



UTE COUNTRY NEWS

Putting the "unity" back in community™

POSTAL CUSTOMER

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

FREE

May 2020

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

Vol. 12, No. 5

Welcome to Ute Country



"Persistent people are able to visualize the idea of light at the end of the tunnel when others can't see it."

— Seth Godin

PEEK INSIDE...



page
6

A Polio Survivor's Story



page
9

Mountain Mustang Memories



page
18

One Nation Walking Together

House broken and don't know where to turn?



Ace Hardware in Cripple Creek and Florissant are here to help.
Our staff can lead you in the right direction for plumbing, electrical, paint mixing and everything in between!

TWO GREAT FAMILY OWNED BUILDING AND HARDWARE STORES GIVING YOU EXCEPTIONAL SERVICE

CRIPPLE CREEK
ACE HARDWARE
1075 Teller 1, Cripple Creek, CO
719-689-3525

PROUDLY LOCAL
CRIPPLE CREEK & FLORISSANT
ACE HARDWARE, LUMBER & SUPPLY
SINCE 1958
BEST OF FOUR NEIGHBORHOODS

FLORISSANT
ACE HARDWARE
1920 County Road 31, Florissant, CO
719-748-3367

Open 7 Days a Week

Monday-Friday 7:30-5:30 • Saturday 8-5 • Sunday 9-3

Now offering curbside service!

Find more great deals and ideas! www.acehardware.com

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

Are you alarmed at the accelerating decline of biblical values in Colorado?
Learn how to make a real difference in your church, community, and the state of Colorado.

Join us at the



**TRUTH & LIBERTY COALITION
CONFERENCE**

Educate. Unify. Mobilize. Colorado!

**Andrew Wommack, James Robison, Pastor Mark Cowart,
Bishop E.W. Jackson, Mark Gonzales, and others**

Meet influential Christian leaders
advancing the cause of faith, family, and religious freedom.
Together we can bring about change.

This event is FREE!

June 5-6, 2020

Charis Bible College | 800 Gospel Truth Way | Woodland Park

An optional meal ticket for lunch on June 6 may be purchased for \$14.
Children are welcome, but childcare will not be provided.

Register today at TruthAndLiberty.net/Conference or call **719-635-1111**.

Let's take back Colorado!

On Deck



Our cover photo was taken on Phantom Canyon Road back in 2016. Our intention is to exemplify the endurance to make it through this pandemic, the ability to focus on a better future, and to remind ourselves we have the ability to control our thoughts and feelings.

Our May issue can help you to face your fear of COVID19 head on with *Life Enhancing Journey's Facing our fear* article. *Mountain Mustang Memories' Moving Beyond Fear* helps you understand how techniques of empathy diminish fear in wild mustangs. When you've conquered your fear and are ready to envision your future, check out *Musings Along the Way's It is all in how we see it*. For those who seek an escape from COVID19 topics, *A polio survivor's story - 72 years later* can help put things into perspective. We also have completely unrelated history in *Incident at the Kalamazoo Mine* and a bit more current history in *One Nation Walking Together's Missing and murdered Native women and youth*.

We are always happy to receive your *Critter Corner* photos. Please send in your favorite pics of your pets via email utecountrynewspaper@gmail.com or POB 753 Divide, CO 80814. This is the same way to share comments, questions and requests. You may also stop in at Shipping Plus 52 CR 5 in Divide, which will continue to be open M-F 9-5:30 p.m. as it is a *Designated essential business*.

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.
Peggy Badgett 815-275-4695
Flip Boettcher 719-429-3361
Linda Karlin 719-748-3449

Writers:
Karen Anderson, Peggy Badgett, Barbara Berger, Coalition for the Upper South Platte, Flip Boettcher, Danielle Dellinger, Kathy Hansen, Mari Marques-Worden, ONWT (Urban Turzi, Kathy Turzi, Laura Chickering-Knapp, Rachelle Ashley), Barbara Pickholz-Weiner, Catherine Rodgers, Mary Shell, Stefanie Skidmore, Steven Wade Veatch

Contributors:
AARF, Ark Valley Humane Society, Gary Cutler, Dwight Griggs, Michelle Harris, Ken & Judi Hesselberg, Edward Jones, Jane Manon, Stacy Schubloom, SLV Animal Welfare Society, TCRAS, Carol Potts Clewley Todd

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 Reacquainting ourselves with two allies

by Mari Marques-Worden

"Nature patiently waits and we have only to turn back to her to find relief from our suffering"

— Dr. Bach

In the midst of a rapidly changing world, I for one am grateful for the knowledge I've gained from having to make do with minimal resources through the tough times in my life. Poverty taught me how. My herb teachers taught me we are all gifted with incredible wealth when we choose to see with new eyes, and 2020 brings us the opportunity to do so.

With supplies diminishing and while everyone is stuck at home wondering what to do next, it's a good time to learn about some of the medicine growing around you. Two of the most useful plants in your yard are considered noxious weeds by the county. You, on the other hand can make use of them in a very meaningful way if they haven't been sprayed with chemicals.

Two common weeds that can be found growing nearly everywhere that most people give little thought to are yarrow and mullein.

Yarrow

Yarrow, AKA Plumajillo or Little Feather is native to the Northern hemisphere. It was found amongst other herbs in a Neanderthal burial site in Iraq which dates from around 60,000 BC making it famous in the herbal medicine world as one of the earliest indications of mankind's use of herbs.

It is excellent for staunching bleeding but in the current situation I call on yarrow for its antimicrobial properties and its ability to assist you in the case of fever. Antimicrobial means antibiotic, antiviral, and antifungal.

Taken as a hot tea, it is diaphoretic meaning it can help break a fever by relaxing the circulation and the pores of the skin, allowing us to sweat freely and rid the body of infection. Fever is not the time to take the tea cold, as taken cold it is diuretic, not something you need when trying to remain hydrated. Herbalists refer to yarrow as herbal aspirin for its ability to ease a wide range of discomforts.

There are many colorful hybrids of yarrow, traditionally the white yarrow is used for medicinal purposes. (For more on yarrow, see *UCN* March 2014 *Take a walk on the wild side*.)

Mullein

Although I've written pretty extensively about the gifts of mullein in the past, I feel a need to revisit my old companion and introduce those of you who haven't formally met the plant. The entire plant is useful for a broad range of issues. For now, let's talk about the leaf and flower, both of which have strong anti-inflammatory properties.

Long associated with fire, it is one of the first plants to come back after a wild-fire. In fact, one of the best ways to get mullein to grow is to throw the seeds into the slash pile if you don't already have it on your property.

The pattern shown on the underside of the leaves very closely resemble lung tissue as an indication of one of its uses. It is an excellent respiratory herb for those with tightness, irritation and coughing. Especially useful for wheezy asthmatic cough and sudden abrupt hard coughing that hurts your chest. Dried mullein leaves are often included in smoke blends, but indirect inhalation is recommended to decrease spasms in the bronchial area for someone with delicate lungs. You can simply burn a small clump of the dried

leaves and inhale (not directly, in the vicinity).

As I mentioned in my last article, the lymph system is important to a healthy immune and is as important as your garbage collector, one of the many roles it plays. For those with hard congested lymph, the fresh leaves can be crushed and made into a poultice or paste and applied externally to sore glands to help relieve the pain and congestion. Through my years of experience using this herb I've found it to be remarkable at moving fluids whether it be synovial fluids, lymph or sinus, mullein makes it get up and move!

Perhaps one of the most important practical uses for mullein at this time is indicated by its nickname, camper's toilet paper! Now I admit I've never used it in this manner, I do know people who have and said it wasn't unpleasant. I will caution however, the fine hairs found on the leaves can be quite irritating to sensitive skin and mucous membrane. (*UCN* July 2014 *The gifts of the great mullein*).

How to harvest, dry and process

Yarrow typically blooms in July and August. When the flowers are fully open, snip the upper third of the plant. While you're at it, always hold your intention for healing in your heart when harvesting and remember to give thanks. Bundle a few together and hang in a cool dark area to dry. When the plant is completely dried, (you can check by rubbing a couple of leaves between your fingers, if they crumble, it's ready) simply snip the flowers off the stems with a pair of scissors and voila, you have tea material.

Mullein is a biennial and you can collect the leaves at any time. I've found the best way to dry them is to lay them out on a screen. Again, once the leaves feel crunchy, rub them between your hands reducing them down to tea material. In an interesting contrast to this plant's health benefits, I have to wear a mask when processing the dried leaves as those fine hairs will have me doubled over coughing in no time. This is definitely a time to strap on the ol' bandana.

Second year mullein will shoot up one or more stalks and this is where you'll find the flowers. I caution people to pay attention to the bees when gathering the flowers, they'll definitely let you know if you are interrupting their important work. Give them space. The flowers can also be dried on a screen and both the dried leaf and flower can be made into tea.



Yarrow was found amongst other herbs in a Neanderthal burial site in Iraq which dates from around 60,000 BC making it famous in the herbal medicine world as one of the earliest indications of mankind's use of herbs.

Making tea

The best thing about making tea is you need no special equipment or knowledge. This is where a mason jar and a strainer come in. The rule of thumb when making tea is one heaping teaspoon per cup of water. Add 4 teaspoons to a quart jar and cover with hot water. (use tablespoon for mullein, it's fluffy). Experimentation will teach you how long to steep but I will say this, yarrow has a very strong flavor and the longer you steep, the stronger that flavor will be. You'll want to have some honey on hand for this one. After steeping pour through a strainer and enjoy. Return the used plant material to the Earth or the compost pile.

Although now is not the time to harvest or gather, it soon will be, and I encourage everyone to give it a try. In the meantime, your local herbalist can help you out. I have plenty of both on hand.

I'll conclude with two thoughts; I believe it's time for us to re-connect with the Earth and honor her for the gifts she freely provides. Making your own remedies and knowing you can help others is fulfilling in a way I cannot explain, however I can assure you, it's just one of the positive side effects of using herbal medicine, everyone benefits.

Tip for social distancing: Garlic, yet another potent antimicrobial.

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



UTE COUNTRY NEWS
Putting the "unity" back in community™

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

Spring Rains Are On The Way!

AWL ROOFING & CONTRACTING LLC
Residential & Commercial

Bill Langford
Office: 719-246-4434 • Cell: 719-510-7949
Licensed - Insured
Roofing, Gutters, Windows and Siding
Free Consultation
(Shingles lifetime warranty)

Veteran Owned

WERTGEN & COMPANY
CERTIFIED PUBLIC ACCOUNTANTS, P.C.

FULL SERVICE TAX, PAYROLL AND ACCOUNTING SERVICES

VICTORIA WERTGEN CAPACI, CPA
EMAIL: VAW@WCO.BZ

JOHN CAPACI, MT, CPA
EMAIL: JOHN@WCO.BZ

2925 SLATER CREEK RD., FLORISSANT, COLORADO 80816
PH 719.689.3047 • FX 719.213.2235 • WWW.WCO.BZ

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

MOUNTAIN KEY PHARMACY

Rx

Mountain Key Pharmacy
Your Key to Better Health

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

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

ANY QUESTION OUR PHARMACIST IS HERE TO HELP ANY ISSUE

We are now available on-call 24 hours/day for emergencies.

