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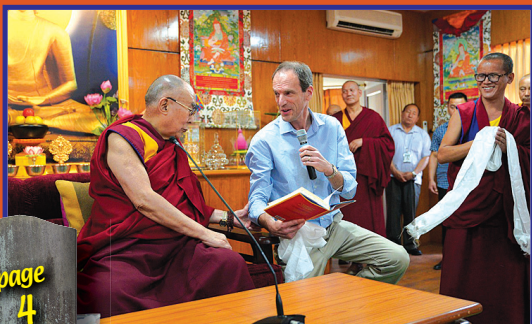
## Welcome to Ute Country



**"We can easily forgive a child who is afraid of the dark;  
the real tragedy of life is when men are afraid of the light."**

— Plato

### PEEK INSIDE...



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Biology and Buddhism



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New chief, familiar face at LG Fire




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A bicycle ride to remember




# Introducing Mama Dana's Around the World Bistro



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## On Deck

The gentleman on this month's cover is Leo Kolman as he portrayed "Digger O'Dell" the fictional undertaker at the 2018 Mt. Pisgah Speaks Cemetery tour. Leo is a member of the Gold Camp Victorian Society. It is an annual event held in late September at Cripple Creek's cemetery on Mt. Pisgah. It is a very interesting presentation where actors bring to life those who had settled Cripple Creek. Jeff had taken many photos last year and we felt this photo and quote were fitting for October.

Our October issue has many articles that can shine a little light on several topics. *Force of One and Climate vs. Weather* are two articles that draw attention to our changing climate. *The Thymekeeper's* "Winter time remedies" sheds some light on how to be prepared for cold/flu season from prevention to full blown fever and beyond. *Life Enhancing Journeys* illuminates how to navigate the process of differentiation. Believe it or not, *Musings Along the Way* was submitted a week after we had selected the cover quote and bears a resemblance to it! This un-orchestrated synchronicity has occurred in every issue since July 2012 and it is always a pleasant blessing when we find it. We trust you enjoy it as well.

We always enjoy seeing and sharing the photos submitted for *Critter Corner* and we're running low. Now that days are shorter and we are spending more time indoors, you may have time to send them to *Ute Country News* POB 753 Divide, CO 80814 or email them to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com).

Feel free to share your comments, questions or requests to us at the email above or if you prefer, you can find us Monday through Friday, 9-5:30 p.m. at Shipping Plus in Divide 719-686-7587.

*Thank you, — Kathy & Jeff Hansen*

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

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## The Thymekeeper

A compilation of winter-time home remedies  
by Mari Marques-Worden



Over the years I've written several articles on the subject of winter-time illness. Preventing and treating colds, flu and fever with home remedies. I have compiled much of that information into one article with the hope that *Ute Country* readers will find some benefit from my experiences with preventing and treating illness from home.

**Get ahead of the game**  
First and foremost it is important to boost the immune before flu season or any season change to increase your chances of avoiding sickness. Many of the home remedies I recommend are immune enhancing herbs in addition to being anti-microbial. You only have to incorporate them into your daily routine before illness has a chance to take hold.

**Vitamin D3**  
Vitamin D3 supplementation is an excellent way to get ahead of flu season. I received an email from my teacher and colleague Paul Bergner several years ago in which he stated the importance of supplementing with vitamin D3 during the dark months of the year; October through March. In his email he states that a friend who was a medical family practitioner found that 2000 IU daily was not bringing her adult patients up to acceptable levels, and 2000 IU was considered the upper safe level at the time.

She increased the dosage to 4000-7000 IU per day and after a year or so, an official from the hospital she referred her patients to invited her out to lunch. With stats in hand he confronted her over why she was referring patients elsewhere. There were two hospitals in town. He assumed that she was dissatisfied with his service as her hospitalization rate for all causes had fallen by more than 70% after increasing their vitamin D3 daily intake.

**Exposed to or at the onset of illness**  
*Steam* An herbal steam no matter how you choose to do it will benefit you on multiple levels. First, you are coating the mucous membrane with anti-microbial volatile oils making it harder for a virus or bacteria to take hold. Secondly but no less important, you will sweat and heat up the respiratory passages. Bacteria and virus cannot live over 99 degrees.

Herbs to use for a steam include but are not limited to, thyme, oregano and rosemary. Heat a pot of water and throw in a few spoonfuls of herb, cover the head with a towel taking breaks as needed. Pour yourself a cup of tea after steaming. The remaining liquid can also be used to gargle with or to use as an antiseptic spray removing airborne germs. That's what I call bang for your buck.

A small pouch of herbs can be tied beneath the shower head or bathtub faucet to achieve much of the same results. A couple of drops of essential oil on a hot washcloth and laid over the face is another effective technique. The extra benefits from the steam method is the immune enhancing and decongestant actions of thyme, oregano and rosemary.

*Fever?* Good! Treat the fever properly and it will be of the utmost benefit to you. Keep in mind your goal should never be to eliminate or drastically reduce a fever but to focus on keeping the person hydrated and comfortable. Dehydration can land you in the emergency room in short order so it's important to keep the patient sipping water throughout the day. Water can be enhanced by adding a half a lemon (vitamin C), ½ teaspoon of sea salt (minerals), and ½ teaspoon baking soda and 2-3 tablespoons of honey thus resulting in an electrolyte drink. Signs of dehydration include scanty urination, chapped lips or skin that doesn't relax into normal position after being pinched.

Elder flower or boneset herb tea can reduce a fever by a degree or two and help to relieve muscle ache if the person is extremely uncomfortable. Elder and boneset also facilitate sweating which is necessary once the fever has peaked. When the tea has cooled, a cloth can be soaked and laid over the pulse points. The same method can be used with peppermint tea or chickweed tincture. Both peppermint and chickweed are refrigerant herbs.

Elderberry and elder flower tea are one of the most effective anti-viral herbs known to man. An infusion of elder flowers and peppermint is an almost infallible cure for the onset of influenza.

*Starve a fever.* It is advised to avoid solid foods while fever is present. The reason being that digestion takes a large amount of energy and protein that could be better used by the immune response. Bone broth and popsicles are acceptable; as long as the popsicles are made using herbs and natural sweeteners. Popsicles made with hibiscus flower, lemon juice and honey are my favorites and provide a nice boost of vitamin C.

**Tip:** It's important to remember the degree of fever does not correlate with the severity of the illness. A high fever speaks to the immune system's ability or vitality to launch a strong attack.

For more information on treating a fever including when to see a doctor, see *Ute Country News* January 2014 issue.

**Unlike today's so-called health care system, you can use herbs as an immune boost to decrease the chance of illness setting in.**

**What not to do**  
Cold and flu are both viral infections. Antibiotics will only exacerbate the situation by causing harm to the gut bacteria where the immune system resides. Aspirin and NSAIDS reduce immune function and increase viral shedding. A drop of peppermint essential oil applied to the temples will relieve the headache often-times associated with cold and flu.

**Tip:** One drop in the palm of the hand and cupped over the nose and mouth can help open the bronchial tubes. In addition, peppermint will relieve nausea.

Never attempt to dry out your mucous no matter how copious the amount. The goal instead should be to keep it moving and not let it stagnate. Every orifice of your body is protected by mucosal cells. If they are inflamed for too long, within 12-24 hours, the protective mucosal linings become thin. Once they are infected, they stop producing more cells and this is where the danger lies. Bacteria such as strep and staph will find opportunity in thin mucosal linings as a means to break into other parts of the body.

Keep the mucous membranes moist with marshmallow root or what we fondly refer to as herbal snot. Marshmallow root is a demulcent and will act as a protective layer. The powdered root can be whisked into room temperature water and sipped throughout the day. The added benefit of marshmallow root is, it will help to thin congested mucous making it easier for it to move out of your lungs and sinuses as well as increase your capacity to retain water in the case of dehydration due to fever. Keep it slick and nothing can stick.

Avoid sugar. One soda can suppress the immune by up to 40% for several hours. It also depletes vitamins and minerals essential for immune function.

**Look no further than the kitchen**  
No kitchen medicine chest would be complete without garlic and onion. Garlic increases killer T cells that seek out and destroy virally infected cells. The pores of the feet are the largest pores of your skin suit and make a rapid delivery system. A paste can be made using olive oil and garlic or onion and applied to the bottom of the feet with a protective cloth layer in between the skin and the herb. An onion poultice can also be applied to the chest to effectively clear out congestion. The risk of infecting others is greatly reduced using this method as you can guess, no one will want to be around you!

Garlic and olive oil are the two ingredients needed to beat an ear infection. Simply cut a small piece of garlic about the size of the end of a toothpick. Soak a cotton ball in olive oil and wrap the sliver of garlic inside. Insert in the ear taking care not to let the garlic get loose. I recommend that if you need to lie down, lay on the side that has the cotton ball so if it does fall out, it won't be into the ear. Remove the cotton ball every once in a while, to allow air in.

Honey is probably the tastiest remedy out there. Being anti-microbial, combining kitchen herbs with honey is a great way to get kids to comply. Ginger root, cinnamon and clove are examples of kitchen herbs that are immune enhancing, anti-inflammatory, anti-microbial, warming and rich in minerals.

Last, but not least, convalescent time is just as important as anything I've written here. Being highly under-rated in this country, both you and your boss would benefit by allowing adequate recovery time. Especially after the flu. The rule of thumb is, if you're sick for seven days, take it easy for seven afterward. Inadequate recovery can lead to re-occurrence and trust me, the symptoms will be much worse the second time around.

**Why home remedies?**  
*Preventative* Unlike today's so-called health care system, you can use herbs as an immune boost to decrease the chance of illness setting in.

*Cost effective* No need to point out the exorbitant cost of doctor or hospital visits and pharmaceutical medications. With the use of herbs, you can treat many ailments for pennies on the dollar.

*Environmentally friendly* Buying herbs in bulk will not only save you thousands of dollars, your footprint on this planet will shrink substantially.

*Quality* There is no match when it comes to the quality of product you can produce at home as opposed to what you can buy off the shelf. I would add, there are two ingredients you will never find anywhere else; the energy and love that comes from you that goes into making your own remedies.

*Self-reliance* The statement that knowledge is power has never meant more to me. It is the one thing no one can take away from you. Empower yourself, take your health into your own hands because making home remedies is easier than you think.

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



## 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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## Biology and Buddhism

Dr. Arri Eisen, Professor of Science and Society at Emory University, will present the Collegiate Peaks Forum Series lecture *Biology and Buddhism: What I've Learned about Life during a Decade Teaching Science to the Dalai Lama's Monks and Nuns* at 7 p.m. on Thursday, October 10, 2019, in the Ivy Ballroom of the Surf Hotel in Buena Vista. The lecture is free to the public and refreshments will be served. The Surf Hotel is located at 1012 Front Loop, Buena Vista, CO 81211. Parking for the hotel is north of the Eddyline Restaurant. When coming into Buena Vista on South Main Street, turn right onto Swift Circle (there is a stop sign at the corner). The dirt parking lot is on your left. Walk across South Main Street to the Surf Hotel.

The Dalai Lama invited Emory University to shape and lead the first significant change to his monastics' academic curriculum in six centuries. Little did anyone imagine how profoundly this new direction would affect all involved with these changes.

Dr. Eisen received his B.S. with honors from University of North Carolina-Chapel Hill and his Ph.D. in Biochemistry from University of Washington-Seattle. He is the Nat C. Robertson Distinguished Teaching Professor of Science and Society and has been teaching in biology, interdisciplinary studies, and the Center for Ethics at Emory for nearly three decades. He has won every teaching award for which he is eligible at Emory and estimates he has taught more than 4,000 students in his career thus far — and remembers the names of nearly 1,000. Dr. Eisen has been involved in the



Dr. Arri Eisen (right) with the Dalai Lama (center) and Yungdrung Konchok (left).

Emory Tibet Science Initiative since its inception. He will discuss with the audience unexpected insights gained in the project in relation to science and religion, teaching across cultures, and the process of thinking about and doing science in general. He publishes in public and peer-reviewed literature in science, science education, bioethics, and science and religion. Dr. Eisen is the author, with Yungdrung Konchok, of *The Enlightened Gene: Biology, Buddhism, and the Convergence that Explains the World* (ForeEdge 2017). Copies of this book will be available for purchase and signing by Dr. Eisen at the lecture.

Please join us for this enlightening, free lecture! The Collegiate Peaks Forum Series, now in its 17th year, is a free lecture series with presentations in Leadville, Buena Vista, and Salida. FMI: [www.collegiatepeaksforum.org](http://www.collegiatepeaksforum.org).

**Adopt Me** by Ark Valley Humane Society

**Henry**

Henry is a 7-year-old-male Catahoula Leopard Dog/Shepherd mix. Henry is our longest canine resident here at the shelter, he has been with AVHS since July. Henry needs a home with no cats or small animals, but he gets along great with dogs! Henry has made a lot of yard buddies (other pups that he hangs out in the yard with) since his time here at AVHS, but we still encourage folks to bring any dogs in the home to meet Henry to make sure it is the right fit! Henry loves to play in the yard with other dogs and go on long walks with volunteers, he'd really enjoy an active home! We hope you'll consider inviting Henry into your home and hearts! To learn more about Henry visit Ark Valley Humane Society 701 Gregg Drive Buena Vista or call 719-395-2737.

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



## WPWS and WMS Benefit concert

The Woodland Park Wind Symphony and Woodland Music Series announce their October 6, 2019 benefit concert partnering with the City of Woodland Park and the Ute Pass Cultural Center to raise funds which will go toward renovation of lighting and sound reinforcement in the Ute Pass Cultural Center to provide premium facilities

for those using the Ute Pass Cultural Center.

The Ute Pass Cultural Center is the City of Woodland Park's facility and has been used by non-profit organizations throughout the years (as well as by corporate and private groups). It is a wonderful facility and has recently upgraded the flooring and walls/window covering. The work to the main room floors and walls was done by volunteers from Habitat for Humanity.

The Woodland Park Wind Symphony has been providing free concerts in the UPCC for 25 years and the Woodland Music Series has been having its free summer concerts for 15 years.

The \$10 adult/\$5 student ticket sale proceeds will go to the City of Woodland Park to use toward this lighting and sound system renovation.

The benefit concert features a guest band from Germany — the Melchiorshausen Wind Band.

Come to Ute Pass Cultural Center at 6 p.m. for the Meet the Musicians reception featuring Swing Factory Big Band. The benefit concert begins at 7 p.m. Bring your family and friends, brush up on your German and support the City of Woodland Park and the Ute Pass Cultural Center. FMI: 719-687-2210 or 719-687-5284 or [www.woodlandparkwindsymphony.com](http://www.woodlandparkwindsymphony.com).



