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Vol. 11, No. 9

Welcome to Ute Country



**"Love the trees until their leaves fall off,
then encourage them to try again next year."**

— Chad Sugg

PEEK INSIDE...



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Kite Flight in Divide

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Tourist And Locals Can Breathe Again

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

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

This helped me with energy and mental focus.

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

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



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On Deck



Jeff took this month's cover photo of the Buena Vista Chamber of Commerce building, which at one time was a church. The colors seem to pop as the golden aspen leaves act as if confetti in the air. We felt the quote appropriate on so many levels; love and encouragement are something we can always give to trees, our environment, ourselves and even each other as we comprehend the process of the life cycle.

Go ahead and let yourself get into the groove of love and encouragement as you open the pages of this issue. We have several articles that relate to our Earth Mother and cycles of life. Urban Turzi helps us understand gratitude and our relationship with our Earth Mother is a central concept in Native American Spirituality. *The Thymekeeper* gives us a new perspective, appreciation and gratitude for weeds. *Life Enhancing Journeys* gives us concrete techniques for challenging negative messages and learning how to respect and care for ourselves. *Legends of the Forest* introduces us to the elementals; each has a message and manner of helping us on our journey. *Heaven and Earth* gives an amazing example of how love can be perceived even after our Earth journey has ended.

We love to see and share the photos of your animal friends. Please send them in to us for our Critter Corner. You may mail photos to *Ute Country News* POB 753 Divide, CO 80814 or email them to utecountrynewspaper@gmail.com.

A brief note: our front page is always a photograph that Jeff has taken of someplace in Colorado. We look for a photo that is representative of that month in some way. We then pair it with a quote that fits for the month. We intend for the cover to encourage the reader to pick up the paper and read it!

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

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The Thymekeeper

Value redefined
by Mari Marques-Worden

It never ceases to amaze me how easy it is for chemical companies to convince people that weeds are bad for us and a perfectly groomed lawn is something to strive for, even take pride in. It also surprised me to find out that many neighborhoods in cities are mandated to have that very thing. As a child growing up in Denver, there were no covenants and not many rules regarding weed control as long as they weren't tall and plentiful enough to lose small children in. We pulled our weeds in that case, we didn't spray them with poison.

Today the extent of herbicide use is astounding and contributing to the rise of super weeds. The detriment to the health of humans and animals is becoming apparent as the number of lawsuits are on the rise regarding non-Hodgkin's lymphoma attributed to a popular herbicide. I personally see more nervous system disorders in people who frequently use them.

Being a long time-advocate of the benefits of the wild plants we call weeds, I can now present scientific evidence for non-believers. In a study performed at the University of California Berkley, researchers identified 52 edible weeds in some of the poorest areas of San Francisco, six of which were tested for nutrient content. They determined chickweed, dandelion, dock, mallow, watercress and oxalis to be more nutritious than kale. Fortunately, all six of these plants grow wild in Ute country and abundantly so.

The areas of San Francisco included in the study are considered food deserts, meaning they are located more than a mile from access to fresh produce but likely a hop, skip and a jump from fast food contributing to the epidemic of chronic illness. Food deserts exist all over the world and so do weeds when left unsprayed. https://returntonow.net/2018/09/29/weeds-more-nutritious-than-store-bought-produce/?fbclid=IwAR3uFoSxSW3DoNFsQJP07nAP1ChOxdxJZByukEma151e_HrdqCmli7BA and <https://www.biorxiv.org/content/10.1101/385864v2>



that is now available in all 50 states. For more on this see: <https://www.youtube.com/watch?v=oxrKyjeCITk>

History reveals

A look back in history shows us wild plants have always been our allies, after the world wars, widowed mothers knew they could feed and care for their families with them. Migrants sewed seeds into the hems of their clothing to ensure food security for their future, many of which are considered invasive weeds today.

Hemp was as much a part of our daily lives as cotton and petroleum. George Washington was a hemp farmer and the first American flag was made from hemp. At one time farmers were required to grow it. Ford created the first car made from hemp that ran on hemp!

True value

Save your dollars and improve your health. As Goldman Sachs ponders the age-old question: Is curing an illness a sustainable business model? I say no, it is not. However, since becoming an herbalist I've discovered I have far more value in my backyard than in my bank account. Although I know I'll never convince everyone, the director of the Manitou Springs garden club was having none of my weed rant and I still know people adamant about eliminating them, my mantra remains, if you can't beat 'em, eat 'em.

Mari Marques-Worden is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at mugsyspad@aol.com or 719-439-7303 or 719-748-3388. Mari is available for private consultation.

Why weeds?

The responses I get when I eat a weed in front of someone is a clear indication of where most people stand on the matter. The look of utter disbelief is a familiar one to me. I realize that the mere suggestion is a bit of a stretch for most people, but I'll do my best to convince you otherwise.


That look of disbelief often turns to curiosity when people taste the plants I put before them. Some are delicious and easily added to meals. The best pesto I've ever had was made from wild plants. On more than one occasion I've had people return for more once they experience the boost in energy and mood.

Common weeds possess more dietary fiber, protein, vitamins, minerals and provide more energy than grocery store produce. The nutrients in plants are significantly more easily assimilated than store bought supplements and they aren't genetically modified like the majority of food products in this country.

As an herbalist, most of the plants I work with for food and medicine are considered weeds. They're abundant, drought resistant and will grow in compacted poor soil and they don't require any attention to do so. Eating wild plants would render food insecurity non-existent for those strapped for cash. They can be frozen for winter use when greens aren't available.

Practicality and sustainability

No travel is necessary when you can walk out to your own backyard and pick your food contributing to a cleaner, healthier environment. In the documentary titled *What's on Your Plate*, two young girls launched an investigation into the differences between the food that is locally grown by farmers and the foods we buy otherwise. Much to



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Trooper Tips

Patience

by Trooper Gary Cutler

Recently I helped with directing traffic for the Iron Man competition held in Boulder County. I got me thinking about safety issues when dealing with special events and emergency situations while I was trying to endure standing in the 90-degree-plus temperatures.

We were tasked to shut down part of Highway 119, which is a divided road. Both north and southbound traffic were on the same side, which as you can imagine, caused slowdowns along with some left turns being blocked. This caused a few drivers to verbally and some not so verbally let us know just how irritated they were about the closures.

What I want to convey from this experience is to have patience. First, law enforcement didn't wake up that morning and decide to shut down roads just to reroute the driving public for no reason. We were tasked to block the road for the event and since we had a job to do, we accomplished the task at hand. So, when you're driving through these areas please give us a "brake."

When you see cones, patrol cars, police, or signs, they are there for one reason, to keep drivers from entering an area for everyone's safety. This means you are not permitted to go that way. We try to make sure there are alternate ways to get where you are going. It may take you a little longer to get there, but you can get there. So remember patience. Our number one priority is to make sure everyone goes home after an event.

Trying to convince the officer to let you

through is not going to get you anywhere and will only back up traffic even more. The officer cannot take the time to talk to drivers when directing traffic. It endangers the officer as well as the driver stopping to ask questions.

Law enforcement, fire, and ambulances do not carry signs with them. This means the cones or an individual in the area directing traffic is all we have sometimes. They are just the same as a sign. If you are motioned to go a different direction or cones are blocking the road, this means you are not allowed to go through that area. Driving through, over, or around cones is just wrong, and will get you in trouble with the law.

When a driver takes it upon themselves to go around cones the consequences can be devastating. Again, think safety and patience. Just because you don't see a reason for that area to be closed, know that we have deemed it as a safety area.

If cones are blocking your ability to turn, and yet you see traffic from the other direction going that way, sometimes it may not be safe for traffic in your direction to make a turn on that road. If it's a left turn, it may also back up traffic even more in your lane because the car turning left may have to wait for an opening from traffic going in the opposite direction.

This goes the same for crashes, construction, or any type of police activity. Have patience for safety's sake, and know it's nothing personal, but sometimes it outweighs whatever you're trying to get to.

As always, safe travels!

When should I worry about memory loss?

by Alzheimer's Association of Colorado

As we age, memories can become more elusive. We compensate: lists on the refrigerator, reminders to ourselves, sticky notes all over.

But what happens when memory loss begins to disrupt our daily lives? When we have difficulty completing familiar tasks? When we have trouble retracing our steps? Where can you turn for knowledgeable and confidential counsel, and emotional support, on what lies ahead?

That's where the Alzheimer's Association of Colorado can help. The Association and its free 24/7 Helpline (800-272-3900) are the best source for confidential information from professional counselors trained to help with questions about memory loss and what steps individuals — or family members — can take to determine if the issue could be related to dementia or another, more routine cause.

"There are a number of factors that could play a role in memory loss, ranging from nutritional deficiencies, stress and changes in medications to severe events such as a stroke," said Danelle Hubbard, director of Health Systems and Family Services for the Colorado Chapter of the Alzheimer's Association. "All memory loss isn't necessarily a sign of Alzheimer's disease, so we always recommend that people speak with their family doctor."

The counselors on the Alzheimer's Association Helpline can field questions in more than 200 languages, and can direct callers to resources in their community. If, ultimately, the diagnosis is Alzheimer's, Helpline staff can provide connections to an extensive network of services and information resources available that can help families.

Alzheimer's Association services

While the programs and services of the Alzheimer's Association are provided at no charge to persons living with Alzheimer's and their families, they are invaluable for those in need of support. Information and services that can be accessed through the toll-free Helpline include:

• 10 signs for early detection of Alzheimer's

- Getting a diagnosis and referrals to diagnostic clinicians
- Understanding symptoms and progression of the different types of dementia
- Information about treatment options
- Referrals to clinical studies through the Association's TrialMatch® program
- Local programming for people with early stage memory loss
- Setting up a confidential care consultation in our offices or by phone with trained

Alzheimer's Association staff

- Referrals to local community programs and services
- Guidance on how to enhance communication and respond to behavioral changes
- Referrals to support groups and message boards where other families discuss their challenges and possible solutions
- Legal, financial and living-arrangement considerations
- Provide research information in the areas of diet and nutrition, exercise, cognitive activity and social engagement
- Referrals to in-person and online education programs for caregivers about a variety of topics related to Alzheimer's and other dementias
- Help in a caller's preferred language using our translation service that features more than 200 languages and dialects

More than 73,000 Coloradans are living with Alzheimer's disease or other forms of dementia, a total projected to soar to 92,000 by 2025. Those individuals are supported by nearly a quarter of a million volunteer caregivers. Of those affected by dementia, nearly two-thirds are women. African-Americans are twice as likely as whites to be diagnosed, and Hispanic-Latinos are 50 percent more likely to receive a diagnosis than whites.

To learn more about 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.

Heart of the Rockies Regional Medical Center news

Heart of the Rockies Regional Medical Center (HRRMC) will host its second annual Cancer Walk on Saturday, Sept. 14, at 9 a.m.

The Cancer Walk will start and end on the HRRMC hospital campus. The course will follow the walking trail that circles the hospital. The loop is approximately 1.5 miles.

Walkers will start after a brief address from a cancer survivor, and all survivors will be recognized.

All monies raised by the Walk will be deposited in the HRRMC Oncology Fund, which is administered by the HRRMC Foundation. Any proceeds — including donations, registration fees, and fundraising — will benefit local oncology patients. Funds may be used for wigs, gas cards, lymphedema sleeves, or equipment to best care for our patients.

To register for the event, visit www.hrrmc.com and click on the Cancer Walk button on the home page. The cost of the event is \$35 and includes an event T-shirt.

Cancer survivors are not required to pay

the event fee, but do need to register.

FMI: 719-530-2270 or visit hrrmc.com.

Sleep Education Class

Heart of the Rockies Regional Medical Center is offering a class on obstructive sleep apnea on Tuesday, Sept. 17, 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. Sleep apnea and various related treatments will be discussed, including information about continuous positive airway pressure (CPAP) therapy.

This class is free and open to anyone interested. If your provider has ordered a sleep study or suspects you may have sleep apnea, it is recommended that you attend this class.

Refreshments and a light breakfast will be provided.

For more information, contact TC Rodak at 719-530-2280.

Salida Family Medicine to join the HRRMC team

The four family physicians with Salida Family Medicine have signed contracts to become HRRMC-employed physicians, effective Sept. 30. The new HRRMC Salida Family Medicine practice will be located in the HRRMC Medical Clinics building, 550 W. Hwy. 50, Salida.

Drs. James Wigington, Ashley O'Hara, Vanna Irving and Stephanie Earhart will all move to the new location, and Salida Family Medicine's First Street office will be closed. The final day clinic patients will be seen at the First Street office is Friday, Sept. 27. The practice will reopen on Thursday, Oct. 3, at the new location on Hwy. 50.

Care will also continue at the practice's outlying clinics in Cotopaxi and Saguache.

The physicians have sent a letter to their current patients letting them know of their relocation and that patient medical records will transfer automatically to the new practice unless the patient directs them to send

their medical records elsewhere.

"Salida Family Medicine (SFM) approached the hospital recently to explore employment options," said HRRMC's VP Business Development Peter Edis. "After considerable discussion, it was ultimately decided that hospital employment would ensure a seamless continuity of care between SFM patients, physicians, and the many services and specialists that HRRMC has to offer; while also enhancing the SFM physicians' ability to do what they do best, provide high quality care to patients, without having to deal with the many challenges inherent with private practice. We are extremely excited to welcome them to the HRRMC family."

In the coming weeks, the hospital will be preparing the Hwy. 50 clinic space and purchasing any needed equipment for the new HRRMC family practice. More details about the opening of the new clinic will be released as they become available. FMI: 719-530-2417.

Manitou Paints! a Plein air event

The art galleries of Manitou Springs are presenting "Manitou Paints", a Plein air event, Saturday, September 28, 2019. Meet artists on the street and watch art being created from 11 a.m. until 1 p.m. Local and regional artists paint outdoors for all to enjoy. Stroll through town, visit each painter as they create. All paintings are then auctioned off to the public at the Manitou Art Center from 2-3 p.m. to benefit future Manitou Paints! events.

Participating galleries include Cherokee's of Manitou, The Manitou Art Center (MAC), Green Horse Gallery, Common-wheel Artist Co-op, Darpo Studio Gallery, Fare Bella Studio Gallery, Tracy Miller Gallery, Nancy Culbreath Fine Art, David V Gonzales Fine Art, and Mark Day Fine Art. Each gallery will sponsor 2-3 Plein air artists in Downtown Manitou Springs.

"Manitou Paints!" is sponsored by The Avenue Hotel and Bed & Breakfast, The Manitou Springs Chamber of Commerce, Visitors Bureau & Office of Economic Development, Manitou Springs Creative District, The Manitou Arts Center and Tracy Miller Fine Art.

For additional information or to participate, please contact Tracy Miller Fine Art, 719-650-0827.

Where is Katee this month?



Katee is the new 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 Friday, September 13 from 9:30-1:30 p.m. she will be at City Market in Woodland Park collecting donations and food for her feline and canine friends in exchange for homemade dog biscuits and/or catnip toys. City Market is located at 777 Gold Hill Pl South, Woodland Park, CO 80863. Please stop by and meet her! Thanks for your support. FMI: www.PetFoodPantryTC.com.

