



UTE COUNTRY NEWS

Putting the "unity" back in community™

POSTAL CUSTOMER

PSRST STD
U.S. POSTAGE
PAID
DIVIDE CO
PERMIT NO. 487

FREE

January 2020

P.O. Box 753, Divide, CO 80814 • 719-686-7393 • utecountrynews.com

Vol. 12, No. 1

Welcome to Ute Country



"When it comes to conserving wildlife and the environment, It's more important to be outspoken, than unspoken"

— Paul Oxtan

PEEK INSIDE...



page
3

The Thymekeeper - Evergreen



page
5

Pharmgirl Uprooted - My secret



page
14

ONWT - My brother, Eddie Three Eagles

Clean Earth Treatment Solutions Inc.

We are looking for the best growers in Colorado!

Stop growing marijuana and step into the future!

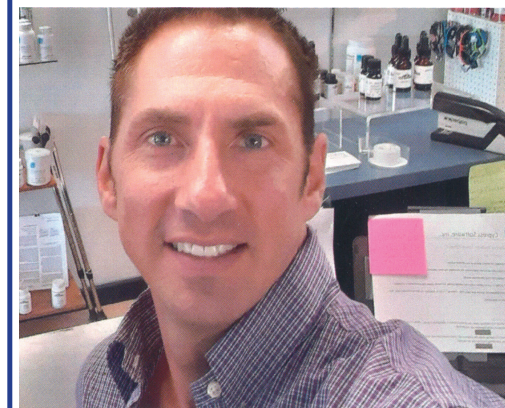
Grow HEMP for Fuel! Safe, No Hassels, Seeds for Fuel

Steady Pay • Funding for New Facilities

The Government needs 8 billion barrels of hemp oil by 2024!

Call 630-774-8281

Happy Healthy New Year!



ANY QUESTION
OUR PHARMACIST IS
HERE TO HELP
ANY ISSUE

Stay well and well informed.
Speak with our pharmacist today.



Brent J. Stein, Pharm.D.
Consulting & Rx services: LTC, compounded & dispensing of medications.
Doctorstein22@gmail.com
719-309-9525 • Fax 719-452-3884
18172 County Road 1, Florissant, CO 80816
www.MountainKeyPharmacy.com

Join Us for
Our 1-Year Celebration!
Fri., Jan. 3, 2020
3-6pm
Food & Prizes Drawing

Your Locally Owned Health Mart PHARMACY
This pharmacy is independently owned and operated under a license from Health Mart Systems, Inc.

Heart of the Rockies Radio Group & Media Center



At Heart of the Rockies Radio Group & Media Center, we strive to keep you up-to-date on the news and events of the Arkansas River Valley and surrounding areas. On top of our award-winning radio news coverage, we are proud to introduce you to the new hub of everything happening around the valley - HeartOfTheRockiesRadio.com. Our website features local sports, events, concerts, and news coverage as it happens... not the next day! This is your hometown news, in real time. And the best part? It is absolutely free...

NO SUBSCRIPTION REQUIRED

Check out the all new
HeartOfTheRockiesRadio.com!



LOCALLY OWNED | COLORADO PROUD | COLORADO STRONG
Heart of the Rockies Radio Group | 719-539-2575 | 7600 CR 120, Salida, CO 81201

On Deck

We simply could not pass up the opportunity to print this cutie on our January cover! Even in the animal world the subject can get caught chewing, blinking or chuckling. We know this one was chewing, yet it's easier to see how this mulie is talking to us, maybe laughing at us silly humans!

We all need to learn to laugh at ourselves; it takes away the pressure of perfectionism, tightens our abs, and helps us take life less seriously, which ultimately raises our vibration. We have lots inside these pages that can help you to raise your vibration. *Musings Along the Way* gives us a myriad of options when seeking epiphany. *Pharmgirl Uprooted* shares her secret for seeking balance, physically and mentally. *One Nation Walking Together* shares a brief tribute to Eddie Three Eagles, including several glimpses of Eddie's humor, which is sure to put a smile on your face. We trust you will find something through the pages that follow to enhance your attitude to start your New Year off right!

We love to receive your Critter Corner picks of your indoor or outdoor feathered and furry friends! We're running low and our cats are always happy to comply, although you may be getting bored of Shadow, Jader and Georgie (Pookie). Ready to send? It's easy, just send then into *Ute Country News*, POB 753 Divide, CO 80814 or email them to utecountrynewspaper@gmail.com.

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

We wish ALL of you a peaceful, compassionate and prosperous New Year!

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.

Publishers:
High Pine Design
Jeff & Kathy Hansen
POB 753, Divide, CO 80814
719-686-7393 or 719-686-7587
www.UTECountryNews.com
Utecountrynewspaper@gmail.com

Business Ambassadors/Account Reps:
Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.
Flip Boettcher 719-429-3361
Linda Karlin 719-748-3449

Writers:
Peggy Badgett, Flip Boettcher, Trooper Gary Butler, Coalition for Upper South Platte, Danielle Dellinger, Mari Marques-Worden, Barbara Pickholz-Weiner, Catherine Rodgers, Mary Shell, Patricia Turner, Urban Turzi

Contributors:
AARF, Sherri Albertson, Ark Valley Humane Society, Barbara Berger, Linda Groat, Edward Jones, April OholzBergeler, Dr. Stein, TCRAS, Becca Tonn
Critter Corner:
Submit photos to: utecountrynewspaper@gmail.com or PO Box 753, Divide, CO 80814

Publishers Emeritis: Carmon & Beverly Stiles

Cover Photo: Jeff Hansen

The Ute Country News is not responsible for the content of articles or advertising in this issue. Limit one copy per reader, please share with others. Back issues available at www.UTECountryNews.com. ©Copyright 2020 Ute Country News, all rights reserved. Material may not be reproduced without written permission from the publishers. Please address any comments to the publishers at utecountrynewspaper@gmail.com or POB 753 Divide CO 80814.

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



The Thymekeeper Evergreen

by Mari Marques-Worden

Over the years I've written several articles about finding your medicine in your own backyard. Wintertime is no exception! If you live anywhere near a conifer tree, and chances are you do if you live in Ute Country, you've got the perfect wintertime remedy for the ailments that tend to crop up in the dead of winter.

Most conifers are considered edible and medicinal and there is no need to wait for spring to arrive when we've got the evergreens all around us. Evergreen is a self-descriptive term used to describe the trees that maintain their green-ness throughout the year and bear cones, like pine, spruce, fir, juniper and cedar, to name a few. The resinous pitch from these trees are used to make essential oils that are nearly identical to each other in herbal action.

Conifers are vitamin rich with significant amounts of vitamin C, vitamin A and flavonoids, they are edible and easy to forage. The inner bark of the pine can be collected and used as survival food for humans, and the conifers serve as important winter food for wildlife.



To transform your pine needle tea into cough syrup, simply add equal parts local honey or maple syrup to the liquid.

The medicine

The needles and sap have expectorant properties assisting in the removal of phlegm and congestion; perfect for conditions such as sinusitis, bronchitis or pneumonia. In a perfect balancing act, they will also clear heat from the lungs for dry unproductive and painful cough; an excellent remedy for whooping cough or pleurisy. My preferred method for nasal or chest congestion is sipping on a hot cup of pine needle tea at the same time inhaling the volatile oils to coat the mucous membrane of the entire respiratory system serving up a double whammy to any lurking pathogens.

The heat clearing aspect doesn't end in the lungs. The conifers are useful in reducing fever, inflammation and infection. Folks with difficulty urinating or suffering from urinary infections including

cystitis and urethritis could benefit from the conifers as well as the person who suffers from hot painful swollen joints and muscle aches such as fibromyalgia, gout, arthritis and neuritis.

Plasters, poultices, liniments and salves can be used to relieve pain and swelling. Topical applications can be applied for skin eruptions including eczema, psoriasis or ulcers.

Tip: Plasters and poultices should be removed after 30 minutes and applied only once per day to avoid counterirritation.

Tip: Contra-indicated with kidney disease and not to be used in pregnancy.

Which tree is which?

The clue to identifying your conifers lies in the needles. Observe which way they are growing. Pine trees typically have clusters of 2, 3 and 5 needles and grow in much greater length than other conifers. Spruce trees have needles that grow from a single origin that are shorter and stiffer and often feel square when rolled between the fingers. Fir and cedar are flatter and softer and more closely resemble leaves than needles. The bark of the tree will yield further clues for proper identification. Since there are several species of pine trees, identifying them can seem a daunting task. The Eastern white pine is the most commonly used medicinally but it's best to have a knowledgeable guide before harvesting and ingesting even though most of them are safe.

Tip: The jury is out on the common ponderosa pine. Some sources claim the inner bark is edible and other sources indicate the tree can be noxious to cattle and other animals.

• <http://www.westernexplorers.us/DistinguishPines.html>
• <https://gardenerspath.com/plants/landscape-trees/identifying-conifers/>

Power of the pine

Pine needle tea
Boil 1 1/4 Cup water
Add 1 cup fresh pine needles and steep for 15-20 minutes. Any longer and you'll swear you're drinking turpentine. (Yes, turpentine comes from the pine tree.) Strain and drink.

To transform your pine needle tea into cough syrup, simply add equal parts local honey or maple syrup to the liquid. Store in the refrigerator for up to 30 days or freeze into popsicles.

Now that you know how to make a tea, you can use the remaining pine needles as a poultice or dip a cloth in the liquid to make a compress. The liquid may also be used as a surface cleaner or a spray to clear the air of germs.

Practical uses

Not to overlook the practical uses, everyone knows that popular household cleaner that claims to kill 99.9% of germs uses the power of the pine. Pine's powerful antiseptic actions make it a popular addition to many commercial and home-made cleaners.

Traditionally, the pitch of the trees was chewed to freshen and cleanse the mouth. I've personally warmed the pitch and used it as a temporary fix for a failed filling. It can also be warmed and used to remove splinters although this is an acquired technique that can result in a burn if not used with caution. Highly flammable due to the resinous quality of the trees, the needles and cones can be used effectively as fire starters.

Conifer needles can be used in potpourri blends and there is a long-standing tradition of using pine needles to make baskets. Contact Renee Caldwell at the Florissant Grange for information on basket classes 719-510-2325 or florissantgrange@gmail.com.

"The pine symbolizes immortality and the undying spirit, uprightness, straightness, vitality, strength of character, and because it grows so high, the connection between Earth and heaven. Hear the pine: may your prosperity be as constant as the greenness of my mantle, and may your friends stand as I do, steadfast against the adverse winds of the World."

Flower Power by Anne McIntyre

For more coniferous recipes including desserts, drinks, syrups, balms, etc. check out <https://www.growforagecookferment.com/conifer-needle-recipes/?fbclid=IwAR3xPdZuRm8Qa22T1JzMMpABbFHwem-Cm6M592CZeBsG2sXlwaD7Q9aXxXLw>

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



Live in Ute Country part time but want the mountain living all the time?

Take us with you!

☐ \$36 for 1 year (13 issues!)
first-class subscription.

☐ \$18 for 6-months (6 issues!)
first-class subscription.

Name: _____

Address: _____

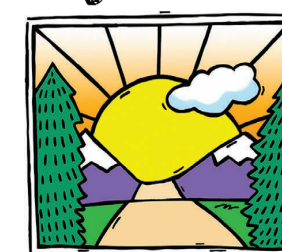
Phone: _____

Email: _____

Mail to: Ute Country News, PO Box 753 • Divide, CO 80814

local.
concert.
information.

DayBreak



An Adult Day Program

Love ♥ Patience ♥ Acceptance
Respect ♥ Humor ♥ Community

Open Monday-Friday 8am-6pm

404 N. State Hwy 67, Woodland Park, CO 80866

719-687-3000

www.daybreakadp.com

give!

Wild Girl Tees

A corporate america mother and a bartending daughter join forces to create beautiful artwork for all to see and guess what? You will be wearing it! From company uniforms to a personal project we have you covered!

T-shirts, Windows, Bags, Hats, Koozies, Jackets, Aprons, You name it, we can design on it!

719-687-8669
www.wildgirltees.com • info@wildgirltees.com
If you prefer a face to face interaction, stop on by 32 Second St., Florissant, CO

Screen printing, Digital transfers, Vinyl, CPSIA approved safety gear (ANSI, ISO, NFPA, ASTM, CSA, OSHA)



Trooper Tips

Are you driving impaired?

by Trooper Gary Cutler

How often do you ask yourself if you are driving impaired? I know you're asking why you would ask yourself that if you are not drinking. But are you actually impaired and don't realize it? Think of it this way, have you ever driven when you were tired or just drove while daydreaming? Let's take a look at this idea.

The official definition of Driving While Ability Impaired is driving a motor vehicle when a person has consumed alcohol or one or more drugs, or a combination of both alcohol and one or more drugs, that affects the person to the slightest degree so that the person is less able than the person ordinarily would have been, either mentally or physically, or both mentally and physically, to exercise clear judgment, sufficient physical control, or due care in the safe operation of a vehicle.