Guffey Recycling A good idea becomes a reality

by Flip Boettcher
photo by Flip Boettcher



The Guffey Recycling trailer is parked on the east side of the Freshwater Saloon. The labels are easy to read. There is plenty of room to walk around the trailer to deposit various items. Please no trash or junk.

Early last September, after recycling their cardboard all summer, saving lots of room in their dumpster, Damien and Jodi Corona, owners of the Corona's at Freshwater and the Liquor Closet in Guffey, decided that Guffey needed a recycling program.

After calling around, the Coronas found that the trash businesses in the area said Guffey was too far away for them to bring recycling bins, so the Coronas set out to do something about it.

At first, the Coronas used their own enclosed trailer that they had used to haul their cardboard over the summer, to collect and haul community cardboard to Cañon City. They only accepted cardboard and paperboard, including paper towel and toilet paper inner paper tubes, cereal boxes, Kleenex boxes, paper egg cartons and soda carrier boxes, as well as cardboard.

This was only the beginning, said Damien. They wanted to create a full recycling program for the community and started looking for a trailer.

A trailer was found in Idaho that had been converted to recycling use. The trailer had six large bins, three on a side, for different types of recycling items and a large bin on the rear for cardboard and paperboard.

The cost of the trailer was \$4,200 with a \$500 deposit, which would hold it for a few weeks. For another \$500, the company would drive the trailer down to Denver on one of their semi-regular runs. That brought the cost of the trailer up to \$4700.

The Coronas put out a donation jar at the Freshwater to get things rolling to pay for the trailer. The Coronas were willing to cover the trailer cost at first, but knew there would have to be some plan as how to pay for insurance, maintenance and related expenses.

September 13, 2019 the Coronas put up the \$500 deposit money, so the company would hold the trailer for us. The Go-FundMe campaign and donation jar now had a total of \$1486.

By September 15, the Rolling Thunder Cloud Café had added a donation jar at the Café and the Coronas started collecting and selling aluminum cans for the fund. September 17 the Mountain Aries Market had added a donation jar at the store and the total was now \$2086, almost half way there.

The first of October there had been \$3542 donated to the trailer fund and Damien was looking for people for a board of directors for the non-profit 501(c)(3) designation with the state. Non-profit status would help in getting grants and monies to keep the recycling program going.

October 6 when counted, the trailer total was \$4327, just \$408 short of the

goal. An anonymous donation was made on the spot and a check written for \$408, bringing the total to \$4725.

"The community we live in is great and everyone should be proud. This great community has made this (the recycling program) happen and it is so appreciative and we will work together to create a great program for all of us," stated Damien via email.

After spending the day, January 17, 2020 in Denver picking up the recycling trailer, the Coronas brought it proudly to Guffey. The trailer still had to be registered and taken to the vinyl shop for bin lids and labeling.

On March 28, 2020 on Guffey Shares (the Guffey email grapevine), it was announced that the recycling trailer was ready for use. The trailer is parked on the east side of the Freshwater. There is plenty of room to park and walk around the trailer to deposit items in the proper bins. All the bins are labeled as to what kind of item to deposit.

Please do not put trash and junk in the recycling bins and be respectful of them. Empty your bags of items into the bins from the lids on the top. Please wash containers out, if possible. Do not put any hazardous materials in the bins either. The trailer is under camera surveillance.

Right now, bags of aluminum can be set beside the trailer. Pretty soon there should be a blue trashcan, tied down to prevent the aluminum from blowing away in our high winds.

The following items are being accepted:

- Cardboard/Paperboard, in the back
- Brown/Amber glass
- White/Green glass
- Tin/Steel cans
- Plastics #1 and #2 – No lids
- Newspaper/Junk mail.

Coronas are taking the trailer to empty it on Wednesdays. As the summer ramps up, it may be twice per week, but for now, just Wednesdays. So far, the plastics, cardboard and newspapers/junk mail have been most used. Also, even though the trailer states Plastics 1 & 2, we can now put plastics 1-7 in there. Please be mindful to remove the lids from water bottles, etc.

The Guffey Recycling non-profit process is still in the works.

The community owes the Coronas a big "Thank You" for being willing to get the recycling program together and up and running. Any donations now go to maintaining the program and gas money for hauling the trailer to Cañon City to unload it.



A Look Inside the Artist Jim Redhawk

by Mary Shell

I've known Jim Redhawk for several years now and have admired his work. Beautifully executed landscapes and American Indian portraits are so perfectly composed you would think he were there to paint them in person.

Jim grew up on a farm and his dad made everything they needed so he learned to make things with his hands at a young age.

"I just loved working with my hands making things. I drew on my book covers all through school." He explained. "I started using oils to paint first when I was about 20. They dried too slowly so I use acrylics now for their speed of drying."

Jim's creations are small and intimate. You feel his paintings were created just for you, to view and make your own. Realistic earth tones and flesh tones resemble the old masters in their quality and presentation.

Not many artists are versatile in the mediums they use to create their art. Jim works in wood, clay, paint and stone; all equally excellent in quality and style.

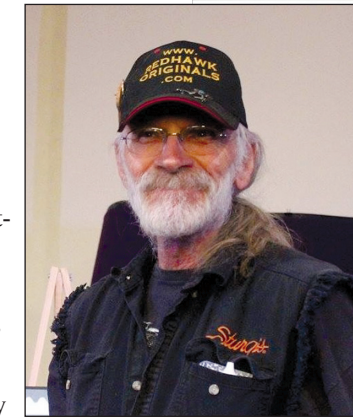
I fell in love with what he wrote on his website about creating art, "We put a small piece of our Spirit into each painting, sculpture, artifact, carving or clay pot. The Earth is covered with Spirits that wish to help us in all we do. The materials we use come together to make a new spirit form. These things we make or paint with joy in our Spirits are to be shared so others may feel the joy we feel as we create them. They are alive and live to give joy and happiness to those who seek it. Seek it for it is there. I was born in the halo of the Sun, a part of the Great Mystery that shines over the land to bring warmth and life to all no matter what race or religion."

We know all things that ever were or ever will be. When we take life, that life stays close to hear man give thanks to them for giving their physical body for our food and shelter. To put on hides of Buffalo, Elk or other animals is to feel their spirit stir within us. Our spirits join as one. It is a good day to be alive." These words speak volumes to me and show me what a beautiful spirit Jim Redhawk possesses and how he portrays it in his art.

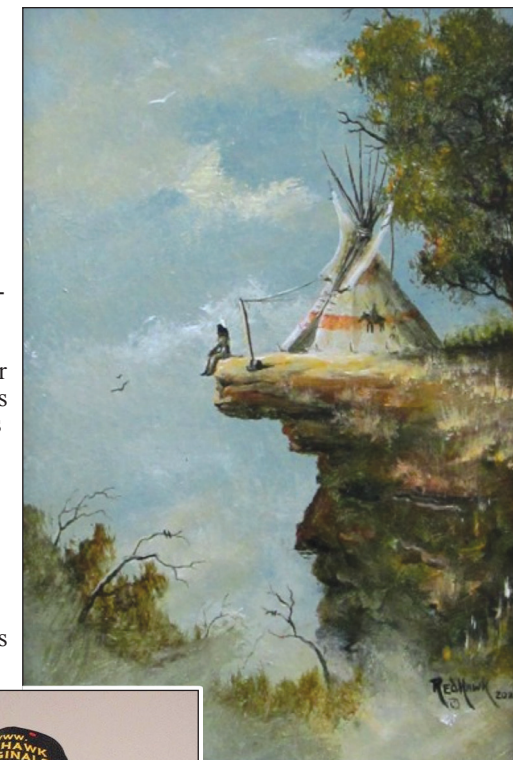
What artists inspire Jim was a question I ask all artists. Jim's favorite artists are the Hudson River painters and his very favorite is Moran. I can see the influence in his work.

"I'm inspired by everything I see; people, landscapes, animal and clouds," he explained to me. "I paint landscapes, portraits and animals. I will try painting any subject that interests me. I try to show people the beauty all around us and paint so people can enter a painting and escape everyday stress. All artwork is my favorite. I like all art good or bad. One can learn from observing everyone's artwork."

It is important to know where an artist stands within his spirit and how he sees the world. After all, collectors and buyers are investing in a personal concept of the



Artist Jim Redhawk (left) and one of his paintings (above).



artist and not judged by his or her work.

Jim Redhawk, to me, is the epitome of a true artist. A person whose purpose in life is to interpret the world through creating images that effect the soul.

"Someday soon I want to try a really big painting. Not

sure what I want to paint but am doing some sketch work for it. I would love to come back as a Raven so I can fly around looking at all the beauty on this beautiful planet. That is if we don't destroy it. I'm sure the earth will clean herself up quick after humans are gone."

Woodland Park DENTAL GROUP



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



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!

Gloss Dental
DISCOUNT PLAN

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

*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.

ACCESS SOLAR ENERGY INC.

303-986-6521

WWW.ACCESSSTOSOLAR.COM

SALES, SERVICE, DESIGN & ENGINEERING

Summer Special:
Wholesale pallet pricing on all batteries.
Remove & replace components
Best Price Guarantee

40 YEARS EXP.
SOLARJGB@YAHOO.COM

FILL UP SPECIAL VOLUME DISCOUNTS

Global Propane

\$1.299
Gallon
500 GALLONS PLUS

(303) 660-9290
Family Owned Business

We're on the web!

- Current Issue
- Old Issues
- Where to find us
- Employment Opportunities



www.utecountrynews.com

The Thymekeeper



Mari Marques
1870 CR 31 - Florissant
719-439-7303
mugsyspad@aol.com
thethymekeeper.com
Herbs & Oils · Folk Remedies
Private classes available.

BENCHMARK MORTGAGE

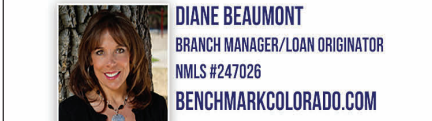
719-687-2112

300 SUNNY GLEN CT,
WOODLAND PARK, CO 80863

MOUNTAIN HOME LOAN SPECIALISTS

At Benchmark, we pride ourselves on our ability to satisfy our borrower's needs. Our goal is to make the loan process as simple and worry free as possible. Whether you want to refinance for a lower mortgage rate, finance a new home or purchase a second home, we put your needs first!

