from non-virgin materials. MountainAries will also try to use locally made items when they can.

Future plans include garden boxes for growing more of their own items and switching to more solar power.

Robinson has lived in Guffey for five years and has five children. Born in Romania, Robinson grew up in Germany, she said, and came to Colorado 20 years ago and has lived here since, except for eight years spent in California. Her husband is retired military.

Stone came here from Florida and has lived in Guffey six years and has three children. Both women's children have attended, will be attending, or are attending the Guffey

Community Charter School. Both families are active in the community.

Before driving to Cañon City or Woodland Park for some shopping, check out the items stocked at MountainAries Market. The store is tastefully laid out with a separate room showcasing the MountainAries Skin Care products and items for the house, body and bath. Another room features the teas, tea blends and coffee beans. The large main room houses all the bulk items, dairy, produce and other items.

There is ample off-road parking in front of the market. There are also two county information/interpretive boards in the parking area as well.

MountainAries Market will be open Monday-Friday 8 a.m.-7 p.m.; Saturday 9 a.m.-2 p.m.; Closed Sundays. Phone: 719-286-9562. Located at 43 County Road 102, right at the Guffey turn off of Highway 9.



The check-out area in the main room of the MountainAries Market. The tea/coffee room is on the left and behind is the bulk dry goods, produce and refrigerator items. photo by Ashley Stone

Evolution of the Guffey General Store

by Flip Boettcher

The general store in Guffey has a long history. Gustav (Gus) Cohen seems to have had the first mercantile store in Guffey in 1896. It was presumably located on the northwest corner of Fourth & Main Streets and most likely also housed the post office. Cohen was postmaster off-and-on between 1896 and 1922. A Park County Bulletin article dated March 10, 1899 under the "Freshwater" section says, "The post office/store is the place to buy your tobacco, cigars and stationary." John W. Tremayne in *Guffey: One Hundred Years of Memories* said, "Mr. Cohen had a mercantile store, and believe me, he sold everything. A great store for a little town."

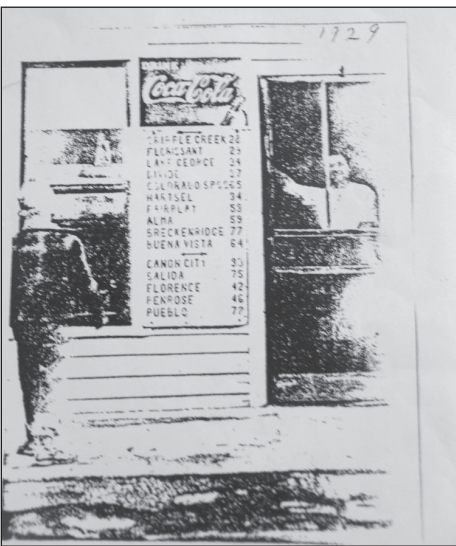
There is a mention of a John H. Jackson buying the old post office on Main Street and opening a store in 1911, but Cohen possibly still had the mercantile until 1923, when Mr. Collins ran the store with the post office. His wife, Elsie, was postmaster from 1923-1928. The store had gas pumps as well as the first radio for miles around. According to Franklin Nash, he went over there to listen to the radio and did hear a voice, but mostly they heard static.

In 1928, Agnes and George Miller bought the store. They had the post office, filling station and poolroom. Upstairs was a boarding house and the Millers built two cabins across the street, northeast corner of Fourth & Main. George died in 1933 and Agnes married Andrew Jack and kept the store. Early area resident Ardath Bumgarner said that people living in Guffey during World War II were lucky to have Mrs. Jack and her store. Mrs. Jack had many commodities not found elsewhere.

Andrew died in 1946 and Agnes married Ira Day and kept the store. In 1948, the store burned down, but it moved across the street into the two cabins that the townspeople helped remodel into a store. This store also had gas pumps.

Finally, in 1953, Agnes sold the store to Mr. Jean and Jeannie Nunn. The Nunn's sold the store to Mr. Melvin and Velma Ina Long in 1958 and sadly, it burned down in 1959. Since the old school house had been closed, Melvin Long moved the store after it burned to the vacant school. There were no gas pumps there.