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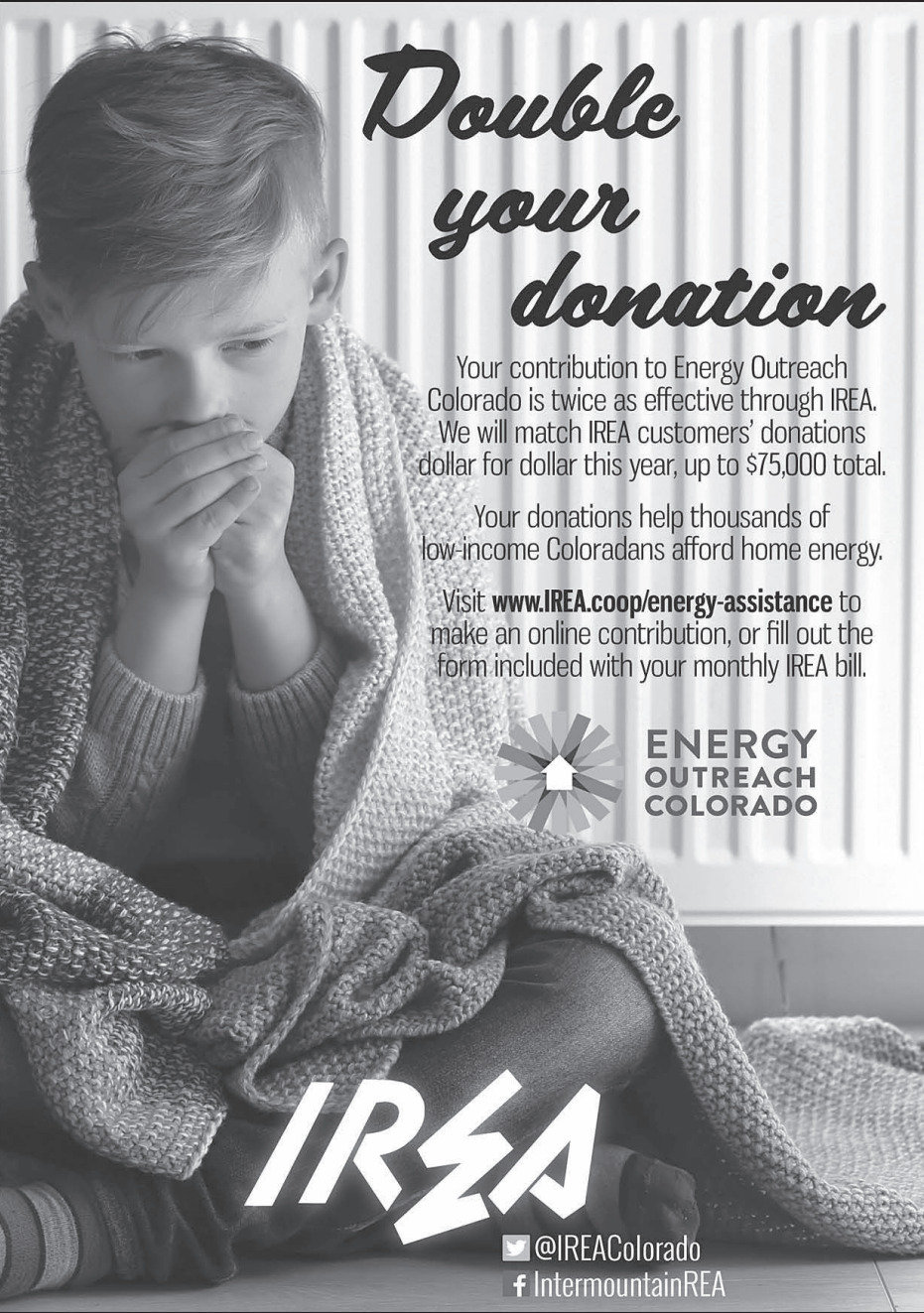
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Financial Focus

Leaving Your Job? What Happens to Your 401(k)?

If you're in the early stages of your working life — or even in the not-so-early ones — the chances are pretty good that you will change jobs at some point. When that happens, you'll probably leave a few things behind; will one of them be your 401(k)?

Of course, you wouldn't really forget about your 401(k). (It does happen, however — over the period from 2004 through 2013, more than 25 million people left at least one 401(k) or similar plan behind when they left their job, according to the U.S. Government Accountability Office.) But you will have to do something with your account.

Essentially, you have four choices:

- You can cash out your 401(k). It's your money, but if you take it out before you reach 59 ½, you will owe federal income taxes, plus any applicable state and local taxes. Also, you will likely be charged a 10% penalty for early withdrawal. Perhaps even more important, if you liquidate your 401(k) when you change jobs, you'll be reducing the amount you'll have left for retirement.
- You can leave your 401(k) with your old employer. If your former employer permits it, you can leave your 401(k) intact, even after you move to a different job. This might be appealing to you if you like the investment choices in your account, but you won't be able to make any new contributions. Plus, you won't face any immediate tax consequences.
- You can move the money to your new employer's 401(k). You can consolidate your old 401(k) with one offered by your new employer, if allowed. You won't take a tax hit, and you might like your new plan's investment options. And you may find it easier to manage your funds if they're all held in one place.
- You can roll your 401(k) into an IRA. You don't need the permission from any employer — old or new — to move your old 401(k) to an IRA. Your money will continue to grow on a tax-deferred basis, and an IRA offers you a virtually unlimited array of investment options — stocks, bonds, mutual funds and so on. You can make either a direct or indirect rollover. With a direct rollover, the administrator of your old 401(k) sends your money directly to the financial provider that holds your rollover IRA. No tax is withheld because you never actually take possession of the money. With an indirect rollover, you're technically withdrawing the money and moving it to the IRA provider yourself. (You've got 60 days to make this transfer.) You will face a withholding of 20% of your account's assets, but you may be able to recover most of this amount when you file your tax return. Still, for the sake of ease of movement and avoidance of all tax issues, a direct rollover may be more advantageous.

Which of these options is right for you? There's no one "right" answer for everyone. You'll have to consider several factors, and you'll certainly want to consult your tax professional before making any decision. But in any case, do whatever you can to preserve — and hopefully grow — your 401(k) assets. You'll need these resources to help fund the retirement lifestyle you want and deserve.

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

5th Annual Chili Cook-off for Community Partnership

by Kathy Hansen



Do you think you have the BEST chili, red or green? Put it to the taste-test by registering now at Paradox Beer Company to compete in the 5th Annual Chili Cook-off to benefit Community Partnership. The event will be held this year on October 5, beginning at 1 p.m. through 4 p.m. The registration fee is \$20 cash or check made out to Community Partnership. The fee includes a crowler of beer to be added to the chili.

Are you more interested in tasting chili than in cooking it? Then you'll want to buy your tickets today! Save yourself \$5 by purchasing your ticket in advance for \$15 at either Paradox Beer Company or Community Partnership — the door price is \$20. Kids age 12 and under can enter for free! The ticket includes tastings of chili plus the opportunity to cast your vote for your favorite red and green chili, plus a free beer or soda.

Live music performers to be announced. Paradox Beer Company is located at 10 Buffalo Court in Divide. FMI: 719-686-0705 or email: Aimee@cpteller.org.

This is the first fundraiser for Community Partnership this year. Please come out to support this amazing organization. Anyone can participate in Community Partnerships programs regardless of income. The organization is dedicated to strengthening families through their two main branches of programming, Family Development and Enrichment Services. We will have more information available about this incredible organization in the months to come.



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Victor Celebrate the Arts Plein Air Style

This year marks the 20th Annual en Plein Air Art Show and Sale in Victor, Colorado and what a success it was! Both professional and hobbyists participate in this outdoor painting event in the small mining town.

Artists began checking in Friday, August 23, having their canvases stamped at that time. The artist welcome reception was Sunday August 25 at the Elks Lodge with light snacks and prizes. This is followed by a week of scoping out the perfect spot in an attempt to capture on canvas the amazing views that surround Victor. Artists could then check their paintings in for the show at the Elks Lodge.

The first opportunity to purchase artwork was on Friday August 30, by invitation only. However, the show was opened to the public Saturday August 31 and continued through September 2. While artwork could be purchased, it remained at the Elks until the show closed Monday afternoon.

An awards dinner took place on Saturday, August 31. The gallery was open after the awards presentation and the judge was available for comments.


Those interested in watching the artists in action enjoyed the opportunity on Sunday September 1 from 9-noon. The public was able to stand behind the artist and watch the painting come to life! Imagine speculating on what image the artist is focusing on and seeing the brushstrokes build the image before your eyes. The painter must move quickly because the light will change as clouds pass overhead, changing the colors perceived as shadows move in on the target.

The en plein air movement began in Florence, Italy in the late 1850s.



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HELPING PEOPLE HEAR BETTER FOR THREE GENERATIONS

Currant Creek Characters - Part I

William Harrison Beery - part II

Indian agent and rancher

by Flip Boettcher

Sometime before the mail fraud incident, the Beerys went back to Missouri for a short time and their first child, James C. was born April 4, 1870 in Missouri. Both Beery and his wife Mary Castello were from Missouri and most likely had relatives still there.

By June 1, though, Beery and his family are back in Fairplay where Beery is a census enumerator in Park, Summit and Lake Counties. His signature and date are on the forms. With his son born in April, the Beerys had to travel with a baby.

For speed and ease, perhaps they traveled on the new Kansas Pacific Railway, which helped open settlement of the prairies. The St. Louis to Kansas City section was completed in 1869 and by March 1870, the railway was completed to Kit Carson, Colorado, on the eastern plains. By August the route was finished to Denver. This was the last link in the coast-to-coast railway network.

The Pacific Railway Act, signed by President Abraham Lincoln on July 1, 1862, shortly after he signed the May 20, 1862 Homestead Act, granted large land grants to the railway along its mainline. So not only was the railway able to offer transportation to the west, they were also able to offer land to homesteaders.

Encouraged by the government, these homesteaders would populate the land near the railways, starting towns, supply centers and providing activity to support the railway. It made the railways very wealthy.

Whether because of the mail fraud, the Front Street fire in Fairplay, or something else, Beery and his family have moved to the head of Currant Creek shortly thereafter, starting a whole new phase of his life, as an Indian agent and rancher. Beery's younger brother John T. and his wife Nettie have moved back to Missouri.

On the General Land Office survey map, surveyed in 1873-1874. W. H. Beery's house is marked at the head of Currant Creek where his homestead property was located. The GLO map spells it the "39-Mile Ranch." Beery's second son, Leslie Lovejoy is born in Kester, 1873. Beery's first daughter, Julia A., is born in Kester in 1875, and his fourth child, Frank Ferdinand is born in Alma, 1878.

The 1880 census shows Beery in South Park on Currant Creek with Mary and four children, ages 10, 7, 5 and 2, as well as a 30-year-old hired hand named George King. Beery's occupation is a stock raiser.

From 1880-1881, Beery was a United States Indian Agent at the Los Pinos agency in the Uncompahgre Valley in western Colorado and met the last great Ute Indian Chief Ouray (Arrow) and his wife Chipeta. Early in 1880, Ouray, Chipeta, and sub-chiefs from all the different Ute tribes, the Council of Ouray, went to Washington, D.C. to talk treaties. Beery, as Indian agent, went as well.

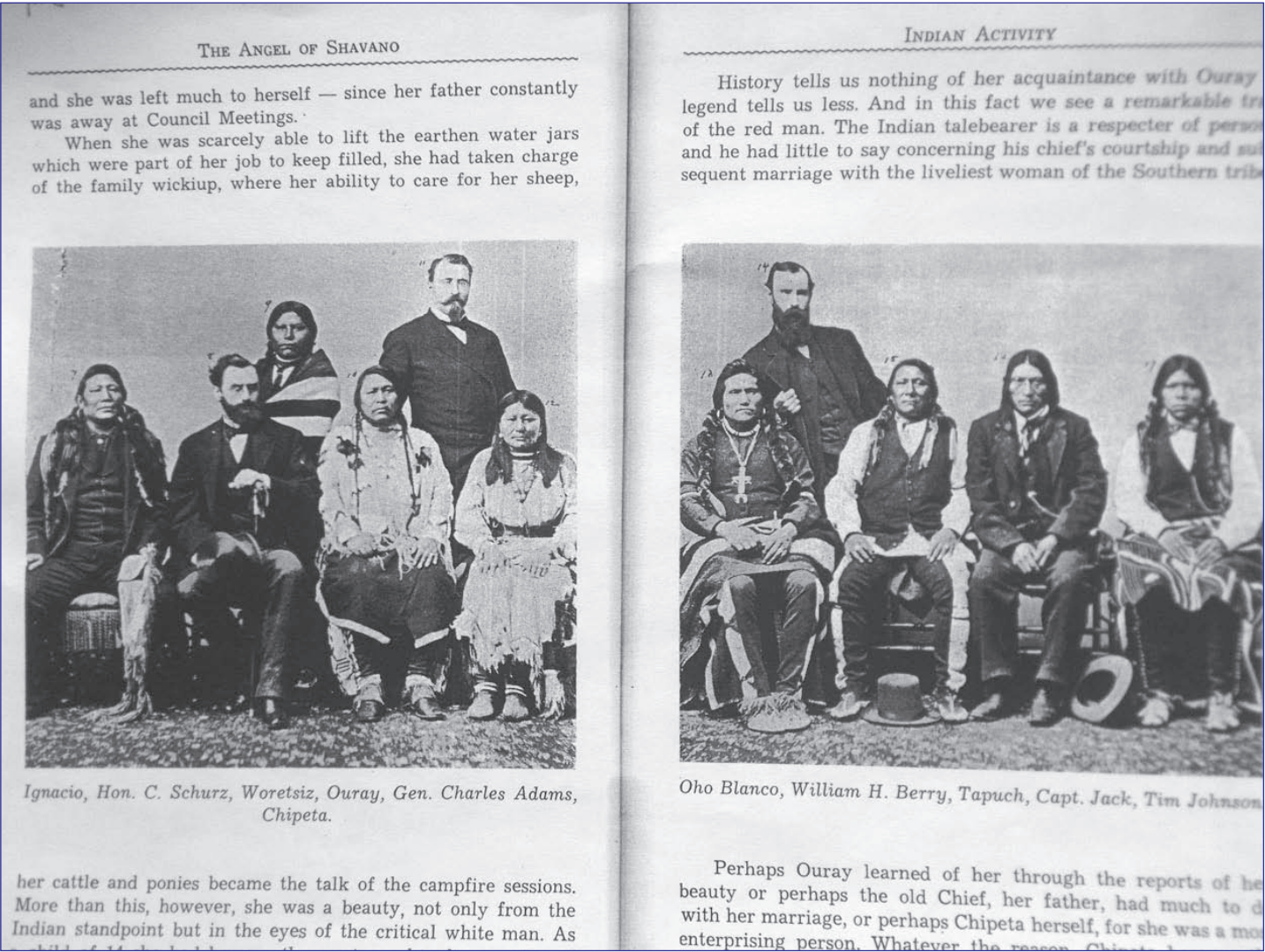
An 1880 picture taken in D.C. includes Ouray, Chipeta, six Ute sub-chiefs, the Honorable C. Schurz, Secretary of the Interior, General Charles Adams and Wm. H. Berry (Beery is often misspelled Berry). Shortly after returning to Colorado from Washington, Ouray died on August 24, 1880, of Bright's Disease, leaving the Ute's without a chief facing war with the whites.

Bright's Disease is a kidney disease characterized by the presence of albumin in the urine and high blood pressure. We would call it nephritis, or inflammation of the kidneys, today. (Wikipedia).