- Conventional Loans
- USDA Loans
- FHA Loans
- Jumbo Loans
- VA Loans



Ark-La-Tex Financial Services, LLC NMLS# 2143
(www.nmlsconsumeraccess.org). All loans subject to borrower qualifying. This is not a commitment to lend. Other restrictions may apply. (https://benchmark.us)

A polio survivor's story - 72 years later

By Carol Potts Clewley Todd

In the latter part of the 1940's, the polio virus struck the United States in epidemic numbers, crippling and sometimes killing, many children and some adults. Unlike the Corona Virus/Covid-19 today, the U.S. did not shut down, wear masks, or hoard supplies. Scientists and doctors did, however, work feverishly to invent a vaccine, which finally occurred in 1954. This is my story of survival and triumph during that horrible virus:

We lived on a farm outside of Chandler, AZ, having moved there from Colorado Springs in 1945. It was a very hot July in Arizona in 1948, and my mother took me and my five brothers and sisters swimming. I was always the last one out of the pool; I loved the water and was so stubborn. A few days later, I was eating a piece of bread and jelly but could not swallow it. Then I could not hold my head up. By the time I got to the doctor's office, I couldn't move. A spinal tap revealed I had polio. None of my brothers or sisters caught it, thank God. The virus spiked tremendously in the summer, especially where public swimming pools were located. Shortly thereafter, it was confirmed that the polio virus was rampant in these pools, which were subsequently closed for several years.

When life was totally taken away from me, I became determined to never miss out on anything ever again, if I got well. I know that life is a very precious gift, and that it should be enjoyed every day.

The type I had was called "Bulbar" polio, which is a more severe, often deadly form of Paralytic Poliomyelitis. The brainstem gets attacked by the polio virus, resulting in extensive damage to the motor neurons of the brainstem which control the respiratory system of the body. As a result, a victim of Bulbar Polio experiences severe breathing difficulties, along with the inability to speak or swallow.

I could not move anything except one eyelid; even the muscles controlling my eyeballs went limp and my eyes just rolled around aimlessly. I could not breathe, swallow, talk, or move. At the Crippled Children's Hospital in Phoenix, I was put into a large iron lung lined up with dozens of others in the Polio Ward. Ventilators today are the technological improvement of iron lungs. I've been asked if I can stand 15 minutes for an MRI — are you kidding me? Piece of cake compared to 8 or 9 months in an iron lung! For nourishment, a tube was run down my throat and eggnog ("Ensure" had not been invented) was poured into it three times a day. Later, when I could burp, it tasted SO GOOD! I still love eggnog today.

My mother said my life hung by a thread for several weeks. She stayed with me and prayed continually, mostly "The Lord's Prayer." Years later in church, I wondered how I knew the entire prayer without ever having read it — it was my mother's voice I had heard over and over while paralyzed. At one point when there was no hope or improvement, the hospital priest came and gave me last rites. As he finished praying, a few raindrops fell outside the window on a cloudless day. Mama knew God heard him. The next day, my eyes focused and I moved my



Carol found this photo on the web and said it looks exactly like the polio ward she remembers. The website gives a date of 1916. Consider Carol became ill in 1948; technology didn't move very quickly in those 32 years! Find the photo at (<http://polioeradication.org/polio-today/history-of-polio/>)

arm. From then on, I began to get better. It really was a miracle.

Eventually, I was moved into a large open ward full of crying children in beds, lined up and down the walls as far as you could see. Three or four times a day, a big tub on a cart would come to each bed. I could smell it coming. (I can still remember that smell today, 72 years later.) It was full of hot, wet, steaming, stinking, wool blanket squares (Army type) that the nurse would wrap around my entire body and then cover with canvas strips held tightly with big safety pins. This was called the "Sister Kenny" method for keeping muscles limber. I'd lay there like a mummy for hours, listening to all the kids cry, but I was unable to cry yet. When the hot packs cooled off, the nurse would bring in the next batch of hot stinking wool, day after day. Finally, one day, I was so mad that I kicked my leg! It moved! After many months, I finally recovered well enough to go home. The March of Dimes paid the hospital bill, and we were forever grateful to them. With polio eliminated in the U.S., the March of Dimes now helps with birth defects.

Missing all of third grade, my school passed me from second to fourth, which made some subjects, like math, difficult for me. What children learn today in those

grades is astronomical compared to then — I'd never make it now!

For the next several years, my dedicated, loving mother gave me physical therapy at home on the farm to fully recover, using canned vegetables for the exercise weights we could not afford. Because my brothers and sisters were busy being normal, I was often alone. Our collie-mix dog, Bobo, became my best buddy. Bobo sensed my helplessness and was constantly by my side, giving me an unforgettable bond with animals. One day, two ladies came from town with a whole load of food, toys, clothes, and even two pet rabbits, all donated by people for our family. It was like Christmas, and I never forgot the goodness of strangers.

We moved back to Colorado Springs in 1950. Polio victims are not immune to the disease, so when Jonas Salk invented the vaccine in 1954, I lined up with millions of others to take it.

My spine is curved in two places; I have limited breathing capacity with deformed ribs and a few missing muscles in my neck, but I have not missed much in life. In fact, I have considered this tragedy to actually be a blessing to me. I know that I am a very fortunate person because only a few victims of Bulbar polio survived. When life was totally taken away from me, I became determined to never miss out on anything ever again, if I got well. I know that life is a very precious gift, and that it should be enjoyed every day. Don't wait for "someday" which might not come. Go for the gusto! I've belly-danced, hiked, streaked, skated, skied, partied, raced jeeps on ice, camped, went swimming (still the last one out of the water), hammered, traveled, kissed Elvis, made cement, and served 36 years at HQ NORAD. After I retired, I volunteered with children at my church, spent nine years helping the animals at the Teller County Shelter/TCRAS in Divide, CO, and became my own contractor to build my dream house in the mountains. Here I've written two books and traced my family roots, who were strong Colorado pioneers.

I've laughed, cried, and loved way beyond a normal person's limits. I've been told I'm just "too much" by most men. But that is because they didn't come from where I did, nor were they made of anything close to what I am. If I die tomorrow — hopefully not from just touching my face — I know that I have lived life to the fullest extent possible, except for being able to bear children.



Carol in happier and healthier times.



Growing Ideas
Air purifying house plants

by Karen Anderson "The Plant Lady"

May greetings friends. First and foremost, my hubby Mike and I would like to take this opportunity to personally express our deepest gratitude to those very special, courageous and dedicated folks who are out there working hard to keep the rest of us going. THANK YOU!

As many of us are spending a lot of time indoors these days, I would like to share some information with you regarding plants that help to 'clean up' the air we breathe in our homes. Surrounding ourselves with plants not only comforts our souls, enhances our emotional well-being and gives us a sense of purpose by tending to and caring for them, but in addition, they can provide a big service by absorbing toxins and giving back oxygen. What a deal!

"I am my best self when I am one of many" Unity!

— unknown

At the top of the list for these air purifying plants is the common Spider Plant (Chlorophytum comosum) aka: the 'AIRplane plant'. It is easy to grow and is characterized by its arching grass like leaves and cascading plantlets with the bonus of pretty white flowers borne on long slender stems. It is a champion air cleanser and I believe it is a 'must have' for every home. It is best known for decreasing carbon monoxide and nitrogen dioxide levels as well as formaldehyde and other toxins. Water this plant often and keep out of direct sun. NOTE: I am happy to offer FREE spider plant cuttings during the month of May at Mountain Naturals, the Outpost, and at Shipping Plus as long as my supply lasts.

Aloe Vera and the Snake Plant, both succulents, are also at the top of the list. Aloe, in particular is known to keep your home free of benzene, which is commonly found in paint. So in addition to its well-established healing properties, it also acts as an air filter. The Snake Plant or Mother-in Laws' Tongue in one of the toughest plants around and is the perfect bedroom plant as it continues to produce and release oxygen even with the absence of photosynthesis during the evening



Aloe is known to keep your home free of benzene, which is commonly found in paint.

hours. This plant is also one of the best air filters. Other detoxifying plants that have been studied by NASA are the Peace Lily, Chinese Evergreen, English Ivy, Heart Shaped Philodendron and African Violets. I have many of these types of plants available if you are interested in improving the quality of the air in your home.

It is a blessing for me to be able to do what I do best, (as one of many) which is 'growing' good stuff! during these difficult times. I care about you deeply and I am here to help with any of your gardening endeavors. I will be able to provide native Aspens, Evergreen trees, the hardiest of high altitude and native perennials plus as always, organic, non-gmo and heirloom tomato, pepper and herb plants for your greenhouse growing. Many will be on display along with my heritage seed collection at Mountain Naturals in Woodland Park, at the Outpost in Florissant, and Shipping Plus in Divide. You may also contact me directly at 719-748-3521 or e-mail at plantladyspeaks@gmail.com for more information. Personal landscaping consultations can be scheduled depending on safe precautions. Looking forward to connecting with this season. Stay well... Stay the course...and Happy Gardening!

Adopt Me by Ark Valley Humane Society
Ivy

Ivy is a 5-year-old female Siberian Husky mix who was transferred in from a Denver Area shelter a few months ago because we had the space for her. All of her fellow transfers have since been adopted, but Ivy is still waiting for her perfect family. She needs to be the only pet in the home, while Ivy LOVES every person she meets, she does not love other animals. She would do best in a home with a big yard and not too many animals nearby, so it's taking her a little longer to find that right fit. Luckily, she has been spending her days in a loving foster home while she waits. Her foster mom says, "She is the chilliest Husky we have ever met. Spends 90% of her time just laying around the house. She is the first to go to bed at night and last to get up in the morning!" Ivy also enjoys taking 30-minute walks with her foster mom some days, but would be just as content to lay out in a backyard on her own too! If you're looking for a calmer girl to join your family give us a call at 719-395-2737 to schedule a time to meet her!



At the time of this writing our lobby is currently closed to the public to help reduce the spread of COVID-19, however staff are still working every day and facilitating adoptions/lost animal services and more, so please call us if you need anything. We're also offering pet supplies (dog food, cat food, and cat litter primarily) to families in need, please call us at 719-395-2737 if you or someone you know needs this.

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

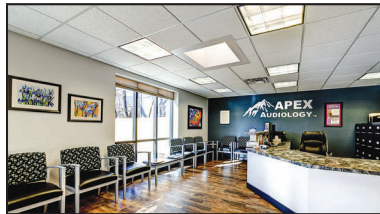
HEARING LOSS?
WE CAN HELP!

RE-CONNECT WITH THE ONES YOU LOVE THROUGH BETTER HEARING!

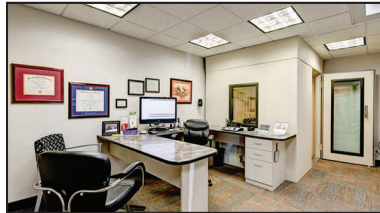


**Did you know...
Untreated hearing loss can lead to isolation, memory problems, and even dementia?**

Recent research by John Hopkins and the National Institute on Aging suggests that people with untreated hearing loss are more likely to develop memory problems. The strain of decoding compromised sound and isolation of hearing loss increase the risk for dementia and other cognitive disorders.