## Climate vs. weather

by Patricia Turner, retired research scientist

Every time I discuss climate change with friends and my community, I discover just how many people don't understand the difference between weather and climate.

Meteorologists study weather. Weather is the atmospheric patterns that we see daily and in short periods of time, minutes to months. It's cloudy or rainy today.

Climatologists study climate or the long-term changes in atmospheric weather patterns and the predicted effects of those changes.

The last time our climate warmed as much as we are experiencing today was 55 million years ago during the Paleocene-Eocene Thermal Maximum or (PETM for short). However, the warming of our earth then took 20,000 years to happen and still it is believed that mass extinction events happened, and sea levels may have risen as much as 65 feet in what is considered a short period of time on an evolutionary scale. However, many species still had a chance to adapt. Today we are on the same path but we are seeing changes so rapid that they have occurred in only 100 years. This leaves no time for adaptation.

Human activity, namely the use of fossil fuels, is the culprit to our rapid global warming. When more than 98% of all the world's climatologists agree, there is no longer any doubt about the consensus.

Scientists understood that adding CO2 and other greenhouse gases to our atmosphere would warm our planet as far back as the 1800s, but we have denied these facts and we now have years, not decades to address this issue.

If you were asked, "which number is larger 50 or 100?" You would say, "100" because that is the fact. Climate Change is a fact not a belief. Regardless of your belief systems the facts are in. If you think it is a natural cycle of the earth, I implore you to look at the facts. The normal causes of climate change are related to sun patterns, volcanoes and the wobbling of the earth's orbit. If all of these causes are taken into account today, the earth should actually be cooling.

If you still don't believe facts, then I ask you, "wouldn't you be happy to see cleaner air and water for your children?" Nearly 4 million people die annually due to pollution. If we continue to ignore this environmental crisis, our children will

witness crop failure, economic collapse, worse forest fires, droughts and floods and water will become an issue of profound national security. We have everything we need to address this crisis, but we must move to renewables now. Thousands of jobs will be created in the industry and we will be able to tell our children, "I did something to help mitigate this problem."

The Fossil Fuel Industry has spent millions on denying the dangers of continued use of fossil fuels although they've known the dangers for many years. It is very similar to the denial of the Tobacco Industry regarding the dangers of smoking.



*If you compare an apple to the earth and compare the skin of an apple to our atmosphere, our atmosphere is 1/10 as thick relative to the earth as the skin of an apple is relative to the apple. The thin blue line just below the black in this photo is our atmosphere today.*

bon footprint while enjoying increased GDP.

The best legislation I've seen towards placing a price on carbon has been the Energy Innovation and Carbon Dividend Act (H.R. 763) that is currently coming up for vote in the House of Representatives. Write or phone your members of Congress and urge them to vote for this legislation. It places a price on carbon at the source and all the dividends are returned to every household monthly. Studies have shown that 70% of all our citizens will see more income than they lose at the gas pumps. We will see a 40% reduction in our carbon footprint within the first 12 years. For more information on this bill go to <https://citizensclimatelobby.org>.

Join our Woodland Park Chapter which meets the second Sat. each month from 11-1 p.m. at the Woodland Park Library 218 E. Midland Ave. Woodland Park, CO. FMI: [piposticker@gmail.com](mailto:piposticker@gmail.com).

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## Green Mountain Falls Forest fuels mitigation

by Coalition for the Upper South Platte

The forest surrounding Green Mountain Falls, similar to many communities, has not been managed for decades. The dense forest is heavily infested with Douglas-fir mistletoe and highly susceptible to wildfire. In 2018, the Coalition for the Upper South Platte (CUSP) was awarded a grant through the Colorado State Forest Service's (CSFS) Forest Restoration and Wildfire Risk Mitigation Grant Program to complete fuels mitigation work in the Green Mountain Falls area.

A unique coalition of property owners and agencies have come together to begin work in Green Mountain Falls. In addition to the CSFS funding, a grant from the Leighty Foundation supported outreach activities to increase awareness and participation. The Green Mountain Falls City Council has been very involved, along with the Fire Department and Town Marshall. Colorado Springs Utilities has also provided matching funds, with the interest of protecting their water supply systems above town. Property owners invested their time to clean up private property and participate in the chipping days to remove slash. Several community meetings and visits to mitigated sites have been held.

CUSP contracted with the State Wildlife Inmate Fire Team (SWIFT), through



WallaceReserve7a

Looking at the before (left) and after (right) photos it is easy to spot the difference after forest health work.



Colorado Corrections, Inc., to complete some of the mitigation work on the HB Wallace Reserve owned by the Historic Green Mountain Falls Foundation. SWIFT was authorized by the State in 1998 to support CSFS in firefighting efforts, and when not on fires, to complete forest related work such as fire mitigation.

The support of volunteers is key to any successful project. The Historic Green Mountain Falls property work included volunteer days with the United States Air Force Academy Cadets and The Classical Academy from Colorado Springs. The volunteers loaded wood from the cut trees to a central location for firewood, and spread chips that had been piled up on the property.

The next goal for Green Mountain Falls is to initiate forest health work on the Mount Dewey property, also owned by the Historic Green Mountain Falls Foundation. Mount Dewey is 139 acres, on the west side of town, in both El Paso and Teller Counties, south west of Highway 24. The Foundation purchased the parcel

to preclude future development. Like the HB Wallace tract, Mount Dewey is accessible to the public via hiking trails.

The Greater Woodland Park Healthy Forest Initiative (GWPHFI), a Community Wildfire Protection Plan (CWPP), guides wildfire mitigation efforts throughout the region. This plan was updated in 2017 to include 175,000 acres across four counties, 478 subdivisions, and 27,000 acres of US Forest Service land. The counties, cities and fire districts within boundary have ratified the plan. Goals for the plan include — to increase fuel mitigation using treatments consistent with promoting forest health and resiliency; to improve currently altered wildlife habitat; and keep the need to manage forests in residents' consciousness, through outreach and education.

For more information on Community Wildfire Protection Plans or the Greater Woodland Park Healthy Forest Initiative visit CUSP's website at <https://cusp.ws> or give us a call 719-748-0033.



Greta Thunberg (left) has inspired nearly 4 million people around the globe to walk out of work and school to strike for the climate.

Our children are frightened for their future with reasonable cause. We must unite for them and demand an end to fossil fuels.

The evidence abounds that "Our House is on Fire" and we have everything we need to put this fire out. In other countries around the world placing a price on carbon has reduced their carbon footprints enormously while allowing for healthy growth in Gross Domestic Product.

I urge you, stand with Greta and write

your members of congress and ask them to vote for H.R.763 The Energy Innovation and Carbon Dividend Act. Put a price on carbon now.

## T.H.E. Coalition Announces their Third Annual Breit Awards Banquet

By David Martinek

As we live our lives from day to day, we seldom realize that what we do and the events that unfold in our lifetime will become a part of someone's history in the future. That's why it is so important to remember our past as a way of understanding the significant happening of the present and our future.

The theme of the Third Annual Breit Awards banquet, presented by the Teller Historic and Environmental Coalition (T.H.E. Coalition), is "Recognizing Our Historic Legacy." The banquet will be held on Sunday, October 27, 2019, from 3-6 p.m. at the Ute Pass Cultural Center in Woodland Park. The purpose of the banquet for the last three years, in addition to being a fund-raiser, has been to recognize those organizations and individuals who have worked to keep the history of our past alive. The banquet is named for and honors one of the founders of T.H.E. Coa-

lition, Ms. Doris Eileen "Dee" Breitenfeld, who passed away in 2014 and whose life-long passion for preserving our local heritage is an inspiration.

So far, since 2017, the organizations recognized include, Palmer Land Trust, the Ute Pass Historical Society, the Pikes Peak Historical Society and Museum and the Gold Camp Victorian Society. Individuals honored have been Edward M. "Mel" McFarland and Larry Black.

During the 2019 banquet, T.H.E. Coalition will recognize the John Wesley Ranch and Retreat, located south of Divide on Highway 67, and the Sanborn Ranch and Western Camp, located on Old Stage Road in Florissant. The individual honoree will be Mrs. Lucile Fehn, a former Teller County Commissioner and another founder of T.H.E. Coalition.

Highlighting the banquet agenda this year, in addition to the awards presen-



The 2018 Breit Award Recipients were (L to R): Howard Melching, President of the Gold Camp Victorian Society, John Rakowski, President of the Pikes Peak Historical Society and Mr. Larry Black.

tations, will be an historic summary, presented by Mrs. Kathi Pilcher, of the Harvey Girls who worked in the many Harvey Houses along the Santa Fe Railroad lines and musical entertainment by Miss Debbie Martin. The main program will be the showing of a rare video of the last train of the Midland Terminal Railroad in 1949, narrated by Mel McFarland. The banquet meal will be catered by the Swiss Chalet.

For more information regarding the banquet, to become a sponsor and/or to register for attendance, contact David Martinek at 719-213-9335 or Sherri

Albertson at 719-650-4089. The normal attendance fee is \$50 per person or \$375 for a table of eight. RSVP's should be received by October 21. Proceeds from the banquet will be used to support T.H.E. Coalition's continuing project to renovate and rehabilitate the Midland Depot at Divide and to convert it into a viable asset for Teller County.

The Teller Historic & Environmental Coalition is a 501(c)(3) non-profit corporation founded in 2000 and whose mission is "to facilitate preservation of the historic, cultural, environmental and scenic resources in and around Teller County, and to broaden public understanding regarding the significance of those resources."

When folks in the future look back on our time, we can only hope that they take steps to remember us, as we remember our past.

## Where is Katee this month?



Katee is the mascot for the Pet Food Pantry of Teller County. As their mascot, she will be dedicated to helping families keep their pets at home when they fall on hard economic times.

On Saturday October 19 from 9:30-1:30 p.m. she will be at Tractor Supply 919 Spruce Haven Dr in Woodland Park collecting donations and food for her feline and canine friends in exchange for homemade dog biscuits and/or catnip toys. Please stop by and meet her! Thank you for your support.

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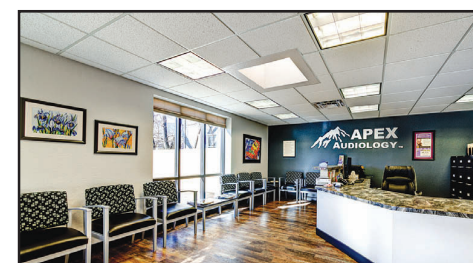
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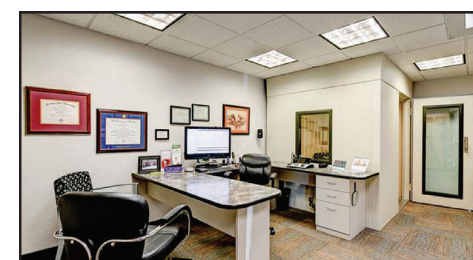
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## A sad loss in Cripple Creek

by The Butte Theater Foundation Team

It is with great sadness that we announce that the City of Cripple Creek City Council has voted to cancel all contracts with The Butte Theater Foundation beginning in 2020. This means that the Foundation will no longer be providing programming in the little historical theater we hold so dear. The Butte Theater Foundation has been grateful over the last few years to provide all the programming at The Butte. With our Board of volunteer community members, with the incredibly passionate and talented team at Mountain Rep Theatre and of Thin Air Theatre Company before them, we've worked passionately and diligently to provide a space that shares theater with the community of Cripple Creek.

The Foundation has spent the last few years expanding community engagement by building programming in the winter months, including free film nights, community plays, a community talent show and booking traveling acts. We've grown our education programming by offering a number of free tickets for students to come and enjoy theatre for free during our professional season. We built a training program for local youth to learn more about technical theater, and worked with the CCV Middle/High School drama program to expand learning opportunities. We grew our Professional season of theater to include 7 shows, with over 165 performances and sold over 17,000 tickets a year, bringing in a steady stream of tourists to Cripple Creek.

We spent 2019 working on growing these programs but also laying the foundation for an expansion project that had both us and our patrons excited for the potential to expand programming and partnerships in the community. This expansion would have heightened the experience we offer audiences by creating a bigger lobby space and bar. It would have created a community space for local artists to showcase their work, local businesses to hold events and fundraisers, and have a cabaret stage for local and

professional artists to perform. After a year of fundraising, we have raised enough money to purchase the building, are currently under contract for that purchase, and began renovation designs with a construction company in Colorado Springs, with plans to finish first stages of renovation by June of 2020.

The announcement by the City has come as a total shock to us. We were provided no reason for the cancellation of the relationship. We cannot fathom why the City would decide to cancel the partnership when theater has been performing well in the space for almost 20 years. We have served our community well, have attracted tourists from all over the state and country, and are, by all accounts, a financially healthy and successful organization. Since we were given no reason for this cancellation, we can only tell you, our community and our patrons, that we are deeply shocked and saddened by the lack of justification, or opportunity to remedy what the City may have possibly deemed as unbeneficial in our relationship. Since the beginning of 2017, ticket sales have remained strong and consistent despite major drops in Cripple Creek gaming and tourism, our revenue has increased by 15%, our programming has more than doubled. Additionally, the City requested that we begin moving towards financial sustainability through diversifying funding and grant requests. Over our first two years of grant applications, we were awarded \$77,500 in outside grant funding, and increased our sponsorships and donations. Our professional production company, Mountain Rep, has brought in a high level of talent, increased the quality of our productions, has been well received and reviewed, and even received statewide recognition this year for their great work through the Colorado Theatre Guild.

We have an amazing team of board members, employees, and volunteers, as well as the extremely hard-working producers, actors and designers from MRT who LOVE this theater and this town. We've all been

working tirelessly over the last few years to not only continue the tradition of theater in Cripple Creek, but to grow our reach and programming all with the aim of bettering our community and share our art and our passion. Our initial and strong reaction to this news is deep sadness. Sadness that our commitment was underappreciated, sadness that our passion was brushed aside, and sadness that the City could not see the benefit of all of that hard work and love.

We do not know the future of the building known as The Butte Theater. As the Foundation funded and provided all programming, we can only assume that an era of fantastic and successful plays is ending. We are most sad for our patrons, who have years of memories, of love, of laughter, and of community built into the walls of that building. We can only hope that the City is prepared to use the building to continue giving back to our loving and supportive community. And we can only hope that they will find a way to bring theater to this community, even if in a limited way. We think that our community deserves a Butte that is full of plays, musicals, melodramas, and fun.

To you, our patrons, we would like to say Thank You. Thank you for so many years of love and support and laughter. You are the reason we are all here, the reason we stayed, the reason we fought for a bright future, and the reason we were all so dedicated to a vision of successful theater in Cripple Creek.