When you drive when you're tired and having trouble keeping your eyes open just because you are trying to make it to your destination, isn't that impairment? Have you ever been driving and found yourself daydreaming? Ever wondered how you drove so far when you came out of your daydream? See; it's becoming a little clearer.

Let's go back to part of the above definition: affects the person to the slightest degree so that the person is less able than the person ordinarily would have been, either mentally or physically, or both mentally and physically, to exercise clear judgment, sufficient physical control, or due care in the safe operation of a vehicle.

I know that when I am tired, I qualify under the definition of impairment. I am not in a position to be doing actions in which greater concentration is needed. That's especially true when driving. I

know that my motor skills are going to be lacking. I may not see things in front of me. It will take me longer to react to situations and I may not make the right choice due to having what I like to call a brain fog from being too tired.

Make sure you are awake and aware enough to drive prior to getting behind the wheel.

When patrolling the roads, I have come across people weaving, driving slowly, and going through stop signs all because they were too tired to drive. When I talked with the drivers, all of them had the same attributes of someone that has been drinking. So, I ask you, how many of you would never think about drinking and driving, but have gotten behind the wheel and drove while tired? The outcome can be the same; you won't get a DUI or go to jail, but you may get a ticket or be involved in a crash.

Make sure you are awake and aware enough to drive prior to getting behind the wheel. If you are on a trip and start feeling tired, take the time to give yourself a break. Get something to eat, exercise, get some fresh air, or if it's bad enough get some sleep.

The next time you're about to get into your car, stop first and ask yourself if you are too tired to be driving. You owe it to your passengers as well as the other drivers on the road not to have a brain fog.

As always, safe travels!

Mountain Key Pharmacy

Our story

by Dr. Stein

On January 3rd, 2020 we will be celebrating one year since we opened our doors on 12/23/18 in Florissant, CO. Last year we had over 100 people show up at this party. This year, we are expecting even more as we are being given MANY donations to our drawing from our local vendors and businesses. To name just a few: Crescent Sun Healing & Massage, The Iron Tree, Rocky Mountain Motor Sports, Gold Hill Theatre, The Thunderbird Inn, Hempindica, Second Nature Colorado, Gary Etter Art and Gary Mezack Art.

We are a compounding (drug-designer pharmacy) and a small-box, small-town pharmacy. Over this year, we have overcome numerous personal and professional challenges to become the busy and blessed pharmacy we are today serving our community, and we have all of YOU to thank!

We began by setting up a state-of-the-art compounding station and anxiously awaited our first compound prescription to come our way. Today, our phones are ringing steadily and we are processing dozens of designer drugs per week in addition to hundreds of regular prescriptions. Truly a dream come true!

Along with being a full-service pharmacy that will meet your needs for custom drug compounds and traditional prescriptions, Mountain Key also offers other high quality "neutraceuticals" that are pharmaceutical grade nutrients and vitamins including CBD products. We offer one-on-one consultations with the patient,

WHAT: 1-Year Anniversary / Open House at Mountain Key Pharmacy
WHEN: Friday, January 3rd starting at 3 p.m.
WHERE: Mountain Key Pharmacy 18172 CR 1, Suite 100, Florissant
DETAILS: Appetizers, food, drinks and dessert will be served 3-6 p.m.
A drawing will be held at 5 p.m. with AMAZING prize giveaways!

so that we can help assist your prescriber with picking out the right kinds of drugs and nutrients based on your personal health history. In October, we were paid a visit by Sen. Cory Gardner, R-Colo., to support our growth and achievements thus far.

Dr. Stein is a Colorado native and has a background in science and business. He has multiple degrees and has studied biology, chemistry, mathematics with a doctorate degree in pharmacy and has experience working with many different types of pharmacies, including nuclear compounding and fertility medications.

Dr. Stein worked his way through pharmacy school by running a pedal/bicycle cab business in Denver. His knowledge of business led him to Teller County when he saw it as a place that has the same potential to grow as Parker, Colorado grew in the 1980s. Whilst he is happy with the small town caring and growth, Dr. Stein is most happy with the openness of Mountain Key's Pharmacy's approach to help people be healthy with the partnership with local doctors.

Please join us to celebrate this amazing year together!

Join us for more "good cheer" at the Thunderbird Inn at 6 p.m.

Did you enjoy what you read?
Please thank our advertisers!



Pharmgirl Uprooted

My secret

by Peggy Badgett

I have a secret. Not a skeleton-in-the-closet kind of thing or the kind of revelation that would destroy my professional career (which is immaterial at this point anyway). No, this closely guarded ritual grounds me when I've imbibed in too many endorphin-pumping jaunts on my bicycle or challenging Colorado hiking trails. It brings me peace. When I immerse myself into its liquid embrace, all the clamoring in my brain quiets. It is not in the depths of a bottle I seek solace. I find comfort on the surface of clear blue water eddying around my paddle board.

My initial foray into the sport was on an ocean vacation a few years back. In spite of repeatedly resurfacing to spit salty water when mischievous waves dumped me, the lure of floating on the surface was potent. Kayaking and canoeing paled in comparison. So, I purchased an inexpensive model and started exploring shallow, algae-filled Midwest lakes. After a while I traded up for a sleek, smaller version that wormed its way into the moving truck headed for Colorado.

With snow-capped mountains as a back drop, I zip up my personal floatation device, hop on the board and ease away from the shore and my troubles. The synchronization of balance and power is hypnotic: paddle, pause, paddle, switch sides; take a breath, adjust weight from one side to another, glide, wobble, wobble, flail arms to regain composure, paddle. It is a simple dance, giving me opportunity to admire the magnificent scenery.

Time slows on the water. Life's intricate web becomes clearer. Glittering bits of mica lining sandy beaches reflect sunlight into prisms of color. Crawfish scuttle about in the muddy shallows, and black wing-tipped pelicans whoosh overhead. Ravens play in the high drafts, then dive toward campsites searching for stray potato chips or graham cracker crumbs. Shiny black cormorants squawk their annoyance at my silent intrusion and flap off to quiet coves. Giant lake trout follow my board, curious about this big fish that floats; thankfully none have turned out to be flesh-eating monsters in search of a meal (me).

Summertime brings hundreds of brilliant blue-green damsel flies swarming about in their frenzied search for mates. I glide through their cloud hovering at the surface, mesmerized by their pretty colors. One day, a small honey bee landed on my board, drawn to the bright flower stickers plastered on its surface. I did my best not to panic. She crawled about, searching for pollen until she realized there was no nectar to be had on the plastic surface. I'm sure she was disgusted as she flew off. Then I spotted a small white form frantically flapping in small circles in the water. I almost capsized, but finally plucked the little moth from certain death and gently placed her on the bow. She slowly opened and closed her wings in the bright sunshine. We floated in comparable silence for a while, until she launched toward a large mossy rock formation jutting from the lake.

Not every outing is peaceful. Mother Nature can be wickedly playful when she sends her storms racing through the plains. There have been times I've ventured far from shore, drawn toward a beautifully rugged island, and realized my folly when I turned around. Strong tail winds had made the trip out effortless. On the return, my body became a sail that worked against me. Strong gusts forced me to use all the power I could muster on the paddle to reach my vehicle before boiling black clouds dumped their contents.

Sadly, even in paradise, careless humans have left their mark. One sunny spring day, something bright purple reflected the sun. As I paddled closer to investigate, my heart dropped. A plastic water bottle

bobbed up and down in the gentle waves. I maneuvered closer and plucked the mucky item out. How was I going to transport it? The only safe place from the wind was inside my clothes. Trying not to think about where that bottle had been, I gingerly tucked it inside my bikini at the hip. Just a bit farther, the white flutter of a plastic sack beckoned. I picked that up, along with several other pieces of trash embedded in the mud. Shaking my head after unloading my filthy booty into the bear-proof cans at the end of my venture, I realized what I needed to do (besides take a hot shower). I'd carry bags for gathering refuse on my paddle board. Someday the Earth will repay us for our lack of concern. Until then, I will answer her plea for help as payment for my hydrotherapy. One person CAN make a difference.



Peggy Badgett is a recent transplant to Guffey Colorado. She is a retired pharmacist, author of two books The Rooster in

the Drive Thru and Romancing the Bike, artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com.

Ring in the NEW YEAR with Kubota!



B2601
• 24.3 Gross HP! 3-Cylinder Kubota Diesel Engine
• Semi-Flat Deck • Slanted Hood
• Easy to Read Backlit Dash Panel



BX1880
• 16.6 Gross HP! 3-Cylinder Kubota Diesel Engine
• 4WD with Rear Differential Lock Standard
• Performance-Matched Implements Available



BX23S††
• 21.6 Gross HP! 3-Cylinder Kubota Diesel Engine
• Fully Integrated Tractor/Loader/Backhoe
• New Swift-Tach Loader System



L250IHST
• 24.8 Gross HP! 3-Cylinder Kubota Diesel Engine
• 4WD • Hydrostatic Transmission (HST)
• Performance-Matched Implements Available



L4701
• 47.3 Gross HP! Liquid-Cooled, 4-Cylinder Kubota Diesel Engine • 4WD
• Hydrostatic Transmission (HST)



RTV-XG850
• Powerful 48.3 Gross HP! Gasoline Engine
• General Purpose, Worksite & Special Models Available

Visit us today for Great Kubota Financing

RUSLER

IMPLEMENT CO. SINCE 1960



PUEBLO
29050 HWY 96 EAST **948-3338**

ROCKY FORD
18911 HWY 50 **254-7842**

SAME NAME. SAME FAMILY. SINCE 1960

† For complete warranty, safety and product information, consult your local Kubota dealer and the product operator's manual. Power (HP/KW) and other specifications are based on various standards or recommended practices. †† BX23S shown as an example only. K784-24-143953-3

Woodland Park School District

'Elevate Your Education'

TOUR YOUR WPSD SCHOOLS

Jan 27 | Woodland Park High School 5:30 - 7:30 pm
151 Panther Way, Woodland Park

Jan 30 | Woodland Park Middle School 6 - 7:30 pm
600 East Kelley's Road, Woodland Park

Open Tour | Elementary Schools
Visit anytime during regular hours

Columbine
175 East Kelley's Road, Woodland Park

Gateway
100 Panther Way, Woodland Park

Summit
490 Meadow Park Drive, Divide

Woodland Park School District 719.686.2000 www.wpsdk12.org

The Business Connection

SERVICES

- Scan / Fax / Email
- FedEx / UPS
- Public Computer / Web
- Conference Room
- Work center
- Binding

- Graphic Design
- Laminating
- Notary
- Office Supplies
- Courier Services
- Package Receiving

PRINTING

- Large Format
- Brochures
- Business Cards
- Flyers
- Invoices

- Postcards
- Letterheads
- Envelopes
- Banners

COPIES

- Black & White
- Color

- Large Format

Connect with Us

thebizconnection@yahoo.com

Monday - Thursday 8am - 5pm
(Friday open until 4:30pm)

719.836.1919
1150 Castello Ave
Fairplay, CO 80440

**FILL UP SPECIAL
VOLUME DISCOUNTS**

Global Propane

\$1499

Gallon

500 GALLONS PLUS

(303) 660-9290

Family Owned Business

**Tumbling Trout
Fly Shop**

38283 Hwy 24
Lake George



**Guided
Ice Fishing**

(720) 363-2092

Divide COLLISION CENTER

Auto Body and Paint Repair • Insurance Claim Estimates

WE DO IT ALL!

Hundreds of Satisfied Customers
Boat Repairing & Refinishing
Plastic & Fiberglass Repair
RV Body & Frame Repair
All Insurance Companies
All Types of Painting
Hail Damage Repair
Auto Glass Service

FREE Estimates!



**178 Weaverville Rd., Divide
(719) 687-7683**

Musings Along the Way

Epiphany and inspiration
by Catherine Rodgers

“You can’t wait for inspiration. You have to go after it with a club.”
— Jack London

Knowing I wanted to begin the new year with thoughts on epiphany, I have been casting about for inspiration and researching the topic. Then I caught a head cold. Despite sending out all the hunting dogs and beaters, I’ve been racking my brain for a glimpse of an antlered thought. I beseech Cernunnos, the Celtic sacred hart, whose branching horns represent rising consciousness from the earthly to the divine: show me!

I cannot command an epiphany to materialize right now when I need one. Some Native Americans cry for a vision through fasting, sacred herbs, drumming, and isolated retreat. Preparing a quiet opening for communing with spirit allies is one way to invite illumination. Another practice involves copious amounts of rum and cigars to call the loas or spirits in West African and Haitian voodoo. Animal sacrifice and frenzied dancing can summon the orishas or mortal intermediaries of Olodumare or what Nigerians and Santerians call God to nurture a vision of one’s destiny. The idea that there are spirit guides that inform our purpose is old as human kind, as well as the belief that these divine beings can inhabit a physical form. How can I invoke that Presence today?

Webster cites epiphany is the celebration of Divine being incarnate. In Greek, epiphaneia comes from the verb “phaeinēin” which means to appear, like the dawn, or an enemy springing over the hill, but especially to manifest as a deity. More correctly that might be “theophany” or God shining forth. What has always struck me is that this is an ongoing process — being divine — not a personified Divine Being. In Hinduism a similar concept is avatar, which is to descend, alight, appear, and embody the essence of a superhuman being or deity.