1902 W. Colorado Ave., Ste. 100
Colorado Springs, CO
719-247-9000



109 Latigo Lane, Suite B
Cañon City, CO
719-275-6000

APEX
AUDIOLOGY™
www.apexaudiology.com



Dr. William F. Herholtz III,
CCC-A, F-AAA
Director of Audiology



Mr. William F. DeHaan III,
BC-HIS Board-Certified Hearing
Instrument Specialist

**Mention this ad and receive a
free hearing screening and consultation!**

HELPING PEOPLE HEAR BETTER FOR THREE GENERATIONS

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

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

**PO Box 7
Guffey, CO**

719.689.5501
laura@saddluprealtyco.com
www.saddluprealtyco.com

Saddle Up Realty

MLS

BEST WISHES AND BE SAFE. WE HOPE TO SEE YOU IN MAY, OR SOON!

THE DUNCEON INC.

Body Art Studio

BEST STUDIO AWARD IN 2010 BY THE NATIONAL TATTOO ASSOCIATION

**TATTOOS
PIERCINGS
JEWELRY
CLOTHING**

503 Main St., Cañon City, CO
719-275-5050
WE'VE BEEN IN BUSINESS 10 YEARS!

The BOOK NOOK
used books & other treasures

A Buena Vista Destination

Family games, variety puzzles, toys, art supplies
Beginner Readers, antiques, hats & local handicrafts

THE BOOK NOOK IS OPEN BY PHONE OR EMAIL

ONLINE INVENTORY IS AT thebooknookbv.com

ORDERS CAN BE PICKED UP AND PAYMENT ARRANGED BY PHONE OR EMAIL

TELEPHONE:
719-395-6868

EMAIL:
owenkath64@gmail.com

WEBSITE & ONLINE INVENTORY:
www.thebooknookbv.com

**Facebook:
The Book Nook**

**127 S. San Juan Ave
Buena Vista, CO**

Incident at the Kalamazoo Gold Mine

by Steven Wade Veatch

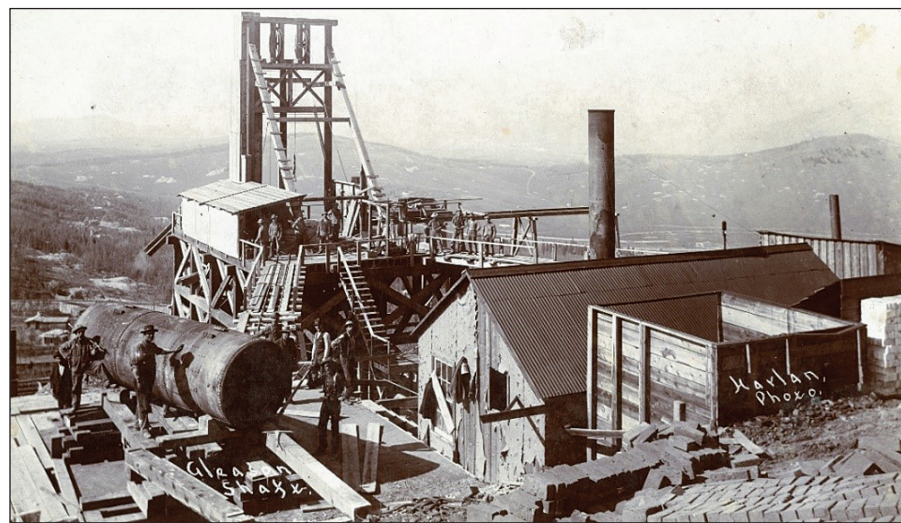
During the cold day of December 27, 1901, Martin Gleason, a mining superintendent working in the goldfields of Cripple Creek, Colorado, was attacked in the shadows of the Kalamazoo mine. Gleason's assailant struck him on the head and then pushed him into a mine shaft, where he fell 500 feet to the bottom of the mine. The attack left behind two things: Martin Gleason's corpse and footprints suggesting a struggle. What brought Martin Gleason to this grim end?

Martin Gleason was born in Queenstown, Ireland, on December 25, 1848. When he was 18, he immigrated to America. Gleason worked for 15 years in the Pennsylvania coal mines before coming west to Colorado in the early 1880s. He ended up working for the Consolidated Gold Mines Company in the Cripple Creek Mining District in 1898. Two years later, the Woods Investment Company employed him as the superintendent of the Wild Horse, Deadwood, and Battle Mountain mines.

Things were looking good for Gleason. His reputation as a hard-as-nails mining man brought him success in the mining district.

Prior to Gleason becoming a mine superintendent for the Woods Investment Company, the Cripple Creek Mining District experienced its first labor strike in 1894. The union called a strike to resist wage cuts and a longer workday. Specifically, the miners demanded a minimum daily wage of \$3 and an eight-hour workday.

During the strike, James C. Veatch, former Denver chief of police, arrived in Cripple Creek with a force of 125 heavily armed deputies, mainly former policemen and firemen, to confront the striking min-



View of the Wild Horse Mine. The writing on the left lower corner states "Gleason shaft." The Wild Horse Mine was one of several mines under Martin Gleason's management when his troubles with the union deepened. Undated photo by A. J. Harlan. Photo courtesy of Cripple Creek District Museum (CCDM 82 591).

ers. The pro-labor Populist governor Davis Waite used the state militia to stop this army of deputies from advancing on union miners. The strike was resolved in favor of the miners, and the power of the union was firmly established in the mining district.

After the miners won the strike, the union's power continued to expand, and by 1902, unions organized most of the workers in the district, including bartenders, clerks, cooks, waitresses, laundrymen, and newsboys. However, power soon began to shift from the unions to the mine owners and capitalists. Trouble brewed as organized labor worked to maintain its authority while intimidating miners to either join the union or leave the district.

Violence escalated. Union thugs threatened miners in their homes and assaulted them as they went to and from their work. Sometimes the beatings resulted in death.

About this time, Martin Gleason, the superintendent of several local mines, aroused the enmity of the union as he supported nonunion labor. According to an article in the *Victor and Cripple Creek Daily Press* (December 28,

1901) Gleason "had the reputation of not discriminating in the employment of men."

Gleason further antagonized union bosses and miners when he hired a black miner at the White Horse mine. There were few black miners in the Cripple Creek Mining District, and when the White Horse mine employed another black miner, most of the white miners opposed the hiring. Gleason reminded the angry miners that President Lincoln had issued the Emancipation Proclamation 35 years earlier and that they should show some "brotherly love." Gleason's remarks held no sway, and the white miners refused to go to work with the black miner.

The circumstances turned lethal. Two days after Christmas, 1901, Martin Gleason, 50 years of age, was found dead, with his head crushed in, at the bottom of the Kalamazoo shaft — Miners brought his mangled body up 500 feet to the surface. The Woods Investment Company, Gleason's employer, offered a \$5,000 reward for the capture of his killer.

Several men were charged with this crime but were later released. According to S. E. Poet, the principal of the Victor High School, "the murderer was never brought to justice." We may never know who murdered Martin Gleason.

Although Martin Gleason worked for mine owners as a superintendent, he was sympathetic with the plight of the miners. As he tried to bridge the two worlds of labor and capital, Gleason became a grim statistic in the violence leading up to the second (1903-1904) of two Cripple Creek labor strikes.



Encampment of state militia on Bull Hill, Cripple Creek Mining District, June 12, 1894. Cripple Creek was the site of two labor conflicts: the first in 1894 and the second one in 1903-1904. Photo by A. James Harlan. Courtesy of the Cripple Creek District Museum.

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



Mountain Mustang Memories Moving beyond fear

by Stefanie Skidmore

The journey of gentling a wild horse inevitably begins with fear, uncertainty and confusion, on the Mustang's part at least. I don't know about you, but right now I don't have to look very far to figure out what that feels like. Regardless of where you stand on this issue, the world we live in doesn't feel quite the same as it did only a month or two ago. For the time being, daily life for many has changed, in some cases been turned on its head. Our metaphorical nostrils are flared, eyes wide and ears pricked as we face the unknown. Some are mildly annoyed, some may be feeling restless and 'on edge', while others are in a sheer panic. It is no different for Mustangs as they are removed from the world they once knew and thrust into a brand-new situation, trying their best to survive, feeling anxious about the drastic change and disruption of their social network as they are being separated from their herd mates, their family.

Many wild horses, when I first pick them up, are nervous and on constant alert. They're in survival mode and hyper-sensitive to anything that moves. The sound of the water hose, the sight of the feed cart or a person stepping into their pen — any one of the above may be perceived as a death threat by a wild horse already out of his comfort zone. Because sorting and separating wild horses daily to work with them individually causes additional stress and poses greater risks for both horse and human, the Mustangs are typically separated from other horses during the initial gentling process. Much like with humans, for horses there is safety in numbers. When they get scared, they run together and then stand, side by side, heads elevated, snorting at the perceived threat. Now, for the first time, they are alone. No running away and no friend to hide behind. Can you relate? I can, and today more so than ever before.

That being said, how do I approach an animal when it is that afraid, and I have, per the rules of the Trainer Incentive Program (TIP), a 90-day timeframe to turn a wild horse into a manageable, adoptable equine partner? The answer is *Very carefully*.

Compassion and mindfulness go a long way toward reducing fear and risk of injury to both Mustang and handler, as well as establishing a sense of comfort and normalcy for the horse sooner rather than later. This begins with the horse's living environment. Gentling pens are, by nature, small (the minimum requirement per horse is 400sq ft) and securely fenced. This level of containment is necessary because in a large pen wild horses can run themselves into a frenzy that can be dangerous to them if they fall, crash into or attempt to jump over fences, and they are generally harder to lay hands on and gentle in a very large area. Per Bureau of Land Management (BLM) requirements, the minimum fence height for an ungentled Mustang over 1 year of age is 6 ft. The fences of my gentling pens are 6 1/2 ft tall metal panels and I have seen Mustangs challenge — although thankfully not clear — those. The understanding is that these living arrangements, which in many ways go against the nature of a horse, are very temporary.

The immediate goal is to make a less-than-ideal situation as comfortable and safe as possible for these animals. In order to accomplish this, each wild horse is provided shelter from the elements and access to clean water. I make forage (hay) available to the Mustangs in slow feeders 24/7 or close, as that both calms and occupies them, and more closely resembles their natural foraging behavior. Horses in the wild may spend an average of 16 hours grazing, and the equine digestive system is designed to continually process small amounts of forage, rather than large



Mustang mare Lacy two and a half years out of the holding pens. She has grown into a brave, willing equine partner who has learned to trust in humans and to navigate our world. photo by Ory Photography



From fear to curiosity and confidence: 4-year-old Mustang gelding Ice checking out the camera. At the time this photo was taken Ice was four months out of the wild, three weeks out of the holding facility, and one week into halter training. Ice now lives in Missouri with his adopters. He was fortunate to be adopted together with his herd mate and buddy Frosty. photo by Stefanie Skidmore

On the cover: Mustang mares Feather, Spirit and Kalea (from left) immediately after their arrival in Guffey, still untouched and unsure. The way they are standing reveals a lot about their personalities. Kalea (in front) was the boldest horse in the group, Spirit more timid but curious, and Feather took the longest to be convinced that people are ok. Feather now lives in South Carolina, Spirit in Washington and Kalea here in Colorado. photo by Stefanie Skidmore

amounts two or three times a day.