While we will not be returning in 2020, we still have four shows left in 2019. Four AMAZING shows that will be created and performed with all the love and passion we have left to give. Please come by and give us a nod, give us a laugh, and raise your glass to the hard work of our committed board members, employees, actors, designers, producers, and volunteers who will miss you all dearly and are ready to give you one last, helluva hooray. Thank you all.

LTD, located in Cañon City, CO.

There will be amazing vendors on the outside grounds of the school in the grassy area both days from 10 a.m. to 5 p.m. Wine and "steamaritas" will be provided by the Florence Steampunk Society, Inc. The Florence Brewing Company will be providing beer from the brewery. Costume contests for all ages, parasol dueling, and steampunk dancing will be going on throughout the two days. On Saturday there will be a "wife auction" and marriage vow renewals.

The Salida Circus is returning this year as our spotlight entertainment with three aerial performances each day. The outside stage will provide a setting for various musicians and other entertainment all day long, both days. Headlining bands will be Fiona and the Rock Its (with Fonda Cash) who will perform Friday 4:30 p.m. to 7:30 p.m. The Frost Mountain Clan (Bluegrass) and the West Side Rhythm Kings Band (Blues) will

both perform on Saturday on outside stage.

The event will wrap up Saturday night with the Steampunk Ball with the Mid-night Sun (Country) performing inside the previous gymnasium of the school. This annual event is always a crowd pleaser, and the costume contests will be during the band's intermission at 9 p.m.

Contact Barb at 719-431-3592 for questions or to reserve a vendor spot (\$85) which can be obtained at the headquarters of the Florence Steampunk Society, Inc., located at Spirit Riders Western Emporium, 111 W. Main, Florence, CO 81226. Email steampunkwine@yahoo.com. Facebook page: Florence Steampunk Society, Inc. always has updated information.

We are graciously accepting donations of money or silent auction items to help in the profits. A sponsorship of \$200 will get your name in our events booklet and we will hang your banner at the event for all to see.

## PPHS Annual Auction

The Pikes Peak Historical Society Annual Auction will be held on Saturday, October 19, 2019 at 2 p.m. at the Lake George Charter School gym/auditorium in Lake George, Colorado. Viewing of items to be auctioned begins at noon.

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

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

The Lake George Charter School is located 4 minutes west of Florissant, on the south side of Highway 24 just 2/10 mile west of the Ferrell Propane lot. The School has ample parking and seating. The supervised students will provide a homemade pulled pork sandwich with a drink and cookie for a \$5 donation. Arrive early to preview items and have lunch.

FMI: Scott Adams at 719-748-9035 or John Rakowski at 719-748-3861

## Musings Along the Way Rediscovering tidbits while chasing the forgotten poet

by Catherine Rodgers

"So many are sowing darkness as if it were light." — forgotten poet

The editor of *Ute Country News* is a stickler for tracking down references and attributions. In my quest to identify this phrase that keeps echoing round and round when I read my Apple Newsfeed or other newspapers, I am mightily distracted, lost in the library. Thousands of books line my walls, providing extra insulation and sources of inspiration, and references not found by Google. So, let us just begin with allowing that thought from a forgotten poet to germinate and meander through the labyrinth.

First, I search Rainer Maria Rilke, particularly *The Book of Hours: Love Poems to God*. I adore:

"I live my life in growing orbits  
which move out over this wondrous world...I am circling around God,  
around the ancient tower; and I have  
been circling for a thousand years, and  
I still don't know if I am a falcon, or a  
storm, or a great song."

He also wrote: "If we surrendered to earth's intelligence, we could rise up rooted, like trees."

I am grounding in Spirit, listening. Abraham-Hicks encourages us to get in the receptive mode. Shifting out of habits of thought and tuning into feelings, I am connecting with the vibration that precedes thoughts that think us. I see the value and good in everything. The Gospel of St. Thomas quotes Jesus as saying, "Split the timber, and I am there. Take up the stone, and you will find me there."

Then oops, someone writes in *The Courier* that ideals such as free universal education and affordable health care for all are not possible because he is a "realist." I slip into my own self-imposed biases as he rants and denounces people he doesn't even know. The Faith and Freedom Coalition send me hateful mail disguised as a survey, and demand their right to express their faith.

Well, I ask for the right to express mine as well. I want to practice "Chardi Kala," literally "soaring energy," a Sikh concept of joyous optimism in the face of great challenges. Per Sikhi-Wiki "Chardi Kala signifies a perennially blossoming, unwilling spirit, a perpetual state of certitude resting on the unwavering belief in Divine justice." I believe in Divine Justice, in the power of Good over evil, in the triumph of Love over lies. What if everything is always turning out for the best, hmmm? Now everybody hum along:

"Imagine all the people, living life in peace.  
You may say that I'm a dreamer,  
but I'm not the only One. I hope that  
someday you'll join us, and the world  
will be as one." — John Lennon

Next I dig out "Children of Albion: Poetry of the 'Underground' in Britain" edited by Michael Horowitz, 1969 Penguin Books. Dave Cunliffe asks "Who are the Angels? You are poised above us with your ego & your rumours of the last days & we stand naked & vulnerable... Who are the angels who shot down God & left a clean bloodless life in our, & the worlds, Imagination?" Another of his is also worth the read, "O Come Love These Warring Armies." The phrase I'm searching isn't in Herbert Lomas' poem *The Underground Revolution*: "This revolution in consciousness happened on the fourth dimension when thousands of Indian shamen murdered in America walked into Blake's London and started living in the houses."

As much as I love Felix de Mendelssohn's "The Alchemist Addresses His Friends Part Two" — "yes I hung up those luminous nets in the sky today to wander

under, catching myself sometimes by a black tower in thought of the mysteries of the Egg, and how it would end... those leaning tracteries of light wire which I find my way along the edges, I am not certain just how the next foot will fall. I am still the Interpreter. These places just inside of time are open; knowing them is to feel an uneasy wonder, as though a strange wind had blown across your face." He is not sowing darkness as if it were light.

Musing over this collection of sensual, radical, and amazing poems, I reflect on what agents of change we hippie freaks of the 1960s have been. Like leaven for heaven, we are incorporated into the body politic, transforming the nature of "reality" by affirming another vision, another version of the multiverse. Ideas of making love not war, working for peace if you want justice, equal pay for equal work, compassion, harmony, energy, consciousness, oneness, if you can dream it you can do it — these ideas have been fermenting in world consciousness for half a century or more. Like yeast, we are making the world rise.

"I am rising. The whole world is coming up." in *Shaking the Pumpkin: Traditional Poetry of the Indian North American* edited by Jerome Rothenberg, 1972 Bantam Doubleday.

We are engaged in en-lightening the illusions of separation and embracing the interconnectedness of all life. We invoke the Ruach Elohim which moves across the Deep, crafting the world by the Spirit Wind. In the Hebrew alphabet there are only consonants. When the words are spoken, the Breath of Life animates the meaning by sounding the vowels.

When we align with the "energy that creates worlds," breathing in the currents of prana, the life energy surrounding us; recognizing the God within each of us (Namaste); our word as Logos creates the experience around us. By effortlessly allowing, we line up with the flow. By resting in joyous serenity, we pay attention to that thought which shapes our manifestations. We focus on finding ways to be happy or healthy or prosperous before any reason appears. Follow your bliss! We know in potential, in the unconditional. Thus, moment by moment we gather momentum which spins a new experience of joyous optimism.

Throughout this long and winding road, there are signs (and wonders!). I want to leave one more. "Joy on Demand: The Art of Discovering Happiness Within" is written by a Google engineer, Chade-Meng Tan, who also co-chairs the foundation One Billion Acts of Peace.

Namaste.

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**Art Scene**  
**Kathleen Kennedy, photographer**  
*by Mary Shell*

For years I have known Kathleen Kennedy as a community activist, seamstress and children’s book author. It’s only been a few years ago when I opened REM Art Gallery that I found out she was an award-winning photographer. Photography is an intriguing art medium. Freezing time, capturing a moment and making it stand still; waiting for the right lighting, shading and contrast. Sometimes I think photographers have a keen sense of seeing what will happen in the next moment and wait, wait, wait for that moment. Photography can change world views on something major or change individual views on something so minute. Regardless,

photography has impact on emotions, values, beliefs and sometimes even faith. Photography allows you to capture the beauty inside of a person that not everyone can find, capture, or cause its revelation. Do photographers know the power of the images they capture when they choose to become photographers? What do they look for in that perfect shot? Do they have a perceived conception of what they are attempting to capture, or do they wait for something magical to appear from randomness? A simple photograph can start a war, record history and allow us to see things we never thought existed. Kathleen started taking picture when she was about 8 years old. Her first camera was a brownie box camera. Her father was a photographer and developed his own film in his dark room. This inspired her to take pictures. Her father gave her one lesson for using an SLR (single lens reflex) when she was 17.

I asked Kathleen what she looks for when taking pictures. “I look for interesting patterns and perspectives. I enjoy portraits of candid situations. I look for universal appeal while also looking to hit possible niche images. I am a huge fan of thin places, cemeteries, lone trees, and water. Most of my image choices are intuitive and in the moment. It just kind of hits me when the image is ready to share...the ‘ah ha’ moment. I like work that punches the envelope and challenges both the voyeur and the photographers.”



In my art collection I have works from several local artists in oils, acrylics, sculpture and jewelry, but the only photographs I collected are from Kathleen Kennedy. Her work is moody, sensitive, edgy, and emotional. She has an uncanny ability to capture images that evoke feelings and imagination. From a simple image of a butterfly on a flower to the dirty face of a cow each image she captures is pure in its essence. Some leave you with a question, some open your heart to beauty, and some leave your heart heavy. Her photographs are always emotional, thoughtful and beautiful adjusting color and contrast to fit the mood. My favorite photos by Kathleen are of her angel statues in graveyards. They leave me with a feeling of a hidden story, a mystery and a question of time. They make me think, feel and explore my own emotions. You can see Kathleen’s photography at REM Art Gallery, 710 Main St. Cañon City, CO. 719-371-5405. Open Monday to Saturday 10-5 p.m.

**New Chief, Familiar Face**  
**Lake George Fire Protection District’s second chief**  
*by Kathy Hansen*  
*photos by Jeff Hansen*

Susan Bernstetter is the new fire chief at Lake George Fire Protection District. While the title may be new, she’s a familiar face; Susan has been with the district for over 11 years. She first became involved as a board member. Susan was only six months in when she felt it in her heart to become a volunteer fire fighter. Her children had grown to a point they no longer needed her and she knew she could be of service to her community, so about six months into being a board member she became a volunteer. She had been given training as a first responder and shortly thereafter sought her EMT on her own. We asked Chief Bernstetter what her goals were for District 8:

- Build on the foundation the former chief, Dutch built.
- Continually upgrade equipment.
- Continually upgrade training.
- Encourage more volunteers.
- Pay for state exams for volunteers.

At first, these goals may seem simplistic but when you consider the impact is on human life, structures and forest, then add to that her district covers 250 square miles and 80% of that is forest (funding comes from the remaining 20% of potential property tax), the task seems more of a challenge. Now consider many of the truck are from the 1980s and training requirements change about every five years.

**History**

It was in the 1970s when LGFPD became an entity under the leadership of Chief “Dutch” Kleinhesselink; everyone involved at the time was a volunteer. Dutch provided 37 years of voluntary service and was the first paid staff. In 2016 a part-time Administrative Assistant, Kelly Borders was hired and in 2019 her position became full time (Kelly is also a full-time volunteer).

We asked if that was due to population growth. We were told no. The first reason is to have somebody at the station Monday through Friday during typical business hours. The second reason is due to paperwork. Consider this potential scenario: a new popular dryer brand is sold with a defective part that causes combustion. Millions of these dryers were sold. When the dryers malfunction across the nation, the team comes to extinguish the fire (and possibly surrounding structures). When the reports are shared through a nationwide network, it can more easily be concluded that this specific dryer is the cause. It is only at this point that it would be possible to generate a recall, so that future fires can be prevented, saving thousands if not millions of lives. Mandatory paperwork is a so-called necessary evil, yet also a life-saver!

Back to Dutch; four stations were built under his watch:

- Station #1 is in Lake George
- Station #2 is in Wagon Tongue
- Station #3 is by 11 Mile Reservoir
- Station #4 is in the ‘town’ of Tarryall

Let’s understand some of the basic needs of any station:

**Volunteers:**

At the time of this writing, LGFPD has 21 volunteers. New folks come and go for many reasons; time commitment or it turns out to be not what they thought it would be. The average stay of a volunteer is about 1 year. That said, end of December 2019 will mark a 20-year anniversary for volunteer Kerry Bynes!

Chief Bernstetter cannot say enough about her volunteers, “I can’t ask for anybody better. They’re a GREAT TEAM, very dedicated. It is *astounding* the number of volunteers that respond to a call. They are here by the grace of God,

and they all want to help. Their motto is ‘We’re here because we care.’”

**Specialized vehicles**

Each of the four stations has both a squad and engine. A squad is basically an old ambulance and does not carry water, helps at car accidents, and could provide shelter/blanket for someone in a water rescue. An engine is equipped to extinguish a structure fire. The squad rescue is similar to a brush truck and can carry medical equipment, water and extraction equipment (jaws of life). This is the first-out truck. The new rescue truck can carry extraction equipment on a tray that slides, is prepared for boat/basket rescue, and will have medical equipment. It is expected to arrive late spring/summer 2020. Brush trucks are equipped for off-road, wildland fires. There are also tender trucks that ferry water 1500 and 3000 gallons at a time. A command truck and medical utility vehicle round out the main station.

**“It is astounding the number of volunteers that respond to a call. They are here by the grace of God, and they all want to help. Their motto is ‘We’re here because we care.’”**

— Chief Bernstetter

**Equipment**

This includes: hoses, extraction equipment, boat and basket, medical supplies/equipment, blankets, pillows, water, etc.

**Uniforms**

Did you know there are different uniforms for different purposes? Bunker gear is used for structure fires so it has a heavy protective layer in case burning embers land on the fire fighter. It also costs three times as much as turn-out gear which is light-weight, has a camelback (hydration system), used more for hauling hoses and other tools into the forest.

**Training**

Structure fires require different training than wildland fires. Did you know each volunteer needs to master one vehicle before they move to the next? Most look forward to using the “joystick” that aims the hose from the front of one of the newest engines. The chief is responsible for knowing each of the 21 volunteer’s level of training, from knowing which of the trucks they know inside and out, to their medical training.

Training happens every Monday night and includes reviewing all calls in the past week in terms of what happened, what worked well, and what could have been done differently; doing so helps identify needs for equipment, training or additional volunteers. When the holiday happens to be a Monday as it is twice a year, families are included and invited a BBQ so that the team can be strengthened by interacting with each other’s support system, as well as to encourage play with each other, as it is the best way to experience the variance in voice associated with change in emergent mood. Knowing how your team members communicate during the emergency is extremely helpful!