Daniel E. Bassuk defines avatar “to overcome, to remove, to bring down, to cross something, the divine descent from eternity into the temporal realm, from the unconditioned to the conditioned, from infinitude to finitude.”

Per Paul Hacker avatarana is the action of descending, not an incarnated person, used as a verb until 6th CCE with a double meaning: one as the action of divine descending, and another as “laying down the burden of man” suffering from the forces of evil. The concept here is that Vishnu or Buddha or the Christ manifests in human form to empower good and to fight evil —



Cernunnos

that the Presence of the Divine descends into a person to fulfill the Ineffable Plan.

Many people celebrate the 6th of January or Twelfth Night as the arrival of the three kings, Balthasar, Melchior, and Gaspar, to recognize the birth of Christ. But if you read *Journey of the Magi* recommended last month, you might have discovered that the magi were Zoroastrian priests — physicians or wise men, not kings. The gifts of gold, frank incense and myrrh were symbols to determine if Jesus were a king, a god, or a sage. Didn’t they leave all three? Physicians used myrrh as healing medicine and may be the same as haoma (ephedra) as both are considered magical. This journey emphasizes the connection between the Essenes in the School of the Nazarene and the Magi of the Zoroastrians and the shared heritage. As healers perhaps the Magi cured the blind, deaf and lame, drove out demons, raised the dead. . .

More of us are probably familiar with *Thus Spake Zarathustra* as the opening theme music of 2001: A Space Odyssey. Originating in Persia around 5 CBE, Zoroastrian religion is the basis of Gnosticism (the “g” is silent), an immanent form of knowledge or transcendent insight, as well as Judaism, Christianity, Baha’i and Islam. Gnostics believed that God didn’t set out to create the world. Instead, his divine essence went out from him to fill existence with the divine spark. He created Aeons, among them Sophia, who travel existence seeking wisdom. The Pauline Catholic Church did its best to wipe out anyone who practiced a personal quest for God.

Part of the struggle seems to be between gnosis or inherent wisdom tapping into the deepest self, and the Pauline principle of faith, often interpreted through an interme-

diary. Is God within us or a force outside?

Zoroastrians believe that there is one universal, transcendent, all-good, and uncreated supreme creator deity, Ahura Mazda, or the “Wise Lord” per Wikipedia. Belief in angels, a messianic savior, the last judgement, heaven and hell, and free will stem from Zoroastrianism. Essentially there is a belief in an immanent self-creating universe with consciousness as its special attribute. The path is pretty simple: good thoughts, good words, good deeds. I especially like the equality of genders, and being good for goodness sake. By practicing charity, we align with Truth or the life force Asha and spread happiness; all of which seems to be great ideas for beginning 2020!

Another meaning of epiphany is the comprehension or perception of reality by means of a sudden intuitive realization. Most of us are familiar with that *a-ha* moment, seeing in a new light, having a fresh insight. Perhaps you also have experienced the suspension of time, especially when the world is luminous, wrapped in sparkling snow — feeling the nearness of the “old magic, the song the earth was singing when it first came into being:

“...there was a quality to the air, as if another, more shimmering world had enfolded itself over this one.”
— from *The Lost Queen* by Signe Pike

May the new year unfold with such an awareness of the Presence of the Divine flowing into all. I for one am opening to being a conduit for spirit. We each can embody the action of the Divine, allowing epiphanies, realizing heaven on earth through the moments of our lives. Peace and plenty in 2020! Namaste.



Art Scene

Vivian McCasland, Watercolorist
by Mary Shell

I have known Vivian for several years now and have always enjoyed her watercolor creations. They are fresh, crisp and playful. A soft-spoken woman, Vivian seldom talks about her work and shies away from compliments. She doesn’t take her work seriously which is why her work always seems refreshing and free.

Growing up on a farm in Southern Minnesota it was natural for Vivian to find her creative being. Her father was a woodworker and her mother’s pallet was gardening, often creating flower arrangements for weddings. I’m sure her childhood was filled with creativity surrounded by animals, wild and tame, nature and art plus having creative parents.

“I love color, putting on paper and seeing it travel, sometimes unexpectedly to create a surprise finish! That is the adventure of watercolor!”
— Artist Vivian McCasland

While in the 8th grade Vivian’s parents gave her a paint by number kit which was the first of many that year. The next Christmas her parents gave her a set of oil paints including brushes, canvas and easel. She spent hours painting, not really knowing what she was doing but enjoyed the process. She continued using oil paints

for the next 10 years.

As with most artists, life takes over and many years pass by before we find our creativity again. In Vivian’s case it was in 1995 when a little old lady from her church asked Vivian if she would drive her to a watercolor class. She instantly fell in love with watercolors and has not stopped using watercolors as her medium.

I asked Vivian what it was about watercolor that captured her. “I love the flow of the watercolor paint and how whimsical it is.” I was surprised to get such a simple statement to describe one of the most difficult mediums I, and many other artists have ever encountered. Yet this woman was completely comfortable working in this unpredictable medium. Her approach to watercolor is free and fearless. I suppose that’s why she is so good at it. The lack of predicting failure in creating is one of the key elements to success... and she has that key.

“I love color, putting on paper and seeing it travel, sometimes unexpectedly to create a surprise finish! That is the adventure of watercolor!” She explained.

Vivian does not like the limelight. She paints for the joy of painting. She also gives watercolor classes in her studio with a small group of people, and won the Abbey Harvest wine label contest in 2017.

“A few of my favorite topics to paint



are nature, native American and western scenes. Other favorite pictures I love to paint are scenes that remind me of my childhood home and my parents,” she said.

Vivian has spread her wings in the past few years. “I currently have work displayed in Fairplay, CO, also in my hometown of Jackson, Minnesota. As of January 2020, I will have the pleasure to display my artwork at REM here in Cañon City,” she said.

Yes, Vivian is joining REM Art Gallery in January 2020. You can join in the celebration at First Friday Art Walk, January 3rd, at 710 Main St. Cañon City.

To learn more about Vivian’s classes you can contact her at 269-417-6021 or REM Art Gallery at 719-371-5405.

THE DUNCEON INC.

Body Art Studio

BEST STUDIO AWARD IN 2010 BY THE NATIONAL TATTOO ASSOCIATION

503 Main St.
Cañon City, CO
719-275-5050

WE’VE BEEN IN BUSINESS 10 YEARS!

TATTOOS • PIERCINGS
JEWELRY • CLOTHING

**MASTER GUNNER
SURPLUS**



**BUY
SELL
TRADE**

Bring in this ad for
20% OFF!

**3055 S. Academy Blvd.
719-330-6468
George Buenviaje, owner**

Woodland Park DENTAL GROUP



**150 Morning Sun Dr, Suite 200W
Woodland Park, CO 80863
719-266-2560
www.WoodlandParkDentalGroup.com**

- Accept most insurance
- Convenient Saturday and evening hours
- Same-day emergency appointments available

No Insurance? No Problem!



Sign Up For Savings	Them*	Us**
Routine Cleaning, Exam, & X-Rays	\$217	\$97
2-Surface White Filling	\$304	\$185
Wisdom Tooth Removal	\$418	\$370
Porcelain Crown	\$1,206	\$905
Braces	\$5,800	\$4,640

New Patient Special:
Cleaning, \$59^A
Exam, and X-rays

*Based upon survey of average fees in the area.
**With enrollment in Gloss Dental Discount Plan.
^Must be presented at the time of service. Includes cleaning (in absence of periodontal disease), oral exam, all necessary x-rays, cancer screening, and gum disease screening. Cannot be combined with any other offer.

Lenore Hotchkiss
Real Estate Broker
(719) 359-1340

Selling Your Home?

25 Years of Experience

HAPPY NEW YEAR!

2020 promises to be another good market for real estate in Teller County. Contact me for an update.

R 
LenoreHotchkiss@gmail.com
www.LenoreHotchkiss.com

A city of wisdom and foresight

by Patricia Turner

I struggle each day to understand how anyone I meet can possibly still deny that our climate is changing and human caused when 98% of the world's climatologists know this is happening and continue to warn us. Yes, the climate has always undergone changes in the history of our planet, but it has never before been driven by industrialization and happened so quickly that plants, animals, fish, insects and birds have no time to adapt. We have caused this existential crisis by our own additions to fossil fuels in only 150 years.

Two studies published in *Proceedings of the National Academy of Sciences* looked at the prospects for the global food supply and arrived at the same conclusions: food supplies and malnutrition will accompany the rise in temperature at both 2 and 4 degrees Celsius with unchecked global warming. Thousands of acres of potatoes froze in the fields in Canada and the US in 2018 and 2019. Many people seem to think this means there is no global warming. Climate and weather are two very different things. Many places may see colder temperatures due to changes in ocean current patterns no longer bringing warm water from the equator; although on a global scale, the earth is still warming.

Extended drought, more frequent and severe weather events, heat waves, warming and ocean acidification, catastrophic wildfires, and rising sea levels all have compounding effects on people's health and well-being. The refugee crisis will be unimaginable and currently many of the people from Guatemala seeking asylum at our borders are here due to climate change and the fact that we discontinued aid. Within our own country, Houston papers published an article regarding the onset of PTSD in many residents who have endured overwhelming flooding. Many are



On December 3, 2019 the Manitou Springs City Council voted unanimously to adopt a resolution urging the US Congress to enact H.R.763, The energy Innovation and Carbon Dividend Act.

deciding to migrate to different regions of our country rather than rebuild. The same is true in Florida.

While our country is the only one threatening to step out of the Paris Climate Agreement, the City of Manitou Springs has shown its ability to have thoughtful action to address climate change. On December 3, 2019 the City Council voted unanimously to adopt a resolution urging the US Congress to enact H.R.763, The energy Innovation and Carbon Dividend Act. This bill could reduce our carbon footprint by 40% in 12 years. By placing a price on carbon at the source and returning all net revenue to every household it is revenue neutral and supported by bipartisan sponsors. It will

be at the grass roots of counties and cities that we will begin to address this existential crisis in time to leave a livable world for our children.

During our planning with the environmental work group of Manitou Springs, my understanding is they have a group of people working on a plan to take in US refugees who are already showing up in Colorado. Kudos to Mayor Jaray, the entire City Council and Environmental Workgroup for their inspiration to others. They are also planting hundreds of trees for carbon sequestering and have a group working on support for pollinators and on the watershed. This is a city of true foresight. All we have to do is follow their example, city by city.

Heart of the Rockies Regional Medical Center news

HRRMC provides new prescription transport to Westcliffe

Heart of the Rockies Regional Medical Center is now offering pharmacy prescription services to Custer County Medical Center in Westcliffe.

This transport service will fulfill a basic need for patients of Custer County Medical Center. The process will involve daily retrieval of prescriptions from HRRMC Pharmacy in Salida to patients of Westcliffe's medical center. Patients in the area will be able to pick up their prescription(s) the following weekday after their order is placed.

"We are already collaborating with Custer County Medical Center to provide Direct Access Lab Testing and Orthopedic services to its patients. So, it is a logical and helpful step forward to also provide pharmacy services to patients in the area, given that Westcliffe currently does not have a retail pharmacy. HRRMC is honored to bring this vital service to Westcliffe and Custer County residents," said CEO Bob Morasko.

Custer County Medical Center Executive Director Lisa Drew said, "We're looking forward to expanding our partnership with HRRMC into pharmacy services, as we feel it will be a valuable benefit for our patients. We look forward to new ways we can expand care options across Custer County with HRRMC."

HRRMC's pharmacy transport service will operate Monday through Friday, pending daily demand. Prescriptions delivered to the Custer County Medical Center can be picked up every weekday.

The medical center is located at 704 Edwards Ave., Westcliffe.

For questions about the new pharmacy transport service, call 719-530-2217.

HRRMC Foundation receives \$654,523 DOLA Grant

HRRMC has received a \$654,523 grant from the Colorado Department of Local Affairs (DOLA). The grant has been made possible through DOLA's Energy and Mineral Impact Assistance Fund (EIAF).

The grant will be used for the HRRMC Buena Vista Health Center Expansion Project, which includes equipment for Environmental Services, Information Systems, Pediatric Rehab, Cardiac Rehab, Laboratory and exam rooms. The grant will also enable the purchase of a digital X-ray machine, ultrasound equipment and a backup generator for the facility.

"We are very grateful for DOLA's support and its partnership with us for our patients' healthcare needs in Buena Vista and the surrounding communities. The project supports the goal of the Office of Governor Polis to identify and implement policies that will reduce healthcare costs while expanding access to quality care in every corner of Colorado," said HRRMC Foundation Director Kimla Robinson.

DOLA Executive Director Rick Garcia said, "This award assists with helping to meet the governor's goal of reducing the costs of healthcare for rural Coloradans. We are continually looking for ways to support rural hospitals, clinics and enlarge primary care accessibility to rural populations with EIAF capital grants."