I usually bring multiple wild horses in at a time for gentling and do my best to ensure that those who are in neighboring pens get along. I will find them a new neighbor (or, in rare cases, no neighbor) if there are problems. I have found these steps go a long way towards the Mustangs settling in and calming down quickly. I also like to put a calmer horse next to a more nervous one whenever possible, as that helps keep excitement levels low. With that approach I have had very few injuries among the Mustangs and often see horses napping next to each other throughout the day.

Once the wild horses have settled into their respective pens, which ideally should be ready for them prior to their arrival, the

gentling process begins. How that happens depends on the horse, with an ability to read the horse and to adjust one's approach to their emotional state and stress level being crucial. Some Mustangs are ready for and allow, even initiate, touch on day one, while with others it may take weeks to get to that point. After gentling 30 Mustangs I can say that no two of them have ever been the same. For that reason, no one method can serve as a *magic wand* or one-size-fits-all recipe for success for working with wild horses.

What does work is treating each Mustang as an individual, an *unprecedented event* so to speak, as well as continuous learning and being in the moment, mindful and aware of the wild horse's as well as one's own emotional state. Gentling wild horses has helped me become more keenly aware of subtle changes in a horse's behavior and body language, as well as my own. Furthermore, learning, for both human and equine, occurs on the edge of one's comfort zone, not way beyond it. That is why I aim to work with these horses below the threshold past which they go into either fight, flight or freeze responses. With that in mind, the Mustang and I establish two-way communication, taking the horse's behavior into account and adjusting mine accordingly. The ideal training session is brief and ends with a horse that is calmer than it was at the start of the session.

Within the first few sessions the Mustangs learn so called *stop-signals* which they can — and do — use to communicate to the handler that they need a break. This in turn gives the horses a sense of control over the situation, causing them to become less stressed, more comfortable and even curious. This usually leads to a mindset shift in the animal, from a focus on mere survival and being on the hairy edge of panic, to a sense of "I can handle this, one little step at a time."

I see gentling wild horses as a process I do with them rather than to them, as something we get through as a team, with me walking alongside and supporting them through moments of fear and struggle. In his heart-warming book *The Boy, the Mole, the Fox and the Horse*, British author Charlie Mackesy writes " 'Every-one is a bit scared,' said the horse. 'But we are less scared together.' "

Stefanie Skidmore is a Mustang trainer and advocate located in Guffey, Colorado. Her website is stefanieskidmore.com. To learn more about her work with wild horses, about adopting your own Mustang or for help with a horse you already own, you can contact her via email at stefanie@stefanieskidmore.com or call/text her at 719-377-8587 (cell).

**STILL OPEN!
DELIVERY**
Call/Txt/
719-888-9523

**Your #1
Vaping Source**

• Advocacy • Education • Starter Kits
• Mods • Tanks • RDAs • Coils

BUT... We're NOT just a Vape Shop
CBD Products & Essential Oils

INVENTORY REDUCTION SALE!

Chat with our Wellness Advocate about reaching your health goals
CBD • Essential Oils
THR (Tobacco Harm Reduction)

Build Immunity with Essential Oils
CBD for You & Your Pets!
• Personalized Assistance

**MOUNTAIN
• VAPOR LOUNGE •**
719-888-9523
118 W. Midland Ave.
Woodland Park
 @MountainVaporLounge
Hours: M-Th 9-8, F-Sat 9-9, Sun 10-6

**COVID-19
Community Partnership
Update**

**Community
Partnership**
Family Resource Center

Community Partnership Family Resource Center will remain open throughout the closures, connecting family needs with resources. For info or assistance, call: (719) 686-0705
Monday – Friday 8:00am – 5:00pm

• Food boxes can be scheduled for delivery or pick up
• Ongoing Community Outreach and Case Management for Families
• Emergency Financial Assistance available on case by case basis
• Volunteer Coordination
• Coordination of donated goods and services
• Resources and referrals for families and individuals



For more info and to find out how you can help or receive help: Call (719) 686-0705 or visit our Facebook page www.facebook.com/communitypartnershipfamilyresourcecenter
#DoingMyPartCO

Community Partnership Family Resource Center
11115 W. Hwy 24, Ste 2D, Divide, CO 80814
www.cpteller.org • 719-686-0705

Dig this:

Call 811 or visit www.Colorado811.org before you break ground on any size project.

A free utility locate can help you avoid hitting underground utility lines and prevent outages, fines, repairs and injury or death.



IREA

www.IREA.coop
@IREAColorado
IntermountainREA

TOMMY KNOCKER TRADING POST



WE BUY AND SELL PRECIOUS GEMS & GOLD NUGGETS SPECIALISING IN MINING AND PROSPECTING ANTIQUITIES

ONLINE SALES @FACEBOOK



Pharmgirl Uprooted

The principle of bounce
by Peggy Badgett



Social distancing can leave us feeling directionless, until we apply the principle of bounce!

Heavy grey clouds danced on the horizon. Somewhere above, the sun shone. But not here. Sadie and Jack watched me prowling the cabin like a caged lion. They tried to side track me by begging for dinner five hours early. I growled at them until they skulked away into their closet.

Maybe it was a good afternoon to clean the bathroom. However, the stay home orders had led to frenzied sessions of wiping and polishing until most surfaces in the cabin shone. It wasn't needed. Partially finished projects littered the dining room table and spare bedroom table, waiting. Un-enchanted by the barn quilt lying on my work table, and unable to weave words describing what I wanted to say, I just stared glumly at the face looking back at me from the medicine cabinet mirror. Who was this girl with disheveled, tangled locks framing a weary face? When was the last time I had taken a shower? The days and nights had streamed by without much to mark them.



Chuck and Stella enjoying their stay inside.

Stella and Chuck the hens clucked in their crate near the fireplace (not so close that they became dinner). A grin crept over my face as I coo'd softly back to them. I didn't have the heart to let them freeze in their coop, so had brought them inside with the last cold snap. They were someone else to talk to besides the drooling hounds when all outside activities ground to a halt. Rock gathering for windbreaks along the driveway was suspended by the snow. I certainly wasn't going to pedal my bike when the

temperatures hovered below 10 degrees. Howling winds knocked over logs before I was even able to raise the axe above my head. All of the DVDs in my storage box had been viewed at least twice. I needed a new distraction.

Impulsively, I grabbed the kitchen shears and faced the mirror. It had been months since my last cut. It took a few tries before I positioned my fingers and hair in the backward image without danger of cutting off an appendage. Wouldn't do to make an emergency room trip in these times. Immediately I felt lighter as tiny gold locks fell to the floor. After a few minutes, slightly uneven but springy bangs replaced the ones hanging listlessly down to my nose. Then I slowly scissored around my face, and cut strands in the back by looking over my shoulder. With each snip, I felt lighter. My bouncy new do wasn't going to win any beauty contests, but it improved my mood immeasurably.

Throughout that terrifying but triumphant exercise, my animals and fowl remained blissfully unaware. They were content to while away the hours slumbering, but not me. This brave new girl wasn't going to let mercury determine her day. After bundling into layers, I faced the cold air head on and strode down the road. Hand-written letters to mail nestled in my pocket. White mounds glittered mischievously in the fields around me. Ravens called from their tree top roosts. Smiling, I pulled the neck scarf over my nose in a familiar motion. The full moon, soon to lose most of its bulk, peeked through heavily laden boughs as I walked. Suddenly I realized Mother Nature exhibited inspirational examples all around me. Pines lost unnecessary limbs to the cleansing wind. Mountains shed loose rocks no longer required. I'll survive the shelter-in-place order by slowly snipping the unnecessary stuff in my life using her principle of bounce. Just maybe not as glamorously as I'd like.

Addendum: The writer accepts no liability for anyone taking it upon themselves to cut their own hair as a result of reading this story. Please be responsible and safe with all scissors and sharp objects.

Peggy Badgett is a resident near Guffey Colorado. She is a retired pharmacist, author of two books (The Rooster in the Drive Thru and Romancing the Bike both available at Shipping Plus in Divide), artist and avid adventurer. Her website is coloradopharmgirl.com, email is coloradopharmgirl@gmail.com.

Musings Along the Way

It is all in how you see it
by Catherine Rodgers

"We don't see things the way they are. We see things the way we are."

— Dr. Joe Dispenza

"Virus" means slimy toxin like a snake's venom. The snake in the Garden of Eden poisoned the minds of our first pater and mater with promises of wisdom beyond that of the Creator: the knowledge of good and evil. Rather than wisdom, they ate the bitter fruit of ignorance, creating duality or separation from the oneness of God which knows only good. Here began the ancestral belief in death.

"Corona" or crown is a symbol of sovereignty. In fact, we do have dominion over our thoughts, our selves. We can choose toxic fear, which is at essence forgetting our divine nature created in the image and likeness. Or we can put our attention on God and good being revealed. By lifting our energy to our crown chakra at the top of our skull, our soul is linked to the universal energy, to Source.

Never before have we Earthlings focused our attention collectively. We are all looking at an invisible thing which exists first in our minds, then outpictures as results in our physical world. Being the ultimate myth makers, how we interpret the same data or incoming vibrational frequency yields different patterns based on our past understanding. Our beliefs mold different experiences of matter. I like the similarity of pattern to "pater" or father shaping matter or "mater" mother. I contend that what we are truly confronting as a species is our fear of death. Not death itself which, like birth, is the mystery of disappearing and appearing, but our fear of death. What do you think happens when you die? Is it oblivion or reunion?

Perhaps the path to a cure lies in exploring our imaginations. What in the world are we thinking?

For some this pandemic is a crisis, perhaps a crisis of faith. For some this is an opportunity to align ourselves more with our core values. The core is the heart. To be in accord is to be in the heart, to reconcile, to be of one mind. A chord comes from the Greek, from the gut strings of a harp vibrating in harmony. Blessing whatever I see as God in form in all things here puts me in accord with the multiple octaves being expressed.

All things conspire for good for those who love. We have been preparing for today all of our lives. We have followed the whispers echoing in our self, taken

that class, or moved to that home, or read that book, or meditated with that teacher. I am astounded at what turns up in my TV channels, my newsfeeds and articles, so echoes my inner dialogue: coherence (forming a unifying whole), resilience (leaping back), accord. By blessing what is and asking for direction, I allow myself to listen to the cues. Taking a deep breath returns me to my heart. We can calibrate our attention to what feels good — love, bliss, peace, plenty, well-being — and thereby tune into receiving more of that.

Beyond all our good works, perhaps what we need most is to be still and tune into the Presence. To raise our frequency to align ourselves with the eternity of what already is. To reveal that shining glory now. In *Science of Mind*, there are five steps of effective prayer.