In 1960, early area residents Frank and



Agnes miller in the doorway of her store in 1929 with a mileage sign. Miller owned the store from 1928 - 1953. This store burned down in 1948 and moved across the street, the northeast corner of Fourth and Main.

Cover: The Guffey general store in 1929. Located on the northwest corner of Fourth and Main Streets at the stop sign. Agnes and George Miller bought the store in 1928. You can see the Phillip's 66 sign and gas pump on the right. The upstairs was a boarding house.

Pat Ownbey, opened up a small store with only soda pop, beer and candy, said Pat. It was located in the old, two-room Guffey jailhouse that was located between the school and 110 Main Street at the time.

By 1961, the Ownbey's built a log cabin and had a regular general store. It was called Frank's Service, said Pat, and located at 130 Main Street, between the Bakery and 110 Main Street (which the Ownbey's also owned). It is a private residence now. Skoglund's Oil Company (Phillips 66 today) in Cañon City supplied the gas, and the Ownbey's supplied the surrounding area.

The store did not have garage service, but they did fix tires, said Pat. They even fixed

those big truck tires and she remembers having to watch out for those big metal truck rims, they could kill you. Pat didn't stay in the store all day, but had a bell that rang at the house when someone came and she would then go over to wait on the customer.

The Ownbey's sold the store in 1970 and longtime local resident Bill Sioux owned the store in the 1970s and is not likely to have named it the Guffey General Store.

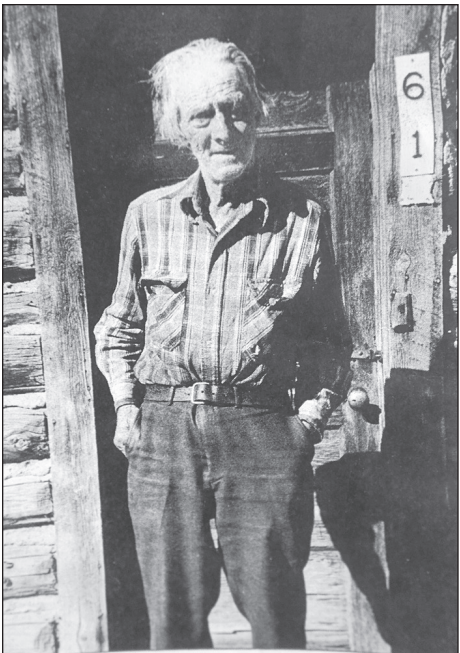
In 1977, when Judy Robbins and Susan Vines bought the store it came with the name GGS, said Vines. A September 1980 *Gazette Telegraph* article on Guffey, says the GGS seems to be the cornerstone of the community. Housed in a log cabin, the stock on the inside shelves seems to have something of just about everything. At that time, Guffey town had 10 residents with maybe 250 people in a 20-mile radius, and by spring Vines and Robbins were always ready to see some new faces.

In 1985, Jo Beckwith and Betty Royse bought the store and had it until 1988. An October 1987 *Ute Pass Week* newspaper says that now there are 19 Guffey town residents but only 100 in the surrounding area. The GGS, though, is still a favorite gathering spot, especially in the winter around the wood stove.

The store had a four-party telephone line, which was popular for those without a phone. Royse said that people would use the phone, record the number called and at the end of the month the store would post the amount people owed. No one skipped on paying their phone bill, Royse added.

The idea of having a cat as a town mayor was born at the GGS, said Royse and Beckwith. Guffey was being ignored by the county, so a group sitting around the store woodstove, decided a cat could "pussyfoot around with the best of the government officials." So they elected Paisley, the store cat, mayor, said Royse. The story was picked up by the national and international news, she added, and Paisley had her day in the sun.

A daily event at the general store was the sharing of a strawberry ice cream cone between Paisley and longtime Guffey resident Henry Reed. Reed lived at the corner of Main and Eighth in a one-room log cabin from 1945 until he died in 1992. Reed would



Long time Guffey resident Henry Reed in his front doorway. Henry and store cat, Paisley shared an ice cream cone every day.

walk up to the general store every day, rain or shine, for his shared treat, said Beckwith.

The store had a map on the wall, said Royse, with pins for visiting tourists. Every state in the Union and numerous countries were marked. Once the famous Von Trapp family of *Sound of Music*, visited the store and they even put on a quick show of their yodeling, said Royse.