In 1881, tragedy strikes the family. The year starts out on a good note with the birth of their fifth child, Katherine "Katie," in March 1881, on the Currant Creek Ranch.

On September 1st, though, Beery's oldest child, James only 11 years old, died of diphtheria. Two other children had serious illnesses and the youngest, Katie, was sick, as reported in the *Flume*. Doctor Harris went down to the ranch to take charge of the invalids.

Photos from Under the Angle of Shavano entitled "Indian chiefs and U.S. friends." From left to right are: Ignacio, Hon. C. Schurz, secretary of the interior, Woretsiz, Ouray, General Charles Adams, Chipeta, Oho Blanco, William H. Berry (Beery is often misspelled Berry), Tapuch, Capt. Jack, Tim Johnson.



To no avail, as Julia, 6 years old died a week later, on the 6th, of cerebrospinal meningitis, said the *Flume*. The middle child, Leslie, 8 years old was left afflicted with a nervous disability, presumably from the meningitis. He died in Cripple Creek in 1939 of a nervous disorder.

The youngest, 6-month-old Katie was reported as improving. There was no mention of Frank, but he did survive. "Such a series of afflictions as have befallen this family are seldom recorded," stated the *Flume*. Young James and Julia are buried in the Currant Creek Pioneer Cemetery.

Diphtheria is a childhood bacterial disease that causes a false membrane to form in the throat and air passages making breathing difficult. Cerebrospinal meningitis, or

brain fever, is an acute inflammation of the meninges of the brain and spinal cord with fever and occasional red spots on the skin. Meninges are the three coverings of the brain and spinal cord.

Despite the family tragedies, Beery continues on at the JI Ranch. An April 1882 *Flume* article, written by an enterprising correspondent who traveled around parts of Park County, mentions Beery in his article.

The unnamed correspondent visited prosperous ranchmen in the area who were "Laying up for themselves treasures upon earth," and the article was entitled *Points from Different Parts of the Park*.

The correspondent reached Beery's ranch at the head of Currant Creek and noted that Beery was "modest in his desires and only occupies about 10,000 acres of the public domain." Beery had the entire northwestern slope of Thirtynine Mile Mountain fenced, providing excellent, free range for his increasing herd of cattle.

Beery became very active in the South Park Cattle Growers Association, which formed in the late 1870s, early 1880s. The meetings were mostly held in Kester, a Post Office/stage and freight stop/small store, located on Currant Creek near the pass. (See *Ute Country News* article on the Currant Creek Wagon Road - April, June and July, 2018)

At an 1883 stock raisers meeting, Beery and John Reeves Witcher, prominent West Fourmile rancher, were on a committee to collect an additional \$500 for the reward on Frank Reed's head, from the members. Reed was a cattle thief and had killed Salida City Marshall Baxter Stringley.

1884 and 1885, Beery was the cattle grower association's secretary. Membership fees in the association then were \$1 and yearly dues were \$1-\$2. Beery was also a registrar of elections at the Kester Post Office in 1885.

In the 1885 Colorado Census, Beery is a stock raiser, living in South Park, Park County, and Currant Creek, on the JI Ranch. With Mary, Leslie, Frank, Katie and 5-month-old Birdie A., born on Currant Creek. The Beery's also had a servant, 25-year-old Michl Spelman listed in their household.

Beery had mining interest as well. An 1885 *Flume* article states that Beery visited

St. Elmo to look after his mining interest and took a contract for 70 feet of the Golden Chief mine in the Alpine Pass District.

In an 1888 "found" ad that Beery took out in the *Flume*, he lists his post office as Howbert and his address is Kester.

Since most of the 1890 census records burned, there is no record of Beery at that time. We know he proofed up his homestead in 1890 and he was most likely still living on Currant Creek. Beery's last child, Charles, was born in 1890. Sadly, Charles died in 1896.

There is mention in a *Flume* article of Beery calling for a SPCGA meeting in May 1892. Also Beery was a delegate from Kester and Lake George at the Republican convention in 1893.

The 1900 census information is a little odd. It shows Mary Castello Beery living in Freshwater, Park County and that she is widowed. Mary is living with three of her children, Frank, Katie and Birdie.

The 1900 census also shows William H. Beery, but living alone in Cripple Creek on Gillette Avenue. He is a dairyman and has been married 33 years.

In 1909, in Cripple Creek, Beery writes about all the things he did in his life ending by saying, "I am blinded by a cataract which I hope to have removed."

Mary died February 12, 1909, in Colorado City and is buried in Colorado Springs.

In 1910 Beery is 72 years old, although the census information says 68 years old, widowed and living in Cripple Creek. His household members are his son Frank, a gold miner, and his daughter-in-law Myrtle.

Beery dies June 28, 1911 and is buried in the Mt. Pisgah Cemetery in Cripple Creek. His son Frank dies in 1935 in Victor and son Leslie dies in 1939 in Cripple Creek. Beery's daughter Katie dies in 1961 in Wyoming and daughter Birdie dies in 1977 in Wyoming.

RESOURCES

Under the Angel of Shavano, George G. Everett and Dr. Wendell F. Hutchinson, 1963.

History of Descendants of Nicholas Beery, Joseph G. Wenger, 1911.

Bayou Salado: The Story of South Park, Virginia McConnell Simmons, 1992.

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Heaven and Earth Bridging through the Matrix

by Olga Daich

I was working as a physical therapist in one of the largest African palm oil factories back in South America. I was the head of the PT team. The factory was located deep inside of a rural area, having the closest city two-and-one-half-hours away. Every two years, to negotiate their benefits as employees of the company, the employees went to a set of meetings with the owner's manager. Harvesting the African palm seeds was hard work. The lack of labor led the owners to hire whomever was available in the little town close to the factory. People around the factory didn't have a good reputation; most of them belonged to different armed groups (guerrillas). Engineers and medical staff had to spend all week on the plantation. Each of us were assigned to a different house, built to host employees. The ones who were lucky enough to have relatives in the city, would take the company's van to go there during weekends.

Working there was one of my unforgettable times. I won't bring here all that happened while I was there. I do want to share the part that is relevant to my purpose in my articles. I had a wonderful boss; he was a 32-year-old man. I will call him Manuel. He was the manager of the factory (the owners were living far away in a different state). As the manager, Manuel was the one who had to bring the negotiations between owners and employees to the table. Not an easy task as you can guess, because of the background of those people. He was advised by some closer friends and employees to take a break from his job and stay away during this difficult time. At the factory, kidnapping had been used before as a way to influence the negotiation's results. Manuel was thinking about taking a break, but the company's owners offered him more money to keep him there as their manager. So, he decided to stay. Manuel had a beautiful 4-year-old daughter who was the light of his eyes. She would come to visit her dad some weekends. We all witnessed the profound connection between Manuel and his daughter. Closer to the deadline negotiations, Manuel was killed by one of the armed groups in a failed attempt to kidnap him.

Late that night, his body was brought to the house that he was using during the days he stayed at the factory. Engineers and medical staff, we all gathered at that place for the last goodbye to our friend and boss. We were sitting in a circle in the living room. The new widow and her daughter were sitting not too far away from me. Manuel's wife couldn't stop crying while holding her daughter. I heard her saying, "Mommy don't cry more, daddy is ok!"

I was remembering the strong connection that Manuel had with his child and thinking *he must have said goodbye to her*. While I was thinking about that, a friend came in (the wife of one of the engineers). She asked me, "Olga do you know what happened with Manuel's daughter?" I said, "No, what do you mean?"

She told me, "Well, you know she was in the city at her grandma's house (Manuel's

mom) today. Manuel's mom said that her granddaughter was playing in one of the rooms while she was in the kitchen. Around 6 p.m. (the time he was shot and killed), Manuel's daughter ran to the kitchen and said to her grandma while pointing to some place over her head, "Grandma, Grandma, look! That is Daddy and he is saying goodbye to me!" Manuel's mom didn't understand what her grandchild was saying until a few minutes later when she got the phone call with the bad news of her son's murder.

The more love, compassion, kindness, empathy we send to the Matrix, the more of these high energies we will get back to us.

Strong emotions come to our hearts when we hear stories like this. All these emotions could be a wall to try to understand the "how" this happened? This true story, as many others, can truly be a heart-breaking situation. While we grieve the loss of loved ones, we need to start looking for answers that can explain how that little girl was able to see her daddy saying goodbye right at the moment that he died. Remember that this child was in a different town and Manuel's mom hadn't yet received the phone call with the bad news.

I am sure that those who have been following my articles know the answer. Science again gave us the tools needed to understand such concepts as intuition, psychic abilities, clairvoyance, distant healing, connection with different realms, energy medicine and so on. Science is telling us that there is a Field, the Divine Matrix, the Universal Field of energy that connects everything that exists, physical (what we can perceive with our five senses) and non-physical. I've said this before, and I need to say it again: During a Reiki session I am conscious that I am tapping into this Field and downloading information from the Divine Matrix, information related to my client. I am sure this is the explanation for what happened to Manuel's daughter. The profound feeling of love between both father and daughter opened the door for communication. That is how it works in my eyes. We need to remember also that from the moment that we are born until about age 7, we keep the connection with other realms. Unfortunately, after we reach 7 years old, we start losing that connection, we start forgetting how it was "there" and get more connected to this 3D world. The process of filling our subconscious mind with all the information downloaded from the field begins and takes over our memories from the other realms. A Field loaded with human struggles, wars,

hate, selfishness, division, labels, sickness, plus the so called "entertainment" given to us to re-enforce our struggles.

Let's think about this for a moment: how much bad news do you get on the TV or radio? How many movies are about war, hate and violence? How many videos games are based on fighting? Can we be aware enough NOW to see what are we filling our subconscious mind with? The good news is that we are living in this amazing time of awakening where we have the tools to clean our subconscious mind and send back to the field, information loaded with high frequencies, energies and vibrations.

Empathic people are walking this path. Most of the time with sorrow and pain in their hearts since they don't understand what is going on or what they can do about it. The more love, compassion, kindness, empathy we send to the Matrix, the more of these high energies we will get back to us. We should start to understand that whatever we do, think or feel about a specific situation is going to bring a response in our lives. Labels must be put down before we reach our real FREEDOM.

This is not a new age thought or part of a belief system (religion), this is *science*. You can't sit in your comfort zone anymore, witnessing the chaos and thinking "that is not my business." Usually followed by the thought *As long as my family and relatives are ok, I am ok*. Believe me, IT IS your business, we are part of the whole quantum field or Divine Matrix. We are all connected, like it or not. That is a fact we can't keep ignoring. I invite you my dear lector to be a part of this wonderful movement that is growing in an amazing way! I invite you to shift your attention and feel the new energies coming to us.

I may be writing a couple more articles before I finish my task here. I am shifting gears here and as part of that I will be hosting Heaven and Earth workshops without charge. There is a need to spread the word and I humbly offer to share what I have learned. As part of my new journey I would like to bring my input to support a wonderful naturopathic doctor that I recently met. Her name is Marie Gagne. She offers an incredible opportunity introducing you to her low cost, non-invasive body scans. A scan that has the ability to detect the beginning or root cause of many health issues and begins to correct through gentle positive energies. With her works she is reminding us that every cell and organ in the body has its own distinctive vibration and frequency. The disruption of the natural flow energies by injury, diet, stress, emotions, will trigger different illness.

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Art Scene Pamala Smith, lapidary artist

by Mary Shell

As long as I have been involved with creative people there is one thing that I find common in all of them; the ability to see things, not for what they are, but for what they can be.

Pamala Smith is an artist in her own right. Some people may not consider working with minerals and crystals as an artistic medium, but I find Pamala's passion and dedication to creating wonderful pieces of art with these elements. As a painter would intensely linger over the selection of colors to use in a painting Pamala utilized that same artistic approach when it comes to choosing and working with a mineral or a group of minerals, shaping them into art. Perhaps Michelangelo possessed this ability when choosing a block of marble to carve.

With Pamala it all started at the age of 5 spending time with her grandmother in Michigan where she collected rocks left behind from the ice age. She was hooked; so, her father presented her with her first rock polisher at the tender age of 6.

Interviewing her opened my eyes to a new level of artistic passion. There has not been a time in Pamala's life where she has not worked with minerals. As a lifetime artist myself I understand the everlasting passion for creating and never thought I would find someone else that oozes with their passion.

I asked Pamala what inspired her to choose this medium. Her answer was quick, clear and precise, "Nature's beauty and mystery...but not in the way we think." I wasn't sure of the meaning of this answer until we continued with the interview.

Not knowing the process of working with crystals and other minerals I quickly learned how intense the process was. I order paint, they show up at my door, I open the tubes and paint. With Pamala her process is much more involved. She doesn't order minerals where they show up at her door and she polishes and forms them. She goes to the mountains of Colorado, climbing up,

fighting unsteady ground beneath her feet ever watching for rockslides. Digging deep into crevasse of the Rocky Mountains, Lake George, Alma, Creed and even Albania, instincts guide her to the treasure. "This is not just an artist," I told myself, "This is a treasure hunter at heart."

I was surprised by her answer to how she knows where to dig. I was now talking to a scientist. "There are certain signs that show where to dig; a group of colored rocks (she gave me their names but quickly lost them); a break in the consistency of shapes and colors in the landscape; a gut feeling." She is there for weeks at a time digging for her treasure, sleeping in a tent on the side of a mountain, fighting with the elements of the altitude, rain, wind, storms, lightning and cold. I never had to do that to get my paint. From there she takes her bounty home and contemplates over what each would become.

She never considers the cuts and bruises she acquired finding them. After cleaning and polishing them she decides which become jewelry and which remain in their beauty.

"When you see these raw minerals do you see a finished product?" I asked. "No, they will talk to me and tell me." Oh, how I know that feeling every time I look at a blank canvas searching for the perfect image to be painted. "Minerals tell the story of earth from the beginning of time. They are timekeepers. Imagine the small crystal in a watch, its vibration keeps time." I never considered minerals to have vibrations. She further explained how some people are attached to



Artist Pamala Smith

certain minerals because of their vibration.

"Does the vibrations change or diminish as you shape them into jewelry?" I asked. "Exposing the essence of the mineral through polish-

ing enhances the vibration." This art has more metaphysical properties and any other I know.

What Pamala see in her future is learning how to create paintings of minerals to show the world how she sees them. I look forward to seeing that.

Pamala and her creations can be found at REM Art Gallery, 710 Main St. Cañon City. 719-371-5405.

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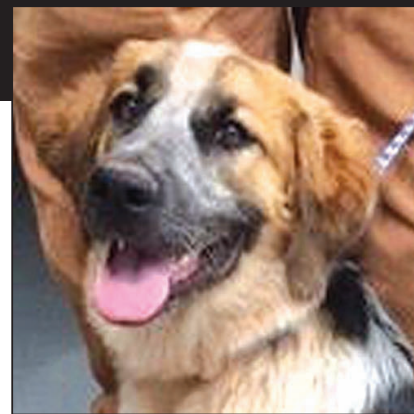
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Critter Corner



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DEMON

by Danielle Dellinger

A light drizzle fell on the quiet city. The autumn leaves stuck to the sidewalk, dampening the sound of footsteps. Small lamps illuminated the numerous paths weaving through the well-kempt cemetery sitting at the edge of the city. The iron archway at the entrance read: Standish Cemetery. It was the oldest maintained cemetery in the United States, located in Duxbury, Massachusetts, and is also known as the Myles Standish Burial Ground. The difference between graveyards and cemeteries is that graveyards are generally smaller plots of land, and are often associated with a church.