1. Recognition: God is. All in All.
2. Unification: I am one with God. God acts in me, as me, through me.
3. Realization: I speak my word for my desired good for the benefit of all beings.
4. Thanksgiving: I gratefully accept that good.
5. Release: I let go and trust that God has already accomplished this high desire of my heart.

Dr. Joe Dispenza's guided meditations activating the pineal gland and charging the chakras have been helpful to me. I deeply respond to the guidance at OrinDaBen.org. There are infinite paths to the Divine.

"Miracles occur in the field of my beholding consciousness."

— Rev Michael Beckwith

Are we expecting miraculous outcomes from all our prayers and meditations? When we look upon "the world," do we behold the good? Do we rejoice in this life as a gift? Some may contextualize this unfolding as the Second Coming of Christ Consciousness. Some may see this as the ascension from the 3rd to the 5th dimension, guided by the Galactic Federation. Some may call this enlightenment or the collective awakening of realization of our Oneness. What is being healed is our belief in separation, our fear of death, as we realize life is eternal in a multiverse of forms. And so it is.

Where is Katee this month?

When Katee is "staying at home" she continues to exercise by running thru her agility tunnel. Sometimes, she even carries one of her toys.

Katee is still asking for your help to keep her canine and feline friends at home with their families by making a donation to the Pet Food Pantry. COVID19 has affected many families. Stability is important and having their "best friend" to still hug is critical.

You can drop off donations at the UPS Store located in the Safeway Shopping Center or at TCRAS. You may also donate online www/PetFoodPantryTC.com. Thank you for your support!

FMI www.PetFoodPantryTC.com.

Adopt Me by TCRAS

Ned

Ned is an inside cat about 8 years old who has lived with children and a dog. His favorite toys and activities are cuddling and playing with strings. He needs a home where he can have a "safe and slow" introduction. We can help you understand how that can work in your home. Please call to make an appointment to come by and visit with this handsome cat. Adoption fee is \$50. We're located at 308 Weaver-ville Road in Divide and our phone is 719-686-7707.

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



CRIPPLE CREEK CARE CENTER

Your Colorado Mountain Home

Love of the Colorado mountains does not fade with age!



A 5-STAR COMMUNITY



Here at Cripple Creek Care Center we have been Diligently working to keep our residents and staff safe.

Our staff have been amazing at implementing all the changes needed to do this. We started restricting visitors on 3/12/2020. We set up video visits with families that were able to do so. We received masks from the Teller County Sheriff's office made by members of our community

We are all in this together! If anyone would like to send cards or words of encouragement to our residents and staff, please send them to PO BOX 397 Cripple Creek, CO 80813. A simple thing to let them know they are being thought of.



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

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

DayBreak

DayBreak

Turns 5 Years Old in May!

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

Critter

CORNER

Gabby - Liz Watkins, Flouissant, CO

Bailey enjoying life hanging out - Monica DeLuca, Divide, CO

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

KRAKEN

by Danielle Dellinger

The blue-green waves crashed against the dark, jagged rocks. Bex drank the last of her beer as she gazed teary-eyed out at the ocean. Her heart was broken, and numbing the pain felt like the only solution. She'd always loved the sea and mermaids. All she could think about was disappearing into the water and starting a new life in a world no one could ever find. Five years together, and it was all over in a minute. She tossed the beer bottle into the trash can as she heard her friends pull into the parking lot behind her. It was a clear day, perfect for boating. Bex and her friends, Anne, Lark, and Todd set sail in a rental boat. They had a cooler full of beer, and some pool toys.

"Did you get your stuff back from Griffin yet?" Todd asked, steering the boat toward open waters.

"Todd!" gasped Anne and Lark in unison. "What? I'm just curious."

Anne shook her head, disgusted. "Ignore him," she said, turning to Bex, who was popping open a beer.

"It's whatever," Bex said after a big swig. "But no, I haven't. Don't know if I really want to."

"You know he'll trash it if you don't," Anne said.

"Anne!" Lark and Todd now said in unison. Bex held up a hand. "No, she's right. I left some of grandma's jewelry there. I need it back."

"We'll go with you," Lark offered. "For moral support."

Bex nodded, finishing off her beer and cracking open another. "I'd like that."

Her friends went on to talk about it more, but she tuned them out. She stared at the deep blue water as Todd slowed them to a stop and dropped the anchor. There weren't any fish visible near the surface, and that made her strangely upset. She suddenly felt like she had to see some fish. That it was the only way to bring some happiness back into her life, even briefly.

Bex finished her second beer and pulled a swim pool floaty up around her waist.

"Bex, what're you doing?" asked Todd, concerned.

"The fish. I need to see them."

"Maybe sober up a bit before doing that. You've been drinking all morning." Todd got up and put a hand on her shoulder.

"Get off. I know what I'm doing." She shrugged away from his hand.

"Bex, we don't want you to hurt yourself," Lark spoke up.

"Come on, Bex. Just sit and talk with us," Anne said, patting the spot next to her.

"No! You guys don't understand!" Bex wobbled her way to the back of the boat where two steps led down into the water.

She stood on the last step, trying hard to see into the depths beneath her.

Something in those dark depths stared back up at her, watching to see what she would do.

Bex felt like she was being watched, and she squinted hard to see if she could make out any shapes below them.

"Bex!" Todd shouted to get her attention. "Get back here and sit down!" He reached for her and grabbed her wrist, pulling back on her.

"No!" She yanked away from him and her jade green mermaid charm bracelet, a gift from Griffin, slipped from her wrist and went flying into the water. "My bracelet!" she cried, and drunkenly jumped into the water. The impact forced her out of the swim floaty, but that didn't matter because she started swimming toward where her bracelet landed.

All three of her friends yelled for her to turn around, that she was going to drown. Anne happened to glance off to the side of the boat, and a stone dropped into her stomach.

A shark. Heading right for Bex.

"Shark!" she screamed at the top of her lungs, slapping Todd's arm. "Drive! We have to get her!"

Todd scrambled for the wheel and gunned the engine while Anne helped Lark dig out the lifesaver and rope.

Bex had been diving under the surface in hopes of seeing her bracelet. She came up for air right as Anne yelled "Shark!" She frantically scanned the horizon, spotting the fin 50 feet away.

By now, Todd had spun the boat around and was racing toward Bex. He planned to cut between her and the shark, but he missed his chance and had to pull up on the other side of her. The shark bumped against her with a partially open mouth.

Everything erupted into chaos. Bex's friends scrambled to pull her out of the water, but struggled to do so because she was wet, drunk, and panicking. They all thought it was over when the shark's head came up out of the water, mouth agape. But then the shark was gone in the blink of a soft splash. The water became calm again and Bex stopped panicking. A minute of stunned silence passed, and after that, they pulled Bex onto the boat and started for shore. As they sped away, a head popped out of the water, blood rising to the surface around it, and watched them go.

The instant they were secured against the dock, Bex jumped off the boat and headed for the stairs that led down onto the beach.

"Bex, wait!" called Lark, hurrying to grab his things.

"Wait for us!" Anne shouted.

"Don't follow me!" Bex yelled over her shoulder.

"Come on, Bex. Don't be like this!" Todd yelled back.

She flipped them off without breaking stride. The setting sun cast long shadows across the sand. Bex walked until she found a deserted part of the beach. She sat down just out of reach of the surf, and buried her feet in the sand. The wind picked up as she stared out at the horizon.

Right as the bottom of the sun touched the horizon, there was a weird blue flash of light. Bex blinked and rubbed her eyes, thinking she was still drunk. The sun gradually set. When the grey light of dusk settled over the land, Bex got up. She regretted yelling at her friends not to follow. She had to find them and apologize.

As she turned to go, she heard strange sounds coming from the water. She turned back around in time to see a large humanoid figure emerging from the water and walking toward her. Even though dusk was quickly fading to night, it was obvious it wasn't a person. Whoever it was looked like Davy Jones from [Pirates of the Caribbean], except without the hat. But they did have on the long coat, pants, and boots. However, what really captured her attention were the long tentacles slowly curling and moving independently from each other. The bald head and beady eyes gleamed in the last bit of light.

Bex's heart pounded in her ears while her body screamed to run away from the dangerous creature that had just emerged from the ocean.

Its hand then slowly reached out to her. She couldn't stop the scream that came out, and then she bolted for the boardwalk. Once she was up in the parking lot, she stopped and looked back to see the creature still standing there, looking right back at her. Without a second thought, she jumped into her car and sped home.

Nearly a week went by. She hadn't said anything to her friends when she finally met up with them and apologized for her stupid behavior. They graciously accepted her apology and took her out to lunch to plan how they were going to get grandma's jewelry from Griffin. A knot tied itself in Bex's stomach when she thought about seeing him again. It had been three weeks since their breakup, but it still felt like it was just the other day.

That evening, Bex and her friends pulled up outside of Griffin's house. They all got out and Bex stood in front of them, facing the house. Her hands trembled with anxiety. Her friends flanked her, saying encouraging things.

Bex nodded, inhaled deeply, then marched up the sidewalk onto the porch. She momentarily hesitated before knocking firmly on the door. A moment later, Griffin opened the door.

"Hi-Hey," Bex stammered. "I came to get my things. Well, specifically, my grandma's jewelry."

Griffin nodded, silently reached down by the door and picked up a box, handing it to her.

"Thanks," she said, digging around in it until she found the jewelry box. She awkwardly opened it and made sure everything was there. "I'll, uh, see you around." She tried to smile at him, but she knew it came off more as a grimace.

He gave a curt nod, then shut the door. Bex slowly made her way back to her friends. They gathered around her and gave her a group hug as she quietly cried.

That night, she sat on her front porch going through the box. Her heart felt like it was ripped into pieces, and the pain only grew when she looked at the pictures of her and Griffin together. She wished there was a way to escape this lonely near reality. She would do damn near anything to stop feeling the aching pain and emptiness. She came across the picture they'd taken at the beach the day before he broke up with her. Tears burst forth and she clenched the picture between both hands, tempted to rip it in half. Instead, she shoved it and the box off of her lap, sending everything crashing to the ground. She had a brief moment of panic when she remembered the jewelry box was in there, but found herself too tired to care. She leaned back in the chair, a hand over her eyes as she quietly cried to herself.

"You're in so much pain," came a rumbling, watery voice from the bottom porch step.

Bex jumped and dropped her hand, gasping when she saw the sea creature partially in the shadows looking at her. "Wh-who are you?"

"Kraken."

"Wait, what? Like the thing that sailors wrote about attacking ships?"

Kraken's thin lips turned up in a smile. "Yes." He came into the light. His arms were long and thick, but not disproportionate to his torso. His fingers were slender and had tiny suction cups on them.

Bex shook her head. "I must be absolutely wasted," she said, holding up the beer she'd been drinking and squinting to read the alcohol content.