The HRRMC Foundation provides the hospital with financial support to facilitate innovative programs and provide state-of-the-art healthcare services to the Salida Hospital District. FMI about the Foundation's initiatives, call Kimla Robinson at 719-530-2218.



Life-Enhancing Journeys

Understand rather than fear your emotions - part I

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

We are emotional creatures. We were born to express emotions freely and openly. Somewhere along the way, however, many of us learned to repress emotions, especially those deemed "negative" in order to fit in, earn love, and be accepted. The key to understanding emotions is to recognize that, like it or not, we all have them, and that we do so much more with our feelings other than just experience them. Vincent van Gogh spoke of us "obeying" our emotions like they were in charge of our lives. Oscar Wilde's Dorian Gray wished to "use them, to enjoy them, and to dominate them." We fear them, we battle them and we try to conquer them. This concept is called emotional suppression. It refers to the intentional avoidance or pushing away of thoughts or feelings perceived as too difficult with which to cope. It's an emotional regulation strategy — something we do to make uncomfortable thoughts and feelings seem more manageable.

What drives every human being is that desire to stay alive, to seek pleasure, and to avoid pain. From our first breath to our last one, we mortals struggle with the anguish of our unpredictable emotions. It is impossible to stop our emotions from being triggered because they originate in the unconscious part of our brain, and, therefore, we are unable to consciously control them. So, what do we do to survive this human dilemma?

Every experience we live through leaves an internal marker on us; some evidence or residue of the encounter left behind. How we interpret the event is based on our perception of the incident. To heal ourselves, we need to experience the emotions that are associated with those stories of our lives which are located in our inner (unconscious) mind and in the body. When we understand the involuntary nature of emotions and then discover how to identify and work with our reactions, we feel and function better. This article will focus on managing one's emotions while neutralizing the urge to push them away — to take a chance as you have nothing to lose except your suffering. As world renowned intuitive healer, Sonia Choquette says, "We become comfortable in our predictable misery." Really?! How about changing that pattern to something more constructive rather than merely familiar?

When we were children, we learned that "sticks and stones may break my bones but words will never hurt me." But, as we get older, we realize that this is not really true. Words can hurt, and words, unfortunately, can sometimes kill. Vicious comments from

others can sting a lot, particularly if they have figured out your hidden insecurities and then poke fun at them. We can walk away from an offensive person; however, what happens when we do this to ourselves? As my nephew reminded me when he was just four years old, "...you can run away from home but you can't run away from your feet..." He was pretty clever.

The deeper distress occurs when we wound ourselves with unkind inner dialogues such as, "I'm not good enough," "I should have," "I must succeed and be better than," "I'm worthless," "People can't be trusted," "I don't deserve," "Why didn't I..." From early on we learn how to block and escape emotions rather than how to manage them. We actually are quite good at avoidance: between alcohol and illegal or prescription drug use, food, sex, work, screen time, gambling, etc., there is a multitude of ways to sidestep our feelings. When we do acknowledge them, we are adept at pushing them away with catchphrases usually learned in childhood ("stop being such a wus," "what were you thinking?!" "suck it up" "Children are to be seen, not heard" are some familiar ones). What happens when we try to push away emotions? Essentially, it's impossible. It is so difficult to stifle a reaction once the program is up and running. As a matter of fact, attempting to shut it down often leads to an increase in the emotions you are attempting to turn off. It is exhausting when you try to disregard what you're thinking or feeling.

Emotions are fast, and, in truth, far faster than our thoughts. It takes about 1/10 of a second for our brain to react emotionally and about 6/10 of a second for our thinking brain (our cortex) to transmit this reaction. By the time you decide that it's a better idea to avoid the feeling your face has already been expressing it for 1/2 of a second and the emotional signal has already been sent. It's like prematurely pressing "send" on a text that you haven't yet decided to dispatch.

When you think about an unwanted action such as, "Please don't notice me...I wish I could become invisible," you'll likely then become the center of attention. Whatever it is you want to avoid will seem to have the power to create exactly that very avoidance. So, when you tell yourself what not to do, what you're doing is manifesting a recipe for disaster. One of the tips I use is to focus on what I DO want rather than what I don't. This may seem simple yet it was extremely difficult for me. At times it felt like I was learning a whole new language (which in reality it was

exactly that). But, with many years of practice, I have now become more proficient at recognizing what it is I truly want.

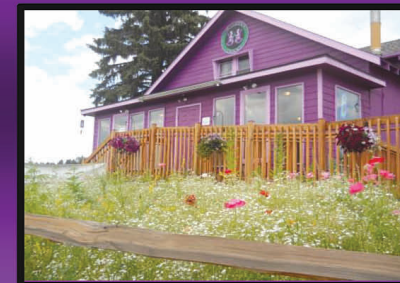
It has been said that whatever you fight, you strengthen, and what you resist, persists. Have you ever had the experience where someone told you to not think about something such as "don't think about an elephant" and the entire day all you could think about were elephants? This phenomenon is known as the "ironic process of mental control" which is a theory that describes the intentional and unintentional effects that result from efforts to control one's mental and emotional state. Humans become frustrated by the inability to intentionally create what we think, want, or feel. We also recognize that our efforts to control our emotions usually fail terribly. Along with a sense of failure, they also produce effects that are the opposite of what we originally intended and, then what happens? Ironically enough, our mind goes to the exact place where we are trying to avoid. Those things we want to elude, keeping them out of our heads, seem to continuously come up without our permission. Our mind will go to those unpleasant thoughts that we have stored from our past. We will remember that time a parent criticized us, or a mean comment from a coworker that continues to spin in our head. Even traumatic memories tend to pop into our awareness even when we thought we had shut them down. Why can't we get rid of all of these unwanted thoughts? What can we do to stop thinking about those awful memories that hinder our happiness?

Trapped emotions get in our way. They disrupt our efforts to create the life we want and make us miserable as well. Freeing the emotional energy stuck in our bodies can change our lives in a positive way. Take it upon yourself to examine your own life. Do any of these concepts seem familiar? Are you willing to be present with yourself in a kinder way? It's healing and liberating, AND you are worth it! Next month's article will focus on more strategies to help you be in command of your emotions and enjoy an enhanced life.

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

Grannys' High Altitude Super Hemp

The Purple Building in Lake George
Colorado's First Industrial Hemp Cultivation and Retail Store
No High, Just Health!



Grannys' Organic CBD Oral Concentrate
Grannys' Topical CBD Salves – Pain and Skin
Grannys' 100% Hemp Leaf Tea Bags
Hemp Seed Oil Bath and Beauty Products
Hemp Seed Nutritionals

We grow all of our industrial hemp organically, right here in Lake George
We Ship Anywhere in the US!

719-748-4736 grannyshemp.com

Open Mon – Sat 9am – 5pm Closed Sundays

2020 New Year • New You!

creative CURL
Hair & Nails

(760) 771-7760
38255 Hwy 24, Lake George CO
Catering to the communities needs

Offering:
Men, Women, Children's Hair
Cuts, Perms, Color, Acrylic Nails,
Manicures, Spa Pedicures,
Ear Piercing & Eyebrow Waxing

Owner Dottie Manchester,
Licensed cosmetologist for over 25 years

Hours: Mon-Thurs 9-4
by appointment Fri-Sat (Christi)
832-452-9100
We accept cash or checks

**Mention this ad for 10% OFF
Any Salon Service in January!**

Laura Owens
Your specialist for rural mountain properties
in Southern Park & Western Teller Counties.

Saddle Up Realty
Where you're always treated like a neighbor and a friend!

**PO Box 7
Guffey, CO**

719.689.5501
laura@saddleuprealtyco.com
www.saddleuprealtyco.com

Make a New Year's Resolution
To perform that much needed mitigation in 2020

Let us help with your mitigation project

BEFORE:	AFTER:
	
	

- Chipping
- Needle Raking
- Forest Floor Clean-Up
- Slash Removal
- Pruning
- Fire Mitigation

These are just some of the many mitigation services we offer. Call today to find out more!


719-687-6811

TIMBERLINE
Spraying & Mitigation Services
"Saving The Forest One Tree At A Time"

WE SELL FIREWOOD

HAPPY NEW YEAR!

from All of Us at The Bakery



@ Strictly Guffey LLC

336 Main Street • Guffey, CO • 719-286-8589

Wintertime Sunday Family style dinners from 12 - 3
Stop in for a great home style meal!

The
BOOK NOOK
used books & other treasures

A Buena Vista Destination

Regional history, maps, and guides
Outdoor/Nature guide books
Colorado & the West fiction/non-fiction
Family games, variety puzzles, toys, art supplies
Beginner Readers, antiques, hats & local handicrafts

Open Tuesday - Saturday 10-5

Facebook: The Book Nook
Website & online inventory:
www.thebooknookbv.com

127 S. San Juan Ave • Buena Vista, CO • 719-395-6868

The Thymekeeper



Mari Marques
1870 CR 31 • Florissant
719-439-7303
mugsyspad@aol.com
thethymekeeper.com

Herbs & Oils • Folk Remedies
Private classes available.

Critter Corner



Florissant residents, Splodge & Sherman, competing for attention.



Blade & Little Bit (obviously the boss) in Mount Ida, Arkansas. Jen Elsy - Florissant, CO

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

Lady in Grey *by Danielle Dellinger*

Queen Victoria ruled England from 1837-1901, and that became known as the Victorian era, which brought about a different type of residential housing. In the United States, Victorian home developers were born during the Industrial Revolution, and because of that, they were able to embrace new materials and technology, such as the railroad system. A few of the popular housing styles are Italianate, Gothic Revival, Richardsonian Romanesque, and Octagon. The homes are rich with history, and are often the site of active hauntings.

She stood at the top of the stairs, overlooking the foyer and the wide-open front door. Voices and a squeaky wheel grew louder, and then a young man and woman appeared in the doorway, navigating between them a dolly loaded with boxes.

"No, we have to back up to the step," the woman said.

"Just lift the bottom," the man replied.

"And throw out my back again? No thanks! Turn it around."

The man rolled his eyes and shook his head, but did as she said. They got the dolly inside, almost losing the top box, and wheeled it out of sight into the front sitting room.

A moment later, a little girl of six-years-old appeared in the doorway, clutching a brown toy rabbit to her chest. The girl's long curly hair partially hung in her face. She looked around the foyer with doubt.

Her parents could be faintly heard arguing from a back room, likely the kitchen. The girl's eyes traveled up the stairs to the top. The woman watched the slight shift in the girl's expression as they made eye contact.

They watched each other in silence, which was then broken after a moment when the parents returned to the foyer.

"Come on, Janie, let's unload your stuff," said her mom, putting a hand on the girl's shoulder and turning her back down the side-walk. The girl glanced back over her shoulder at the woman in grey at the top of the stairs.

The man gave the foyer a once-over, seemingly nodding his approval. He then walked into the front sitting room.

The woman followed.

She stood right next to him in the kitchen as he unpacked the dishes. But whenever he would close a cabinet or drawer, she would open it again. After the fourth time of running into an open drawer, he stopped and rubbed his face.

"I'm so tired I'm losing my mind," he said aloud.

"What, honey?" said his wife as she came around the corner.

"Nothing. I just keep forgetting to close the drawers."

Janie stood behind her mom, looking at the woman beside her dad. They made eye contact again and the woman smirked mischievously before turning and walking

into the wall. Janie pressed her rabbit up into her chin.

"Well, we can do the kitchen later. Come help me set up Janie's bed so her room will be ready tonight," Mom said.

Dad nodded, shut the drawer in front of him, and followed his wife and daughter up the old, creaky Victorian stairs to the second floor.

Janie's bed was still in the box, having been delivered earlier that morning. As they walked into the room, Janie's eyes were drawn to the corner closest to the window where the woman silently stood.

Mom and Dad went to the box in the middle of the room and began tearing it open. They pulled out the pieces and the instructions. Janie sat down on the opposite side of the pile of pieces while her dad looked over the instructions. Mom left to go bring up the toolbox. Janie watched her dad read the thin booklet, but was distracted when the woman stepped forward, lifted up a piece of plastic over his head, and then let it drop on him.

Her dad jumped and quickly looked over his shoulder. Of course, he didn't see anyone or anything. "Did you do that?" he asked Janie.

She quietly shook her head.

Frazzled, he ran a hand swiftly through his hair, picking up the instructions again. Janie's eyes followed the woman as she moved behind the old curtains left behind and made them billow as if there were a strong breeze.

Right then, Janie's mom walked in and saw the curtains moving. "What the? Is there a draft in here?"

"Huh?" Dad said, looking over his shoulder.

The curtains went still.

Everyone was silent for a long while as they all tried to come to terms with what they had seen. Janie's parents shook it off and got to work putting together the bed.

Janie and the woman looked on from their respective spots.

A few hours later, the bed was in place with the sheets on. Her parents brought up her toy boxes and left her to unpack them while they went back down to finish unloading the truck.

Janie kept one eye on the woman while pulling out all of her stuffed animals and lining them around every side of the bed like sentries. The woman smirked, amused by what she was doing. But together, they existed in awkward, nervous silence.