After Royse and Beckwith sold the store in 1988, ownership changed quite frequently until 1994 when Bruce Buffington bought the business and moved the store to an old hardware store at its present location, where The Corona's @ Freshwater is now. Buffington really wanted to own a bar, so he gradually stocked less and less of the store items and became the Freshwater Saloon.

In 2019 we will see the revival of the GGS, reincarnated in the MountainAries Market at Colorado Highway 9 and the Guffey turnoff. Grand opening was February 15. (See article page 20 about the market.)

MountainAries Market will be open Monday-Friday 8 a.m.-7 p.m.; Saturday 9 a.m.-2 p.m.; Closed Sundays. Phone: 719-286-9562 and located at 43 County Road 102, Guffey.

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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

2 Central Colorado UAS Club — Join others in the region who own and/or operate unmanned systems for fun or profit — a social gathering for pilots and owners of drones and those interested in learning more 9-10:30 a.m. Central Colorado Regional Airport 27960 CR 319. FMI ccuasclub@gmail.com or www.tnlationation.com/central-colorado-usa-club.

CAÑON CITY

- 10 The Recital Series 2 p.m. presents George Humphrey, operatic tenor; Joyce Hanagan, oboe; Abe Minzer, piano. There will be a reception following the performance. Tickets \$10 adults, students free. Christ Episcopal Church 802 Harrison Ave. FMI 719-429-7551.
- 15 Art Fusion Friday at REM Fine Art Gallery 5-7 p.m.
- Yoga with Bill O'Connell at the River Lotus Yoga Studio - Monday 9 a.m. and Wednesday 6:30 p.m. Studio fees apply.
- NAMI Connection Recovery Support Group for those adults living with mental illness every Friday 1-2:30 p.m. at St. Thomas More Hospital, Community Education Room, 1338 Phay Ave. FMI 719-315-4975.

LIBRARY

- 1 Dr. Seuss Birthday Party 4 p.m. presented by Canon City Library and the 7th Grade Middle School Choir.
- 6 Free Legal Clinic for parties who have no attorney will be featured from 2-5 p.m. Please schedule 719-269-9020.
- 9 What's Your Capital? By Richard Gibson 2 p.m.
- 18-22 Instapot Cooking — Scams for seniors to avoid — Theater at a glance at Pueblo Community College
- Saturdays AARP hosts Tax Aid 12-4 p.m. Anyone, any income. Schedule appointment 719-999-8502.

COLORADO SPRINGS

- BROADMOOR WORLD ARENA
- 14 The Roadshow 7 p.m.
- 19 Shen Yun 7:30 p.m.
- 20 Shen Yun 1 p.m.
- 22 Disney on Ice at 7 p.m.
- 23 Disney on Ice at 11 a.m., 3 p.m. & 7 p.m.
- 24 Disney on Ice at 11 a.m., 3 p.m.

PIKES PEAK CENTER

- 2 COS Philharmonic — Rachmaninoff Third Symphony at 7:30 p.m.
- 3 COS Philharmonic — Rachmaninoff Third Symphony at 2:30 p.m.
- 8 COS Philharmonic — E.T. The Extra-Terrestrial in Concert at 7:30 p.m.
- 9 COS Philharmonic — E.T. The Extra-Terrestrial in Concert at 7:30 p.m.
- 16 The Mormon Chorale presents Lamb of God 2 p.m. & 7 p.m.
- 19 Shen Yun 7:30 p.m.
- 20 Shen Yun 1 p.m.

CRIPPLE CREEK

- Yoga with Bill O'Connell at the Rec Center - Tuesday 11:30 a.m. Donation-based class.

ASPEN MINE CENTER

- 5, 19 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.
- 6, 13, 20, 27 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.
- 7, 14, 21, 28 Cocaine Anonymous group every Wed 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.
- 12 Veteran Service Meeting 9-11 a.m.
- 12 All Vets. All Wars. Group participation 10-11:30 a.m.
- 13 Understanding Alzheimer's and Dementia 1 p.m. Alzheimer's is not normal aging. It's a disease of the brain that causes problems with memory, thinking and behavior. Learn the difference between Alzheimer's and dementia; Alzheimer's disease stages and risk factors; current research and treatment; and Alzheimer's Association resources. RSVP 800-272-3900.
- 14 Colorado Legal Services 1:30-3 p.m. A non-profit organization that assists persons with low income and seniors who need meaningful

access to high quality civil legal services in the state of Colorado.