"You're not," he assured her, still smiling.

"Then why're you here? Are you a figment of my imagination to process my breakup?"

"No. You dropped this, and I wanted to return it." He held out his hand, and on his palm was her jade green mermaid charm bracelet that she'd lost in the ocean several days earlier.

She gasped and leaped up, tripping over

Now Offering Duct Cleaning & Plumbing!

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!

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

ARE YOU AND YOUR VEHICLE READY FOR SPRING RAIN & MUD SEASON?

SCHUMACHER'S

Alignment & Tire Center

Over 30 Years in Teller County! Teller County's Oldest Family Owned & Operated Alignment & Tire Center!

Most Major Tire Brands Now Available

Mufflers & Custom Exhaust • Wheel Balancing • Brake Service • General Automotive Repair • Cars ~ Trucks ~ 4x4's ~ Motor Homes

220 S. Burdette, Woodland Park, CO

719-687-2446

Jamie Schumacher

Mon-Fri 8-5:30

10% OFF LABOR ON ANY SERVICE OVER \$100

LOG HOME RESTORATION

Media Blasting | Staining Chinking | Sealing Rebuilding Decks and Railings

Paul Schmucker

(719) 580-8094

pjhitchingpost@gmail.com

HITCHING POST

Stevens Carpet Plus

"We truly appreciate all of our men & women in uniform. To our military and all first responders — THANK YOU For ALL That You Do For Our Community."

— Justin & Barbara Stevens

IN APPRECIATION WE OFFER A 10% DISCOUNT ON ANY PURCHASE FOR ACTIVE DUTY AND RETIRED MILITARY AND FIRST RESPONDERS

719-822-6822

Stevens Carpet Plus

For All Of Your Flooring Needs

CALL FOR YOUR FREE ESTIMATE

719-822-6822

WE WILL BE CLOSED MAY 23RD-MAY 25TH FOR MEMORIAL WEEKEND

The Corona's

at

FRESHWATER

GUFFEY, COLORADO

Elev. 8640

52 S 8TH ST

GUFFEY, CO

719.689.0518

HTTP://THEGUFFEYFRESHWATER.COM

MAY MUSIC

5-8PM

5/2

THE BRIAN GRACE BAND

5/9

DONOVAN LEE

5/23

STEEL STREET BAND

5/24

CARI DELL TRIO

5/25

HAPPY MEMORIAL DAY

5/30

DISTANT THUNDER

THE LIQUOR CLOSET

PLEASE CALL TO SEE IF WE ARE HAVING MUSIC. TYPICALLY MAY IS WHEN WE OPEN THE DECK AND MUSIC IS FROM 3-6PM ON SATURDAYS BUT WEATHER IS ALSO A DETERMINING FACTOR WHETHER THEY PLAY OUTSIDE OR INSIDE. WE APPRECIATE EVERYONES SUPPORT DURING THE COVID-19 SHUTDOWN AND LOOK FORWARD TO A GREAT SUMMER. PLEASE CALL TO VERIFY OUR HOURS, THE SUMMER HOURS USUALLY CHANGE IN MAY ALSO, BUT AGAIN WITH THE SHUTDOWN, THERE ARE SIGNIFICANT CHANGES 719-689-0518

Have a Paint Party at HOME.

EASY ONLINE FUN
ART CLASSES
WITH MARY SHELL

NO MORE DRIVING FAR AND
SPENDING TOO MUCH FOR A
PAINT PARTY. NOW YOU CAN
DO IT AT HOME AT A
FRACTION OF THE COST
AND INCLUDES ALL MATERIALS
DELIVERED TO YOUR HOME!

FOR MORE INFO E-MAIL MARY SHELL
paintwithmary@yahoo.com



Got Propane?
Get Glaser!

Glaser
ENERGY GROUP, INC.

MAKE THE
SWITCH TODAY!

Divide
650 County Rd 5
(719) 687-1180

No Hazmat or Admin Fees
Referral Program = 50 Free Gallons
Free Routed Deliveries

Online Bill Pay Available
Offices in Divide & Colorado Springs



Life-Enhancing Journeys Facing our fear

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

These are frightening times and when we look around the world there seems to be no place we can find a safe refuge. Most of us have some fear for ourselves and for our loved ones. There are so many who are contending with so much suffering around the world and everyone you meet is confronted with some struggle. Pandemics can cause a sense of disconnection especially when focusing on competing for scarce resources. It is likely that almost everyone we know and meet is now facing a sense of powerlessness because we feel so defenseless and out of control and it is so scary. The most vulnerable of us who are quarantined (those with the least access to resources) are the people most likely to contract the virus or will become financially devastated from the pandemic. What we know however, is that everyone with resources or not, is still at risk.

What comes up for me is a combination of fear, sorrow, helplessness and an impending sense of my own mortality. Will I survive this crisis? If I do make it through then who will I be when the disaster passes? How do I want to conduct myself in the midst of the crisis? As I face this shared misery, what is being asked of me? Am I up for the task? Are you willing to ask these questions of yourself? How will you respond?

Experiencing terror is a fitting reaction for how our lives are right now. Fear is a natural and intelligent response to facing anxiety and dread. It warns us of possible danger which then increases our ability to be on high alert so we can stay alive. Instead of trying to suppress it, it helps to be reminded that what we are experiencing is absolutely appropriate.

As has been previously discussed (see article on the Limbic System April 2018), emotions are always experienced as body sensations instantaneously — heart racing, knot in the gut, shortness of breath, dry mouth, tight muscles, sweaty palms, etc. Are you noticing any of those physical sensations? Remember, this is normal and to be expected. Ask yourself: "Where am I feeling that? What does it feel like?" Identifying these observations limits the grip these physical sensations can have on us.

Thoughts in our mind affect our biochemistry so it is beneficial to soothe fearful thoughts to prevent ourselves from becoming a prisoner of our anxiety. When the level of panic is so strong it is necessary to first calm down the nervous system — that fight/flight/freeze response — to enable the evolved brain and the higher functions in the prefrontal cortex to come back "online."

When we are gripped with fear and it feels so strong that we are at the level of panic, there are several methods to reduce

the terror inside.

Begin by focusing observantly to your breath by breathing in and out and intentionally slowing down the pace of breathing to a calmer level. Take at least three full breaths, counting to five with the in-hale, and counting to five with the exhale, and with the exhale, purposefully release tension. Instead of taking short, panting breaths which can create more agitation, the comfortable, long deep breaths enable the nervous system to relax. Our breath is a helpful source for assisting us to come out of a cycle of disturbing thoughts and return to our senses by bringing us back to the present moment. This can be accomplished by noticing all that is around you (the sun is up; the green shoots are beginning to push through the soil; I'm wearing my most comfortable shoes, etc.) rather than focusing on the dread of the "What ifs..."

Fear is a natural and intelligent response to facing anxiety and dread.

Ground yourself and feel the gravity holding you to the earth while you walk around inside your residence or in nature. Dance or stretch or shake and keep moving to release any residue of distress. Take time for a bath or light a candle, watch the clouds move overhead, listen to whatever type of music you enjoy. Be aware of the thoughts that are emerging so that when there is a frightening thought you can talk back to it with words of comfort such as, "This is just a scary thought yet I know I can handle it... I notice you fear and now I'll focus on my breath which calms me... I am safe and protected here in my house... I'm here for you... You're not alone..." When you are able to put a name to the emotion it assists our survival brain to settle down which improves resourcefulness and innovation.

Now I would like to explore if there is anything positive or can there be anything useful to come out of this experience? It seems like the entire planet is heading for a reset from what has been our norm for these past few years or perhaps even decades. How do we look past the threats around us to see the opportunities that could be present?

Although we have been asked to create distance between us and "shelter in place," we have witnessed open-hearted bonds being formed between people. The feeling of "we're in this together" has provided imaginative ways of relating to each

other. The single most important thing that can happen right now is that we feel a mutual connection — that we're really here to help each other move through this.

Just think about the heroism of the healthcare workers who are risking their lives to help people who are suffering. Notice the grocery store workers, custodians, drivers, postal employees and all other essential workers who mostly have no protective gear and are around hundreds of people with potential to infect them. Where would we be without their competence on the front lines of the epidemic — their willingness to serve even though they may be endangering themselves just to help keep us safe? Let us celebrate the goodness that is present in so many people.

Because the coronavirus has disrupted our day-to-day lives, it can provide us with opportunities to reflect on things we previously deemed vital to our existence. We now have time to reconsider our habits and routines — what we do, how we do it and why we do it. This virus has forced major changes to our daily life right now, and yet some of these we might actually want to continue after the crisis is over.

Many factories are closed or operate far below their capacity, road traffic has been reduced radically and air traffic is, for all intents and purposes, at a standstill. The lack of tourism has emptied the streets in overcrowded cities, and even though this may be bad news for the many people who have been laid off from their jobs, this is good news to help our planet recover.

We now have a clearer perspective of the role we play on this planet. We cannot continue to operate as carelessly as we have been. The illusion that we are in complete control has now been revealed to be an untrue belief we have been telling ourselves. This pandemic provides us an opportunity to wake up in an extraordinary way and recognize that we are all connected. Who do you want to be? What kind of world do you want? Might this be our Renaissance? We have a choice.

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).

Editor's note: We felt it important for Barbara to offer strategies on coping with COVID-19 this month. Next month we intend to continue the resilience series and print ways to fortify your resilience.

USDA Forest Service Community wildfire risk website released

by Coalition for the Upper South Platte

The US Forest Service announces the rollout of the free, interactive, easy-to-use website, Wildfire Risk to Communities <https://wildfirerisk.org/>. This website is designed to help community leaders nationwide understand wildfire risk and allow them to prioritize actions to protect their communities. The data within Wildfire Risk to Communities provides a starting point for community leaders and fire experts when assessing and taking steps to reduce risk to homes, businesses and community resources.

The site provides data through interactive maps and charts showing risk to homes, exposure types, wildfire likelihood and vulnerable populations. Wildfire Risk to Communities also provides vital steps that elected officials, planners and wildfire managers can take to mitigate risk through home hardening, wildfire preparedness, fuel treatments and more. Specific resources are linked on the site to facilitate necessary action.

Coalitions & Collaboratives, Inc. (COCO), based in Lake George, CO, is honored to have two programs featured in the Reduce Risk portion of the website. The Action, Implementation, and Mitigation Program (AIM) and Community Mitigation Assistance Team (CMAT) are both designed to support community capacity and build

sustainable mitigation programs. COCO Chief Operations Officer, Jonathan Bruno, is "proud to be part of the solution to wildfire action and community planning."

Wildfire Risk to Communities is designed so that anyone can access the data. No technical or mapping skills are required, making the interactive website useful for a diverse set of users. Geospatial data and tabular data will also be available for download to allow for additional analysis. Wildfire Risk to Communities is best used for considering risk across a community rather than at the neighborhood or individual home scale.