Tracy had just gotten off work. She turned into the cemetery, clutching a small bouquet of flowers. Her feet carried her on the well-worn path to her mother's grave. She knelt off to the side of the headstone and removed the plastic wrap from the flowers.

"Hi, Mom," she said, placing the flowers in front of the headstone. "Today was tough. I really wish I could hear your voice." She smirked, plucking a couple leaves off of the top of the headstone. "I know you'd give me some sassy advice on how to deal with my boss."

She sat there for almost 20 minutes, telling her mom about the crap her boss was trying to pull at work. But she finally couldn't take the moisture soaking into her pants, so she bid her mother goodnight and stood up.

As she made her way toward the exit, she heard a commotion. She stopped, trying to place the sounds she was hearing. It almost sounded like eagles screeching. Curious, and mildly concerned, she followed them, tracking them over to the older part of the cemetery where more of the crypts resided. Straight in front of her she saw three dark shapes moving irregularly in a huddle. Their movements were swift and violent. They seemed to be hitting something. Finally, she saw the faint glow of white wings. But then she spotted a figure curled up at their feet. It wasn't moving, but they kept kicking and hitting it.

"Hey! Stop!" she called out, running toward them.

The figures turned and gasped when they saw her. "Human!" they cried and flew into the air.

She stopped and watched them fly above the trees and out of sight. "Were those angels?" she wondered aloud.

"Yes," murmured a voice from the ground. "Oh my gosh!" she exclaimed, quickly kneeling down. "Give me your arm, I'll help you up."

The person recoiled from her outstretched hand.

"It's okay. I won't hurt you. Promise." After a long moment of hesitation, they allowed her to help.

The person's skin felt rough and leathery. But she paid no mind to it as she helped them to their feet.

"Do you have a place to go?" she asked. "No," the person rasped. "Let me take you to my place, then." "No, no, I'll be fine. I can go from here," they protested.

"I don't think so. I can feel how weak you are, and you're shaking. Please, I'm not far from here."

The person sighed heavily, tiredly. "Fine." They walked slowly back to her small house that sat on the corner of the street.

"Can we go around the back?" the person asked, a nervous edge now in their voice.

Tracy paused, considering the request. "Yes," she soon agreed. She felt them exhale with relief.

They made their way to the side of the house, squeezing between it and a row of mature shrubs lining the opposite side. She unlocked the backdoor and reached inside to turn on the light.

"Wait!" exclaimed the person. "Leave it off. Please. I feel safer in the dark."

Again, Tracy paused to think over the request. "Alright," she said. She to step inside with the figure, but they pulled away.

"Go ahead," they said.

Tracy tried to hide her irritation as she walked into the kitchen. "Can I turn on a small light at least? Just so I can see where I'm going."

The floor creaked as the person cautiously entered her house. She heard them release a shaking breath.

"Yes, alright."

She turned on a light in the hallway that also lit up half of the kitchen.

The person stepped back out of the light. Was that a hoof? Tracy wondered.

"You're going to have to let me see you sooner or later so I can figure out how hurt you are."

She received no answer. Tracy felt unsure of what to do next. Did she just let them stay in the dark kitchen all night? Or was it better to drag them into the light to assess the damage? While she was debating with herself, the shuffling of feet caught her attention. When she looked over, she saw the figure about to step into the light.

However, when she could finally see them, she had to stifle a scream. In front of her stood some sort of actual demon. Even the most horrendous accident wouldn't have resulted in dark red leathery skin, puss-yellow eyes, large pointy teeth, and goat hooves for feet. Short thick horns grew where a hairline should've been. Thin black lips pressed together anxiously. The puss-yellow eyes — void of pupils — watched Tracy for her reaction.

She forced herself to lower her hand from her mouth. What was someone supposed to do in this situation? Call the police, or a priest? Find some holy water? No, she told herself. This demon had been attacked by three assailants — angels? — and needed help cleaning the wounds.

"What's your name?" she asked, deciding to start with the basics.

"Malger..."

"Hi, Malger. I'm Tracy. Pleased to meet you. Are you bleeding anywhere?"

Malger lowered his eyes, slowly looking over his arms and front. "My arm and side," he replied.

"Okay, follow me," she said, moving carefully to the hallway. She led him into the bathroom and flicked on the light, watching as he looked around in amazement at all the contraptions — the sink, toilet, shower, faucet. "Sit here," she pointed to the side of the tub, and then grabbed a kit from under the sink.

But when she stepped toward Malger, he drew back fearfully.

Tracy stopped. "I'm sorry. I need to stop the bleeding. This will hurt, most likely, but I'm not doing it on purpose. Do you trust me?"

Malger looked at the gash on his arm, then to the kit in her hand, and finally up at her eyes. "Yes, I do."

"O-okay. Good." She knelt before him, opened the kit, and got out what she needed.

For the next hour, she stopped the bleeding and patched him up. He hissed like a cat at her only a few times. When she was almost done, she finally worked up nerve to ask him why he'd attacked.

"Why did this happen to you? I never thought angels could be capable of such violence. Those were angels, right?"

"They were," he nodded. "I've been cast out of Hell for not being evil enough. All because I wouldn't flog a priest with spiky whips or throw an arsonist into the fire again and again. Living here on the earth-plane is my punishment, but angels don't take kindly to demons showing up."

"What was their intention? To kill you?"

Malger went silent.

"Oh... Wow. I'm so sorry. What're you going to do now?"

"Figure out a way back into Hell. I can't stay here."

Tracy blinked. "How're you going to do that?"

Malger shrugged, and suddenly winced.

"Do I still have my wings?" he asked, softly instead of answering her.

"Wings?" she repeated.

"Yeah. They weren't very big, not like the angels' wings, but are they still there?"

She remained quiet and motioned for him to turn around. He did, and revealed two bloody stumps on his shoulder blades where his wings had once been.

"Well?" he demanded, his voice sharp.

"No," she said quickly. "They're gone."

She saw his shoulders shudder and droop. "I'm sorry."

A knobby-knuckled hand with thick sharp nails reached up and behind him to feel one of the stumps. His shoulder involuntarily flicked at the touch, and he cried out.

"Those bastards!" he sobbed. "I'll curse them, rip them limb from limb, devour their hearts and pickle their smug heads!"

Tracy let him rant until he ran out of steam. She had two bandages ready, and gently placed them on the stumps.

Surprisingly, he allowed her to without a fuss, not even a sound of pain. Next she cleaned up the trash and put away the kit.

"You can sleep on the couch," she offered, speaking to his back since he was still turned away.

When he said nothing, she turned to go.

"Can you turn off the light?"

She heard in his voice that he'd lost the fight in him, the will to keep going. Without a word she flipped off the lights and walked down the hall to her room, leaving the door open part way.

The next morning she came out to find him asleep in the bathtub. He was curled up, trying to protect and soothe himself all at once. She really wanted to let him sleep, but she had to get ready for work, and also find out what his plan was.

"Malger," Tracy said softly, hoping not to startle him. When he didn't move, she said his name again, louder. That did the trick.

He sat up and looked at her, a puzzled expression on his face. "What's going on?" he asked.

"I need to shower and get dressed for work."

He stared blankly at

her.

"I need you to leave this room so I can have some privacy."

She could see he still didn't quite understand, but he climbed out of the tub and shuffled by her out into the hallway.

"Thank you," she said as he passed her.

"When I come out, we'll talk about how to sneak you back home."

He nodded solemnly and made his way to the kitchen.

What do demons eat, she wondered, turning on the shower. A short time later she came out of the bathroom dressed for work. She found Malger perched on the back of the couch in the living room like he was a gargoyle watching over a gothic cathedral. A discarded candy wrapper lay on the floor in front of the couch. Tracy watched him a minute before speaking.

"Hey, what're you doing?"

"Looking out for the bad ones," he replied.

"The bad ones?" She raised an eyebrow, walking into the room and picking up the wrapper.

"The bad ones of your kind. I can spot them easily, meaning I'll see them in Hell soon."

"How can you tell someone is bad and going to Hell?"

"Their soul gives off a moldy, rotting smell."

"Oh." She wrinkled her nose. "That's gross. Hell must smell vile, then."

He looked over his shoulder at her and nodded. "You get used to it."

"Alright. I'll take your word for it, hopefully."

He glanced back at her and smirked.

"You're not going to Hell. Your soul smells of a rainbow."

"Really? I didn't know rainbows had a scent."

"It's different to everyone; open to interpretation."

"Well, since we're on the subject of Hell, do you have a plan yet?"

He slid down onto the couch cushion, facing her. "I do, actually. If I can capture a really bad soul and bring them with me, I think I'll be allowed to stay."

"Think you can capture one while I'm at work today?"

"I'll try."

"Good. I just really want to help you get home."

He smiled, displaying his gnarly teeth.

"Thank you."

Tracy looked at her watch and said, "Great. I'll see you tonight." She collected her things and walked out the door, but when she went to shut it, Malger was stepping out behind her.

"Can I walk with you? Maybe I'll find a bad soul along the way."

"Uh, sure. Let's go." She locked the door and led the way down the sidewalk.

Malger walked a couple feet behind Tracy, making her constantly look over her shoulder to make sure he was still coming. But when she glanced behind her after a few minutes of walking, she didn't see him. Immediately she stopped and called out for him.

"Malger! Where'd you go?" She spun in a circle, scanning the area. From across the street she heard the thud of a body hitting

her.

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"Malger! Where'd you go?" She spun in a circle, scanning the area. From across the street she heard the thud of a body hitting

the pavement. Her eyes landed on Malger dragging a large man around the corner of a building. She barely checked for traffic before dashing across the street, following Malger. It took her a second, but she realized he was dragging the man toward the cemetery. She caught up to him.

"Hey, Malger! You can't just drag a body down the street!"

"Why not? No one has said anything."

Her eyes widened with panic. "Someone might call the cops!"

He shrugged. "So what?"

Tracy frantically looked around, expecting to see people staring at them. But nope. Everyone kept walking and going about their lives. She exhaled shakily. "Well, who is this, then?"

She studied the unconscious man's face. Malger was about to answer when she cut him off. "Oh, my God. Is that the city's notorious kinkpin, Mr. H.?"

A malicious, evil sneer spread across Malger's thin black lips. "His soul is extra, extra smelly. Easy to track."

Tracy shivered, utterly speechless. What else could she say or do?

They were about to cross under the iron archway to the cemetery when the familiar sound of eagles screeching filled the air.

The angels attacked with such ferocity that Malger's body dented the concrete as they swooped down on him. A billowing cloud of fire and lightning rose up as the angels and the demon fought. The fight was so intense Tracy felt the ground quaking under her feet.

Finally, she couldn't take that they were gang-ing up on Malger.

"Stop!" she shouted, rushing in and grabbing at whatever she could, be it wing or clothing, to pull them off Malger.

"Human!" the three angels screeched and flew into the air, perching in the branches above her and Malger.

"Let him pass, you harpies!" she yelled at them. "He's doing you a favor. There's nothing redeemable about Mr. H., honestly!"

She went over to Malger and helped him up. Together they dragged Mr. H. over to a crypt that was the entrance to Hell.

Tracy faced Malger. "Well, it's been... something," she chuckled.

"Thank you for your help, Tracy. I'll never forget you."

"Same here."

He smirked in an oddly charming way. "Could you get the door?" he asked.

"Oh, yeah," she laughed, yanking on the crypt door until it opened.

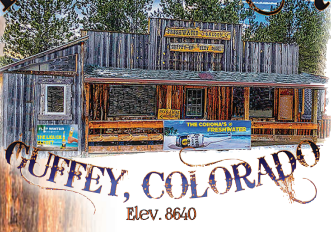
"Thanks." He grabbed Mr. H. under his arms and dragged him into the crypt. "Have a good day, Tracy."

"You too. Good luck!" she called. The crypt door swung shut on its own, and Tracy stared at it for a while. Then she turned and continued on to work.

— The End —

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On with the show!

Butte Theater offers big city entertainment in a quaint town

by Kathy Hansen

When you are looking for professional and quality live entertainment, there is no reason to go to the big city when you can find it through Mountain Repertory Theatre production company at the Butte Theater in Cripple Creek, Colorado.

Theater Manager Mel Moser led us to our seats as the curtain was raising. Act One of *My Partner* opened to reveal the exterior of Brandon House Hotel, set in July 1899. The actors and actresses began intermingling and speaking. Then, the first song was sung. I said to our guest Linda, "Wow! What a voice!" She replied, "I saw *Grease* last night and many of the same players are in *My Partner*; this should be good." Shortly thereafter, the second song began and I commented, "Well, she has a great voice, too!" Then the third voice rang out and I said, "This is really impressive talent!" We all agreed!

The classic melodrama *My Partner* was written by Bartley Campbell and directed by Paula Makar. According to Emily Andrews, executive director of the Butte Theater Foundation, a melodrama is an, "historical style of theater that usually takes place in the old west of Victorian times. It has heightened actions and emotions (very 'melodramatic,' of course!) and encourages audience interaction. An olio historically follows a melodrama and is a collection of vaudevilian style skits, songs and dance." This particular olio was written by Levi Penley, who also played the character Joe Saunders. The character reminded me of Matthew McConaughey's younger brother, with ethics.

It had been at least two years since we've been to the Butte Theater, and at least that long ago that we experienced an olio. I have to say, this olio was the BEST I'd ever seen or heard! There were a number of skits with some overlapping characters, like the prospector who appeared solo with a few jokes and also invaded the mining



Levi Penley (left) and Cameron Varner (right) are prospecting partners Joe and Ned in *My Partner*.

camp several times. The repeating themes brought recognition of the characters; one came to the point of being able to predict the character with 'a voice of an angel' who would sing a song prefaced by the words, "Here's a new one!" Occasionally, the curtain would close, as the ever-present sound of the piano played by Musical Director Annie Durham, let the audience know there was more to come, although there was no way to predict what it would be. This time, it was tap dancing! Talk about cutting a rug! This was not their first tap show; their moves required advanced skill, and *every-one* had that skill perfected. No slackers in this troop. My favorite part of the olio was the extremely well-written and perfectly executed medley of Queen songs; Freddie Mercury was smiling from above.

Mountain Rep is the resident production company of the Butte Theater Foundation. All performers and designers are profes-

sionals with extensive experience and more often than not, a degree from renowned institutes as NYU's Tisch School of the Arts, the London Academy of Music and Dramatic Arts, the American Academy of Dramatic Arts Los Angeles and more. Make no mistake; these are professionals.

While *My Partner* closed by the time of this printing, the season continues at the Butte Theater with upcoming shows *The Andrew Brothers* playing through September 15; *You Can't Take it With You* playing September 20-October 6; *The Great American Trailer Park Musical* playing October 11-November 3; and *All I Want for Christmas Is: More Olio!* playing November 22-December 29.

It's easy to support the Butte Theater Foundation by making a donation or becoming a sponsor, just mail it to Butte Theater Foundation POB 743 Cripple Creek, CO 80813 or by phone 719-689-6402.

Legends of the Forest

by Kathy Hansen
photos by Jeff Hansen

Everything we can ever need in this life has already been provided here on God's green earth. Sometimes we get caught up in the frizzle and fray of day-to-day life and forget this idiom. That tends to happen when we are adults; overwhelmed and overcome by frustrations, problems, and life's stresses. Did you notice I specified adults? That is because children maintain an innocence along with the ability to readily connect to that which we came from. It seems as we become adults, we lose that innocence, as well as that connection. Legends of the Forest is a place that can help you to regain that innocence and connection.