What happens if you have a special obligation and cannot attend a training?



Chief Bernstetter on one of the newer trucks at Lake George Fire Protection District #8.

Then you miss it. Volunteers are encouraged to attend as many as possible. Chief Susan will always know who has the appropriate training for any situation.

**“We’re equals, not egos”**

Team spirit and the ability to communicate and trust each other are essential when emergencies arise. Knowing the nuances of your partner’s communication style can save seconds and ultimately save lives or acreage. The first one to arrive on scene becomes incident commander, the one in charge. (Brand-new volunteers are instructed to NOT be the first to arrive on scene). Every personnel has special abilities and everyone knows who is going to do what when they get there.

Dutch was able to make all of these basic needs come together to form LGFPD. One of the most important achievements was the Truck Replacement Program he put into place. Dutch was the incensing force of getting the mill levy passed which helps pay for new equipment for the district. Remember, all funds come from the tax base and District 8 is 80% forest land, from which no taxes are derived. As described above, a variety of trucks are essential in the urban-forest interface. Because the intention was to replace the trucks from the 1980s, the mill levy goes into a separate account specifically for trucks. A start up grant of December 2018 provided one new engine. Following suit, in March 2019 LGFPD bought a new brush truck and ordered a third new truck for late spring/summer 2020.

Chief Bernstetter’s goal of building on the foundation Dutch set, may seem easier to understand now that you have the history. She is willing to learn grant writing and to jump through administrative hoops. She is willing to attend meetings and interface with surrounding districts, ambulance services, Teller County EMS, and interfaces a lot with the forest service.

When Chief Bernstetter is not on a call or engaging with an affiliated agency, you just might find her at the local store asking you how your day is. Yes, she puts herself

out there, doing her best to get to know residents. Chief Bernstetter also invites people to come to the station, especially kids. “Come and visit, our door is always open,” she said with a welcoming hand motion. Yes, she will allow the kids to climb on the trucks to explore them and always encourages questions. The reason this is so important is simple: recognition has a calming effect. If your family has stopped by the station and met a few folks, and later (heaven forbid) an emergency befalls your family, when the fire-fighters you have already met tend to your emergency, you are more likely to feel at ease with a familiar face.

**Support**

How can you support the Lake George Fire Protection District #8? The biggest way you can support is to become a volunteer. LGFPD welcomes volunteers of any age, ability or availability — you may think you’re not physically able to hold a hose to battle a flame as you’re running uphill but you may be able to run the pump that gets the water to that hose or take notes of what the incident commander says. Perhaps you can help Kelly in the office, wash a truck or put flyers out for the Spaghetti Dinner. Volunteers are always welcome! FMI: 719-748-3022 or email [susan@lakegeorgefire.com](mailto:susan@lakegeorgefire.com) or visit the web page: [lakegeorgefire.com](http://lakegeorgefire.com) or Facebook.

Attending the annual spaghetti dinner held in mid-August each year is another way to show your support. Proceeds from each year’s dinner help to provide desperately needed items for the volunteers. This year, new turnout gear (used in wildland fires) was purchased at \$795 for one person. Last year, wildland shirts/pants, packs, and camelbacks were purchased. Chief Bernstetter would like to provide everything necessary for the volunteers, except for their wildland boots.

LGFPD is happy to receive financial donations as well. You may feel free to drop by the station or if you wish to remain anonymous you can mail your donation to LGFPD POB 281 Lake George, CO 80827.

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### Critter Corner



Pinyon Jay - Joi Smith, Lake George, CO



Dragonfly - Dave Worden, Florissant, CO

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

# Father Nature

by Danielle Dellinger

Mother Nature last appeared in April 2016's issue, on pages 16 & 17

The world was dying. The air was poisonous, the ground contaminated. Monstrous fires burned for weeks, even months at a time.

A figure in a hooded black robe crested the hill that overlooked the last place with clean air, water, and earth: Cripple Creek, Colorado. In the days before the gold rush, a few homesteaders used the area to graze livestock. The name came from drovers when a scared calf jumped a fence and landed in a gully, breaking its leg. The rolling green hills lent themselves to a picturesque scene.

A familiar silver shimmer appeared beside the hooded figure.

"I need your help," said Mother Nature, looking to the figure in the black robe, their face concealed by the shadowy hood.

"I can see that," the figure replied in a deep bass voice. "They've even set the Amazon Rainforest on fire." There was barely controlled anger in his voice.

"You know I wouldn't call upon you unless it were a true emergency."

The figure turned his head to Mother Nature. "I hope you didn't wait too long."

"Me too, Father Nature. What's your plan?"

He sighed and gazed back out over Cripple Creek. "I think it's time for the world to end."

"What?! I called you for help, not to destroy everything. There are good humans here, trying their best to save the earth."

"The bad outweighs the good at this point. Once Earth starts decaying, it'll give off a horrible stink that'll at-

tract scavenging extraterrestrials. That'll endanger the other planets in the solar system. We don't want the whole system to die."

Mother Nature raised her eyes to the sky. "I don't like it. There has to be another way to fix this. Besides, where will we go?"

"Maybe Venus. Sure, it's a fixer-upper, but I think we can make it work."

She sighed heavily. "Why can't we just give the humans a nudge in the right direction?"

Father Nature cleared his throat, like a professor about to start his lecture. "The Amazon Rainforest produces 20 percent of Earth's oxygen. The humans affectionately call it Earth's lungs. But now look what they've done. We've been helping for centuries without them getting the hint. This is the end."

A chill went through Mother Nature. "What do we do first?" she asked somberly.

"We awaken Núcleo," he answered matter-of-factly.

Mother Nature remained silent, her whole shimmering figure vibrating with overwhelming emotions.

Father Nature paid her no attention, raising his black-gloved hand into the air and letting out a shrill, unwavering whistle.

All was quiet except for the soft rustle of grass as a breeze swept down the hill. A sharp bird cry rang out a minute later. Mother Nature looked up at the sky to see a white speck circling. The speck grew larger as it descended toward them. The cry came again, and Mother Nature realized it was an albino raven. The bird swooped down and landed on Father Nature's shoulder, letting out a guttural squawk.

"That's right," Father Nature said. "I've called upon you to awaken Núcleo. Do you remember how?"

The raven ruffled its feathers and then gave a softer squawk.

"Good. Now go."

The raven flew into the air, calling for its friends.

"Where do we go during all of this?" Mother Nature asked, watching the bird disappear into a cloud.

"When the earth begins to fall away under our feet, we will take to the sky. Maybe even into outer space. We can't go to Venus until Earth is no more."

"Can we even survive outside of Earth's atmosphere?"

Father Nature chuckled. "We're about to find out."

"I hope you're joking."

He turned to her, and said in a serious tone, "I wish I were."

She studied him for a moment. "I guess life always finds a way, right? How long until Núcleo is awake?"

"Very soon."

"What is Núcleo exactly?" She'd never heard the name before.

"An ancient titan that resides within Earth's core. He's the self-destruct button."

His explanation took Mother Nature aback. This was really happening. An old monster was about to end the world as they knew it. What had been the precise moment where things had gone wrong? Was it when humans discovered fire? When they decided to use hunting tools as weapons? The first murder? The invention of money? Would there ever be an answer to that question?

The two beings stood on the hill for the next few hours. There wasn't much left to say, so they let the silence build between them. The birds were silent, the deer huddled together in groves of trees, the squirrels sat in front of their nests, stiff and unmoving, looking off into the distance. They all knew what was coming.

Eventually, distant rumbling could be heard. Gentle tremors shook the ground underneath their feet. Then there was a sharp crack that was heard around the world, followed by everything tilting one way for a moment, and then back the other way. Immediately, skyscrapers fell over like toy blocks while the oceans swallowed every ship along with half of most countries.

"He's awake," Father Nature cooed proudly.

Bottomless chasms split the hills and mountains, releasing toxic gases into the air. Mother Nature got a whiff and coughed, covering her nose and mouth. But her attention was drawn to the town of Cripple Creek, which was being devoured by an enormous sinkhole. She could hear the screams as clear as day. She closed her eyes and covered her ears, trying to block them out. But because billions of lives were being lost globally, the sound was deafening. It was unbearable for her, and she collapsed to the ground as she sobbed uncontrollably. Her hands clutched at her heart and she felt a wetness. When she looked down at them, they were drenched in dark red blood. She tossed back her head and let out a blood-curdling scream of anguish.

Dead birds began to rain down from the sky now that the toxic gases had permeated the atmosphere. Every natural disaster collided into one another, wiping away any trace of life. Bugs attacked each other while plants ate one another. Trees toppled over like spilled toothpicks.

Mother Nature's screams were only growing louder and more piercing. "You're killing me! You knew this would happen!"

"You'll be reborn. Trust me," Father Nature said nonchalantly.

"How can I survive this?!" she shrieked, blood pooling around her.

"You will," he said tersely, almost angrily, his eyes on a looming shape on the horizon. "Núcleo has arrived."

He couldn't hide the awe in his voice.

Mother Nature squinted through the pain at the creature crawling toward them,

ripping up gigantic chunks of ground and tossing them over his shoulder. The creature blocked out the majority of the horizon with its body, which resembled cooled lava. The eyes were murky yellow with glowing red pupils. The sight of the beast struck fear into Mother Nature's heart. She tried to get to her feet as he grew closer, but she was too weak to move. Finally, the beast with its small boulder head stopped inches away in front of them, staring down Father Nature.

"Well done, Núcleo," said Father Nature, a smile in his voice. "You must not leave anything of Earth untouched. When you're done, join us on Venus and integrate yourself into that planet's core. But first, you must toss us into space."

Both he and the monster turned to face Mother Nature.

"You're gonna have to let go now. Stop fighting." Father Nature's voice was gentle, encouraging. "This'll all be over soon. But you need to surrender yourself to the fate of the cosmos."

Mother Nature shook her head, clutching at her chest as she feebly scooted back away from them.

"Don't make this any harder than it already is. Núcleo, you know what to do." He moved out of the creature's way.

Mother Nature watched fearfully as a hand reached for her and then pinned her down on the ground. She felt heat radiating from the palm. It grew hotter and hotter. Her screams were muffled, and then they stopped completely as a burst of silver firefly-looking spokes rose up and around Núcleo's hand.

"That'll do," said Father Nature, striding forward. "Continue on your way."

The beast roared and turned and stomped away, leaving craters in its wake.

Father Nature knelt beside the pool of silvery, dark red blood where Mother Nature had once been. He lifted a hand into the air and once again let out a shrill whistle. The same white raven from before swooped out of the clouds and landed on the other side of the pool of blood.

"We have mere minutes left before Earth collapses and implodes on itself. Stand in the blood."

The raven stepped into the pooled blood and spread its wings. The blood congealed and then began winding its way up the bird's legs and around its body. When there was nothing left on the ground, it looked like a red spider web had draped itself over and around the raven. Father Nature gently touched his index finger to the top of the bird's head. "There. Now you'll be able to safely travel into space." He scooped up the raven and then launched it into the air. With a few squawks, the raven flew high into the sky and out of Earth's atmosphere.

Father Nature turned around in time to see the ground falling away into the abyss. He

strolled to the edge and peered down into the nothingness. Foggy blackness awaited any living thing unlucky enough to fall in. But a small stream of water flowed over the edge, and Father Nature knelt down and filled a vial with the water, which he then tucked away inside his robe. The sky had turned a puke green, and he decided that it was his turn to head into space. He lifted a leg and stepped up into the air, climbing invisible stairs up into the sky. As he exited the last layer of Earth's atmosphere, the exosphere, he felt a bit light-headed but otherwise okay. He looked around and caught a glimpse of the white raven circling nearby. He whistled for it to come and land on his shoulder to let it rest. The earth had shrunk in size by nearly 90 percent. Núcleo was clearly visible as he roamed around, ripping up everything in his path.

Soon, the white-hot core glowed through the darkness. Núcleo made his way over to it, yanked it out of its socket with ease, and then crushed it in his hand like a loose dirt clod. The second that happened, the rest of Earth's debris shrunk in on itself, and then imploded.

Núcleo and Father Nature looked at each other as they floated in the vast emptiness around them. It was strange and uncomfortable for both of them. It was a big risk to go to Venus, but it was the only option they currently had. Father Nature motioned to the beast to follow him, and then turned and made his way toward Venus. Because of the current positioning of the planets, they had to make their way around the sun. The heat was so intense that the two felt their bodies melting. Finally, Venus came into view and pulled them into her orbit. They descended down through the clouds, and landed on sandy soil. Of course, the second that Núcleo landed he created a crater. The air was thick and barely breathable. Father Nature turned to the monster and smiled with gratitude.

"All your hard work is really appreciated, but we're not done yet. Burrow to Venus's core and make it your new home. Got that?"

The creature rumbled and shoved a hand down into the ground, and allowed himself to be pulled down until he reached the core. He phased himself into it so they became one entity.

Once Núcleo was settled, Father Nature sat down on the dirt. The raven hopped off his shoulder and stood in front of him while he pulled out the vial from his robe. He then reached down and peeled off the web of Mother Nature's blood, which he then spread out on the ground next to the raven. He opened the vial and traced the web with the water until there was nothing left. Next, he snapped his fingers twice over it. Finally, he sat back to watch and wait.

Nothing happened immediately, but soon enough the webbing started to lightly steam. Father Nature honestly had no idea

how he was supposed to tell if the ritual was working, so the rising steam made him nervous. Even the raven was nervous. Yet, they both watched with anticipation. The web of blood dissipated into the air, forming a foggy mist that hung a few feet in the air above the ground. It slowly took on a reddish-purple hue and glinted ever so slightly. The foggy mist then morphed into a vague silhouette of a person. At that time, Father Nature stood up with a pleased smile on his face.

"Welcome back, Mother Nature. I told you, you could trust me."

Mother Nature spun in a slow circle, ignoring him for now as she observed their surroundings. Eventually she faced him. "You weren't kidding when you said this was a fixer-upper. Look at this place. It's so desolate and lonely."

Father Nature smirked. "It's a blank canvas for a fresh start. We can do better than we did last time."

"Will we give the humans another chance?"

He sighed, not meeting her gaze. "Can I think about it? There is something endearing about them, but they royally screwed up their last home. How can we be sure they won't do it again?"

Mother Nature shrugged. "We can't. It's probably just in their nature." That brought a half smile to her lips. "Just think about it. For now, let's go find water."

"Works for me," he replied, starting off in a random direction. The raven flew up onto his shoulder, and Mother Nature followed.

"By the way," she said. "If you ever kill me like that again, I'm going to come back and end you."

Father Nature laughed heartily. "Good luck with that."