- 21 OIB Group. This is a support group for individuals with blindness or other sight issues 10-11 a.m. in the Dining Room on the 2nd floor, FMI, Kathleen at 719.471.8181 X103.
- 21 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability 1-2 p.m.
- 23 VITA Tax Preparation service and tax counseling for the elderly 9 a.m.-1 p.m.
- 29 Teller County Emergency Food Distribution Program (Commodities) will be held the last Friday of the month 9-2 p.m. Please bring photo ID and proof of Teller County residency.
- 29 Cross Disability Meetings for persons with disabilities 10-11:30 a.m. p.m., every Thurs 4-7 p.m., every Wed and Fri (all day in the shack).
- A Willow Bends every Tues 4-6 p.m., every Thurs 4-7 p.m., every Wed and Fri (all day in the shack).
- On-going: Our Health Navigator Krys Arrick is available Mon-Thurs 8-4:30 p.m. for families who are seeking access to affordable and quality health care. Call 719-689-3584 ext. 111. Unless otherwise noted all meetings are held in the 2nd floor conference room.

CRYSTOLA

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

DIVIDE

- 1 Cripple Creek Masonic Lodge meets 5:30 p.m. at 75 Buffalo Ct.
- 11, 25 Little Chapel Food Pantry distribution. This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are:
Last name beginning with:
A-H 3:30-4:30
I-Q 4:30-5:30
R-Z 5:30-6:30

COMMUNITY PARTNERSHIP

- 4 Active Parenting First Five Years workshop and discussion Mondays March 4 through April 5, 5:30-7:30 p.m. Learn what babies cry means, your child's growing brain, effective discipline, using mindfulness to keep you cool, choices and consequences and more.
- 5 Tutoring/Study Hall 12-2 p.m. Every Tuesday, free, open to Teller County residents 17 & older. Drop-ins welcome. Contact Katy for more information: katy@cpteller.org or 686-0705.
- 5 Crossroads for Families that Co-Parent 4:30-8:30 pm. Registration Fee required. Contact Michelle to RSVP: michelle@cpteller.org or 686-0705.
- 6 GED class registrations 10-2 p.m. Lunch will be served. Child care is provided upon request. Be prepared to stay the entire time, assessment testing will be completed. \$40 enrollment fee. FMI Kathy@cpteller.org 719-686-0705.
- 11 Career Workshops 3-4:30 p.m. This series of workshops will help prepare you to obtain your desired job! A new subject will be discussed each month. Free to anyone 17 and older. Childcare provided if requested in advance. FMI Kathy@cpteller.org 719-686-0705.
- 16 Dr. Seuss Science! 10:30-11:30 am @ Ute Pass Library in Cascade. Celebrate Dr. Seuss' Birthday with a wacky science extravaganza, presented by Cool Science. Take part in spectacular experiments, wild demonstrations, and lots of Birthday Cake!
- 16 St. Patrick's Day Parade Noon. Parades will start at Memorial Park and end in front of Gateway Elementary.
- 21 Stroller Safaris 10:15-11:15 am @ Cheyenne Mountain Zoo. Participate in a wallaby-themed sensory activity, meet Matilda, a 6-year-old red-necked wallaby and assist keepers with feeding one of the animal ambassadors from The Loft! To register visit www.cmzoo.org/stroller.
- 30 Astro-Nut Buzz Black's Magic Mission to Mars! 10:30-11:30 am @ Ute Pass Library in Cascade. This magic-filled program explores how astronauts will travel and live on Mars and celebrates the 50th anniversary of the moon landings. For ages 3-12.
- Playgroup meets Mondays & Fridays 9:30-11 a.m. Free.
- Tutoring every Tuesday 12-2 p.m. We are hosting free study hall/tutoring

sessions to all Teller County residents age 17 and over. Our amazing and incredibly knowledgeable GED instructor will be on-hand to help anyone who needs education assistance. This is an open session.

EVERGREEN

- 7 Free Legal Clinic for parties who have no attorney will be featured 3:30-5 p.m. at Evergreen Library 5000 CR 73. Pre-registration 303-235-5275.