Legends of the Forest is filled with gnomes, elves, fairies and you might even find a dragon or a mermaid and are representative of the four elements as follows: gnomes/elves are of the earth element; fairies of air; dragons of fire; mermaids of water. These creatures are amazing little helpers, here to heal a world that is wounded; each with their own name, which will be revealed to the owner. Their function is to help their owner through their personalized message, which could be as simple as "peace," "abundance," or "light" or as complex as "your integrity is your soul and is precious; it is up to you to keep your light shining bright through your daily actions."

When you walk down the impeccably kept path to Legends of the Forest you can feel that you are being led to a very special place. The sound of the water fountain just outside the door helps to wash away the stress of the day, as if to cleanse any negativity creating an open mind and heart, helpful to hearing the elf or fairy that will speak to your soul, calling to you and drawing you inward to your magical place of dreams. The elementals bring peace to spiritual people.

The door opens and you see gnomes, elves, and fairies EVERYWHERE! There are so many to see, carefully placed on shelves, swinging from the ceiling, flying through the air, and delicately balanced on other objects or surrounding books of similar content. As you move through the space you can feel their eyes watching you, as your heart responds to their messages and you begin to notice peace filling your heart. The child within can feel this peace and wants to come out and play! A smile emerges on your face as the sense of peace deepens within your heart.

Prioritior Carmen Kuhns will encourage you to look around and to listen for the one that will speak to you. You may need to circle the store a number of times to find which speaks most clearly to you of the message you're needing to hear. This is a very personal journey as no two creations are the

same; they are unique and individual as each human being is. It becomes a match made in heaven. They, like us are not from here, but of the spiritual realm — beyond the body.

They first visit Carmen as a vision at 2 a.m. "This is what I look like," and they reveal themselves to her. "I see it — that is what it will look like. I see the hair, the eyes, the smile, if it is wise or younger," Carmen reports, hands in the air as though the image were palpable before her. "They look like they can teach us; they have an old message we are ready to hear," she continued. The next day Carmen will begin to carve the lines on the face and set the eyes. She uses cold ceramic; it does not require baking in a kiln. Once the face is complete the image grows and continues to come to her, providing details each step of the way. The limbs are shown to her in the position they need to be, so the next daylight opportunity Carmen has, she will craft the limbs. Then, the image will come back to Carmen at 2 a.m., this time with an awareness of the object to be placed in the hand or the object the entity will set upon. "You need something," Carmen says as the ideas keep coming. Maybe the gnome will be sitting on books or needs a candle in the hand, or maybe a guitar!

How does Carmen know when she is finished with an elemental? "I feel peace," she answered, "then I know it is done!" Carmen will have a peaceful, uninterrupted sleep. At least until the next entity is ready to be manifest on this dimension.



Owner Carmen Kuhns outside her store.

Legends of the Forest is a place like no other in the United States. However, if you were to visit Chile, you could visit the shop incepted by Carmen's sister, Charito, who had been schooled in the healing arts such as aikido and reiki, at which point her name became Chary. She began creating



One of the many inhabitants at Legends of the Forest.

the elementals and opened a shop with her daughter Carla. Several years ago, Chary's life tragically ended. Carla and Carmen shared their grief in the loss of their mother and sister, respectively. Carla seriously considered closing the store down for good. The regular patrons contacted Carla and begged her to keep the store open, saying, "This place makes my heart smile," or "I feel so peaceful when I'm here." Carla entertained her own dream of including a coffee shop. Once Carla shared this dream with Carmen, her answer was clear that "this dream will not die." Since then, Carla incorporated serving coffee and pastries, along with helping Carmen open her Legends of the Forest in Florissant, Colorado.

What brings people to the store(s) is the feeling of magic, a need to re-connect with our inner child, and a readiness to receive a healing message as we navigate our journey on this physical plane. While Carmen had her Legends of the Forest in Larkspur's Renaissance Fair, she noticed people would visit and tend to come back, often saying "I love being here. It is so peaceful." Carmen knowingly smiles because she knows if people are drawn here, they are on their journey, seeking an answer and that a very special, hand-crafted entity is ready to give them their personalized message of healing.

You can arrange to visit Legends of the Forest by contacting Carmen via Legends of the Forest at Facebook or Instagram. To learn more visit <https://drive.google.com/file/d/1IRmeMOp1Blm9OEy-CcWlvSx-S8Mp9pTTh/view>. Which elemental has a message just for you? There is only one way to find out. To schedule a visit email: cgkuhns@gmail.com or call 505-382-4412.

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Life-Enhancing Journeys

Strategies to end the destructive habit of “I’m not good enough”

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

As was highlighted in the previous article (August 2019), it is now time to end the detrimental pattern of believing that you are not enough. How about learning to appreciate yourself? How glorious would that be?! If it were possible to tell my younger self (and you) something that could be helpful, it would include some of the following concepts:

1. Stop comparing yourself; connect instead

When you compare yourself, you will be bonding from a place of ego. There will be one person who wins and the other loses or someone who is right and the other wrong. This can result in feelings of being undervalued/overvalued, or superior/inferior to others; anything but equals. There will always be people who are better (or worse) than you. Is your ego getting in the way of connecting? The ego can create only one thing – frustration, then life becomes managing our frustrations. The best way to connect with others is with a new approach. Isn't it time to stop the ME against YOU belief?

How about viewing this from the perspective that we are all in this together? When working together, instead of ME against YOU (as with ego), consider a cooperative and supportive connection. The interface is about, how are we most alike and what are we here to create together? According to Sonia Choquette, inside the body, the ME against YOU paradigm is called cancer. That is certainly something to avoid! Cultivating collaboration and connection helps your and others' lives to become more gratifying.

2. Learn how to manage conflict (because there will always be disputes)

Never agree to things which are untrue for you simply to avoid conflict or to be accepted. When you know yourself, you can be clear on your point of view. Everyone has a right to their own perspective and opinion regardless of the other person's perspective. When someone feels differently from you, it's not about you. Know that you have the right to be true to your own values. Never submit or acquiesce to others' when you have a differing viewpoint. You can simply agree to disagree. If you're being bullied into changing your mind, this says a great deal about the person with whom you are opposing. Run!

3. Acknowledge your inner critic and have a chat with it

Your inner critic is designed to keep you on the right track. Remember, your inner critic believes it's protecting you by keeping you safe and out of trouble. Most of the protection your inner critic offers was developed when you were a young child. At present, as an adult, you have far more resources, skills, wisdom and experiences (than you had as a kid), therefore you can offer better advice to yourself now.

Your inner critic will always notify you that it has been triggered by causing body sensations such as a racing heart, a knot in your gut, tight muscles, sweaty palms, etc. Rather than telling it to "Shut Up," it's useful to recognize that it is doing what it can to alert you to a potential danger. Thank it for all of the years of service it has provided in helping you survive up to now. Then talk to your inner critic and acknowledge that you would like to try something different, other than criticism.

Share your alternate ideas about what you'd prefer doing differently. You are now acting as a coach without the hurtful put-downs. When you become aware that you're quietly saying destructive phrases inside, catch yourself and give yourself a compliment simply for noticing. Awareness keeps the new approach accessible. I remember when I began changing my internal dialog to something more positive, I praised myself by saying "Good catch" or "Way to go..." every time I recognized I put myself down.

The first week of this practice, I probably said "Good for you, Barbara, for noticing" (or my other phrases), about 50 times. Now I find I belittle myself only one to two times per month. That's a much better feeling than continuing to put myself down.

4. Choose self-empowering language

When using any words such as you "should," "ought," or "have to," you are harassing yourself. Stop it! Instead, make a choice to do what you want to do. It's much more motivating when you feel the freedom to choose.

In addition, talking about what you DO want, think, or feel, is far more empowering than focusing on what you DON'T want. For some, it may seem like it's learning a new language (it certainly was for me). It's so difficult yet so worthwhile. Here are some examples: Instead of, "I don't like that," how about saying "Stop it!" There are so many other ways to express what you want. How about instead of saying "I don't know," say "Let me think about it and I'll get back to you..." Remember, it's challenging to think in a new way yet so worth the effort.

5. See the big picture

At times, it's tricky to see the reality of a situation. To assist in viewing an event more accurately, a tool that has been useful to me is to imagine that I am behind a video camera. I allow myself to zoom out far enough to see the bigger picture; to discover more information about the incident. This usually helps to shift my outlook because I am able to scan the encounter from a more comprehensive viewpoint. Creating some distance assists with sidestepping any emotional entanglements thus creating unbiased clarity.

6. Stop focusing on your mistakes and flaws

You are more than your blunders or imperfections. For example, if you failed a test, that doesn't mean you're a failure. If your boss told you there was an error in a report you turned in, that doesn't mean you're worthless. Never allow these perceived roadblocks to affect your feelings of self-worth. Ask yourself, "what have I gained from the encounter?" and allow yourself to evolve from the experience. No one is perfect and we are all here to learn and grow.

7. Be authentic

When you act differently than who you truly are, you're actually telling yourself that the real you is unacceptable. In order to have an intimate connection with someone, being open and honest about your thoughts and feelings is necessary. Although it may be difficult to be that vulnerable (see article on Vulnerability May 2019), it is essential. Participating in any relationship where you feel like an imposter, a fraud or a phony is exhausting and ultimately ends badly.

Being yourself allows the other person to know and appreciate who you genuinely are. By withholding your true feelings, it can prevent your relationship from strengthening and may create a wall between you.

8. Practice being present

Being in the present means you're giving your full attention to yourself and others. This enables your relationships to deepen. Being present also permits you to be responsive rather than reactive. One of the skills I use is to give myself one comfortable breath in and out prior to saying or doing anything. This returns me to the here and now so I'm responding from what is presently happening rather than allowing my past to infiltrate this current moment.

9. Identify your wants and needs

Conflict can arise when two people want different things. When you feel inadequate, you may dismiss your wants and needs as unimportant. Are you afraid that if you express

your point of view, the other person may leave you? Building a foundation on fear will ultimately cause the relationship to crumble as damaging resentments build from this state. Allow yourself to convey your opinion even when it seems different from others.

10. Love and accept yourself

Unconditional love means you love yourself no matter what. It means you have unconditional worth. Love yourself without judgment (as I like to say...warts and all...). No one is perfect so simply do the best you can to be the most favorable you possible. A phrase my cousin taught me many years ago is "strive for perfection and settle for excellence."

You are enough. You are not loved for what you do. You are loved for who you are. When you have good personal boundaries, it validates that you are loving and caring for yourself (see articles on boundaries July-August-September 2018). Stop seeking validation and approval from others. Always be gentle and compassionate with yourself.

11. Practice self-care

When you feel good about who you are and you feel worthy, you naturally take better care of yourself; self-nurturing is the biggest part of self-care. Take a close look at how you're living. Honor yourself and own your power. Take care of yourself. Here are some basics concepts:

1. Do some form of exercise each day (recommended at least 30 minutes).
2. Sleep for 7-8 hours.
3. Provide yourself with balanced nutrition; eat healthfully.
4. Observe personal boundaries (your own and others); honor yourself and allow yourself to say "No."
5. Keep a balance between work, play and rest.

Allow yourself to be who you genuinely are. You are unique. The truth is that no one succeeds at becoming "just right," free of flaws and failings. Growth is a lifelong process and criticizing oneself simply slows it down and creates unhappiness. Is that what you want? I hope you want so much more for yourself. You deserve it.

While my journey of self-appreciation is ongoing, there are several concepts I keep in mind when I'm tempted to be unkind, I ask myself:

1. Are my thoughts, perceptions and goals realistic?
2. Will it matter a year from now or even five years from now?
3. How important is what someone else thinks about me? I remind myself that it's actually of little value; it's none of my business what others think of me. What and how I think of myself is most significant, yet I always welcome feedback from those whom I trust.

I remind myself that I am good enough; we are all more than enough. Never forget that. Always keep that in mind.

"The greatest trap in our life is self-success, popularity or power, but self-rejection." — Henri Nouwen

"You are imperfect, you are wired for struggle, but you are worthy of love and belonging." — Brene Brown

"No one can make you feel inferior without your consent." — Eleanor Roosevelt

"You have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens." — Louise L. Hay

Barbara Pickholz-Weiner, RN, BSN, CACII, 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).



Pharmgirl Uprooted

Not yet a starving artist

by Peggy Badgett

My dream of retiring to Colorado to write a best seller hasn't exactly worked according to plan. Extracting a living from writing doesn't make bank unless you have connections. Self-published books and paintings weren't selling enough to keep me in ramen noodles, my mongrels in kibble, or my chickens in cracked corn. Alternative marketing ideas, like placing my work in galleries, didn't pan out either. Huge commissions negated any potential profit. Starvation lurked beyond the beautiful mountain vistas surrounding me. The old saying "ya can't eat pretty" was right.

It had been eight months since my move West. In spite of living frugally, my bank account cried out for deposits like the dry cracks in our mesa soil begged for water. But I had no desire to return to health care. Last year, my neighbor had slyly left a job application for the hardware store she worked at on my kitchen table. It lay forgotten in a pile of kindling paper until I found it one evening. Before chucking into the fireplace, I held it and wondered. Maybe I could earn a paycheck again, even though I knew it would be peanuts compared to a pharmacist's salary.

I gave the winter farmers market one last ditch effort to gauge interest in my barn quilts, handmade cards and signed books. Alas, even though I arrived before the market opened, they had given my prime location to someone else. I had to set up in their version of Siberia. Unlike the warm welcoming area most booths nestled in, mine was a dingy, dusty hallway filled with haphazard construction supplies. An outside door sent drafts of cold swirling around the few shoppers straggling through. By the end of the show, the meager earnings didn't fund the show fee.

The next morning, I dropped off my handwritten application. Hope slowly faded as a month went past without any telephone calls.

Opening at Blue Spruce Gallery

The Blue Spruce Gallery currently has one opening available in the long-standing cooperative gallery. There is space available for a 2-D artist working in oils, watercolors, mixed media, pastels, etc. The gallery is not accepting new photography at this time.

Jury for the gallery is Thursday, Sept 19 at 5 p.m. Representative work needs to be at the gallery one day prior to the jury meeting, labeled

Then, one Sunday evening, my cell phone lit up with a number I didn't recognize. It was the store manager inquiring about possible interview dates. After rescheduling several times because of weather and vehicle issues, four of us finally sat in the store office to chat. It had been decades since my last actual job interview. Sure I was overqualified education-wise, but I liked helping people. It would be fun to learn new skills. After all, repairing things on my old Illinois farm had taught me a lot about tools and ingenuity.

The first week was a blur of discovering where bits and pieces were located, trying not to mess up the cash register, and leading shoppers around the store on wild goose chases looking for fertilizer, bird feeders, or French drains. Customers were patient while my fingers fumbled with coins and uncooperative plastic bags. The key grinder was an obstinate machine that didn't care for me much, and the list of lumber supplies was a complicated document printed in a foreign language. There had to be at least 40 different varieties of pipe, from galvanized to copper to plastic, and an infinite array of wood types. But patient coworkers helped me muddle through the newness. Thankfully learning how to drive the fork lift wasn't included on my list of training tasks (the mass destruction potential of that was terrifying).