"I'm serious!" she said.

"I know you are," he smiled.

They walked for what felt like ages. But then they caught a whiff of something in the air.

"That smells like water," Mother Nature said, picking up the pace and following the scent. Father Nature hastily went after her.

Sure enough, there was a small stream nearby. Mother Nature knelt by it and placed a hand in the water. She then scooped up a small amount of sand and rolled it into a ball, and then gently blew on it to shrink it. After that, she placed it in the water and stood up.

"Venus's first organism," she announced proudly.

"So it begins again," Father Nature said from behind her.

— The End —

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## OCTOBER MUSIC

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10/12	TONY LUKE	3-6PM
10/19	SANDY WELLS	3-6PM
10/26	CARI DELL	5-8PM
10/27	DISTANT THUNDER	3-6PM

(WEATHER DEPENDENT)

**SUMMERTIME HOURS:**  
TUESDAY: 4-8PM  
WEDNESDAY/THURSDAY: 11-8PM  
FRIDAY/SATURDAY: 11-9PM  
SUNDAY: 11-8PM



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## Growing Ideas

### Wrapping up the gardening season

by Karen Anderson “The Plant Lady”

October greetings friends of the Earth. This years’ mountain gardening season is winding down and coming to a close and Mother Nature in her ancient and infinite wisdom is working her magic, going about the business of creating the vivid colors of the autumn season for us to enjoy.

As we revel in the beauty of this splendorous annual event, knowing that it is only a fleeting pleasure, it is important to ruminate and immerse ourselves in each and every moment as those moments shall never pass this way again. The leaves fall to the Earth covering the forest floor with a rich carpet which in time, becomes part of the soil once again. We express our gratitude for the abundance of our harvests and the blessings we have received. We thank the Earth Mother and the Father Sky, working in harmony, for the amazing gifts they have bestowed this growing season. We share our plenitude with friends, family, neighbors and those who are less fortunate than ourselves. We acknowledge and show appreciation to those who have helped us along the way in our journeys and we choose peace and love in our daily lives.

I have very much enjoyed meeting new gardening souls this year and reuniting with old friends of Paradise Gardens. I always learn something new as I truly believe that we are all students as well as teachers. Gardening just seems to bring folks together in a common and spiritual bond. We love and respect our Mother Earth, working the sacred land, bringing forth beauty and bounty, and striving to-

gether to protect Her from harmful methods. We utilize safe and organic practices and do the very best we can to ensure the future of our planet. This vital responsibility will always (and must be) a collective effort from all of us humans who care so deeply about healthy people, fertile soil, clean air and pure water.

So my friends, as I step down from my little soap box, I wish to thank my fabulous clients (and you know who you are!), the supporters of Paradise Gardens as well as the Harvest Center, the folks at Mt. Naturals and the Outpost for providing space for my plants, and our readers. You all have enriched my life with new knowledge, shared friendship, hope and encouragement.

In closing ceremony, I would like to share this little prayer with you as follows:

**God’s Channel**  
*Dear God, make me a channel through which your blessings flow. Today is my day...to share, to bless, to uplift, to enrich my world. If there is a word that I can lovingly speak, if there is a loving action I can take, I will speak that word and I will take that action. I am open to ways that I can help to make life happier and better for myself and others. Even as I see a need, I also see a way that need can be fulfilled. I may be prompted to speak a kind word of comfort or encouragement, or to give a friendly smile or a gentle touch. I feel comfortable taking*

## “As I watch the leaves fall from the summer trees, I am embraced by God’s gentle breeze that carries away the remainders of yesterday so that a new season can begin.”

— Author unknown

*such action, for it is prompted by the inner assurance that it is right and I will not hesitate. I pray, Dear God, make me a channel through which your blessings flow.*

Wishing everyone a cornucopia of blessings throughout the rest of the year... and beyond!

I will continue to provide happy houseplants for adoption at Mountain Naturals in Woodland Park and at the Outpost Feed Store in Florissant during the winter months. You may also contact me personally at 719-748-3521 to discuss any special orders or holiday arrangements.

On a special note: I will be presenting and facilitating a workshop on Seed Saving at The Aspen Valley Ranch —Yurt, 1150 S. West Road in Woodland Park on Saturday, October 12th, from 10- noon. This class is free and brought to you by the Rampart Area Seed Library Partnership. Hope to see you there. For more info, call 719-472-3671.

Take Good Care and remember to Be a Blessing!

## UPHS 2019 Annual Potato Soup Supper and Program

As the days become shorter and the chill of autumn is in the air, what could be more alluring than a hot bowl of soup, an entertaining program about the history of our area and the company of friends old and new? You can find all of this and more on October 25, 2019 at the annual Potato Soup Supper sponsored by Ute Pass Historical Society. This annual tradition celebrates the agricultural, ranching and railroad heritage of the Ute Pass area.

This year, UPHS is pleased to announce that long-time Woodland Park resident Larry Black will present *Where oh Where in Colorado, Part 2*.

The Potato Soup Supper is Friday, October 25, at the Pikes Peak Community Club in Divide. The cost of the meal and program is \$5, which includes potato soup, green salad, roll, beverage and dessert. Doors open at 5:30 p.m., with the program starting at 6:30 p.m. The Ute Pass Historical Society Traveling Bookstore will be on hand with a wide-ranging selection of books about our area. Cash or check only, please.

Pikes Peak Community Club is located at 11122 US Highway 24 at the southeast corner of US Highway 24 and Colorado State Highway 67 South in Divide. Access is only available from east-bound Highway 24. If coming from the east (Woodland Park or Colorado Springs), make a U-turn at the traffic light at the junction of US24 and CO67.

FMI: [utepasshistoricalsociety.org](http://utepasshistoricalsociety.org) or call 719-686-7512.



Larry Black. photo by Judy Perkins

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## Pharmgirl Uprooted

### A bicycle ride to remember

by Peggy Badgett

The day arrived; the one I had trained for. Dreamed about. Tossed and turned all night about. Was my body ready for the challenge? Did I have the mental toughness required to grind through this grueling event? Maybe I should meekly turn tail and drive to a shopping mall for some retail therapy? No way. I gritted my teeth and inventoried my gear. Rain jacket, check. Spare tube, check. Snacks and water bottles, check. Daylight grew stronger, as did the nervous chatter and laughter that surrounded me. The parking lot was filled with bicycles ranging from elite carbon fiber racing models to timeless steel frames. We were all preparing to ride 118 miles, from Evergreen to Avon, via three mountain passes featuring a total of 10,000 feet of vertical climb.

My voice squeaked out a “Good morning” to the man pulling his aluminum steed from the back of his truck. He nodded soberly, as if he was attending a funeral. This was supposed to be fun! I took a deep breath, locked my car and swung a leg over the frame of my 12-year-old racing bike. Admiring bright pink toe nail polish peeking through my cycling sandals, I set off to the starting line.

Following a small group toward flashing red and blue lights, I cruised beneath a banner snapping in the breeze. It was official; I was a Triple ByPass rider. Facing our first climb of 15 miles, I kept shifting into an easier gear. Suddenly there was none. How could I be in my granny gear already? The grade was not that steep. I was huffing and puffing. Had I over-trained? Undertrained? Doggedly I kept pedaling until my legs and lungs gave up their protesting.

Tall pines lined a chattering stream beside the winding road. Riders struggling with the altitude churned laboriously upward, and I was surprised to find myself frisky enough to pass many of them. My worries faded after I remembered how heady the chase could be. I regressed to my old trick of targeting a rider ahead, stealthily gaining ground, and then flying around them with a grin. Other riders played the same game with me.

Refueling stops, quaint towns, and beautiful mountain vistas all blurred together in the day-long experience. Loveland Pass encouraged me to speed up her switchbacks, but I was only half-way through the ride. Dark thoughts descended. Why on earth had I signed up for this torture? Tired muscles whimpered. My sitting bones were numb. Crankiness set in. Luckily, the meandering bike path between Frisco and Copper distracted me. Folks cheered us on with cow bells and signs as we straggled through the village. Few of us smiled anymore. Adrenaline coursed through my body as I triumphantly pedaled over Vail Pass. Then it disappeared into ominous clouds when I realized Avon was still 20 miles away. My shoulders ached, my hands hurt from braking down descents, and my hamstrings screamed “Stop.”

After an agonizing 60 minutes, the outskirts of Avon appeared. Hoping it wasn’t a mirage or hallucination, I stood and sprinted with everything I had left.



Ready to roll!

The crowd lining the barricades cheered wildly for the girl in a dress who passed several riders just before the finish line. As I shakily dismounted, my son Alex surprised me with a big hug. “You crushed it Mom!” We celebrated my milestone with dinner before heading back to my car in Evergreen. As the mountains faded behind us, I marveled at how far my bicycle had carried me. What a great way to celebrate my 59th birthday.

Peggy Badgett is a recent transplant to Guffey Colorado. She is a retired pharmacist, writer, artist and avid adventurer. Her website is [coloradopharmgirl@gmail.com](http://coloradopharmgirl@gmail.com), email is [coloradopharmgirl@gmail.com](mailto:coloradopharmgirl@gmail.com).



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## Financial Focus

### Not too soon for end-of-year financial moves

We’ve still got a couple of months until 2019 draws to a close, but it’s not too early to make some end-of-the-year financial moves. In fact, it may be a good idea to take some of these steps sooner rather than later.

#### Here are a few suggestions:

- **Boost your 401(k) contributions.** Like many people, you might not usually contribute the maximum amount to your 401(k), which, in 2019 is \$19,000, or \$25,000 if you’re 50 or older. Ask your employer if you can increase your 401(k) contributions in 2019, and if you receive a bonus before the year ends, you may be able to use that toward your 401(k), too.
- **Add to your IRA.** You have until April 15, 2020, to contribute to your IRA for the 2019 tax year, but the more you can put in now and over the next few months, the less you’ll have to come up with in a hurry at the filing deadline. For 2019, you can put up to \$6,000 in your IRA, or \$7,000 if you’re 50 or older.
- **Review your portfolio.** It’s always a good idea to review your investment portfolio at least once a year, and now is as good a time as any. But don’t make any judgments based solely on your results over the past 10 months. Instead, look carefully at how your portfolio is constructed. Is it still properly diversified, or has it become overweighted in some areas? Does it still fit your risk tolerance, or do you find yourself worrying excessively about short-term price swings? These are the types of factors that might lead you to make some changes, possibly with the help of a financial professional.
- **Don’t forget about your RMDs.** Once

you turn 70½, you generally need to start taking withdrawals — the technical term is “required minimum distributions,” or RMDs — from your traditional IRA and your 401(k) or similar plan. After the first year in which you take these RMDs, you must take them by the end of each year thereafter. If you don’t withdraw at least the minimum amount (calculated based on your age, account balance and other factors) you face a penalty of 50% of what you should have taken out — a potential loss of thousands of dollars. So, take your RMDs before Dec. 31. The financial services provider that administers your IRA or 401(k) can help you determine the amount you must withdraw.

- **Think about next year’s opportunities.** It happens to almost all of us: A year has passed, and we haven’t taken the actions we had planned. So, start thinking now about what you want to do in 2020 from a financial standpoint. Can you afford to ratchet up your investments in your retirement plans? If you have children or grandchildren, have you started saving for college? Have you considered ways to protect your financial independence if you ever need some type of long-term care, such as an extended nursing home stay? If these or other items are on your financial to-do list, start planning now to get them done next year.

Time goes quickly — so don’t get left behind without having taken the steps to keep moving toward your financial goals.

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

## HRRMC news

### Expanding psychiatry services

Ronie Schafer, a psychiatric mental health nurse practitioner, began offering telepsychiatry services for Heart of the Rockies Regional Medical Center patients, as of Sept. 18, 2019. She collaborates with Dr. Joshua Hogins of HRRMC Psychiatry Services to better meet the mental-health needs of the community. Schafer will offer psychiatric medication management via videoconference from the HRRMC Psychiatry office in the Salida hospital’s Outpatient Pavilion at 1000 Rush Drive.

“It’s a widely known fact that there is a nationwide shortage of psychiatric providers. We are so fortunate that we employ Dr. Hogins, an excellent psychiatrist. However, the demand for his clinic services has grown to the point that one provider can no longer keep up. Consequently, we made the decision to expand our outpatient psychiatric services through Ronie Schafer, a telepsychiatric nurse practitioner,” said HRRMC Vice President of Business Development Peter Edis. “Advancements in televideo technology, coupled with access to a highly qualified provider, make this an ideal option to help meet the demand. Both providers will focus primarily on medication management. Patients who need mental health counseling will be referred to Solvista Health and/or one of the private providers in the community.”

“Psychiatry is a natural fit for telehealth services. In this model, patients are able to come to the clinic, have their vital signs taken by the nursing team, and then see a provider in a real-time, face-to-face televideo session. The session involves an assessment, diagnosis and treatment,” said Schafer. “Patients can expect the same level of care they would receive in a typical office appointment. I have provided telepsychiatry services in both outpatient and inpatient settings for a community mental health center that serves a diverse patient population in the Denver Metro Area. I take a clinically appropriate, collaborative approach to pa-

tient care so that patients feel empowered in their mental health choices. I look forward to working with the people of Salida and the surrounding communities.”

HRRMC Psychiatry is accepting new patients, and referrals are not needed. Common conditions treated include depression, anxiety, sleep disturbance, schizophrenia, bipolar disorder, and ADHD. FMI: 719-530-2000.

### Childbirth class on Oct. 8

HRRMC’s Family Birthing Center is offering a childbirth class on Tuesday, Oct. 8, from 5:30-9 p.m. The class will be held in the second-floor conference rooms at Heart of the Rockies Regional Medical Center, 1000 Rush Dr., Salida.

Class instructors will provide information about childbirth, comfort measures, interventions and breastfeeding. Participants should wear comfortable clothing and bring a floor mat or blanket and pillow.

Light snacks are provided. Participants are welcome to bring lunch or eat in the hospital’s café.

The cost of the class is \$25. Limited scholarships are available. FMI: 719-530-2277 or visit [hrrmc.com](http://hrrmc.com).

### Sleep Education class Oct. 15

HRRMC is offering a class on obstructive sleep apnea on Tuesday, Oct. 15, from 9-10 a.m. The class will be held in the hospital’s second-floor conference rooms, 1000 Rush Dr., Salida.

TC Rodak, a registered sleep technician, will help participants understand how to prepare for a sleep study and what happens during the study. She will discuss sleep apnea and various related treatments, including continuous positive airway pressure (CPAP) therapy.

This class is free and open to anyone interested. It is recommended you attend this class if your provider has ordered a sleep study or suspects you may have sleep apnea. Refreshments and a light breakfast will be provided. FMI: 719-530-2280.