Finally, Janie was called down for dinner. She picked up her rabbit and gave one last glance at the woman in the corner as she exited the room.

It was a quiet meal, with each family member reflecting internally on the day's events. Janie would periodically glance over at the woman standing in the corner near the back door, miming eating dinner too. After dinner, Janie and her mom went upstairs for Janie's

bedtime routine. Soon, Janie settled into her new bed as the mom sat on the side to tuck her in. The woman stood at the foot of the bed as if she were participating in the routine.

"Sleep well," Mom said. "You did great today. I'm so proud of you." She kissed Janie on the head, turned on the nightlight, and then left, leaving the door ajar.

Janie and the woman stared at each other in the dim light. Suddenly, Janie's demeanor changed.

"So, we meet again," she said, unzipping the back of her toy rabbit and pulling out a bible and a vial of holy water. "I will destroy you once and for all this time."

The lady in grey began to grow in size, over seven feet tall. Her mouth stretched out into a grin full of pointed teeth and her eyes were black holes. "You'll never destroy me!" she sneered.

"I will, just like I did with your father, the Demon of Black." Janie opened the bible and began reading from it, getting to her feet and standing on her bed.

The woman shrieked and lunged for her with a clawed hand, but the toy rabbit rose up in front of Janie and blocked the hand, which bounced off of it.

"Janie?" came a voice from the hallway. "What's all the noise?"

Janie quickly dove under the covers, hiding the bible and holy water right as her dad walked in. She pretended to sleepily roll over to face him. "Huh?"

Her dad looked around the dim room. "Great, now I'm hearing things," he muttered. He gave one last look at Janie, then walked out, closing the door after him.

The lady in grey did not return for the rest of the night.

However, in the morning, there she stood in the corner by the backdoor, pretending to eat with them again. When everyone was done, Janie helped her father do the dishes. She was on drying duty. The woman stood behind Janie, and every now and then would reach over and put a dish back into the soapy water after it had been dried. Janie didn't say or do anything as this happened, but she noticed her father becoming increasingly irritated that the dishes in the sink seemed to be never-ending. Eventually, the woman stopped and they were able to finish. Janie left to go find her mom to go to the store with her.

Unable to leave the house, the lady in grey stayed in the kitchen with the dad as he went back to unpacking the kitchen boxes. She enjoyed messing with him because he was in such a delirious state that he kept thinking the things being put back into the boxes were his doing.

A few hours later when Janie and her mom returned home, the woman stood at the top of the stairs to greet Janie. The toy rabbit was still held tightly in front of Janie, and she walked right by the woman and



into her room. The woman was about to follow, but the mom caught her attention and she followed her into the master bedroom.

The woman stood behind the mom as she knelt on the floor in front of her nightstand, emptying a box of books, lotions, creams, and a mouth guard. The woman bent down and casually removed an item from the nightstand's drawer whenever the mom was focused on the box next to her. It didn't take long before the mom became angry.

"What the hell? Why do these keep falling out?" she demanded to the empty room.

The woman smirked to herself, and then happened to glance over at the door to see Janie standing there. Janie narrowed her eyes at the woman before turning and walking back down the hallway.

That night, Janie asked for her bedroom door to be closed as her mom walked out. Her mom tiredly obliged. Janie and the lady in grey stared at each other for several long minutes, and the second Janie heard the door to the master bedroom shut, she pulled out a piece of paper from her sleeve and began reading an incantation that was written on it. "Silence to the realms. Disturb no breath of living soul. Tighten all spaces for no air shall pass to mortal ears. Still. Still. Silence to the realms."

"You're getting creative," mocked the lady in grey as she grew in size and her mouth enlarged.

"Now, no one will hear your dying screams," Janie retorted, standing on her bed with the bible and holy water in hand. "I cast thee out, Demon of Other Worlds. Be gone back to the depths of Hell!" She tossed holy water toward the woman.

The woman hissed and recoiled. "You're

not the only one with tricks," she laughed, raising a large hand above her head. She brought it down like a mallet toward Janie. The toy rabbit flew up to block the hit, but this time the rabbit was knocked down, a smoldering spot on top of its head. "Die, Child of Innocence!" screeched the woman.

Janie read from the bible faster, her eyes now locked on the towering demon woman in front of her.

The woman swung her hand down upon Janie again, this time connecting with the child and knocking her off the bed with a loud thud. But Janie was quick to hop back up on her feet, barely breaking stride in her reading. This infuriated the woman, and she clasped both hands together, going very still as she began to harness and focus her power. Janie took that opportunity to pull out another incantation, which she immediately soaked with the holy water.

"You. Will. Leave!" Janie shouted, sprinting forward and plastering the wet incantation paper to the side of the woman's leg.

An unearthly screaming howl erupted from the woman and she tackled Janie to the ground, landing a fury of swiping attacks on her. Janie was unprepared for this because she'd never been physically attacked in such a manner before. Since all she could do was curl up and close her eyes, she worked to summon her toy rabbit, who was her familiar. At first, she thought nothing was happening because the woman still had her pinned down under her ferocious attacks, but then there was the slightest of pauses, and Janie took that opportunity to crawl out from under the woman. When she got to her feet, she saw that her rabbit had a glowing blue lasso around the woman's neck.

"Heaven's Lasso," Janie mumbled in shock. She floated up into the air to join her toy rabbit, putting her hands over his furry paws. Together they concentrated all of their energy on sending the lady in grey back to where she belonged. But she didn't seem to be going anywhere anytime soon, so Janie dug down deep inside to recall an ancient incantation used by only the holiest of priests. Using it without that ranking risked permanent death to the speaker.

"In the name of the Lord of Light and his brother, Lord of Love, I hereby cast you from this mortal plane and back to the shadowy depths where you belong. As a Child of the Creator, I have the authority to cast all that is dark and evil back to the prison that is the misery of your existence. There you shall remain for all eternity to never be seen or heard from again. I cast thee out, Demon of Other Worlds! Know your place! Know your master, the Lord of Light!"

The room began to rumble, and the light on the nightstand beside the bed began to hop toward the edge. The woman's form shimmered as she clawed at the lasso burning into her neck.

"Know the pain of the light! Fear it! Never return!" shouted Janie. "Know the pain of the light! Fear it! Never return!"

The woman abruptly yanked her head forward and threw Janie and her rabbit into the wall with a loud crash, but neither one of them let go of the lasso because if they did, the woman could use it on them. Janie kept repeating every single word she'd just said. Her eyes never left the woman, and she could see the words were finally weighing her down. Finally, the woman was pressed into the floor. Janie climbed up onto her back, and with one good tug and one final repeat of the incantation, sent the woman through the floor and back into the depths of Hell. Janie collapsed to her knees, breathing hard. She'd finally done it. She'd finally sent back the demon that had been tormenting her from birth. Her parents had never believed her when she'd tried to tell them that she had an attachment.

Janie got up and collected the bible, the empty bottle of holy water, and her rabbit. She put the items back into the pouch in the rabbit's back. With heavy eyes and an exhausted soul, she climbed into bed, tucked her rabbit in beside her, and snuggled in for a peaceful sleep. Her dreams were filled with angels, pearly gates, and a pure blue sky.

The next morning, her parents asked her about the burned spot on top of her rabbit's head, but Janie didn't answer and simply kissed it and skipped outside to play in her new backyard.

— The End —

Twitter.com/ZepherSong
Facebook.com/storyrealm

Stevens Carpet Plus

New Year Deals!

12 months NO INTEREST Financing Available

- Textured Carpet w/ Lifetime Stain Warranty 99¢/sq ft
- Hickory Hardwood \$3.99/sq ft
- Large Selection of Waterproof Plank Flooring Starting at \$2⁹⁹/sf

Your Local Source for ALL Your Flooring Needs

- No dealing with city traffic
- One Stop - Full Service Shop for ALL Your Flooring Needs
- Get professional, personal service and quality products right here at home
- Owners: Justin & Barbara Stevens

719-822-6822

Stevens Carpet Plus

For All Of Your Flooring Needs

38283 Hwy 24, Lake George, CO
Call for your free estimate 719-822-6822

Visit our showroom
10-5 weekdays • 10-2 Saturday

Local in Teller County!

HARDCASTLE
HEATING & AIR
719-686-6742
KING OF COMFORT

Voted Best of Teller County in 2018 & 2019!
Woodland Park Chamber of Commerce
Business of the Year 2017!

Carrier We are a Carrier dealer, however we repair and service all makes and models.

1212 1/2 Hwy 24, Woodland Park, CO
chris@hardcastleheat.com

The Corona's at
FRESH WATER
GUFFEY, COLORADO
Elev. 8640

52 S 8TH ST
GUFFEY, CO
719.689.0518
[HTTP://THEGUFFEYFRESHWATER.COM](http://THEGUFFEYFRESHWATER.COM)

2020

JANUARY MUSIC 5-8PM

1/4 DISTANT THUNDER

1/11 STEELE STREET ACOUSTIC

1/18 CARI DELL TRIO

1/25 BRIAN GRACE BAND

WINTER HOURS!
TUE-SAT 12-8PM,
SUNDAY 8-11AM & 12PM-6PM

BREAKFAST AVAILABLE ON SUNDAYS FROM 8-11AM

THE LIQUOR CLOSET

HAPPY NEW YEAR! WE HOPE EVERYONE HAS A BLESSED AND PROSPEROUS NEW YEAR. WE ARE LOOKING FORWARD TO A GREAT 2020!!

WANT TO BE A BETTER VERSION OF YOURSELF?

Discover Your Own Path, so You can Feel More Comfortable, Confident & Peaceful. You will learn valuable tools & how to use them to Make a Difference in Your Life. Get New Perspective Quickly.

- RN • Psychotherapist • Brain Injury Specialist
- PLT (Past Life Regression Therapy) • Healing from Trauma
- Quit Smoking Hypnosis (and other habits)
- EMDR (Eye Movement Desensitization Reprocessing) • Hypnosis

Find Hope, Freedom & Peace.

Phone: 719-510-1268 Text / 719-687-6927 Voice
Web: journeycounselingcenter.com

Barbara Pickholz-Weiner



You can't predict the future, so plan for it.



Lee F Taylor, AAMS®
Financial Advisor

400 W Midland/Hwy 24 Ste 125
Woodland Park, CO 80863-3144
719-687-9541

edwardjones.com

Edward Jones®
MAKING SENSE OF INVESTING

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.



Whole In The Wall
Herb Shoppe

Next to City Market in Woodland Park • 771 Gold Hill Place - 80863
719-687-6084

Text **ucn10** to 719-249-6020 for Instant Coupon

Financial Focus Time for New Year's Financial Resolutions

Have you thought about your New Year's resolutions for 2020? When many of us make these promises, we focus on ways we can improve some form of our health. We vow to get more physically healthy by going to the gym or we promise to improve our mental health by learning a new language or instrument. But it's also important to think about our financial health — so it's a good idea to develop some appropriate resolutions for this area, too.

What kinds of financial resolutions might you make? Here are a few suggestions:

- **Increase your retirement plan contributions.** One of the best financial moves you can make is to take full advantage of your 401(k) or similar employer-sponsored retirement plan. If you contribute pre-tax dollars to your plan, the more you put in, the lower your taxable income will be for the year, and your earnings can grow on a tax-deferred basis. So, if your salary goes up in 2020, increase the amount you put into your plan. Most people don't come close to reaching the annual contribution limit, which, in 2019, was \$19,000, or \$25,000 for those 50 or older. You might not reach these levels, either, but it's certainly worthwhile to invest as much as you can possibly afford.
- **Use "found" money wisely.** During the course of the next year, you may well receive some money outside your normal paychecks, such as a bonus or a tax refund. It can be tempting to spend this money, but you may help yourself in the long run by investing it. You could use it to help fund your IRA for the year or to fill a gap in another investment account.
- **Don't overreact to market downturns.** You've probably heard stories about

people who lamented not getting in "on the ground floor" of what is now a mega-company. But a far more common investment mistake is overreacting to temporary market downturns by selling investments at the wrong time (when their prices are down) and staying out of the market until things calm down (and possibly missing the next rally). The financial markets always fluctuate, but if you can resolve to stay invested and follow a consistent, long-term strategy, you can avoid making some costly errors.

• **Be financially prepared for the unexpected.** Even if you're diligent about saving and investing for your long-term goals, you can encounter obstacles along the way and one of these roadblocks could come in the form of large, unexpected expenses, such as the sudden need for a new car or some costly medical bills. If you aren't prepared for these costs, you might have to dip in to your long-term investments to pay for them. To prevent this from happening, you may want to keep sufficient cash, or cash equivalents, in your investment accounts or you might want to maintain a completely separate account as an emergency fund, with the money kept in low-risk, liquid vehicles. If possible, try to maintain at least six months' worth of living expenses in this account.

It will take some effort but following these resolutions could help you move closer to your financial goals in 2020 and beyond.

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

UCHealth PPRH expands services

Patients living in Teller or Park County who currently travel to Colorado Springs or elsewhere for chemotherapy and other infusions can now receive their care closer to home at Pikes Peak Regional Hospital.