Selling nuts and bolts is definitely more pleasant than dispensing narcotics and jabbing patients with immunization needles. Honestly, in all my years as a pharmacist, I always felt the best thing we ever dispensed were smiles. It might be the same with hardware.

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

BLM seeks public comment

The Bureau of Land Management (BLM) Royal Gorge Field Office is seeking public comment on a proposal from the U.S. Army Fort Carson to conduct High Altitude Mountain Environment Training (HAMET) on public lands in Fremont, Teller and Park counties.

The HAMET proposal involves helicopters briefly touching down on and flying over public lands. Fort Carson is requesting use of 43 landing zones as part of their proposed activities. The BLM has prepared a draft Environmental Assessment addressing issues pertaining to wildlife, recreation, noise, and cultural resources, among others.

"Public input is vital for informing our decision," said BLM Royal Gorge Field Manager Keith Berger. "We welcome this opportunity to gather input from the community that we serve."



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Cash is a 2-year-old male Rottweiler mix. He is a super playful and happy boy who would love an active home! His favorite summer activity is splashing around in the doggy pool to stay cool. He's good with some dogs but is a bit picky at times, so we encourage anyone interested to stop by the shelter and have any dogs in their home meet Cash first. We are not sure how Cash is with cats. Visit Ark Valley Humane Society at 701 Gregg Drive, Buena Vista or call to set up a play date with your dog 719-395-2737.

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One Nation Walking Together Native Spirituality

by Urban Turzi

I did not write this article only recently. It has resided in my soul/spirit since the Jesuits were helping me “to ponder the imponderables” over 50 years ago. But all that pondering came to the forefront of my brain’s synapses about 10 years ago while I was watching a PBS TV interview of a Native American Elder. This interview took place on an Indian reservation with an elderly Native gentleman sitting on the ground under a big shady tree in front of his dilapidated home. The only thing I remember from this interview was the Elder’s answer to the question: What are the characteristics of Captured People, i.e. Native Americans? His reply, that I have quoted more times than I can remember, was, “spirituality, family, artistic talent and a sense of humor.” As far as I was concerned, he nailed it. I have studied, visited with, befriended and served American Indian youth, adults and the elderly for more than 12 years. I have retold the Elder’s reply many times since I first heard his words. Thanks to my association with One Nation Walking Together, I was able to become familiar with a culture, whose tenets, I believe, could save our planet.



The perspective of Native Americans about Mother Earth is that spirituality holds great potential. We are not living on a dead earth, but rather a live one that is our Mother who provides us with our most intimate relationship. We depend on her for the air we breathe into our lungs, the water we drink, the nutrients we eat, the sun to make things grow. Even the rocks provide us the minerals to sustain us.

Some Native Americans have expressed the feeling that their religion is not appropriate for use by non-Natives and that they have no business participating in American Indian rituals such as the sweat lodge and vision quest. Other Native Americans have taken a different stance, saying that there is no reason why non-Natives should not participate in and learn from their rituals and beliefs.

I believe we humans must learn from the indigenous people that we are connected to all things. We must adapt to our changing environment both spiritually and physically. Our challenge must be to save our planet, mainly with the power of the soul. The Sioux People say, “Mitakuye oyasin.” This is translated as WE ARE ALL RELATED. Peace comes to the spirits/souls who realize our relationship to the universe and to the Great Spirit (i.e. God, the Wakan Tanka, the Great Mystery, Grandfather, the Great Medicine, the Great Spirit). The Great Spirit is the center of our universe. This relationship to all races means we have the same Mother — Mother Earth — and we are family to everything that has life. Peace between two

people recognizes our kinship to all living things: trees, water, grasses, rocks, the fliers, the crawlers, the four-legged, the two-legged, and the swimmers. The Native people are taught and demonstrate this knowledge through their ceremonies, drumming, and singing. These activities are considered a form of prayer and purification. Maybe, more than any other people, American Indians believe: WHAT WE DO TO THE EARTH OUR MOTHER, THIS WE DO TO OURSELVES.

When I was hiking in The Alps of Austria and Italy about eight years ago, I saw firsthand how global warming was having a direct effect by shrinking glaciers. I couldn’t believe my eyes and it scared me. The great challenge to save our planet cannot be met without the power of the soul or the power of the spirit. We must listen to the wisdom of our Mother.

The Europeans who claimed America had no relationship with Nature, other than to generate hundreds of years of both human and ecological destructiveness. They were prejudiced, but I have observed prejudice today among Native Americans, who were not this way prior to the arrival of the Europeans. Some Indians believe that the sooner white Americans learn the Native’s spiritual concepts the sooner we all will progress to a healthy Mother Earth. Native People do not have the biblical Ten Commandments but instead had a code of ethics that varies a bit from tribe to tribe. I have noticed that they believe we must respect all life; we must share with the needy before we take for ourselves, and we must be honest and honor the Great Spirit. I have seen that a prayer is said or sung for the beginning of just about every occasion, whether it is the start of a new day, before eating, before school starts, before any ceremony, before the start of a Powwow. The list goes on as Grandfather is thanked and asked for protection.

“European colonizers who arrived in the Americas caused death and disease to the point it sparked what some have called the first major human-induced change in the Earth’s climate. At the University College London (UCL), a study revealed that after the arrival of European settlers, millions of indigenous people were killed over the course of roughly 100 years. This caused large areas of farmland to go abandoned. The study said the new swath



of vegetated land caused a massive decrease in carbon dioxide (CO2) in the atmosphere. Levels of carbon in the atmosphere changed so much that it caused the planet to experience a global chill in 1610 CE, which is now known as the Little Ice Age. UCL geography professor Mark Maslin, one of the co-authors of the study, noted “So, this is the first major change we see in the Earth’s greenhouse gases.” Maslin and the team of researchers conducted the study by examining archaeological evidence and historical data, and also by analyzing Antarctic ice, which can trap atmospheric gas and reportedly reveal the quantity of carbon dioxide that was in the atmosphere long ago. He said a combination of all of the above showed researchers how the mass slaughter of indigenous people in the Americas led to the global chill.

“The ice cores showed that there was a larger than usual dip in CO2 in 1610, which was caused by the land and not the oceans,” Alexander Koch, lead author of the study, told CNN. “For once, we’ve been able to balance all the boxes and realize that the only way the Little Ice Age was so intense is ... because of the genocide of millions of people,” Maslin added. (“Climate Study” article by Aris Foley on *The Hill* newsblog)

One thing I have learned from Native Americans is there is a large difference between being spiritual vs. being religious. Spirituality is the framework of living for all people. Mother Earth cannot heal herself alone. She needs much help. We can do this by coming together to form a common understanding that there are calamities waiting out there. Most of our remedies might end, or drastically curtail, how we have been treating the earth that results in rising temperatures, vanishing rain forests, over-population, as well as pollution of waters and the atmosphere. We must remember The Principle of

the Seven Generations (any decision, be it personal or professional, must address the impact it will have on seven generations forward from the present). The Native Culture in America is not lost or forgotten by Euro-Americans — it is mostly ignored.

If you were expecting that the Native American’s sense of spirituality had something to do with organized religion, then history tells us how the missionaries brutally did all they could physically, amorally, and mentally, to eliminate this part of indigenous people’s lives. The term “make medicine” in the Native American’s cultures has nothing to do with owning a Walgreen’s store franchise. To “make medicine” is to engage upon a special period of fasting, thanksgiving, prayer, and self-denial. Learning medicine ways takes decades and must be done with great caution and patience out of respect for the sacred. Any offer to teach you all you need to know in a weekend seminar or two is wishful thinking at best, fraud at worst. The part of Native American spirituality that was called the Sun Dance was a religious ritual to pray for continual life, that of humans and the earth’s bounty. The Sun dance also brought good health, friendship with other tribes, and thanked the Creator who oversaw Native American spirituality. These are devotional exercises to improve the spiritual self. The use of natural objects and the understanding of their meaning play an important role for those who seek direction from the spirits; who are beyond us in the world we will one day enter.

There are as many differences from tribe to tribe as there are between Hinduism and Catholicism. The main feature of Native American spirituality, no matter the tribe, is the relationship of man with the land. The world has never been more deeply in need of what their traditions have to offer.

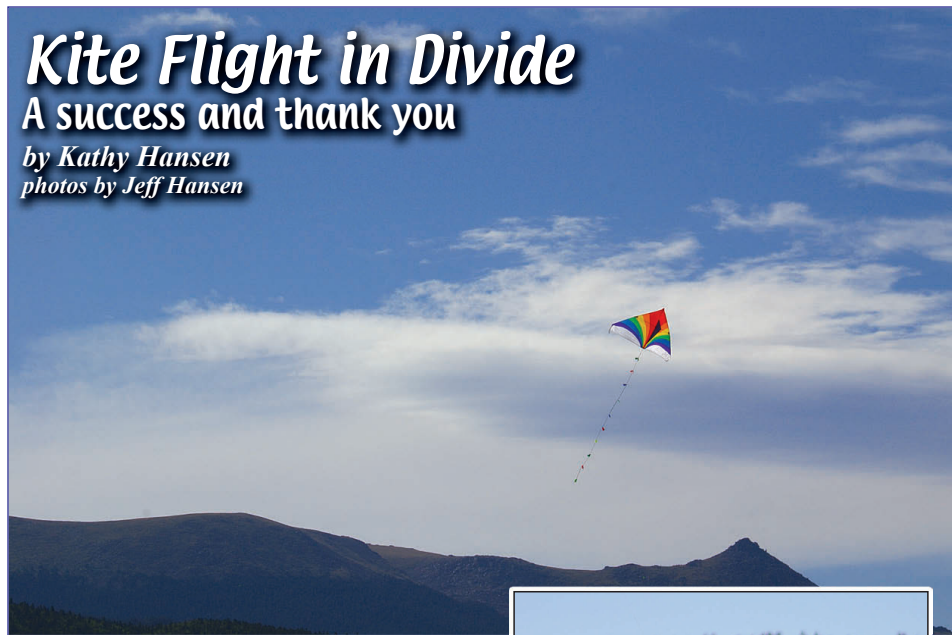
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- *Spirit Walk Ministry* August 6, 2019

One Nation Walking Together is a 501 (c) 3 nonprofit organization striving to make a difference in the lives of Native Americans living in impoverished conditions. Consider making your difference today; volunteer your time, donate goods, or make a credit card or check donation to One Nation Walking Together: Go to www.onenationwt.org or mail a donation to ONWT 3150 N Nevada Ave., Colorado Springs, CO 80907. For more information: call or email us at 719-329-0251 office@onenationwt.org. Our heartfelt gratitude for your support!

Kite Flight in Divide A success and thank you

by Kathy Hansen
photos by Jeff Hansen



The sky quickly filled with kites soaring over the town of Divide on Saturday, August 24, 2019, as children, parents, and grandparents helped to guide strings, tales and kites into the wind. The event is sponsored by the Divide Chamber of Commerce. Lee Taylor of Edward Jones donated the kites, and the 18-inch black and red bike was donated by Real Estate by David Martinek.

We wish to thank those who helped make the event possible including: Mueller State Park who helped the children learn about wildlife through their touch table pelt display. All children able to accurately identify the animal and pelt won a special whistle. Community Partnership had a table to help the community know of their programming for families. Divide Fire brought an engine for the kids to see. TCRAS came along with a beautiful dog seeking a forever home. The Sheriff’s posse was also in attendance. Special thanks to David Sylvester who donated over 20 specialty kites to the event!

The wind held for most of the morning and died down after noon. All in all, it was a great day to go fly a kite in Divide!



Kids of all ages had fun flying kites at the Divide Kite Flight.

LEGION Act signed by president

by Larry Ingram

In a significant legislative victory for The American Legion, President Trump signed a bill July 30, 2019 that declares the United States has been in a state of war since Dec. 7, 1941.

The American Legion sought the declaration as a way to honor approximately 1,600 U.S. service members who were killed or wounded during previously undeclared periods of war.

The LEGION Act (Let Everyone Get Involved in Opportunities for National Service Act) also opens the door for approximately 6 million veterans to access American Legion programs and benefits for which they previously had not been eligible.

The LEGION Act does have a local connection as the original concept and idea for the act came from Robert Lowry, a member of American Legion Post 1980 in Woodland Park. It took four years of persistent prodding and pushing by Robert to get it approved by the Legion district, state and national and eventually through congress and a presidential signature.



Robert Lowry: Army veteran, Post 1980 Service officer. photo by Larry Ingram

Adopt Me by TCRAS

Rinnie

Rinnie is a little over 2 years old, black and white domestic shorthair mix, spayed female. This girl is guaranteed to bring a smile to your face. In return for some pets, Rinnie will give all kinds of kisses. She’s a funny girl with an awesome personality. Come by the shelter to give Rinnie a little love and get some kisses from this beautiful girl!

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The Vietnam Veterans memorial wall made its way to Cripple Creek and was placed on the High School Football lawn. On Thursday 08/15/2019, Some of our Veterans took a trip over to the field to see the wall and pay tribute to all who have served. Cripple Creek Care Center is proud to be a certified VA community home. We feel it is a great honor to give back to those who fought for our freedom. Our veterans have many accumulated years of service and have served from WWII through Vietnam. It is our pleasure to give back and pay homage to those who have given so much to us.

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Here come da fuzz! Manitou Springs meet and greet of finalists

With the retirement of former chief of police Joe Ribeiro in May, the City of Manitou Springs City Council contracted with KRW Associates to begin a nationwide search to find a new chief of police for the city. After an extensive application and vetting process, which yielded over 35 applications from 16 different states, the Manitou Springs City Council has selected four finalists to compete for opening. The four finalists are:

- **Brian Churchill** – a 25-year law enforcement officer who is currently employed by the Indianapolis, Indiana Metropolitan Police Department as a lieutenant. Lieutenant Churchill has held numerous assignments that include: patrol, Neighborhood Resource Unit, Community Engagement Office, Internal Affairs, and Investigations.
- **Carolyn Graves** – a 20+-year law enforcement officer who is currently employed by the Colorado Springs, Colorado Police Department as a lieutenant. Lieutenant Graves has held numerous assignments including patrol, operations and logistics, and special enforcement division. Lieutenant Graves is a graduate of the Colorado

Emergency Management Academy.

- **Ralph Maher** – a 26-year law enforcement officer who is currently employed by the Oak Creek, Colorado Police Department as the chief of police, a position he has held for the past 5 years. Prior to becoming the chief of Oak Creek, Chief Maher worked for the Fountain, Colorado Police Department for 20 years and as chief of police for the Yuma, Colorado Police Department.
- **Randy Taylor** – a 34-year law enforcement officer who is currently employed by the Clarkdale, Arizona Police Department as the chief of police, a position he has held for the past 7 years. Prior to becoming the chief of Clarkdale, Chief Taylor worked for the Loveland, Colorado Police Department and the University of Northern Colorado Police Department.

A community meet and greet with the four finalists is scheduled for Thursday, September 5, 2019, in City Hall from 5-6 p.m. All residents of Manitou Springs are encouraged to attend and meet the finalists for the chief of police job.



Annual Veterans Celebration

by Larry Ingram

photo by Larry Ingram

One of the largest veteran motorcycle rallies west of the Mississippi River begins at the Woodland Park, CO High School parking lot and winds its way through the mountains to Cripple Creek where it joins the Annual Veterans Recognition celebration that the small mountain town puts on each August. Bikers from nine different states were spotted during the sign-up where nearly four thousand bikers filled the high school parking lot.