## Life-Enhancing Journeys

### Are my expectations of my partner realistic?

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

In August my husband and I celebrated four and a half decades of a blissful life together. However, truth be told, it hasn’t always been so blissfully easy. In the early years of our relationship due to the fact that we were both so young (we were 18 and 21) neither of us had much knowledge about who we were as individuals. At this point in our relationship we were susceptible to failure because we were so enmeshed. Our unspoken and unconscious agreement seemed something akin to “I’ll take care of you... You’ll take care of me... We’ll make each other feel good about ourselves... and... We’ll live happily ever after.” It seemed to work for a while, seven years to be precise, then it everything fell apart. There was a moment at some point in our relationship where I found myself unhappy, anxious and depressed. This was all new to me and, not really understanding what was happening, I blamed my husband. It was his job to make feel good about myself, wasn’t it? I had this vision that we, together, were a team and if something wasn’t working and, since I didn’t see myself as the problem, then it had to be the fault of my husband. This breakdown in our relationship caught us both off guard. Because we had been so happy, almost inseparable, I just couldn’t understand! On the verge of divorce, we sought out a competent marriage counselor who helped us identify what sent us down this painful path in the first place. The question that became paramount to us was how to recreate the love we had initially experienced using the tools we had learned over the years (and were continuing to learn through counseling) to keep our marriage strong and healthy. In counseling we learned that to be a strong team we had to equally work as diligently on ourselves as well as on our marriage. The reason why today I can truthfully proclaim that I’m deliriously happy because I share my life with my husband — the best man I know.

In a recent interview, the acclaimed psychotherapist and author Esther Perel spoke about how significantly different the understanding of marriage was in the past compared to today’s expectations of the union of matrimony: “Marriage was an economic institution in which you were given a partnership for life in terms of children and social status and succession and companionship. But now we want our partner to still give us all these things, but in addition, I want you to be my best friend and my trusted confidant and my passionate lover to boot... So we come to one person, and we basically are asking them to give us what once an entire village used to provide.”

What Ms. Perel acknowledges so thoughtfully is that we have been erroneously turning to our partners to meet all of our needs, thereby creating shockingly unrealistic expectations. Through therapy, I realized that my over-reliance on my husband to fulfill my needs seriously hurt our relationship. Fortunately, we were able to repair the damage and today we are blissfully happy, but again, that “bliss” (which can have so many meanings) was found through hard work and a commitment to each other.

After being together with Mark for seven years, I found myself unbearably depressed. I knew my only option was to find a therapist for myself. To my surprise, my therapist Donna helped me realize that because my relationship with my partner had become so involved, my own personality and desires were disregarded thus causing my feelings of despondency. During this process I learned to differentiate myself and detach from the enmeshment of being a “couple,” however, this put a great strain on our marriage. When we looked at ourselves, the words we used when describing ourselves were always “we” or “us,” and the word “I” was never used. We were no longer individuals, but for us (and for the rest of the world

to see) we were a pair. My husband was struggling to maintain the status quo, while I was making tentative steps to discover the person who I was. Because Mark and I had gotten involved at such a young age we had not truly had the opportunity to understand who we were as individuals. This happens so often within young relationships — we fall in love yet we don’t even know what we want or, to be honest, what we need not only from the relationship but from also from ourselves. It was at this point where our relationship became unbalanced, and it felt as if my whole world were falling apart.

This change that was occurring between Mark and me was terrifying because through therapy we were beginning to understand that for so many years we had been interacting in predictable ways — we had been on autopilot. The work that we were doing meant that as the months went by, I was often seeing a stranger when I looked at the proverbial “woman in the mirror.” I found myself asking “Who am I?” and Mark was perplexed, too. As we both put in effort on growing into our authentic selves individually, as well as a couple, we were able to mend the fractures in our partnership. This strengthened our union and we were able to create a more honest, functional and comfortable way of being together. Life continues to test us yet we know we will always have each other’s backs.

Differentiation or otherness begins as one learns to internally define what they want, think and feel. Following that, it’s useful to develop the ability to express those desires clearly to another person without sacrificing or abandoning oneself in the process (see article “Who am I?” October 2017).

From the beginning, I had trouble identifying or defining my own desires. No one ever taught me how to self-reflect on my own likes, needs, opinions, etc. When my therapist asked me what was important to me, I would respond with, “I want our relationship to be good... I’m looking for happiness. I don’t want to walk around depressed or anxious because Mark and I want different things...” These statements never included my individual desires because I had no idea what they were. Even though I had struggled to become acquainted and more comfortable with my authentic self, I reluctantly followed along the self-revelatory path because I knew that was the only way out of my distress. It is important for all of us to remember that this process is often difficult and rarely easy and it does produce fear. I reminded myself daily (and to this day) to do it anyway.

I remember Donna saying to me, “Of course, you don’t want to walk around stressed and anxious and yet you are still uncomfortable with your husband having different desires than you. You can get there, but one important goal is for you to become comfortable with his differences.” This was a whole new concept for me to even begin to consider. She reminded me that as my husband was becoming more specific and outspoken about his wants, suddenly I would hear requests that I had never heard before. Even though the possibility of feeling anxious and wondering, “Where did that come from?” would be there, it was beneficial to sit with my own discomfort, breathe, and assure myself that this feeling was temporary and it would pass. The more I practiced listening and allowing for our differences, the easier it became. I found myself using some version of the phrase, “...I know that’s what you think (believe, feel, accept as true, etc.), I see (feel, perceive, view, etc.) it differently...” The more frequently I used the refrain, the more freedom I experienced.

At the beginning, when my husband challenged me about my point of view, I reflexively thought, “He doesn’t want to be with me. I’m not a priority... He

doesn’t love me... I’m not enough.” My therapist taught me to give myself one deep breath in and out before I said or did anything. That single breath gave me a few seconds to return to responding to the present moment rather than out of fear from the past. I learned that my husband wouldn’t desert me, more that he just wanted something new and different — the same desire I was feeling.

We did seem stuck for a while. We attempted to maintain the unhealthy symbiosis which was smothering both of us, but we began to understand that we had to change this “togetherness” to a more functional, independent, collaborative connection. Our therapist reminded us, “Right now, I want each of you to focus on your own wants — learning how to express them, and learning how to listen to each other’s hopes, even when they are different from yours.” This was a concept, although an important step in our process, that was extremely difficult for us to hear. Consequently, she had to emphasize this repeatedly in order to help us move forward.

Donna would allow us to role play with each other by offering us scenarios such as, “When you want to go to bed together and your partner isn’t ready, what do you do or say? Could you play that conversation out in front of me right now? I’d like to see what actually happens and how you navigate this difference.” This was so helpful to actually hear ourselves say things in a new way so when we were alone, we had a new path to take. This enabled us to navigate and learn how to communicate more effectively. Even though it created tension at first, we knew this was a safe place to practice this new approach to our lives. Our therapist had enabled us to strengthen our distinct qualities by giving us the tools to understand and appreciate our individual uniqueness. She helped structure our new way of communicating and then encouraged us to practice in her office and, in so doing, reduced our fears.

Some of the information Donna gave us early on in our couples counseling was an understanding of why our relationship was changing; that we were individuating, separating and evolving into more self-aware people. It helped us to recognize that we weren’t necessarily fated for divorce or falling out of love with each other, but more with the idea of falling in love and discovering with the individual we had put aside thinking that we now had to think only as a couple. We understood that this could create a more positive direction toward a deeper, growing relationship. That was exactly what we wanted. We now live that every day.

According to Alain de Botton (the founder and chairman of The School of Life. His books include *Religion for Atheists*, *How Proust Can Change Your Life*, and the novel *The Course of Love*), “We must fiercely resist the idea that true love must mean conflict-free love, that the course of true love is smooth. It’s not. The course of true love is rocky and bumpy at the best of times. That’s the best we can manage as the creatures we are. It’s no fault of mine or no fault of yours; it’s to do with being human. The more generous we can be towards that flawed humanity, the better chance we’ll have of doing the true hard work of love.”

It’s simple to fall in love, but the difficult part is understanding that the real gift is to learn how to stay in love.

*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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Woodland Park High School senior  
Maya Mijares.

## Maya Mijares named Commended Student

Maya Mijares, a senior at Woodland Park High School (WPHS), has been named a Commended Student in the 2020 National Merit Scholarship program. A Letter of Commendations from WPHS and National Merit Scholarship Corporation, which conducts the program, will be presented to Mijares by WPHS Principal Kevin Burr.

“For Maya Mijares to be a commended student in the National Merit process illustrates her persistence and determination for excellence,” said WPHS Teacher Ashley Norton. “What the test scores do not show you is a young lady with empathy, versatility, and maturity beyond her age. She is ambitious and has the abilities and desire to challenge the status quo and lead her community for future generations.”

About 34,000 Commended Students throughout the nation are being recognized for their exceptional academic promise. Although they will not continue in the 2020 competition for National Merit Scholarship awards, Commended Students placed among the top 50,000 scorers of more than 1.5 million students who entered the 2020 competition by taking the 2018 Preliminary SAT/National Merit Scholarship Qualifying Test (PSAT/NMSQT®).

“Maya stands out in our school for many reasons. This recognition from the College Board is certainly noteworthy — but we take note of the excellence she brings to Woodland Park High School, each and every day,” said WPHS Principal Burr. “We are lucky to call her a Panther and soon, an alum.”

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## Victor Strong Mine

Victor's historic Strong Mine and hard rock mining will be the center of attention on Saturday, Oct. 5. Stories at the Strong: A Day of Tall Tales & Mining History will be held at the 1899 mine site. The event is sponsored by the Victor Lowell Thomas Museum. This is the fourth year for the event.

The day will begin at 11 a.m. with check in at the gate.

The day will feature a chance to see the surface plant and hoist house of the Strong Mine. Two-Mile-High Mining Company owner Jim Watson will provide a historical presentation. Folks will also get a chance to see the Strong Mine's hoist operate and visit the hoist house.

During the storytelling some of the mining district's well-seasoned miners and long-time residents will conjure up memories and weave tales about their experiences and the old days.

The Victor Elks will cook and sell hotdogs burgers, and brats on the grill. The proceeds from the lunch go the Elks Lodge. The cost of the event, benefiting the museum, is \$10 per person with children

under 5 free. The entrance fee includes all of the day's events and entry into the drawing; the Elks lunch is an additional charge.

Tickets can be reserved on line at VictorMuseum.com or purchased at the museum or at the gate the day of the event by cash only.

The Strong Mine is located just off Diamond Avenue on Victor's north side. Parking is limited at the Battle Mountain and Independence Mill Site Trailhead on the Old American Eagles Road with a walk to the mine site. Attendees are encouraged to park in downtown Victor. A free shuttle sponsored by Newmont Mining Corporation will provide transportation to and from the mine site and the Victor Lowell Thomas Museum throughout the day.

Wrapped in tall and grave tales of its own, the Strong Mine is a perfect location for mining history lore. The mine was blown up in the 1894 labor strike, rebuilt and then operated as a wealthy mine for years. In recent years the mine suffered from weathering and the Watson family has restored the headframe and other structures.

The most famous story about the

Strong Mine has to do with its founder. The mine's 1890s owner, Sam Strong, was killed in an argument in the Newport Saloon in Cripple Creek in 1901, his shooting the result of an argument over gambling. As a result of the incident, the mayor at the time outlawed guns and gambling in Cripple Creek. In the August 23 issue of the *Colorado Springs Evening Mail*, Mayor Crane ran a decree on the front page. He publicly denounced Strong and all other gamblers for the common practice of carrying concealed weapons, saying, "I believe that in a community so well governed as Cripple Creek, where warrants are worth 100 cents on the dollar, any person who carries a gun or other dangerous weapon concealed on his person is either a coward, a bully or an outlaw." Crane ordered that all gambling houses in Cripple Creek be closed and that "all persons carrying concealed weapons quit said practice."

Don't miss more tall tales, true history, and Stories at the Strong on Oct. 5. FMI: VictorMuseum.com, email info@victor-museum.com or call 719-689-5509.

## WPSD Board of Education appoints new director

Woodland Park School District (WPSD) Board of Education appointed Chris Austin as the Director of District A (At Large) during the regularly scheduled September meeting. Beth Huber, board president, administered the Oath of Office to Austin, filling the vacancy made by Carol Greenstreet, who resigned in June.

An alumnus of Woodland Park High School, Austin has always focused on youth with experience as a wilderness instructor for a therapeutic program working with adjudicated youth and as a director of an adventure-based programming for an outdoor education center. He and his family moved back to Woodland Park in 1995 to oversee a community youth program called Highland Youth Ministry. Austin also partnered with the City of Woodland Park to develop a skate park and snowboarding program. In 2000 he became the senior pastor of New Covenant Christian Fellowship (now Emmaus Fellowship) and continues his work in wilderness instructing and faith-based counseling.

"As a former graduate of Woodland Park High School and having raised four children who also graduated from here, I am honored to serve this community, the students, and the staff any way that I can," Austin said. "Serving on the Board of Education is in line with my long-term passion to empower students to meet their full potential. This is an opportunity to support the outstanding achievements that have been consistent in this District."

"We are thrilled to have Chris join us on the Board as a Woodland Park native who graduated from our high school also



WPSD Board of Education President Beth Huber administers the Oath of Office to Chris Austin.

## Manitou hires new police chief

Manitou Springs hired Lieutenant Brian D. Churchill as the new Chief of Police. He most recently served as an Investigations and Administrative Lieutenant with the Indianapolis Metropolitan Police Department, and has served in law enforcement since 1993. He has experience developing and maintaining innovative crime-fighting strategies and focuses on building relationships with local residents, community groups, and local government.

Prior to joining law enforcement, Lieutenant Churchill served in the United States Army in the 1st Ranger Battalion, 75th Ranger Regiment. He holds a bachelor's degree in Human Resources Management and a Graduate Certificate in Criminal Justice, attended the FBI National Academy, and the Indianapolis Metropolitan Police Department Leadership Academy.

Lieutenant Churchill replaces Interim Chief Joe Breister, who joined the Manitou Springs Police Department following the retirement of Chief Joe Ribeiro in May of this year. "It has been an honor to serve Manitou Springs over the past several months and I am happy to leave the department in capable hands," stated Chief Breister. He previously served as Undersheriff with the El Paso County Sheriff's Office and recently retired after 32 years of service.

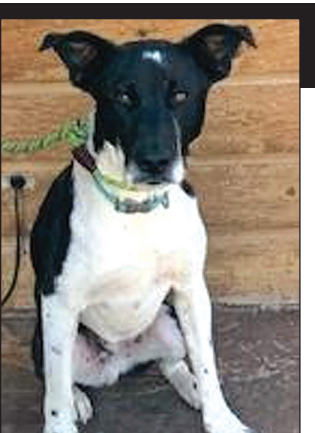
Lieutenant Churchill joined the Manitou Springs Police Department as Chief of Police on October 1st, 2019.