It is the first time chemotherapy treatment has been offered at PPRH, which opened in 2007. UCHealth began operating the 15-bed hospital in 2018 and immediately began expanding services.

Mary Scott, the first person to receive chemotherapy treatment at PPRH, said she's grateful that her care is now just minutes away from her home in Divide and that she's able to drive herself to and from near-weekly appointments. Until now, her husband was driving her to UCHealth Memorial Central in Colorado Springs. "When I heard they were going to open this clinic — I was so excited. Having to pass one hospital to go to another one to get treatment — I looked at

Pikes Peak Regional Hospital every time I passed it on our way to Colorado Springs. This is just a blessing and a godsend."

The outpatient infusion clinic is one of many service expansions at the PPRH campus. The UCHealth Specialty Care Clinic in Woodland Park now offers women's health services, ear, nose and throat specialists, general surgery, and orthopedics. In all, 13 new specialists provide care at the clinic, with more planned in 2020.

"I am thrilled to see the expansion of services in Teller County. These community investments that UCHealth is making are life-changing for many people who find the commute to Colorado Springs challenging, particularly for cancer treatment," said Joel Yuhas, president and CEO of UCHealth's southern Colorado region. "Our priority is to offer residents the very best cancer care in a healing environment, close to home."

Adopt Me by Ark Valley Humane Society

Bubba

Bubba has been at the shelter for over 6 months now, our longest standing shelter resident. Bubba is a 3-year-old male Staffordshire Bull Terrier mix. Bubba needs to be your one and only animal in the home, so it's taking him a little longer to find that perfect fit. When Bubba meets another dog or cat, he gets VERY excited and doesn't have the best doggy manners — we really think he just wants to be friends but unfortunately, he has never had a successful dog friend (or cat). Other than that, he is a very easy-going dog! He's spent most of his time in an amazing foster home. His foster dad has a fenced in yard and dog door, so Bubba gets to let himself in and out all day long. He's never escaped the fence or bothered the neighbors; they don't even know he is there! When his foster dad goes to work, he never worries about Bubba — he does great alone! He is fully potty trained and LOVES all people. Bubba also loves to play — so make sure to scoop up extra dog toys for this loving pup!

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



CUSP welcomes new executive director

by Coalition for the Upper South Platte

Where does the time go? In 2018 the Coalition for the Upper South Platte (CUSP) celebrated 20 years of service to the Upper South Platte Watershed and our community. Carol Ekarius has been at the helm the entire time. Carol is the strong and sturdy hand guiding this organization through fires and floods, river restoration and forest renewal, weed control and the study of wood degrading mushrooms.

In 2019 Carol decided that it might be time for her to retire and take a break, but still have time and energy for a phased transition for CUSP leadership. The search for a new executive director led us to meet some amazing people, all with the passion to serve the region and continue our important work. The Board of Directors handled the difficult choice of the best fit for a new director.

We are pleased to introduce the new Executive Director for CUSP, John Geerdes. John comes to us from the State of Colorado, having retired after 34 years with Colorado Parks and Wildlife (originally Colorado State Parks). John's assignments over the years included Vega State Recreation Area, Lake Pueblo State Park, Arkansas Headwaters Recreation Area, and the Southeast Regional Office. Most recently John managed Mueller State Park. He initially helped open Mueller to visitors in 1991, and returned



New Executive Director for CUSP,
John Geerdes

in 2012. John retired in 2018, but found himself looking for something to do with his newly found spare time.

Welcoming John, Carol acknowledged, "We are lucky to have found John at the right time in his career. He is a seasoned natural resource manager; just what CUSP needs at this time of transition." Carol and John are working closely together to share the history and lessons from 20 years of CUSP.

John will be out in the community meeting with our partners and community leaders. Be sure to say hello and ask him about the vision for CUSP in our next 20 years.

Classroom Volunteers Needed

Junior Achievement of Southern Colorado, Teller County, will host weekly classes at Columbine Elementary for 1st, 2nd and 3rd grades on Fridays from January 10 through February 7.

Community volunteers use Junior Achievement lessons to bring a unique classroom approach to teach children about work readiness, entrepreneurship and financial literacy skills. JA provides tested, specially-developed curriculum for each grade level to correspond with the Colorado educational standards and activities that enable students to develop the skills they need to experience the realities and opportunities of work and entrepreneurship in the global marketplace.

JA is the nation's largest, nonprofit organization dedicated to giving young people the knowledge and skills they need



to own their economic success, plan for their future and make smart academic and economic choices.

All necessary volunteer training and curriculum materials are provided. If you would like to help out in the classroom and make a difference in the lives of our students — please contact Sherri L. Albertson at sherri.albertson@ja.org or 719-650-4089.

CRIPPLE CREEK CARE CENTER

Your Colorado Mountain Home

Love of the Colorado mountains does not fade with age!



WE ARE A 5-STAR COMMUNITY

It's loving and giving that make life worth living.

—Lolly Daskal



Cripple Creek Care Center would like to say THANK YOU to our current Board of Directors for another great year! It is through their guidance, focus and dedication to Cripple Creek Care Center that we are able to be the wonderful Skilled Nursing Community that we are. With their continued direction and support we are able to serve an average of 50 plus residents per month. We continue to maintain a 5 star rating with the Centers for Medicare and Medicaid Services (CMS) and have maintained excellent annual state health/safety survey inspections. We appreciate all the time they donate to keep Cripple Creek Care Center a great place to live and to work.

Introduction to our Board of Directors:

Top Row left to right: Jim Vance BOD Chairman, David Schoenburger BOD Member, Anita Braun BOD Secretary, Lawrence Cowan Nursing Home Administrator, Daniel Torres Business Office Manager. Bottom row: Patty Martin BOD Member, Brenda Vance BOD Finance Officer, Joan Kincaid BOD Member. (not pictured BOD Vice Chairman Bill McPherson)



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

Dedicated
to Quality



Committed
to Caring

Lawrence Cowan, Administrator

700 North 'A' Street ~ Cripple Creek
719.689.2931

Call to discuss your personal needs and schedule a facility tour

www.cc-care.org



One Nation Walking Together
My brother, Eddie Three Eagles

by Urban Turzi

On November 16, 1945, at the intersection of Pikes Peak Avenue and Prospect Street, about a few hundred yards from the main entrance to the old Saint Francis Hospital in Colorado Springs, Colorado, in the back seat of a taxi cab, a baby was born. His mother was a member of the Texas Cherokee tribe and his father was a Mescalero Apache. When asked about his heritage, his usual response is, "I am a half- breed." His parents gave us a gift that day and named the gift Eddie Three Eagles.



"When I was small my grandfather told me stories dealing with our cultural values which I tell others to this day. My favorite story is about the coyote and the meadow lark which is a special lesson for the youngsters. I learned the songs of my People by listening to them repeated to me over and over while I lived with my grandparents on the reservation in New Mexico. I learned to play the Native American flute by imitating the sounds of the wind, the running water in the streams, the cry of the wolf and coyote, the songs of the birds and all the sounds of the creatures given to us by the Creator. When folks ask me now how to play the flute, I say, 'listen and listen well to the sounds of Mother Earth.' When my parents wanted me to return to the "Springs", I attended Lowell Middle School and then to Palmer High School," reported Eddie.

After high school, he signed up to join the Navy in lieu of being drafted into the Army. His logic for enlisting in the Navy had to do with the dangers of being a foot soldier in Viet Nam. Also, he liked the Navy's uniforms. He also thought being ship board would be a safer way to serve. So, once he set foot on the USS Missouri, he was assigned to a PT boat and he manned the 50-caliber machine gun on these fiberglass speedboats. Some of his duties included patrolling the Mekong Delta searching for weapons hidden in sampans. So much for safe duty as he and his sailor buddies were called River Rats, searching the waterways entrenched by the Viet Cong, dodging dangerous firepower. Eddie doesn't like to talk about his days as a combat sailor. Eddie mentions with chagrin, his arrival at the San Francisco airport, "I was coming back from my tour of duty from Viet Nam, and as I was walking to my connecting flight, I was spit upon by some very kind fellow American citizens who were obviously very pleased with my service to our Navy.

With that, I went to the nearest Men's room and changed into my "civvies." After returning from south east Asia, he found work, got married, he fathered three children and got divorced. He was severely injured on his job at a cement plant on North Nevada Avenue and was placed on limited duty. After extensive surgery and rehabilitation, he found a job working at the city parking garage at Colorado and Nevada Avenues. One day a beautiful parking patron caught his attention... her name was Nancy Jo. Being single now, he charmed and courted her, won her heart and they have been married now for almost 25 years. Part of his life he has shared his talents as a singer, musician, story-teller, dancer and craftsman as did some of his siblings. After a shift at the parking garage, he would drive to Cañon City always doing the speed limit (please don't believe that for a second) dancing for the tourists at the Royal Gorge Bridge for approximately 11 ½ years with a local group of Native Americans called the Sweet Water Dancers. His musical talent took him "all over" playing his flute and singing. Part of the time, he played with his brother Patrick, whose specialty was Rock and Roll music. He wrote a song about Patrick called "Running Hawk" (which was Patrick's Native American name). The

"I learned to play the Native American flute by imitating the sounds of the wind, the running water in the streams, the cry of the wolf and coyote, the songs of the birds and all the sounds of the creatures given to us by the Creator."

— Eddie Three Eagles

first time I heard Ed's album called *RED, WHITE AND BLUE*, which was a salute to our Armed Forces and the 9/11 tragedy, I found myself crying while driving and listening to the mournful words, his grand voice and his excellent flute playing. The "Running Hawk" song foretold of his meeting his brother after Patrick's death and although it was very sad and mournful, it was a tribute to his brother, his parents and his other loved ones, who had already gone on their "final journey." Eddie is a very caring guy with a

great sense of humor. Whenever we go somewhere, be it across town or to Denver, I am usually driving. He'll start joking around and he makes me laugh so hard I can't see where I am going, as my eyes are flooded with tears of laughter. He loves to tease folks and is especially loving to children and the elderly. He is a volunteer chaplain at Memorial Hospital.



Eddie giving a blessing at Red Rock Canyon, Colo Springs, 2015

Whenever a patient or a patient's family member asks him to play his flute and sing for them, he always obliges and brings comfort to the spirit of those suffering physical or emotional pain. He also does the same at the Pikes Peak Hospice. He offers prayers in his native tongue while blessing those suffering. One time we visited one of the long-time volunteers from One Nation at the hospital and while he was singing and praying over our friend, some of the nurses and doctors filled the room and all were wiping tears from their eyes crying as he administered to our dying friend. Our friend's wife said Eddie's service in that hospital room was the funeral for her husband.

He has played in Las Vegas with the Village People (his son Felipe was the Native American in the group) and at various venues with Michael Martin Murphy. He and Michael really rock the stage when they perform *Geronimo's Cadillac* (check out YOUTUBE for a sample of his work).

He steadfastly claims, when he was visiting in Lone Pine, California, while walking down one side of a street, he saw his hero (John Wayne) walking down the opposite side. Upon seeing the "Duke" Ed yells at him, "Hey McClintock" to which John Wayne yells back to Ed, "hey Chief,

got no whiskey." To this day, this is one of the highlights of his life as he joyfully recounts this encounter. Ed has probably told and embellished this meeting more times than I can remember. Every time I have heard this story told; some key elements of information are not consistent with the other 150 times I heard this story.

When he was under contract with the record producers at Mixed Emotions/Manitou Records, he did some marketing for his album on his own. One day, he goes into the Ghost Town Museum in the Springs and introduces himself to my daughter and my wife, who were employed there, and makes a deal to have his cd/album on sale at the museum's gift shop. About this time, I had taken over the mis-management of One Nation Walking Together and needed to raise some funds to support our mission of providing humanitarian services to Native Americans. With encouragement from my daughter, I arranged to meet Eddie for the first time to ask if he would perform a show for us. Well, for the past nearly 14 years, he has never turn down any of my requests for his assistance and has done everything "pro bono."

We figure, we have done 30-40 presentations a year educating the public about the plight of the Native People and the positive aspects of their culture. Most of our appearances were in Colorado but we did benefit shows at the two high schools on the Rosebud Reservation in South Dakota and to the Juvenile Detention Center there as part of a Suicide Prevention Program. No matter where he has performed, the audiences loved him as he has the personality and artistic talent that touches the soul of all who come in contact with him. He has done numerous funerals and weddings as part of his being a Shaman.

I tease him by telling folks he may be a Holy man but he isn't holy. He has gone on his "Journey" eight times (while participating in a Sun Dance lead by his Holy man, Celow Black Crow). Actually, he had eight heart attacks, while dancing, and they manifested themselves as "out-of-body" experiences which he describes with awe, respect and acute clarity. While lying on the ground, he saw people administering First Aide to him while he viewed all the activity from the top of the Sun Dance Tree. He remembers riding on a rainbow to the Spirit World passing by six white pillars and hearing the voices of millions of people talking but some force sent him back eight times with the charge he was to continue his earthly mission, i.e. to help as many people as possible by bringing hope, love and laughter into their lives.