FLORENCE

- 8 All Things Celtic IV Art Show & Call for Entries - opening reception 5-7 p.m. Join us in celebrating the wonders of Celtic World. The purpose of the show is to explore the new and rejoice in all things Celtic through the creativity of art. All Things Celtic is a people's choice show with cash prizes for the top 3 artists. The show is open to all media, both 2-D and 3-D art, that is of original content completed within the last 3 years and available for sale. Entries must be received by 4 p.m. March 6, 2019. Each artist may submit up to 3 entries for \$30, \$25 for members. FMI www.florenceartscouncil.org or 719-784-2038 or belltwaer@florenceartscouncil.org.
- 9 Second Saturday — The Gallery Walk around Florence. Most businesses open late.
- NAMI Connection Recovery Support Group for those adults living with mental illness every Thursday 6:30-8 p.m. at Florence Chamber of Commerce 116 N. Pikes Peak Ave.

JOHN C. FREMONT LIBRARY
Artist of the month: Jessica Cobler
1, 5, 8, 12, 15, 19, 22, 26, 29 Story Time 10:30 a.m.
2 Read Across America
6, 13, 20, 27 Wood Gatherers 10 a.m.



Florissant

17 St. Paddy's Day dinner and show at the Thunderbird Inn featuring Lissa Hanmer with Super Chuck, Dave German, and Cari Dell. Proceeds benefit Nighthawk Ranch in Guffey. Dinner includes Lavanna's Homemade Corned Beef & Cabbage and all the fixin's. Music starts at 3 p.m., dinner at 5 p.m.

- 7, 14, 21, 28 Teen Group 3:45 p.m.
- 9 "Written off" Opioid program 12-2 p.m.
- 13 Cyndi Pink is Back! Book Folding 2-4 p.m.
- 16 Essential Oil 10:30 a.m.
- 16 Family movie: *Small Foot* 2:30 p.m.
- 27 The Cherokee Culture by Courtney Miller 5 p.m.

FLOISSANT

FOSSIL BEDS

- 8 Night Sky Program 7-9 p.m. Join park staff and member of the Colorado Springs Astronomical Society to gaze at the dark skies above in search of planets, galaxies, nebula and more. Meet at Visitor Center. FMI 719-748-3253 ext.202.

FLOISSANT GRANGE

- 9 Pine Needle Basket Class at the Florissant Grange, from 9-12 or longer. We will be working with gourds again AND making pine needle baskets. Beginners are welcome. Join us for lots of fun.
- 23 Spring Craft Show from 9-3 at the Florissant Grange. Crafters and vendors make your reservation as soon as possible. Shoppers, come join us for lots of great one of a kind gifts and home decor.
- 30 Presenting the Back Roads Bluegrass Boys in Concert at the Florissant Grange. Reserve your

seat for this Dinner Concert event right away. We have amazing seating. Dinner will be served at 6:00 pm and the Concert begins shortly after. Tickets are a suggested donation of \$30 per person and that covers Dinner and the Concert. You can't find a better deal in our area. Call today for reservations or more information. 719-748-5004.

LIBRARY

- 6 JLF U.S. Coins Evaluations 11-2 p.m.
- 9 Traditional Irish Dance: Eire Irish Dance School 10:30 a.m.
- 11 Let's Read Amok! Book Club 11 a.m. March theme: Setting British Isles Yarnia! 10-12 p.m.
- 14 Free Legal Clinic for parties who have no attorney will be featured from 3-4 p.m. Please pre-register 719-748-3939.
- 20 Bookworms Book Club 10:30-12 p.m. March: *The Bridge of San Luis Rey* by Thornton Wilder
- 27 Craft and Create 1-2:30 p.m. March: Ice Candles Register.
- Lego Club 12-4:30 p.m. Fri
- Storytime 10:10-45 a.m.
- Tai Chi Mon 10 a.m.

GUFFEY

- 17 St. Pat's Day Brunch at Bakery see page 16.
- 21 Talking Threads 10-12 noon.
- 21 Drum Circle 6-8pm.
- Yoga with Bill O'Connell at the Guffey School - Tuesday 10 a.m. and Noon, Tuesday 5 p.m. Donation-based classes.
- Yoga every Friday morning from 8:30-9:30 a.m. with Kristie.