## Adopt Me by TCRAS

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Say hello to Ash! This handsome boy is lots of fun. He loves to be outside, play with balls or rope toys or take siestas in the sun. He's great at entertaining himself but would also love to go on walks or hikes with you. Please come by the shelter sometime to say hi to this awesome guy in person! We're located at 308 Weaverville Road in Divide or give us a call 719-686-7707.

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



## Give away your time to keep your brain cells

by Jim Herlihy, Alzheimer's Association of Colorado

Want to find a way to keep all of your brain cells working for you long-term? Researchers at the University of Calgary have found that retired people who donate their time as volunteers have a significantly lower risk of developing dementia than those who don't.

The study included 1,001 Swedish citizens who retired in 2010. It tracked them for five years, monitoring them for the development of cognitive issues. As part of the study, they were divided into three groups: those who consistently volunteered in their communities at least one hour per week, those who sporadically engaged in volunteering, and those who never engaged in volunteering.

For purposes of the study, volunteering is defined as an activity done for no monetary compensation to benefit others outside of the individual's family, such as a church, school, library or homeless shelter.

Volunteers who were engaged on a weekly basis were found to be 2.44 times less likely to develop dementia than the seniors who didn't volunteer. Those who volunteered sporadically did not fare any better than those who never volunteered.

"This study reinforces research the Alzheimer's Association has funded on the importance of remaining socially engaged," said Amelia Schafer, executive director of the Colorado Chapter of the Alzheimer's Association. "In fact, our multi-year POINTER study is exploring social engagement as one factor, along with diet, exercise and other lifestyle factors, and how they can directly influence each individual's likelihood of developing Alzheimer's disease."

More than 47 million people around the world, including nearly 6 million people



in the United States and 73,000 in Colorado, are living with Alzheimer's disease. It is the only leading disease without a prevention, treatment or cure, and it kills more people than breast cancer and prostate cancer combined.

The Alzheimer's Association offers educational information, programs and services at no charge to all Colorado families, but Schafer noted one more benefit.

"The reason that we can offer our programs and services at no charge is that we rely on the generosity of more than 1,000 volunteers each year," said Schafer. "We rely on volunteers to deliver programs, facilitate support groups, help at events, handle public inquiries, input data and so much more. We welcome the opportunity to talk with and train any interested volunteers."

To learn more about volunteer opportunities with the Alzheimer's Association, call 303-813-1669 or the Association's free 24/7 Helpline at 800-272-3900, or go to [www.alz.org/co](http://www.alz.org/co).

*The Alzheimer's Association Colorado Chapter is the premier source of information and support for the more than 73,000 Coloradans with Alzheimer's disease, their families and caregivers. Through its statewide network of offices, the Alzheimer's Association offers education, counseling, support groups and a 24-hour Helpline at no cost to families. In addition, contributions help fund advancements in research to prevent, treat and eventually conquer this disease. The Alzheimer's Association advocates for those living with Alzheimer's and their families on related legislative issues, and with health and long-term care providers. For information call the Alzheimer's Association 24/7 bilingual Helpline at 800-272-3900, or visit [www.alz.org/co](http://www.alz.org/co).*



## Trooper Tips Traction laws

by Trooper Gary Cutler

It's that time of year again, so we need to address snow storms and driving in them. This year there has been some confusion with the new traction laws that travelers will be facing. So, I'm here to help answer some of those questions.

Most of the focus for the traction law has been about I-70 in the mountains, but this can pertain to any of Colorado's roadways that the state is responsible to maintain.

Let's start from the beginning; commercial vehicles are required to have chains on their vehicles from September 1 through May 31 on I-70 between milepost 133 (Dotsero) and milepost 259 (Morrison) but this part does not pertain to passenger vehicles.

Now let's look at passenger vehicles. As a driver of a passenger vehicle you will need to be aware when traction law is being implemented. The state will usually put this information on Variable Message Signs (VMS) along the roadways, or on CDOT's web page. When this happens, you need to be concerned with Code 15 and 16 which pertain to all passenger vehicles. The traction law will usually be implemented when you see snow starting to accumulate on the roadway. Code 15 is the first level which basically says passenger vehicles need to have at least one-eighth inch of tread on all tires. You will also have to have either snow tires, tires with the mud/snow (M+S) designation, four-wheel drive, or all-wheel drive.

When Code 16 is implemented, this is a

last ditch attempt to keep the roadway open. So now there will be a larger amount of snow on the roadway and means all vehicles will need to have chains or an Alternative Traction Device (ATD) such as Autosocks. It doesn't matter if you have four-wheel drive; you need to have chains on your tires.

Earlier I mentioned passenger cars are not required to carry chains or ATD's in their vehicles during the aforementioned time frame, but here's the kicker. If the chain law is enacted after you are in the mountains you will not be able to access the roadway and may have to wait until the chain law is lifted to get to your destination. So, if you don't plan on carrying chains or ATDs make sure you plan ahead prior to making your trips into the mountains.

The traction laws will be enforced and if you have inadequate equipment during the traction law you may be fined more than \$130. If you fail to comply with the mandatory chain law and you end up stuck and blocking the roadway you may be fined more than \$650.

The reason for the chain law is for safety and not to inconvenience other drivers by having vehicles that are ill-equipped for the weather and road conditions which end up blocking other travelers.

I hope this has helped out some of your questions my office has been fielding the past few weeks.

As always, safe travels!

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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 719-686-7587 or email us at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com).

### BUENA VISTA

- 5 UAS Club Central Colorado  
9-10:30 a.m. at Central Colorado Regional Airport. Our special guest is Vic Moss, who has been using this technology for his photography business. He is involved in education as a principal with the Drone U, and is active with the FAA on different levels. FMI: 719-581-2010 or [cuasclub@gmail.com](mailto:cuasclub@gmail.com). Meets every first Saturday, usually at Central Colorado Regional Airport  
19 Walk for Freedom see page 16.

### CAÑON CITY

- 2 Free Legal Clinic for those that have no attorney 2-5 p.m. Schedule 719-269-9020.  
4 First Friday Art Walk along Main St. Art Galleries and most of the shops are open until 8 p.m. REM Art Gallery will have Mary Shell speed painting and giving her creations away beginning at 7 p.m. Come join the fun each month!

### LIBRARY

- 4 Lego Club 3-4 p.m.  
5 Author/book talk with Tracy Beach 2 p.m. Tracy will be sharing facts about her latest book, *Michael*. This true crime murder mystery takes place here in Colorado. Tracy has tracked, researched and investigated this terrible event as she does in all of her books with great tenacity. She is a very interesting speaker. Tracy will have signed copies of her books for sale.  
11 Breakout box 3-4 p.m.  
18 StudioH 3rd Friday 3-4 p.m. This program is geared for students ages 11-17, featuring hands on events with CAD programs, coding, 3D printing, audio, video editing and programming, web and graphic design and much more. Registration required, space is limited.  
• B.O.O.K. babies on our knees story time every Monday at 10:30 a.m.  
• Story time and Craft Tuesday and Thursday at 10:30 a.m.  
• Super Mario Smash Brothers gaming every Wednesday 3-4 p.m.  
• Squash Illiteracy. If you or someone you know struggles with reading or an unable to read, this program can help. We have volunteer tutors that will work one-on-one with participants. The program is free and hours are flexible. FMI 719-269-9020. FMI: 719-269-9020. Canon City Library is located at 516 Macon Ave.

- NAMI Connection Support Groups for those living with a mental health condition meets every Friday at 1 p.m., Community Education Room of St. Thomas More Hospital 1338 Phay Ave. These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to [www.namiconnectsupport.org](http://www.namiconnectsupport.org)  
• Yoga with Bill O'Connell at River Lotus Yoga Mondays 9 a.m., Wed 6:30 p.m., studio fees apply.

### CASCADE

- 5 Cascade Fire Department Free Chili Night 5-8 p.m. 809 Severy Lane. It's fun for the family and full of raffles, and silent auction

items from local businesses and beyond. Pumpkins, fire hats, petting zoo, and informative fire house safety tour. FMI: 719-551-0418.

### COLORADO SPRINGS

- 12-13 Garden of the Cats is having their Halloween Hiss-teria see page 18.

### PIKES PEAK CENTER

- 4 Menopause the Musical 7 p.m.  
6 Darci Lynne & Friends — Fresh Out of the Box 3 p.m.  
9 Roy Orbison and Buddy Holly: The Rock 'N' Roll Dream Tour 8 p.m.  
10 Bill Engvall 8 p.m.  
12 Russian Ballet Theatre presents Swan Lake 7 p.m.  
16 Experience Hendrix 7:30 p.m.  
27 David Sedars 4 p.m.  
Save the Date Nov 2: Wags and Wishes Gala! Enjoy an evening with TCRAS 5 p.m. at the Andlers Hotel. Cocktail hour is 5 p.m., dinner and presentation at 6:30 p.m., paddle raise and live auction 7:30 p.m., raffle drawing 8 p.m., rescue runway show 8:15 p.m. Tickets, tables and sponsorships available. Auction donations accepted. Tickets available at TCRAS or 719-686-7707.

### CRIPPLE CREEK

- 5 Ghostly Gathering at the Elks Lodge 6-10 p.m. Live music by Dallas Alley, food and a cash bar will provide frightening fun for costumed party goers. Try your luck at carnival games to win fun prizes or bid on unique items donated for the silent auction. Funds raised go toward expansion of displays and necessary repairs to the Cripple Creek District Museum. Tickets \$25 in advance at the museum gift shop, or online at [www.cripplecreekmuseum.com](http://www.cripplecreekmuseum.com). FMI: 719-689-9540.  
• Alcoholics Anonymous meets at St. Andrew's Episcopal Church at 367 E. Carr St. Thursdays at noon and Sundays at 4 p.m.

### ASPEN MINE CENTER

- 1-22 Bootstraps: Financial Health Curriculum 11-1 p.m. Gain tools to get on top of your finances and do more with what you have! Meal and childcare provided. RSVP: 719-686-0705 or [Amyg@cpteller.org](mailto:Amyg@cpteller.org).  
15 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.  
2, 9, 16, 23, 30 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.

- 3 Southern Teller County Housing Task Force 8:15 a.m.  
3 Southern Teller County Childcare Task Force 10 a.m.  
6 Veteran Service Meeting 9-11 a.m.  
8 All Vets. All Wars. Group participation 10-11:30 a.m.  
9 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high qual-

ity civil legal services in the state of Colorado.

- 14 Employment First 8:30-12:30 p.m. A DHS program for SNAP recipients.  
17 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.

- 25 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.

- 25 Cross Disability Meetings for persons with disabilities 10-11:30 a.m.  
25 Cooking Matters in Your Community 10-11 a.m. Find out how to get the best use of your commodities day food box items. Food demonstration and snack provided. FMI: Denise 719-689-3584.

- 25 GED Registration 11:30-2 p.m. Childcare available upon request. RSVP: [Katy@cpteller.org](mailto:Katy@cpteller.org) or 719-686-0705.  
29 American Legion Post 71 9-10:30 a.m.

- Cocaine Anonymous group every Thursday 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.

- A Willow Bends every Thurs 4-7 p.m., every Fri 4-8 p.m., every Wed 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.

### CRESSON ELEMENTARY

- 28-Nov18 Active Parenting First Five Years. Four Monday sessions 4:15-6:30 p.m. Discussion series for parents with children birth-5 years. Meal and childcare provided. RSVP: 719-686-0705 or [AmyS@cpteller.org](mailto:AmyS@cpteller.org).

### CC-V MIDDLE/HIGH SCHOOL

- 17 The 4th Annual Silent Auction and Dinner fundraiser for CC-V Music Department. Admission is \$5 at the door (dinner), and there will be many great items to bid on. Live music performed by local artists!  
25 The CC-V Drama Department presents their 3rd Annual Haunted House in the CC-V cafeteria. First trip through the Haunted House is free, then \$1 per visit after. Hot chocolate and caramel apples for sale, and games for younger children will be available.

### DIVIDE

- 14, 28 Little Chapel Food Pantry Distribution 3:30-6:30 p.m. For more info 719-322-7610 or email [littlechapelfoodpantry@outlook.com](mailto:littlechapelfoodpantry@outlook.com). 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

## Halloween Hiss-teria

by Catherine Rudy

Garden of the Cats is having its second TICA sponsored show (The International Cat Show) on October 12-13, 2019. We put on the Spring Sustainability Show in March. Our October show is called the Halloween Hiss-teria and we are focusing on family and safe trick or treating during the show.

Our main focus will be the championship pedigree and household pet cat show, which brings in competitors from all over the country. These are championship pedigree and household cats competing for regional and international awards and titles. However, since our organization works to educate children on responsible pet ownership, we have developed a program where we are trying to educate parents on the benefits of children showing pets in competition. This expands on the idea of the 4-H premise of teaching children civic leadership to more basic and everyday rewards for children, including responsibility, teamwork, accountability, and socialization. We want to expose the activity of kids and showing pets as a safe alternative to competitive sports that parents might find too physically harmful. On that note, Garden of the Cats sponsors a handful of children in our show to expose them and their parents to these benefits.

Our weekend will be filled with fun activities for the public. As you can tell by the name, we are a holiday themed show and we are encouraging staff and exhibitors to dress in costume. We will be having a cat costume contest, where the cats themselves will be dressed in costume for a judging of the best. We will be hosting a safe trick or treating for children both days, so we encourage spectators to come in costume as well. We will have a variety of other activities to keep everyone busy in between the competitive judging. As always, people will be able to mingle with exotic breeds and speak to experts on feline care and parenting.

We hope you will find our event worthy of your attention. It will be held at Play It Now Sports at 5025 N. Academy Blvd. Colorado Springs on October 12-13, 2019, between 9 a.m. to 3 p.m. Those are the public hours but our judging often runs late and the public can continue to come in while judging is going on. Our website is [gardenofthecats.com/page27.html](http://gardenofthecats.com/page27.html).