Some Native Americans will adopt another person as a relative and they become a brother, son, daughter or parent in the truest sense of a relationship. There

continued on next page

The "Identical Twins" at Stargazers Theatre, 2017. photo by Sherri Mabe



is a ceremony Eddie performs as part of making "family" where he says prayers/sings and does a smudging with eagle feathers and burning of sage/sweet grass/tobacco. As part of the solemnity of this occasion, Eddie will give the person being "made" his family member their "name." I was honored when he gave me his name: Three Eagles. We tell folks we are identical twins who were separated at birth. Funny thing is we don't resemble each other at all but there have been a few folks who have fallen for this gag.

A few years ago, Ed's son Lowery Begay was the hoop dancer and choreographer for the performing group Brule. One time, when this very popular group was booked at the Pikes Peak Center, Lowery was brought to the One Nation Walking Together facility by his father Eddie. When Lowery saw all that was being done by this non-profit organization, he was amazed. A year goes by and then Lowery brings the leader of the Brule group, Paul LaRoche, to One Nation and Paul says "We need to work together to do something for the People." Another year goes by and Brule is back in town doing their Christmas show again at the Pikes Peak Center and Paul invites us to come backstage before the show began to inform us he wanted to produce a couple of TV specials about One Nation on his nationwide show (called *Hidden Heritage*) on the RFD-TV network. Well, this was the big break we needed to market our mission as the two specials caused our phones to ring and ring and ring. So, if it hadn't been for Eddie bringing Lowery and Lowery bringing Paul and Paul producing the episodes, I am certain One Nation Walking Together would not be able to bring hope and assistance to those living in the seven states

we serve providing over \$1 million a year in merchandise, over 3,000 Christmas gifts to children and elders and over \$20,000 worth of food each of the past 14 years. Suicide among the Native youth is described as an epidemic. A close personal acquaintance of ours on the Rosebud Reservation in South Dakota, Homer Whirlwind Soldier, invited a couple of us from One Nation and Eddie to come up and be a part of a suicide prevention program being conducted at the two Todd County High Schools. Well, Eddie uses his sense of humor, which is a prominent trait of Native people, as part of his performances. While doing the program for the school kids, we were asked to do a similar rendition for the inmates at the local youth correctional facility, aka Youth Prison. So, we knew these youngsters were probably more susceptible to a suicidal act than most of the other rez kids. While waiting in the large room for the boys and girls to arrive, we were briefed on the living conditions these youngsters were subjected to in their homes. Well the big moment arrived when the door opened and about 30-40 of the orange clad boys and girls paraded into the room. Now this was not our normal audience as these young people brought all the "attitude" they could find with them. Their manner of walk, the look in their eyes and a general attitude of "we don't want to hear you or be here" strolled in with them. Once they all were seated and

a quiet calm was part of the chip on "their bad ass" shoulders, Eddie looks to the one young gangster seated next to him and asks, "Did you just fart?" Well that brought the HOUSE DOWN. From a very mistrusting attitude to one of "you guys are cool" Eddie had them in the palm of his hands and he had their attention and trust for the entirety of his performance.

Besides being a very talented performer, Eddie is an excellent silversmith as taught by his brother Rubin and he does beautiful bead work as taught by his son Little Ronnie. He is quite prolific at crocheting scarves and shawls to donate to One Nation as gifts to the elders living on the reservations.

Eddie holds a place of honor at One Nation as he serves as our Chief Ambassador, an honorary title given to our former Native American Board of Directors members who served our mission with distinction. Eddie always says at the end of any of his performances, "To all my Relations" which is his way of stating the Native concept/belief that "we all are related" and then he gives his farewell with the words, "A HO."

LOG HOME RESTORATION



Media Blasting | Staining
Chinking | Sealing
Rebuilding Decks and Railings
Paul Schmucker
(719) 580-8094
pjhitchingpost@gmail.com

HITCHING POST

FILL UP SPECIAL
VOLUME DISCOUNTS

Global Propane

\$1.499
Gallon
500 GALLONS PLUS

(303) 660-9290
Family Owned Business

Colorado's best kept secret!



ANTQUES
FOOD
WINE
BEER
LODGING
GALLERIES
HISTORY
MUSEUM
SILVERSMITH
ART CENTER
HISTORIC THEATER
BAKERY
HOLISTIC WELLNESS

The Loalie
Antique Mall
109 W. Main St.
Florence, Colorado 81226
719-784-3797
10,000 SQ Ft. - 40 Plus Vendors

Blue Spruce Gallery
Art & Antiques
"The Best of Both Worlds"
Fine Art arts and Crafts,
Select Antiques
in a Victorian Setting
205 W. Main, Florence, CO 81226
719-784-1339 bluespruceart.com

Worldwide Treasures, LLC
118 W. Main St.
Florence, CO 81226
719-784-7434
Harriet Graham
Kim Thompson
Scott Thompson

OWL APOTHECARY
FLORENCE, COLORADO
ORGANIC TEAS
TINCTURES
TONICS & SALVES
CUSTOM AROMATHERAPY
BLENDS
ZYTO SCANS
ESSENTIAL OILS
EDUCATIONAL CLASSES
GIFTS & MORE
124 S PIKES PEAK AVE
FLORENCE, COLORADO
OWLAPOTHECARY.COM
719-784-7447
CELL: 719-371-3734

The UPS Store
Your one-stop shop
• Printing & document finishing
• Packing & shipping
• Mailbox services
• Postal products & services
• Notary services
• Shredding services*
1067 E US Hwy 24
Woodland Park, CO 80863
719.687.3023
store1374@theupsstore.com
theupsstorelocal.com/1374
*Visit theupsstore.com/shredding for full details.
Copyright © 2018 The UPS Store, Inc. 11079011218

Community Partnership
Family Resource Center
From the CP Staff & Board,
THANK YOU!
To our many partners and donors, and to the amazing families of Teller County for a great 2019.
HAPPY NEW YEAR!!
Ent, Walmart, Wells Fargo, Paradox, Bierwerks, IRSA, some day photography, Courrier, HOTSHOE, THEATRES
WWW.CPTELLER.ORG

T.A.T. Essentials LLC
CBD-Health-Wellness
Beauty, Products
www.tatesentials.com/
116 E Main
Florence, CO 81226
Ted-719-271-4548 -- Tricia - 719-645-5229
Willie's Antiques and Collectables
Willie Miller Owner
111 Church Ave.
Florence, CO 81226
williesantiques@yahoo.com • 719-784-2336
www.williesantiques.com

Antique Warehouse
Vintage & Artful Lighting
Western Accoutrements
Virginia Lindley-Brunn • Michael Brunn
124 E. Main Street • Florence, CO
719.372.1016 • mvh876@gmail.com

SPIRIT RIDERS WESTERN EMPORIUM
111 W. MAIN, FLORENCE, CO
WESTERN ATTIRE
VINTAGE CLOTHES
STEAMPUNK.. CORSETS
COWHIDES
HISTORICAL WESTERNS & ARTWORK BY BARRY BRIERLEY
HUGE BOOT SELECTION, HATS TOO!
719.431-3592

FLORENCE LANES
EST 1960
Fall Open Bowling Times
Wed. 9am - 12pm - Jackpot Bowling - Win some Money!
Thurs. 6pm - 9pm - Open Bowling
Fri. 12 - 5pm - Open Bowling
(Call to confirm lane availability after 5pm on Fridays)
Sat. 2 - 10pm - Open Bowling (9-11pm at 7pm)
Sun. 2 - 5pm - Open Bowling
Call to Reserve for Special events or Birthday Parties.

El ALAZARI
401 E. MAIN ST. • FLORENCE, CO • 719-784-7572/1925
PUEBLO DR. • CANON CITY, CO • 719-363-9501
Bring this ad for a 10% discount expires 1/31/2020

~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

4 UAS Club Central Colorado 9-10:30 a.m. at Central Colorado Regional Airport. FMI: 719-581-2010 or coassclub@gmail.com. Meets every first Saturday, usually at Central Colorado Regional Airport.

CAÑON CITY

3, 10, 17, 24, 31 NAMI Connection Support Groups for those living with a mental health condition meets every Friday at 1 p.m., Community Education Room of St. Thomas More Hospital 1338 Phay Ave. These meetings are free and confidential. No reservations required. FMI 719-315-4975 or go to www.namisoutheastco.org

3 First Friday Art Walk around Main St. Art Galleries and most of the shops are open until 8 p.m. REM Art Gallery will have Mary Shedd special painting and giving her creations away beginning at 7 p.m. Come join the fun each month at 710 Main St. FMI 719-371-5405.

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

CANON CITY LIBRARY

25 Buffalo Soldier talk 2 p.m.
25 Card Making Class 10 a.m. \$5. All at 516 Macon Ave. Call 719-269-9020 for more information.

COLORADO SPRINGS

• Re-Imagine Waldo Canyon 5:30-7 p.m. Westside Community Center Gym 1628 West Bijou St. The meeting is designed to be an open house and will provide an opportunity to share the community vision that previous meeting participants have helped craft

over the course of this planning process. There will be a chance to review a map detailing community desired, trailheads, trail networks, and trail connections, a diagram of proposed next steps and how to stay informed. FMI www.waldocanyonplanning.com.

PIKES PEAK CENTER

25 COS Philharmonic — Four Last Songs 7:30 p.m.
26 COS Philharmonic — Four Last Songs 2:30 p.m.

CRIPPLE CREEK

16 Active Parenting NOW — Six Thurs sessions through Feb 20 from 4:15-6:45 p.m. Gift cards for attendance. Meal and childcare provided. Held at Cresson Elementary School. FMI AmyS@cpteller.org.

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

ASPEN MINE CENTER

2 Southern Teller County Housing Task Force 8:15 a.m.
2 Southern Teller County Childcare Task Force 10 a.m.
6, 20 Employment First 8:30-12:30 p.m. A DHS program for SNAP recipients. Open to public; appointment required, call Lisa 719-686-5511.

7, 21 TBI Group participation meetings regarding Traumatic Brain Injury 10-11:30 a.m.

8, 15, 22, 29 Community Lunches each Wednesday between 11:30-1 p.m. All community members are welcome. Meals are provided on a donation basis.

8 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.

8, 15, 22, 29 Celebrate Recovery Weds 1:45-3:15 p.m.

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

16 OIB Group. This is a support group for individuals with blindness or other sight issues 1-3 p.m. in the Dining Room on the 2nd floor. FMI, Kathleen at 719-471-8181 X103.

28 American Legion Post 71 9-10:30 a.m.

31 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.

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

31 GED Registration 11:30-2 p.m. Childcare provided with advanced notice. FMI Katy@cpteller.org.

• A Willow Bends Tues & Wed most of day in the Shack; every Thurs 4-7 p.m., every Fri 4-8 p.m.

• On-going: Our Health Navigator Krys Arrick is available Mon-Thurs 8-4:30 p.m. for families who are seeking access to affordable and quality health care. Call 719-689-3584 ext. 111.

Unless otherwise noted all meetings are held in the 2nd floor conference room.

DIVIDE

COMMUNITY PARTNERSHIP

8 GED Registration 10-1:30 p.m. Childcare provided with advanced notice. FMI Katy@cpteller.org.

15 Active Parenting First Five Years — Four Wed sessions through Feb 5 from 5:30-7:30 p.m. Meal

and childcare provided. FMI AmyS@cpteller.org.
23 Parent Advisory Committee 5-7 p.m. Caregivers of children of all ages welcomed to have a voice about CP programming and community needs. Meal and childcare provided. FMI AmyS@cpteller.org.

FMI on any CP program 719-686-0705.

177 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

JOHN C. FREMONT LIBRARY 3, 7, 10, 14, 17, 21, 24, 28 Story Time 10:30 a.m.

6 CAP Outreach Program Bethany La Loge 10-6 p.m.

8, 15, 22, 29 Wool Gatherers 10 a.m.
9, 16, 23, 30 Teen Group 3:45 p.m.
18 Family Movie: *Abominable* 2:30 p.m.

24 Friday Film: *Red Joan* 5 p.m. January artist of the month is Harold D. Gregory. FMI 719-784-4649.

OWLAPOTHECARY 4 Benefits of the Zyto Scan, hosted by Debora Snell. Start the New Year right and 50% off scan today \$5 for basic scan.

11 Hemp and DBC Education, hosted by Rene 11 a.m. Free class and samples.

18 Chase's Choice hemp education with Ken and Tammy Free class and samples.

25 Starting the New Year on a Good Note. Free class hosted by Dr. Susan Levy 1 p.m. FMI 719-371-3734.

MASONS Cripple Creek Masonic Lodge meets first Friday every month 5:30 p.m. at 75 Buffalo Ct in Divide. FMI 719-687-1457.

MUELLER STATE PARK Mueller State Park is a beautiful place to hike every month of the year! In January, you can enjoy the silence in the snowy woods, watch for signs of wildlife and learn their different tracks. Join a guided hike to explore Mueller in winter or on your own during this beautiful time of year!