HARTSEL

16 Leprechauns Welcome! Come and enjoy a delicious Irish dinner of corned beef and cabbage or shepherd's pie with your friends and community at the Hartsel



SALIDA

28 Dr. Paula Cushing of the Denver Museum of Nature and Science to present "On a Silken Thread: Spider Fact and Fancy" at the SteamPlant Theater 7 p.m. Learn to respect these top predators of the world of creepy crawlies as spiders eat 400-800 million tons of insects per year and are a fine natural control on insect populations. FMI www.collegiatepeaksforum.org.

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

- 13 Free Legal Clinic for parties who have no attorney will be featured from 2-5 p.m. at the Salida Regional Library 405 E. St. Please schedule 719-539-4826.
- 14 SCFTA the Creative Mixer 5:30 p.m. in Paquette Gallery, the lobby of the SteamPlant.
- 19 NAMI Connections for people dealing with mental illness meets 5:30-7 p.m. at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.
- 19 NAMI's Family to Family for those who have a family member dealing with a mental illness meets 5:30-7 p.m. at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.
- 31-April 4 Total Wellness Retreat see page 4.

VICTOR

- 2, 9, 16, 23, 30 Celebrate Recovery at the Victor Community Center every Friday night 6:15 p.m. FMI 719-243-4970.

WESTCLIFFE

- 13 Free Legal Clinic for parties who have no attorney from 2-5 p.m. at West Custer County Library 209 Main St. Please schedule 719-783-9138.

WOODLAND PARK

- 3 Cowboy Mardi Gras Fundraiser 11-2 p.m. To benefit the Ute Trail Stampede Rodeo, held on June 28-30 in Woodland Park Bergstrom Park featuring a Chicken Round-Up, Cowboy-Cowgirl Hat contest and more. FMI UteTrailStampedeRodeo.com or call 719-687-9688.
- 4, 18 NAMI Connections for people dealing with mental illness Mon 6:30-8 p.m. at Mountain View Methodist Church 1101 Rampart Range Road FMI 719-687-3868.
- 8 Senior Center's 8th Annual Chili Cook-off 11:30-1 p.m. corner of Pine and Lake. All chili cooks are invited to enter \$10 fee. Chili tasting with cornbread and desert lunch is open to all for \$5. Everyone welcome to this fundraiser — thank you for your support!
- 10 The Spring Ahead with a trombone, viola, oboe, cello, bassoon, violin, clarinet, trumpet, flute and lots of piano concert performed by Ute Pass Chamber Players 3 p.m. at High View Baptist Church 1151 Rampart Range Road. The music selections include pieces from Beethoven, Gaubert, Klughardt, Clara Schumann and Turrin performed by Guy Dutra-Silveira, Andrew Friedrichs, Dina Hollingworth Steve Kindermann, Veselk Kuzma, Mary Anne Lemoine, William Malone, Barb Riley-Cunningham, Elsa Wicks, Carol Wilson and Clark Wilson. Tickets \$15 (students \$5) at the door.
- 14 Woodland Park Provider Connection Fair 10:30-1:30 p.m. Ute Pass Cultural Center, 210 E. Midland Ave. Looking for a rewarding job with flexible hours working with children or adults with intellectual or developmental disabilities (IDD)? 20+ Employers will be there to offer employment opportunities

SALIDA

- 7 Chaffee County The Emergency Food Assistance Program & Commodity Supplemental Food

JOB FAIRS

TELLER COUNTY

WOODLAND PARK JOB FAIR (Ages 16+)

Friday, April 12, 2019
Ute Pass Cultural Center, 210 E. Midland Ave., 80863
1 pm ★ Open to Veterans & eligible Spouses
1:30 to 4 pm ★ Open to General Public

CRIPPLE CREEK JOB FAIR (Ages 16+)

Thursday, May 2, 2019
Aspen Mine Center, 166 E. Bennett Ave., 80813
11 am ★ Open to Veterans & eligible Spouses
11:30 am to 3 pm ★ Open to General Public

★ **Veterans are entitled to priority of service.** ★

Employers:

The Pikes Peak Workforce Center works for the success of regional businesses with no-cost, tailored services connecting you to employment-ready job seekers.

To participate in these job fairs, please contact us at 719.667.3814 or ppwbrg@elpasoco.com

Paid from U.S. Department of Labor funds

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