R-Z 5:30-6:30

### COMMUNITY PARTNERSHIP

- 2 GED Registration 10-1:30 p.m. RSVP: 719-686-0705 or [Katy@cpteller.org](mailto:Katy@cpteller.org). Classes Mondays and Wednesdays 12-3 p.m.  
5 The 5th Annual Chili Cook-off Fundraiser 1-4 p.m. at Paradox Beer Company. Come support CP and the work we do in the community. Tickets are \$15 pre-sale or \$20 at the door. children 12 years and under FREE. Ticket includes chili tasting, one beer/ soda and 1 vote each for your favorite red and green chili. \$20 to enter your chili, register at Paradox Beer Company. FMI: 719-686-0705 or [Amiee@cpteller.org](mailto:Amiee@cpteller.org).  
11 Crossroads for Families that Co-Parent 9:30-1:30 p.m. Registration fee required.  
19 Teller Talks: Fall Festival 10-12 p.m. Come in your costume and enjoy lots of activities, snacks, friends, face painting, corn pit, bean bag toss, crafts and more! Free pumpkins (one per family plus supplies last). Ages birth-5 years (older siblings welcome). FMI: 719-686-0705 or [Jessica@cpteller.org](mailto:Jessica@cpteller.org).  
24 Parent Advisory Committee 5-7 p.m. Caregivers of children of all ages are welcomed to have a voice about CP programming and community needs. Meal and childcare provided. FMI: 719-686-0705 or [Cory@cpteller.org](mailto:Cory@cpteller.org).



pointing venues include the Royal Gorge, local orchards, and the Abbey in Cañon City. Saturday afternoon 1-3 p.m. is a Quick Draw where painters have only 2 hours to complete a painting; these paintings are awarded a People's Choice prize. The free public reception is Saturday 5-7 p.m. at the Bell Tower. All paintings are for sale at the reception with an opportunity to meet the artists. There is also a free chili dinner provided by the Florence Arts Council. The exhibition and sale of painting will stay up for public viewing through Nov 25.

### JOHN C. FREMONT LIBRARY

- October's artist of the month is Westcliffe Art Quilters.  
1, 4, 8, 11, 15, 18, 22, 25, 29 Story Time 10:30 a.m.  
2, 9, 16, 23, 30 Wool Gatherers 10 a.m.  
2 Columbus and the Culture of the Sea by Ann Williams 5 p.m.  
3 Closed.  
10, 17, 24 Teen Group (none on 31) 14 Closed.  
19 Author Talk "Michael" Tracy Beach 1 p.m.  
19 Family Movie: *Secret Life of Pets 2* 3:30 p.m.  
23 Author Talk "Pour Me Another Cup" Stephanie Accello 2 p.m.  
25 The 4th Friday Film: *A Dog's Journey* 5 p.m.  
31 Closing at 5 p.m. No Teen Group. FMI: 719-784-4649.

### OWL APOTHECARY/HEAVENLY HOLISTIC HEALING

- 5 Grand Opening! New products, Zyto scans, chair massages and light refreshments. Starts at 10 a.m. We are located 124 South Pikes Peak Ave. FMI: 719-371-3734.  
19 Introduction to Essential Oil class 1-3 p.m. No charge. Light refreshments. Bring a friend! Great education and get to sample the oils.

### FLORISSANT

- 11-12 Fire Prevention Week at Florissant Fire. Free pumpkin patch, bounce house, Reggie the Rescue Engine and fire mitigation info. Friday 3-7 p.m., Saturday 8-noon.

### GRANGE

- 12 Pine Needle Basket Class 9-noon. All levels welcome. If we get some gourds, we may work with those, too. Reserve your spot 719-510-2324.  
26 Halloween Party for the kiddos noon-2 p.m. We will have crafts, a maze, potato hunt, costume parade, pumpkin decorating, lots of treats, goodies, and food. Don't miss the fun!

### FLORISSANT LIBRARY

- Lego Club Fridays 12-4:30 p.m. Storytime Fridays 10-10:45 a.m. Adults  
• Tai Chi Mondays 10 a.m.  
5 *Country Music* a film by Ken Burns screening 2-4:30 p.m. Ken Burns's documentary explores the history of country music, how it evolved in the 20th century, the musicians who created and shaped country music. Enjoy

*continued on next page*

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live music by Renee and Alan Caldwell and refreshments prior to the film screening.

- 10 Social Security 101: Live webinar 4-5:30 p.m. This webinar covers common questions about retirement and Social Security such as: eligibility for retirement, how age and work affect retirement benefits and how non-covered pensions (PERA) can potentially affect your retirement and Social Security.  
10 Yarnia! 10-12 p.m.  
10 Free Legal Clinic for parties who have no attorney 3-4 p.m. Pre-register by calling 719-748-3939.  
16 Bookworms 10:30-12 p.m. October: *Mrs. Lincoln* by Catherine Clinton  
21 Let's Read Aoud! 11 a.m. October theme: Favorite Author  
23 Craft and Create 1-2:30 p.m. Hand painted silk scarves. Supplied will be provided and space is limited. Register by October 18 call 719-748-3939.  
26 Poker Alice Tubbs 11-12:30 p.m. Sponsored by the Friends of Florissant Library and the Friends of the Lake George Library. Meet Poker Alice Tubbs, a lady gambler, who lived and played in mining boomtowns across Colorado, South Dakota and the west. Share her stories of adventure, risk and reward. Liz Duckworth, author of *Poke Alice Tubbs: The Straight Story* brings Poker Alice's story to life in Victorian costume and first-person narrative. Rampart Library District will be closed Oct 14 in observance of Columbus Day.

### LAKE GEORGE

- 19 PPHS Annual Auction see page 8.  
26 Lake George Charter School Halloween Carnival. See page 13.

### LIBRARY

- 8 Veteran Affairs officer comes to the library every 2nd Tuesday noon-2 p.m.  
10 Rocky Mountain Rural Health comes to the library every 2nd Thursday noon-2 p.m. to give health screenings and read blood pressures, as well as donated clothing and shoes for free!

### MANITOU SPRINGS

- 4 First Friday Art Walk 5-8 p.m.  
12 A Night with Poe 6 p.m. AND p.m. Miramont Castle \$50.  
25 Emma's Wake 6-8 p.m. at Miramont Castle, Victorian food and beverages. FMI: 719-685-1011.  
26 Emma Crawford Coffin Races & Parade 10-3:30 p.m. This is the 25th Annual running of the coffin! Watch over 70 coffin racer teams compete for bragging rights. Hearse and coffin parade at noon, races at 1 p.m., followed by award ceremony and live music. Ride the early shuttles to stake out the best seats. FMI: <http://manitousprings.org/emma-crawford-coffin-races/>  
26 History Ghost Tours by the Manitou Springs Heritage Center. FMI: <http://www.manitouspringsheritagecenter.org/event/ghosttours/>

### GUFFEY

- Yoga with Bill O'Connell 10 a.m. and also at noon Sundays, and 5 p.m. Tuesdays at Guffey Community Charter School. Donations appreciated.

### BAKERY AT STRICTLY GUFFEY

- Yoga every Friday morning from 8:30-9:30 a.m. with Kristie.  
• Talking Threads the 3rd Thursday from 10-12 noon.  
• Drum Circle the 3rd Thursday night from 6-8p.m.

### CORONA'S AT FRESHWATER

- music lineup see page 13.

### LIBRARY

- 14 Patches and Pieces 11-3 p.m. Come to the library and quilt away.

28 Special local Author Talk/Guffey Literary Society beginning at noon with Catherine Dilts; this is a potluck.

- Storytime 2-3:30 p.m. Join us for a fun filled Storytime that will include movement and song hosted by Peg Larson. All events are open to the public and free. Please feel free to call or email with any questions. 719-689-9280 [Guffeylib@parkcounty.colibraries.org](mailto:Guffeylib@parkcounty.colibraries.org)

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p.m. Call Elaine Allemang for more information 719-539-3351.

- 9 Free Legal Clinic 2-5 p.m. at the library 405 E St. Schedule: 719-539-4826.

- 10 SCFTA presents the Creative Mixer. Artists working in all genres are encouraged to attend and network with like-minded people to share influences and news, soak up fresh ideas and be inspired by the energy that makes Salida a center of support and expression 5:30 p.m. at Paquette Gallery in the lobby of the SteamPlant.  
10 Thurs 5-8 p.m.  
11 Fri noon-8 p.m.  
12 Sat 1/2 price 9-2:30 p.m.  
Woodland Park Community Church 800 Valley View Drive. FMI 719-422-6804 or [munchkinmarket@gmail.com](mailto:munchkinmarket@gmail.com).

- 11 Women's Networking Group meets at Shining Mountain Golf Club the 2nd Fri of each month 11:30-1 p.m.  
12 Annual Seed Saving presented by Karen Anderson, the Plant Lady 10-noon at Aspen Valley Ranch - Yurt 1150 S. West Road. The Plant Lady will lead this hands-on workshop on how to successfully save seeds from your current gardens to use and share for seasons to come. Participants will have an opportunity to meet fellow gardeners and expand their knowledge of seed harvesting and collection. This is a great way to plan for giving back to your local seed library! Sponsored by Rampart Area Seed Library Partnership. FMI: 719-472-3671.  
26 Senior Center Halloween Pancake Breakfast 8-11 a.m. SE corner of Pine and Lake Ave.  
27 The 3rd Annual Breit Awards see page 7.  
• WP Community Singers ask you to come singing with us each Monday 6:30-8:30 p.m. at Mountain View United Methodist Church. Anyone who loves to sing is welcome! We are especially looking for a new accompanist! FMI: Melissa 620-482-2170.  
• Come Sing with Us! Each Wednesday 7 p.m. at the Church of Jesus Christ of Latterday Saints 758 Apache Trail. Do you love to sing? Do you want to improve your skills? FMI: 719-687-1417.

### HIRRMC

- 8 Childbirth class see page 16.  
15 Sleep Education see page 16.

### VICTOR

- 4, 11, 18, 25 Celebrate Recovery at Victor Community Center 6:15 p.m. FMI: 719-243-4970.  
5 Stories at the Strong: A Day of Tall Tales & Mining History will be held at the mine site. Check in at the gate 11 a.m. Two Mile High Mining Company owner Jim Watson provide an historical presentation. Victor Elks will cook and sell food from the grill; proceeds go to Elks Lodge. Fee is \$10 per person with children under 5 free. Tickets can be reserved online at VictorMuseum.com or purchased at the museum or the gate by cash. A free shuttle will provide transportation to and from those who park in downtown Victor. FMI: email [info@victormuseum.com](mailto:info@victormuseum.com) or call 719-689-5509.

### WESTCLIFFE

- 9 Free Legal Clinic for those who have no attorney 2-5 p.m. Schedule: 719-783-9138.

### WOODLAND PARK

- 1, 3, 8, 10, 15, 22, 24, 29, 31 Yoga 4-5 p.m. at Mountain View Unit-

ed Methodist Church. Sponsored by Community Partnership.

- 6 Woodland Park Wind Symphony Benefit Concert see page 4.  
10-12 MOPS Munchkin Market a HUGE consignment sale of gently used children's clothing and items.  
Public sale hours:

- 10 Thurs 5-8 p.m.  
11 Fri noon-8 p.m.  
12 Sat 1/2 price 9-2:30 p.m.  
Woodland Park Community Church 800 Valley View Drive. FMI 719-422-6804 or [munchkinmarket@gmail.com](mailto:munchkinmarket@gmail.com).

- 11 Women's Networking Group meets at Shining Mountain Golf Club the 2nd Fri of each month 11:30-1 p.m.  
12 Annual Seed Saving presented by Karen Anderson, the Plant Lady 10-noon at Aspen Valley Ranch - Yurt 1150 S. West Road. The Plant Lady will lead this hands-on workshop on how to successfully save seeds from your current gardens to use and share for seasons to come. Participants will have an opportunity to meet fellow gardeners and expand their knowledge of seed harvesting and collection. This is a great way to plan for giving back to your local seed library! Sponsored by Rampart Area Seed Library Partnership. FMI: 719-472-3671.  
26 Senior Center Halloween Pancake Breakfast 8-11 a.m. SE corner of Pine and Lake Ave.  
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### HIRRMC



## Mueller State Park

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

- 1 Fall Challenge Hike: Homestead Trail meet at Homestead Trailhead 8 a.m.
- 3 Fall Challenge Hike: Black Bear meet at Black Bear Trailhead 8 a.m.
- 4 Hike: Kids Earth Sensory Hike meet at Visitor Center 3-4 p.m.
- 5 Colorado Springs based Rocky Mountain Field Institute (RMFI) is teaming up with Mueller State Park to make significant improvements to Rock Canyon Trail (Trail #15), and you can help! A Volunteer trail work day is open to community members willing to assist with the project. The work will be moderately strenuous in nature and will include construction of new timber box steps on the trail, moving materials such as fill dirt and rock, improving

drainage, and restoration of nearby non-designated trails. No prior experience is necessary and volunteers are asked to commit to the full workday 8:30-3 p.m. Park entry fees will be waived for volunteers participating in the workday. Complete information and online registration to help out can be found on the RMFI website: [www.rmfi.org/calendar](http://www.rmfi.org/calendar). Staff trail crews will also be working on the Rock Canyon Trail for a number of days before and after the volunteer workday Oct 5, though the trail will remain open to the public throughout the duration of the project.

- 5 Fall Challenge Hike: Grouse Mountain meet at Grouse Mountain Trailhead 8 a.m.
- 5 Hike: Cahill Loop meet at Grouse Mountain meet Grouse Mountain Trailhead 8 a.m.
- 5 Hike: Black Bear Trail meet at Black Bear Trailhead 1 p.m.
- 5 Watercolors meet at Outlook Ridge Trailhead 1:30 p.m.
- 5 Hike: Elk Bugling meet at Visitor Center 5 p.m.
- 6 Hike: Lost Still meet at Grouse Mountain Trailhead 9 a.m.

- 6 Touch Table: Elk and Aspen meet at Visitor Center 1:30 p.m.
- 8 Fall Challenge Hike: Dragonfly Pond meet at Dragonfly Trailhead 8 a.m.
- 9 Hike: Preacher's Hollow: meet at Preacher's Hollow Trailhead 9 a.m.
- 9 Hike: Elk Meadow meet at Elk Meadow Trailhead 1 p.m.
- 10 Hike: School Pond meet at School Pond Trailhead 9 a.m.
- 10 Nature Walk: Trees meet at Visitor Center 1 p.m.
- 11 Hike: Grouse Mountain Overlook meet at Grouse Mountain Trailhead 1:30 p.m.
- 11 Hike: Kids Earth Sensory Hike meet at Visitor Center 3-4 p.m.
- 11 Hike: Elk Bugling meet at the Visitor Center 5 p.m.
- 12 Fly Fishing meet at Dragonfly Pond 10 a.m.
- 19 Hike: Rock Canyon meet at Visitor Center parking 9 a.m.
- 26 Hike: Elk Meadow meet at Elk Meadow Trailhead 9 a.m.

Mueller events are free, however, an



Trail damage on the current Rock Canyon Trail will be improved during a workday Oct. 5 held by the Rocky Mountain Field Institute.

\$8-day pass or \$80-annual pass per vehicle is required to enter the park. FMI: 719-687-2366.

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— Audrey Mack, Women Arise 2018

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