4 Hike: School Pond Trail meet at Preacher's Hollow Trailhead 9:30 a.m.

11 Hike: Homestead Trail meet at Homestead Trailhead 9:30 a.m.

12 Snow Shoe Hike on Outlook Ridge meet at Outlook Ridge Picnic Tables 11 a.m.

19 Hike: Black Bear Trail meet at Camper Services parking 9:30 a.m.

25 Hike: Elk Meadow Trail meet at Elk Meadow Trailhead 9:30 a.m.

25 Animal Antifreeze meet at the

Visitor Center 2 p.m. Mueller events are free; however, an \$8 day-pass or \$80 annual-pass is required to enter the park. FMI 719-687-2366.

FLORENCE

18 The Famous Chili Bowl Fundraiser 11-whenver we run out of chili. Home-made chili in hand-made bowls \$10 and you keep the bowl! All monies go toward repairing our 100+ year-old sandstone bricks. Jeff Broome on acoustical guitar for background music. FMI www.florencecanyonmuseum.org.

LIBRARY • Lego Club Fridays 12-4:30 p.m. • Storytime Fridays 10-10:45 a.m. Ages 3 and up.

Adults • Tai Chi Mondays 10 a.m. • Yarnia! 10-12 p.m. Bring your crochet and knitting projects and meet other yarn crafters. Share projects, tips and socialize.

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

13 Let's Read Amok! 11 a.m. January theme: Conspiracy Theories.

15 Bookworms 10:30-12 p.m. January book: *Pope Joan* by Donna Woolfolk-Cross.

17 Introductory Yoda 10-11:30 a.m. In this 90-minute class, instructor Renee Rudolph will teach you what yoga is, where it came from and guide you through a typical yoga sequence.

22 Craft and Create at Your Library 1-2:30 p.m. Make colorful masks with Instructor Toni Ratzlaff. All supplies provided. Sign up by January 17 by calling 719-748-3939 or at the Circulation Desk.

27 Friends at the Table Cookbook Club 11:30 a.m. Bring a prepared dish to share and the cookbook/recipe that inspired the dish. Everyone will have a chance to sample an assortment of dishes. Make sure you come hungry! January theme: Appetiz-

FLORISSANT 3 Mountain Key Pharmacy anniversary

sary event see page 4.
24 Night Sky Program 7-9 p.m. at Florissant Fossil Beds. \$10 daily entrance fee. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above in search of planets, galaxies, nebulae and more! FMI 719-748-3253.

LIBRARY

• Lego Club Fridays 12-4:30 p.m. • Storytime Fridays 10-10:45 a.m. Ages 3 and up.

Adults • Tai Chi Mondays 10 a.m. • Yarnia! 10-12 p.m. Bring your crochet and knitting projects and meet other yarn crafters. Share projects, tips and socialize.

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

13 Let's Read Amok! 11 a.m. January theme: Conspiracy Theories.

15 Bookworms 10:30-12 p.m. January book: *Pope Joan* by Donna Woolfolk-Cross.

17 Introductory Yoda 10-11:30 a.m. In this 90-minute class, instructor Renee Rudolph will teach you what yoga is, where it came from and guide you through a typical yoga sequence.

22 Craft and Create at Your Library 1-2:30 p.m. Make colorful masks with Instructor Toni Ratzlaff. All supplies provided. Sign up by January 17 by calling 719-748-3939 or at the Circulation Desk.

27 Friends at the Table Cookbook Club 11:30 a.m. Bring a prepared dish to share and the cookbook/recipe that inspired the dish. Everyone will have a chance to sample an assortment of dishes. Make sure you come hungry! January theme: Appetiz-

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

ers. FMI 719-748-3939.
• All Teller Reads January 13-February 29. Join the Rampart Library District and the Cripple Creek Library for the first All Teller Reads. The goal of All Teller Reads is to build a stronger community through the shared experience of reading the same book, engaging in book discussions, and participating in related events. Check out the Rampart Library District's website for information about programming related to the book selections. The books selected for the first All Teller Reads are *Fire on the Mountain* by John N. Maclean and *The Woolly West: Colorado's Hidden History of Sheepskins* by Andrew Gulliford, the winner of the 2019 Colorado Book Awards History Category.

• Rampart Library District will be closed Monday, January 20 in observance of Martin Luther King Jr. Day.

LIBRARY • Lego Club Fridays 12-4:30 p.m. • Storytime Fridays 10-10:45 a.m. Ages 3 and up.

Adults • Tai Chi Mondays 10 a.m. • Yarnia! 10-12 p.m. Bring your crochet and knitting projects and meet other yarn crafters. Share projects, tips and socialize.

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

13 Let's Read Amok! 11 a.m. January theme: Conspiracy Theories.

15 Bookworms 10:30-12 p.m. January book: *Pope Joan* by Donna Woolfolk-Cross.

17 Introductory Yoda 10-11:30 a.m. In this 90-minute class, instructor Renee Rudolph will teach you what yoga is, where it came from and guide you through a typical yoga sequence.

22 Craft and Create at Your Library 1-2:30 p.m. Make colorful masks with Instructor Toni Ratzlaff. All supplies provided. Sign up by January 17 by calling 719-748-3939 or at the Circulation Desk.

27 Friends at the Table Cookbook Club 11:30 a.m. Bring a prepared dish to share and the cookbook/recipe that inspired the dish. Everyone will have a chance to sample an assortment of dishes. Make sure you come hungry! January theme: Appetiz-

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

for anyone! Free information on Medicaid, signing up for health insurance, Advance Care Planning, assistance after a hospital stay, finding a doctor and more.

20 Closed — MLK Day.
27 Guest Author Talk with Stephanie Accello author of *Pour Me Another Cup*. Ms. Accello's writings are lighthearted, inspirational and profound. *Pour Me Another Cup* is a collection of mystical poetic insights and stories called *Heart Writings*. As always, Guffey Literary Society honors its guest authors with a pot luck beginning at noon. All are welcome! FMI 719-689-9280 or Guffeylib@parkco.us.

• Yoga with Bill O'Connell at Guffey Community Charter School Sundays 9 a.m. meditation 10 a.m. yoga, Tuesdays 5 p.m. yoga. Donations appreciated.

MANITOU SPRINGS

11 Photography Workshop at Rainbow Falls 2-4 p.m. \$20. FMI 79-520-6977 or <https://web2.vermontsystems.com/wbwc/coelpasowt.wsc/splash.html?Inte>

25 Great Fruitcake Toss 1-3 p.m. Memorial Park 719-685-5089.

LIBRARY • Lego Club Fridays 12-4:30 p.m. • Storytime Fridays 10-10:45 a.m. Ages 3 and up.

Adults • Tai Chi Mondays 10 a.m. • Yarnia! 10-12 p.m. Bring your crochet and knitting projects and meet other yarn crafters. Share projects, tips and socialize.

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

13 Let's Read Amok! 11 a.m. January theme: Conspiracy Theories.

15 Bookworms 10:30-12 p.m. January book: *Pope Joan* by Donna Woolfolk-Cross.

17 Introductory Yoda 10-11:30 a.m. In this 90-minute class, instructor Renee Rudolph will teach you what yoga is, where it came from and guide you through a typical yoga sequence.

22 Craft and Create at Your Library 1-2:30 p.m. Make colorful masks with Instructor Toni Ratzlaff. All supplies provided. Sign up by January 17 by calling 719-748-3939 or at the Circulation Desk.

27 Friends at the Table Cookbook Club 11:30 a.m. Bring a prepared dish to share and the cookbook/recipe that inspired the dish. Everyone will have a chance to sample an assortment of dishes. Make sure you come hungry! January theme: Appetiz-

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

ment. Cost \$15. Register online at: coloradomind.com/community-education (then search under Chaffee County/Computers) or call 719-530-5493.

21 NAMI Connections for people dealing with mental illness meets the 3rd Tues 5:30-7 p.m. at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.

21 NAMI's Family to Family for those who have a family member dealing with a mental illness meets 5:30-7 p.m. the 3rd Tues at Salida United Methodist Church 228 E 4th St. FMI 970-823-4751.

LIBRARY • Lego Club Fridays 12-4:30 p.m. • Storytime Fridays 10-10:45 a.m. Ages 3 and up.

Adults • Tai Chi Mondays 10 a.m. • Yarnia! 10-12 p.m. Bring your crochet and knitting projects and meet other yarn crafters. Share projects, tips and socialize.

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

13 Let's Read Amok! 11 a.m. January theme: Conspiracy Theories.

15 Bookworms 10:30-12 p.m. January book: *Pope Joan* by Donna Woolfolk-Cross.

17 Introductory Yoda 10-11:30 a.m. In this 90-minute class, instructor Renee Rudolph will teach you what yoga is, where it came from and guide you through a typical yoga sequence.

22 Craft and Create at Your Library 1-2:30 p.m. Make colorful masks with Instructor Toni Ratzlaff. All supplies provided. Sign up by January 17 by calling 719-748-3939 or at the Circulation Desk.

27 Friends at the Table Cookbook Club 11:30 a.m. Bring a prepared dish to share and the cookbook/recipe that inspired the dish. Everyone will have a chance to sample an assortment of dishes. Make sure you come hungry! January theme: Appetiz-

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

FLORISSANT 3 Mountain Key Pharmacy anniversary

DINOSAUR RESOURCE CENTER 4 Fun with Air 1-3 p.m.
25 Brave Dogs — True stories of heroism 1-2 p.m. FMI: www.rmdrc.com

LIBRARY • Lego Club Fridays 12-4:30 p.m. • Storytime Fridays 10-10:45 a.m. Ages 3 and up.

Adults • Tai Chi Mondays 10 a.m. • Yarnia! 10-12 p.m. Bring your crochet and knitting projects and meet other yarn crafters. Share projects, tips and socialize.

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

1

FOOD DRIVE

Help those in need this winter. Bring your **nonperishable** food donations to any IREA office through **Jan. 31**. We will distribute them to local food banks and charitable organizations.



www.IREA.coop
[@IREAColorado](#)
[IntermountainREA](#)

Conifer
 13404 Old U.S. Hwy. 285
Strasburg
 1497 Main St.

Sedalia
 5496 N. U.S. Hwy. 85
Woodland Park
 800 N. Hwy. 67



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



Resources available to you include:

- Recruit & Select
- Hiring Events
- Job Fairs
- Analytical Research
- On-the-Job Training
- Transitions & Layoffs
- Pre-Employment Assessment






ppwfc.org

A proud partner of the American Job Center network

Call us at 719.667.3814 to find out more!

Paid by U.S. Department of Labor funds

Shop and dine on Historic Front Street in Fairplay"



Spend the day or a mini getaway in Fairplay!
Shopping, dining and libations as well as lodging on Historic Fairplay Front Street.

Astonishing Art & Way Cool Staff

Unrepentant Artist

MtnArt@UnrepentantArtist.com

532 FRONT STREET
 * Historic District *
Fairplay, CO

FUNK n FON



Custom Made Hats on Turn of the Century Equipment... Straws, Hat Bands & Much More!

COLORADO MOUNTAIN HAT CO

www.cmhats.com
 719-836-1411

491 FRONT STREET FAIRPLAY, CO 80440
info@cmhats.com
BE SURE TO CALL AHEAD AS HOURS VARY GREATLY DURING THE WINTER.



Coyote Creek Studio Arts

Call To Artists
 Looking for the unique and unusual

www.coyotecreekarts.com
patpocius@gmail.com

419 Front Street
 719-836-2040

Classes in metal smith lapidary - pottery - woodcarving



PARK BAR

great food cold beer

511 Front St
 Fairplay, Colorado

719 836-3404



Millonzi's

At 501 Front Street

Your Friendly Neighborhood Italian Restaurant

www.Millonzis.com

501 Front Street ~ Fairplay, CO ~ 719-836-9501




RIMFROST ANTIQUES

Available at Fairplay Antiques & Art

441 Front Street | Fairplay, Colorado | 719-836-4832




Featuring Furniture, Artwork, Glasswear, China, Jewelry, Mining Tools and Kitchen Items. Books Old & New!

South Park Pottery & Back Room Beads

Pat Pocius

PO Box 459
 417 Front St.
 Fairplay Colorado 80440

719-836-2698

backroombeads.com patpocius@gmail.com



SNITCHING LADY DISTILLERY

500 FRONT STREET, FAIRPLAY, CO

WWW.SNITCHINGLADYDISTILLERY.COM

719-838-4224

A Williams & Nelson Family Tradition



PLATTE RIVER SALOON

517 FRONT STREET • FAIRPLAY, CO

719-838-3461

HOURS 11AM-CLOSE • KITCHEN HOURS 11AM-9PM



Eclectic Southwest cuisine

Fresh seasonal ingredients, craft beers, signature cocktails and a variety of wines. Dine in our comfortable and Contemporary atmosphere or outside in beautiful courtyard garden.

SALADO

456 Front Street, Fairplay CO • 719-836-7031

SaladoRestaurant.com • Info@saladoreastaurant.com

Open 7 days a week from 11am to 9pm. Reservations recommended



Come Celebrate Fairplay's Wonderful Winter Season