Grant to Salida High School Drone Class

The Central Colorado UAS Club (CC UAS Club) is pleased to announce their first ever grant presentation of a DJI Tello Boost Combo drone to the Salida High School's drone class.

Eleven students were present as Club President Taylor Albrecht and Club Treasurer Dennis Heap presented the drone to their teacher and Club Member Kevin Thonhoff.

"Since our founding in October, 2017, this has been one of our most important mission objectives — to assist educational institutions in the region with enhancing unmanned systems classes," Albrecht said. "We stand ready to help other schools establish unmanned programs with curriculum development and drones like the Tello."

Kevin Thonhoff added "the club's donation of the Tello will help our students become more acquainted with this rapidly changing industry, both from a flying perspective and a software programming angle." The Tello drone has the ability to be programmed

through the use of several different apps.

Albrecht encourages the students and anyone else interested in unmanned systems to visit a club meeting. These are held the first Saturday of each month. The upcoming September 7, 2019 meeting will feature Thonhoff presenting about the importance of caring for batteries used to fly these unmanned systems.

About the Central Colorado UAS Club

The Central Colorado UAS Club is a non-profit 501(c)(3) organization whose mission is to promote the safe, legal and fun use of small unmanned aerial systems (sUAS) in society. We do this through meetings, educational seminars and community outreach emphasizing the benefits of these aircraft systems to society. We provide a method of interaction between sUAS operators and the public to help craft rules and regulations that both recognize the public benefit of sUAS and recognize the concerns of the public.



Musings Along the Way Immigration stories

by Catherine Rodgers

Central to Jewish life is the concept of Tikkun olam; the responsibility to heal the world and pursue social justice. Jews are taught from an early age that to remain silent in the face of injustice is morally unacceptable," Jewish leaders who shut down the ICE facility in Milwaukee, Wisconsin. Just days later, hundreds of Evangelical Lutheran Church in America members and their allies returned to this ICE building to hold a prayer vigil for immigrant families with signs reading, "We put the protest back in Protestant" and chanted, "This is what the love of God looks like."

I am moved by this article to raise the subject of immigration and ancestry — my own and ours. My grandmother was always proud that she descended from pilgrims on the Mayflower; Puritans escaping religious persecution in England. Further research showed that we are related to by-blows from the promiscuous Henry II Plantagenet as well as Eleanor of Aquitaine, whose mother was not considered a mortal woman as she was last seen floating out the window of the family chapel. But my fairy ancestors are another story.

My grandfather was a Dutch farmer whose family didn't merit as much inquiry, but one can infer that third sons left that tiny country in search of arable land. The family acquired a 160-acre farm by the Homestead Act of 1862 (government hand-outs!) in western expansion of Manifest Destiny, ignoring this displacement of the resident inhabitants. On my mother's side, her paternal grandparents emigrated from Norway (Yes! Some do!) for love when his Lutheran parents disowned him for marrying against their wishes. Her mother was orphaned on one of the coffin ships from Ireland where her parents fled starvation and eviction by rack-renting landlords. My maternal grandmother was raised in Canada and walked across the border in Michigan to find work in Chicago; no green card or citizenship test as near as we know. They all came to the United States in some desperation, seeking to work to make a better life here.

Even the so-called Native Americans are immigrants. The Hopi elders, such as Leroy Panema Lewis in the book *A Hopi Flute Clan Migration Story* written with Lorna Gail LaDage, assert that their migration began in Tibet, directed by Maasaw or the Skeleton Man to start east across the Bering strait. This journey is attested by similar petroglyphs around the world. Frank Waters in *The Book of the Hopi* describes migrations in the four directions by all the People of Peace. Recently Tibetan lamas and Peruvian shamans have claimed kinship with the Hopi traced through their origin stories and sacred practices to honor the Earth.

With all the interest in genealogy and DNA research, most of us should be aware that we are the result of extensive migration and intercultural blending. This crisscrossing the earth originated 200-300,000 years ago on the African continent. Ed Yong in *The Atlantic* writes, "The best metaphor for this isn't a family tree. It's a braided river — a group of streams that are all part of the same system but that weave into and out of each other." Further he describes how cultural shifts came from literal earthquakes and desertification which forced migrations.

Genomic testing demonstrates that all people on earth are related to Homo sapiens

in the high mountains of Ethiopia near Omo Kibish. Other archeological evidence found in Jebel Irhoud, Morocco and Ologresailie, Kenya, as well as South Africa points to long distance trade networks exchanging obsidian tools, and lumps of manganese and iron to make drawing pigments, considered a sign of symbolic thought and representation. Climate change necessitated adapting from tree dwelling swingers to upright walkers on the plains. Alison Brooks of George Washington University writes that this diversity throughout African settlements "...spread the risk over a much larger landscape. There's no other way they can save for a future disaster. They don't have crops or animals. They have friends. It's part of a human way of life."

The Hopi tradition describes how the earth has been destroyed three times already by fire (probably a comet), ice, and floods. Dan Katchongra of the Sun Clan on the AZ third mesa says the fourth age is ending as "Nature will speak to us with a mighty breath of wind." David Monongye from the same Hotevilla village warns, "When earthquakes, floods, hail storms, drought and famine will be life of every day, the time will have then come for either the return to the true path, or going the zig-zag way" of koyaanisquatsi (world out of balance).

So, what is the true path? How do we transition into the 5th Age and become the Warriors of the Rainbow "a new tribe of people shall come unto the earth from many colors, creeds, and classes, and who by their actions and deeds shall make the earth green again." (prophecy quoted by Gary A. David in *Journey of the Serpent People*.) Well, we might start by allowing the migration of refugees from around the world who are fleeing war, violence, starvation, drought, religious persecution, and all the various reasons that this country was founded. "We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable rights, that among these are life, liberty, and the pursuit of happiness" — The Declaration of Independence.

We might also create a new vision of how to be human beings on Earth and to live in harmony. The Hopi path of One Heart is to live in rhythm with the Earth, finding solace from pollen, sunlight, soaking rains, and vast vistas. We are exceptionally blessed here in Colorado with all of this, and more. The Ethiopian people, where modern w/o man originated, are showing the way by planting 3.5 million trees in one day! Imagine if we reallocated the military budget from weapons and walls to having our soldiers plant trees as the Turkish Army has spent its summers. Perhaps our service members could build houses for the homeless and the displaced, and build solar gardens across Nevada instead of nuclear bomb test sites. Technology and artificial intelligence are changing rapidly the entire work ethic and so far, free market economics have led to wage discrepancy where the upper 1% are valued more than work by the rest of us. Let's look for solutions. Let's discuss outlandish ideas and move towards answers. Let's listen to our hearts and live to reveal the love of God.

Who knows? Maybe we will be the refugees trying to cross the southern border into Canada when global warming makes the lower 48 uninhabitable.

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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.

BUENA VISTA

- 2, 9, 16, 23, 30 Celebrate Recovery 6-8 p.m. A community of support for recovery from life's hurts, habits, and hang-ups. Walk-ins welcome! Childcare available.
- 6, 13, 20, 27 American Legion BINGO 7-9 p.m.

- 7 Central Colorado UAS Club meets 9-10:30 a.m. at Central Colorado Regional Airport 27960 CR 319.

Join others in the region who own and/or operate unmanned systems for fun or profit. Our mission is to provide an informal and social gathering for pilots and owners of UAS (drones), and those interested in learning more about UAS and their positive applications in society. Our meeting topic is "Proper Care and Feeding of Batteries" presented by Kevin Thonhoff. FMI: email:cuasclub@gmail.com and tlnavigation.com/central-colorado-uas-club

- 7 Metal Detecting Class 10-2 p.m. at The Rock Doc. Limited space. RSVP cindy@therockdoc.net or 719-539-2019.

- 7 Paint, puppets, Blue Rooster at the Watershed 9:30-2 p.m.

- 8 Farmer's Market 10-2 p.m. South Main Town Square.

- 9 Chaffee County Quilts of Valor 9:30-3:30 p.m. at Bev's Stitchery. All quilts welcome.

- 10 BV Celtic & Old-time Music Jam 6:30-8:30 p.m. at Creekside Gathering Place.

- 12 Taming Tech Trouble 3:45-4:45 p.m. at the library.

- 13 A Fire Spinning Show 8 p.m. Free admission! Outside of BV Community Center 715 E. Main St. Vulcan Glass Art Studio.

- 13 Free movie night 6:30-9 p.m. at Creekside Gathering Place.

- 14 Apple Fest at Turner Apple Farm 9-4 p.m. 829 W. Main St.

- 14 Serendipity Yarn & Gifts: Spinning Group 2-4 p.m.

- 20 Free Dinner hosted by Arkansas Valley Christian Mission 5:45 p.m. FMI 719-395-9321.

- 23 The 6th Annual BV Strong Community Dinner 5:30-7 p.m. East Main St. All are welcome!

- 27-29 14er Fest downtown BV. FMI

<https://14erfest.org>.

Save the Date: October 19 BV Walk for Freedom at Forest Square Park 321 Hwy 24. Registration starts at 11, director talk at noon, walk starts 12:15 p.m. with free drawings and lunch to follow. To pre-register: <https://www.a21.org/app/registration/?store=1&event=23539#/registration>

CAÑON CITY

- 4 Free Legal Clinic 2-5 p.m. for parties who have no attorney at the library 516 Macon Ave. Please schedule 719-269-9020.

- 6 Brews and Bikes 6 p.m. at 224 Main Street. Lissa Hanner joins Stompin' George and Super Chuck for your listening entertainment.

- 6 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!

- 13-14 Italian Festival at Hwy 50 and 3rd Street. Fun for the family including food, drinks, music. Friday 5:30-10:30 p.m., Saturday 10-10 p.m. Vendors contact Jenny 719-778-6617.

- 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 Play Ave.

- These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to www.namiconnecto.org

- Yoga with Bill O'Connell at River Lotus Yoga Mondays 9 a.m., Wed 6:30 p.m., studio fees apply.

COLORADO SPRINGS

- 9 Cody and the Battle of Summit Springs by Jeff Broome 6 p.m. at Colorado Springs Masonic Center 1150 Panorama Dr. Sponsored by Pikes Peak Posse of Westerners. \$17 payable in advance 719-473-0330 (ask for Bob) or posse@devittentripes.com.

- 14 Evergreen Cemetery Historic Walking Tour 10 a.m. to 12:30

p.m. (last tour leaves at 12:30 p.m.) 1005 Hancock Expressway. \$8 per ticket, kids 12 and under free. History comes alive for the annual Evergreen Cemetery Historic Walking Tour. The tour is approximately 1.5 miles and will last about 2 hours. Proceeds benefit restoration projects at Evergreen and Fairview Cemeteries.

- 17 Chamber Orchestra of the Springs 1-3 p.m. Thirteen musicians will perform a work entitled *Tyrannosaurus Sue* by renowned composer Bruce Adolph. The music will follow the life of Sue on her journey searching for food, chasing a Parasaurulphus and battling a Triceratops. This will all be with narration. They will also play a few short arrangements from *Jurassic World*. This will be a program that combines classical music and dinosaur activity. They will also have a petting zoo which lets the children try many different instruments after the performance of the chamber orchestra.

- 28 Asian Pacific Market 11th Anniversary Celebration. See page 28

BROADMOOR WORLD ARENA

- 10 Steely Dan 7 p.m.

PIKES PEAK CENTER

- 7 Summit Ministries presents and Evening with Ravi Zacharias and Dennis Prager 6 p.m.

- 13 The Allman Betts Band w/Joanne Shaw Taylor 7 p.m.

- 24 Chicago 8 p.m.

CRIPPLE CREEK

- 27 GED orientation Call Katy 719-686-0705.

- Alcoholics Anonymous meets at St. Andrew's Episcopal Church at 367 E. Carr St. Thursdays at noon and Sundays at 4 p.m.

- Markets at the Museum, a vendor-based event Saturdays FMI director@cripplecreekmuseum.com or 719-689-9540.

- Save the date: Oct 5 Cripple Creek Ghostly Gathering 6-10 p.m. at the Elks Lodge.

ASPEN MINE CENTER

- 3, 17 TBI Group participation meetings regarding Traumatic Brain

Injury 10-11:30 a.m.

- 4, 11, 18, 25 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.

- 5 Southern Teller County Housing Task Force 8:15 a.m.

- 5 Southern Teller County Childcare Task Force 10 a.m.

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

- 10 Veteran Service Meeting 9-11 a.m.

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

- 11 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.

- 19 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.

- 27 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.

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

- 27 Cooking Matters in Your Community 10-11 a.m. Find out how to get the best use from your commodities day food box items. Food demonstration and snack provided. FMI: Denise 719-689-3584.

- 27 GED Registration 11:30-2 p.m. Childcare available upon request. RSVP: Katy@cpteller.org or 719-686-0705.

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

CRYSTOLA

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

DIVIDE

- 4, 11, 18, 25 Yoga at Pikes Peak Community Club 5-6 p.m. Donations accepted for building use. Sponsored by Community Partnership.

- 9, 16, 30 Yoga at Pikes Peak Community Club 10-11 a.m. Donations accepted for building use. Sponsored by Community Partnership.

- 11 Divide Planning Committee will meet for annual status of County Planning activities and to elect expiring member terms. Meet at Pikes Peak Community Center Hwy 24 at 7 p.m. Any Divide resident interested in learning more about the GMP is encouraged to attend. FMI or to sign up for emails for significant activity: <http://www.divideplanning.org/index.php>

- 28-29 Friends of Mueller State Park Photography Show & Sale. See page 23.

- COMMUNITY PARTNERSHIP

- 3 Crossroads for Families that Co-Parent 4:30-8:30 p.m. Registration fee. RSVP: AmyS@cpteller.org or 719-686-0705.

- 4-25 Active Parenting First Five Years. Consisting of 4 sessions 9:30-11:30 a.m. Discussion series for parents with children birth-5 years. Meal and childcare provided. RSVP: AmyS@cpteller.org or 719-686-0705.

- 22 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. RSVP: Cory@cpteller.org or 719-686-0705.

- LITTLE CHAPEL FOOD PANTRY

- 9, 23 This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are: Last name beginning with:

- A-H 3:30-4:30

- I-Q 4:30-5:30

- R-Z 5:30-6:30

- MASONS

- Cripple Creek Masonic Lodge meets

first Friday every month 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.

EVERGREEN

- 5 Free Legal Clinic 3:30-5 p.m. for parties who have no attorney at the library 5000 County Road 73. Pre-register 303-235-5275.

FAIRPLAY

- 6 TBK Bank hosts the South Park Plein Air Arts Celebration Reception 6-9 p.m. open to public at 7 p.m. Maryanne Rozzi plays the Celtic Harp and weaves the serenity of this magical instrument among those listening. FMI on the Celtic Harp by Maryanne Rozzi call 719-838-0279 or email solarozzi@yahoo.com.

SOUTH PARK CITY

- 6 After Dark Tour

- 14 Last visit from Father Dyer

FLORISSANT

- 15 Herb Class: Elderberry and Immune Boost 1:30-3:30 p.m. See Thymekeeper page 3.

GRANGE #420

- 14 Yard Sale and Craft show 9-3 p.m. Come find treasures and wonderful hand-made gifts. It is never too early to start Christmas Shopping. We'll serve lunch and have baked goods. To reserve a spot 719-748-5004.

- 21 Pine Needle Basket Class 9-noon. Seasoned basket makers will be learning a new stitch. Beginners are welcome and will be able to make a small basket in class. FMI: 719-748-5004.

LIBRARY

- 27 Mars Storytime 10:10-45 a.m. Join representatives from the Space Science Institute of Boulder to listen to a new picture book about the Mars Rover. Let your children turn you into a Rover, and play with some real Mars Rover robot toys.

- Lego Club Fridays 12-4:30 p.m.

- Storytime Fridays 10:10-45 a.m.

- Adults

- 12 Yarnia! 10-12 p.m.

- 12 Free Legal Clinic for parties who have no attorney 3-4 p.m. Pre-register by calling 719-748-3939.

- 16 Let's Read Amok! 11 a.m. September theme: The Letter A

- 18 Bookworms 10:30-12 p.m. September: The Alice Network by Kate Quinn.

- 25 Craft and Create 1-2:30 p.m. Card making. Supplies will be provided and space is limited. Register by September 20 call 719-748-3939.

- Tai Chi Mondays 10 a.m.

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.

- Corona's at Freshwater music schedule. See page 15.

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 6-8pm.

LIBRARY

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

- 16 Storytime 2-3:30 p.m. Join us during summer months for a fun filled Storytime that will include movement and song hosted by Peg Larson.

- 23 Rocky Mountain Rural Health outreach program 11-1:30 p.m. Come on in for free health screenings and good condition clothing and much more!

- 30 Guffey Literary Society 1-3 p.m. September literary pick is *Hearts of Horses* by Molly Gloss. Check with the library for availability of copies. All events are open to the public and free. Please feel free to call or email with any questions. 719-689-9280 Guffeylib@parkco.us or visit our website <http://parkcounty.colibriaries.org>

LAKE GEORGE

LIBRARY

- 10 Veteran Affairs officer comes to the library every 2nd Tuesday noon-2 p.m.

- 12 Rocky Mountain Rural Health comes to the library every 2nd Thursday noon-2 p.m. to give health screenings and read

- Cripple Creek Masonic Lodge meets

blood pressures, as well as donated clothing and shoes for free!

LA VETA

- 14 The Art of Storytelling at the La Veta Mercantile 10-5 p.m. Huajotolla Heritage Foundation proudly presents four incredible artists that each portray the story of Native Americans in their own unique interpretation. Timothy Nevaquaya represented by his brother Edmond, Carla Romero, David Behrens and Arthur Short Bull will be showing (and selling) their work. You will be able to meet the artists and learn the understanding and motivation that fuels their creativity. Each of them portrays the stories of Native Americans through their medium of choice. During the day there will be presentations on stage regarding the rich contributions of Native Americans interspersed with haunting flute music. This promises to be a day of riches and learning. Free. Donations appreciated! Contact Sandy Dolak (sandy@dolak.biz) or go to www.hffoundation.org for more information and details.

- 14 Edmond Nevaquaya in concert with artist friends at La Veta Mercantile. Huajotolla Heritage Foundation proudly presents Edmond Tate Nevaquaya, Chickasaw, son of artist and renowned flute player 'Doc' Tate Nevaquaya. (Edmond stepped in to represent the Nevaquaya Family as a very recent PBS special that featured Timothy's flute playing was just nominated for an Emmy for sound and music and Timothy was invited to NYC to participate in EMMY events. He will be here next summer!) David Behrens and Eddie Three Eagles will also be performing. This is a free concert to thank those that support the vision and work of Huajotolla Heritage Foundation. Donations to continue the cultural literacy work are deeply appreciated. Contact Sandy Dolak (sandy@dolak.biz) or go to www.hffoundation.org for more information and details.

- 14 The Opening Concert for a new season for Ute Pass Chamber Players, music of Beethoven, Gaubert, Haydn, Rachmaninoff and Still performed by Guy Dutra-Silveira, oboe; Pam Chaddon, cello; Dina Hollingsworth, flute; Clark Wilson,

continued from previous page

p.m. FMI 719-243-4970.

- 7 Pack Burro Race at noon, downtown Victor. Ag & Mining Museum hosts Susie Knight 12:30-1:30 p.m. Music at the Elks Lodge at 2 p.m. with Greg Brazil.

WESTCLIFFE

- 11 Free Legal Clinic for parties who have no attorney 2-5 p.m. at the library 209 Main St. Schedule 719-783-9138.

WOODLAND PARK

- 3, 5, 10, 17, 19, 24, 26 Yoga 4-5 p.m. at Mountain View United Methodist Church. Sponsored by Community Partnership.

- 3-Oct 8 Cooking Matters for Parents of Preschoolers. Consisting of 6 sessions, 5:30-7:30 p.m. at Mountain View United Methodist Church. Learn how to prepare and shop for healthy, low-cost meals. Meal and childcare provided. RSVP: AmyS@cpteller.org or 719-686-0705.

- 7 Senior Center Car Show Pancake Breakfast 7:30-11 a.m. at SE corner of Pine Street and Lake Avenue. For a breakfast guaranteed to keep you going throughout the Car Show Day: fill up with all you can eat fluffy pancakes, scrambled eggs, sausage, fruit and best biscuits and gravy around! Open to the public for only \$8 for adults; kids 6 and under eat for \$2. We appreciate your support!

- 8 The Opening Concert for a new season for Ute Pass Chamber Players, music of Beethoven, Gaubert, Haydn, Rachmaninoff and Still performed by Guy Dutra-Silveira, oboe; Pam Chaddon, cello; Dina Hollingsworth, flute; Clark Wilson,

baritone, with guest artists Bruce Gibbons, piano; and Mary Beth Shaffer, piano at 3 p.m. at High View Baptist Church 1151 Rampart Range Road. Tickets \$15, \$5 for students available at the door.

- 13 Women's Networking Group meets at Shining Mountain Golf Club the 2nd Fri of each month 11:30-1 p.m.

- 21-22 Celebrating our more seasoned firefighters the Shades of Grey Masters Only is a PDGA B-Tier singles disc golf tournament for masters and above 'age protected' divisions, at the beautiful Shining Mountain golf Club. Playing one round on the Whispering Pines course Saturday and one round with golf carts on the Beast course Sunday. There will also be extra fun Long Drive, Putting and Mini Disc Golf competitions happening on-site all weekend with half of those entries fees going to the official tournament charity DayBreak an Adult Day Program for Teller County caregivers. The goal of DayBreak is to provide respite care for the individual who may need some help or supervision during the day while his/her caregiver takes a break from the daily challenges of caregiving. This amazing work needs to be supported and their core values of love, patience, acceptance, respect humor and community resonate with PeaceJames Co. The public is welcome and encouraged to come watch all the action. FMI or to register: <https://www.peacejames.co/shadesofgrey>

- Come Sing with Us! WP Community Singers 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 accom-

~OUT AND ABOUT~

panist! 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.

- NAMI Connections for people dealing with mental illness 1st and 3rd Mon 6:30-8 p.m. at Mountain View Methodist Church 1101 Rampart Range Road FMI 719-687-3868.

- Narcotics Anonymous meets at Mountain View United Methodist Church 1101 Rampart Range Road, Mondays and Fridays 7:30 p.m. Parking/entry at rear/East church lot.

DINOSAUR RESOURCE CENTER

- 21 It's All About Bees 11-2 p.m. Hear all about BEES and their wonderful product, honey! See these fascinating creatures at work and taste their honey. Ask questions of local bee keepers (from the Pikes Peak Bee Keepers Association) and find out what you can do to help the bees survive. Learn about the job of a beekeeper and how very important it is to all of us. Buzz on over and have a fun and informative time with us.

- 28 Unsolved Science Mysteries 1-2 p.m. Science Matters needs your help to solve the Unsolved Science Mystery! Use forensic science skills to solve the mystery and become a Chemical Detective! Create your own Chemical Detective Kit, lift and identify crime scene fingerprints, reveal secret messages and discover more forensic science techniques used in crime scene investigations. You will become a Science Super Sleuth! FMI: 719-686-1820 or

www.mdrc.com.

LIBRARY

- 12 Make a Hedgehog with Us! 3:30-4:30 p.m. ages 3 and up. All supplies provided in Children's Craft Room.

- Books and Babies Storytime Tues 10-10:20 a.m.

- Lego Club Fri all day

- Silly Saturdays 10-10:30 a.m. ages 0-5.

- Storytime Wed & Thurs 10:05-10:45 a.m. ages 3 and up.

TEENS

- 5 Teen Advisory Board 3:45-5 p.m.

- 11 Anime Club 3:30-5 p.m.

- 12 Mixed Media Art Club 3:30-4:30 p.m.

- Adults

- 12 Free Legal Clinic 3-4 p.m. for parties who have no attorney. Pre-register by calling 719-687-9281 ext. 103.

- 14 Join us at Citizens' Climate Lobby Chapter meeting 11-1 p.m. at the library. Find out what you can do to address climate change. We have legislation in congress that can reduce our carbon footprint by 40% in 12 years. We need you! FMI pijotstickler@gmail.com.

- 10 Stitches Above the Clouds 1-3 p.m. Colorado Room.

- 17 AARP Smart Driver Class 9:30-1:30 p.m. Driver refresher course for drivers 50+ who want to improve their driving skills and avoid traffic violations. AARP members \$15/\$20 for non-members.

- 26 Downton Abbey Tea 2 p.m. Please feel free to come with your finest hats and 1920s Downton Abbey outfits. Register 719-687-9281 ext. 103.

- Conversational English meets Tuesday and Thursdays 10:30 a.m. Colorado Room. English conversation group for non-English native speakers.



Aspens and elk at Mueller State Park

As the warmth of summer gives way to cooler nights, celebrate fall at Mueller State Park, as the forest turns golden! Typical weather in September at Mueller brings picture-perfect, blue-sky days. As those days become shorter, the trees start to change into their awesome display of color. Aspen trees make the hillsides glow with gold! Mueller is a favorite spot to see the show! Come on out to camp or hike and dive into the beauty of autumn in Colorado.

A full schedule of naturalist programs can help you to look, learn and enjoy the surroundings. Special programs this month include elk bugling hikes and fall challenge hikes. The Fall Challenge is an invitation to hike all the trails at Mueller, with a guide or on your own, about 60 miles, in one month. Folks that meet the challenge receive a certificate and prize for their accomplishment! On Saturday, September 28th, is "Mueller in Gold" is around the peak of color at Mueller! Visitors can celebrate the changes in the forest with several hikes offer to view the spectacular scenery. All activities are free; a park pass for your vehicle is the only cost.

- 4 Hike: Mountain Logger and Black Bear meet at Homestead Trailhead 9 a.m.
- 6 Amphitheater: Fur Trade in the Pikes Peak Region 7:30 p.m.
- 7 Hike: Cheesman Trail meet at Grouse Mountain Trailhead 8 a.m.
- 7 Hike: Geer Pond meet at Homestead Trailhead 9 a.m.
- 7 Kids: Make Your Own Animal Track meet at Visitor Center 1 p.m.
- 7 Hike: Peak View Pond meet at Elk Meadow Trailhead 2 p.m.

- 7 Amphitheater: Colorado Fire Ecology 7:30 p.m.
- 8 Hike: Lost Still meet at Grouse Mountain Trailhead
- 8 Touch Table: Bears 1:30 p.m. at Visitor Center
- 10 Hike: Rock Pond and Canyon meet at Rock Pond Trailhead 8 a.m.
- 11 Hike: Buffalo Rock meet at Grouse Mountain trailhead 9 a.m.
- 12 Fall Challenge Hike: Preacher's Hollow meet at Visitor Center 8 a.m.
- 14 Fall Challenge Hike: Ranger Ridge & Stoner Mill meet at School Pond Trailhead 8 a.m.
- 14 Hike: Geology at Florissant Fossil Beds meet at Florissant Fossil Bed Visitor Center 9:15 a.m.
- 14 Hike: Cahill meet at Grouse Mountain Trailhead 10 a.m.
- 14 Archery meet at Dragonfly Pond Parking 2-4 p.m.
- 14 Amphitheater: Colorado Statehood 7:30 p.m.
- 15 Program: Watercolors meet at Outlook Ridge Trailhead 9 a.m.
- 15 Hike: Dynamite Cabin meet at Grouse Mountain 3 p.m.
- 16 Amphitheater: Wolves 7 p.m.
- 17 Fall Challenge Hike: Aspen and School Pond meet at School Pond Trailhead 8 a.m.
- 17 Hike: School Pond and Stoner Mill meet at School Pond Trailhead 9 a.m.
- 19 Fall Challenge Hike: Elk Meadow and Peak View Pond meet at Elk Meadow Trailhead 8 a.m.
- 21 Fall Challenge Hike: Cahill and Buffalo Rock meet at Grouse Mountain Trailhead



Special programs this month include elk bugling hikes and fall challenge hikes.

- 8 a.m.
- 21 Hike: Turkey Cabin Overlook meet at Camper Services 9 a.m.
- 21 Touch Table: Aspen meet at Visitor Center 3 p.m.
- 21 Hike: Elk Bugling meet at Grouse Mountain Trailhead 6:15 p.m.
- 22 Touch Table: Horns and Antlers meet at Visitor Center 10 a.m.
- 22 Hike: Homestead meet at Homestead Trailhead 2 p.m.
- 24 Fall Challenge Hike: Outlook Ridge meet at Visitor Center 8 a.m.
- 26 Fall Challenge Hike: Cheesman Ranch and Lost Still meet at Grouse Mountain Trailhead 8 a.m.
- 26 Hike: Elk Bugling meet at Grouse Mountain Trailhead 5:30 p.m.

- 28 Mueller in Gold. Enjoy the day at Mueller in the peak of the aspen season.
- 28 Fall Challenge Hike: Rock and Brook Ponds meet at Visitor Center 8 a.m.
- 28 Hike: Cahill Loop meet at Grouse Mountain Trailhead 9 a.m.
- 28 Hike: Grouse Mountain Overlook meet at Grouse Mountain Trailhead 10 a.m.
- 28 Watercolors meet at Outlook Ridge Trailhead 1:30 p.m.
- 28 Hike: Homestead Trail meet at Grouse Mountain Trailhead 2 p.m.
- 29 Hike: Cahill Loop meet at Grouse Mountain Trailhead 9 a.m.

Mueller events are all free; the only cost is the \$8 per day pass or \$80 annual park pass for entry. FMI 719-687-2366.

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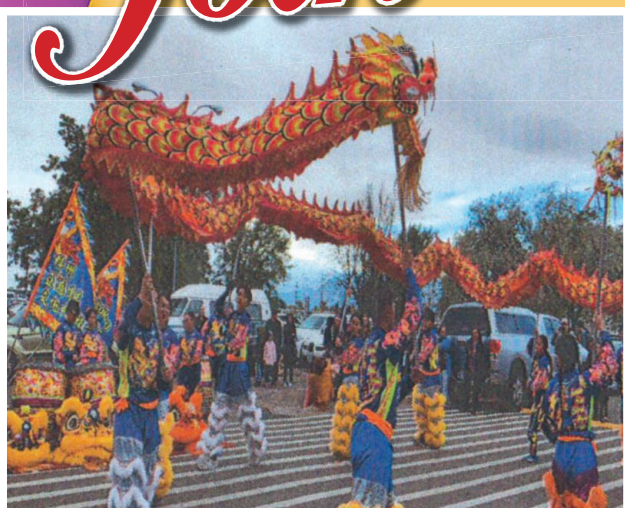


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