"Wildfire Risk to Communities is an interactive website that the Forest Service is proud to implement," said USDA Forest Service Chief Vicki Christiansen. "As the challenge of catastrophic wildfires and growing populations converge, we need more cross-boundary, collaborative tools to manage and mitigate risk. This website provides community planners, community leaders and fire managers more information at their fingertips, creating opportunities to better understand, assess and prepare for wildfire risk."

For more information, please visit fs.usda.gov/managing-land/fire/wildfirerisk

Heart of the Rockies Radio Receives 18 awards!

Heart of the Rockies Radio Group and Media Center is proud to announce they were awarded 18 Awards for Broadcast Excellence from the Colorado Broadcasters Association, including being named *Station of the Year* for small markets in Colorado!

In the last six years they have won 39 awards for doing the things they love to do and that is local radio done right.

Congratulations and keep up the good work!

NOTICE: SPECIAL FARMERS' MARKET

Woodland Park
Farmers Market
Teller County Farmers Market Association



MAY 16 9am - 1pm

N. Center St, by Memorial Park

DRIVE-THROUGH only: Enter on South Avenue, by City Hall, drive through to Henrietta. Buy from your car or pre-order from the limited number of vendors (food/produce only). See website and market Facebook page for vendor contact info.

Items will be pre-bagged - no samples, minimal touch.

Veggies, mushrooms, honey, baked goods, eggs, microgreens, broth.
Food Truck items should be pre-ordered for pick-up.

SNAP/EBT and Market Bucks will be honored. Use credit/debit cards if possible. Prefer no cash/coin. PLEASE WEAR MASKS and maintain 6' distancing!



Website: <https://www.wpfarmersmarket.com>
Facebook: [Facebook.com/wpfarmersmarket](https://www.facebook.com/wpfarmersmarket)
info@wpfarmersmarket.com



READY TO RE-OPEN?



NEED NEW MENUS?

10% OFF Menu Printing in May!
Bring in or Email your printing jobs to us so
we can have them ready for you to pick-up!

**Shipping
Plus** In Divide

Your Full Service Shipping & Business Center

Packaging • Shipping • Scan to Email • Fax
Copies • Printing • Design • Business Cards
Brochures • Flyers • Keys • Laminating
Notary • Greeting Cards • Gift Wrapping

Thymekeeper Products

The Plant Lady Seeds

Books by Peggy Badgett



52 County Road 5 • Divide
719-686-7587 • Open M-F 9-5:30
shippingplusco@gmail.com

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

20% OFF
PRINTING SERVICES

Limit one coupon per customer. Not valid with other offers. Restrictions apply. Valid and redeemable only when presented at a participating location. The UPS Store centers are independently owned and operated. © 2018 The UPS Store, Inc. Offer expires 05/31/20.

The UPS Store®

CELEBRATING OUR 28TH YEAR!



Organic Foods | Local Produce | Gluten-Free | Grass-Fed Beef | Pet Food

719-687-9851

790 Red Feather Lane • Woodland Park

Hours: Mon-Fri 9am-7pm • Sat 9am-5pm • Sun 10am-5pm

PLEASE SUPPORT ALL THINGS LOCAL

HRRMC Health Centers TELEHEALTH SERVICES



Due to COVID-19, we are only seeing sick patients in our clinics at this time. However, our team of primary care and specialty providers are providing virtual appointments for our patients.



Pharmacy prescriptions are still available for curbside pick up or delivery at the Retail Pharmacy in the Outpatient Pavilion at 1000 Rush Dr. in Salida. These services are available Monday–Friday, 9:30 a.m.–5:30 p.m.

To set up a telehealth appointment, please call:

Outpatient Pavilion, Salida | 719-530-2000

Buena Vista Health Center, BV | 719-395-9048

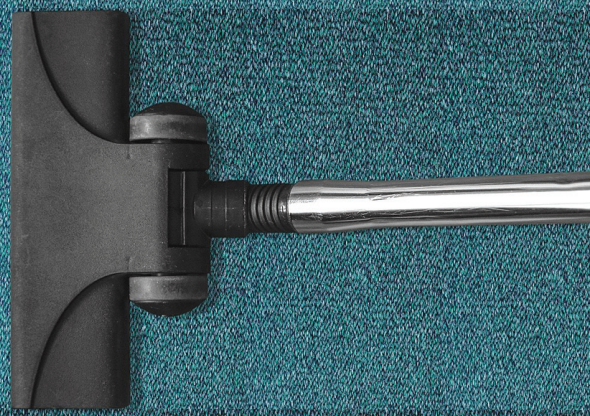
Salida Health Center (also serving Saguache), Salida | 719-530-2022



hrrmc.com

Straight talk about vacuums

by Dwight Griggs,
owner of Grigg's
Vacuums



The purpose of this is to deliver straight talk to you about vacuums in light of the current health situation.

Years ago, I took a stand against bagless vacuums. It never made sense to vacuum your home and in the process release 58 million particles per minute into the air.

Did you know 90% of people buy bagless vacuums? Knowing how vacuums work, I find that insane! People think that there is a safety net. They believe manufacturers would not make bagless vacuums if they don't work. However, manufacturers make them and they *don't* work!

You cannot have a clean home using a bagless vacuum!

This is how the bagless system fails: Nothing magical makes the dirt stay in the dirt chamber of a bagless vacuum. Instead of filling a high filtration bag with debris, it fills a three-foot vacuum full of dirt. When the debris gets to the HEPA filter, the HEPA filter initially stops the debris but it is soon plugged and the passageway is closed. The vacuum is still creating air but now it cannot get the air through its intended passageway so it blows the air, along with other particles, out the cracks and poor seals of the vacuum into your air at a rate of 58 million particles per minute! Yuck! When we clean a bagless vacuum we turn tanks of clean water into black silt! So crazy.

My son said I should advertise that I passed up a million dollars in bagless vacuum sales to deliver you a good product.

It is unethical to sell bagless vacuums and I do not sell bagless vacuums!

Choosing a bagless vacuum over a bagged vacuum is not as inconsequential as choosing an upright vacuum over a canister vacuum or vice versa. That is a matter of preference.

Choosing a bagless vacuum over a bagged vacuum in the past was deciding to re-distribute dust in your home over cleaning your home.

Today, it is most important to trap the dirt and dust in a HEPA vacuum bag to get your home clean and healthy.

People tell me, "My bagless vacuum picks up so much dirt!" The bagless vacuums are very deceiving as to how much they pick up. The process fluffs the debris making you think you picked up a lot when, in actual fact, you picked up very little. A 9' X 12' section of carpet can look clean and hold 84 pounds of dirt. What

you left in the carpet is more substantial than what you picked up.

A bagged vacuum compresses the dirt and a bag holds substantially more than a bagless dirt chamber.

To clean your home, you need a vacuum with a good strong motor, an aggressive brush roll and a bag to trap the dirt. (These days, a HEPA filtration bag is what makes sense.)

The CDC approves persons to make health masks from HEPA vacuum bags if regular masks cannot be procured. In fact, Griggs Vacuums donated a case of HEPA vacuum bags to Penrose Hospital at their request to make masks!

With the current health situation, I am proud that I have provided good quality, high filtration vacuums to everyone that has ever purchased a vacuum from me. You have the equipment to clean your home and protect the health of your family!

Many house cleaners use bagless vacuums. They don't want the expense of vacuum bags. Can you imagine that people pay these housekeepers to blow 58 million particles per minute of other homes' debris into their home? Housekeepers finish one house, dump the dirt chamber and head to the next house with the vacuum still loaded with dust, dirt, fleas, dust mites, bedbugs and God forbid, viruses to blow into the air of the next house they "clean"! If you have a housekeeper, invest in a good high filtration vacuum and insist the housekeeper uses only your vacuum in your home.

Griggs Vacuums is helping persons that need a vacuum or want to move forward from a bagless to a bagged vacuum.

We are offering in-store sales to try to help everyone that comes to us for a vacuum. We want everyone to stay well and have a clean home! If you have friends or family or you, yourself, need a vacuum, know that we will help you get a good quality vacuum within your budget. We are considered an essential retail business, so we will be open regular hours M-F 9:30-5:30 p.m. and Sat 9-4 p.m. to help with all your vacuum needs.

I am loyal to my customers and I very much appreciate my loyal customers that come to me for their vacuum bags, filters, belts and service! That is what has maintained our business for over 40 years! Let me know how I can help. God Bless you and your family. God Bless America!

Florissant's Spring

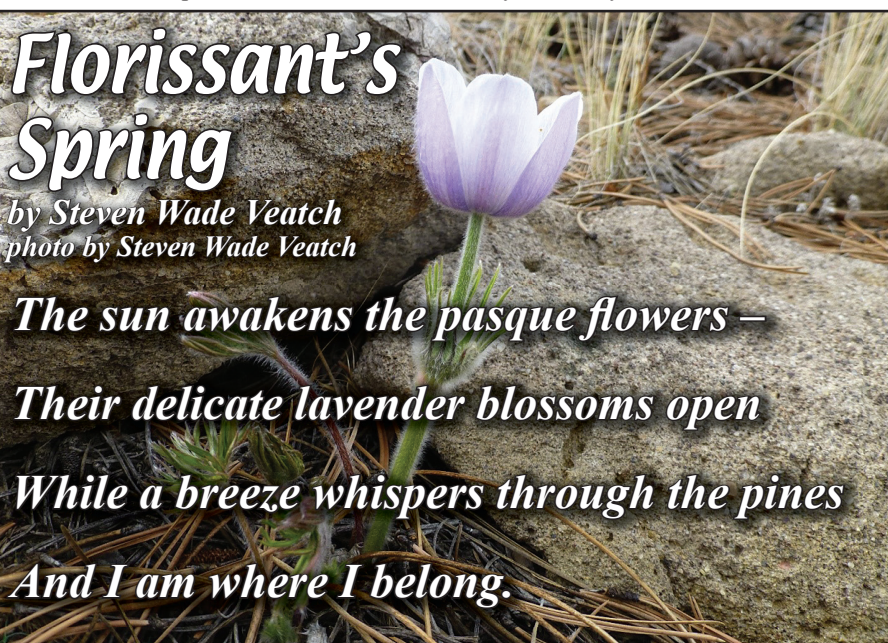
by Steven Wade Veatch
photo by Steven Wade Veatch

The sun awakens the pasque flowers –

Their delicate lavender blossoms open

While a breeze whispers through the pines

And I am where I belong.



Financial Focus

Avoid touching retirement savings early

You contribute to an IRA and 401(k) to help build the financial resources you'll need to enjoy a comfortable retirement. But despite these funds being set aside for retirement, many investors use them before they retire. More than half of Americans tap into their retirement savings early, according to a survey from Magnify Money, a website focusing on financial topics. How can you avoid this problem?

It's obviously important to leave your retirement savings untouched, as much as possible, until retirement. You could spend two or three decades as a retiree, so you'll need a lot of financial resources. Of course, it's understandable why some people touch their retirement accounts early: According to the Magnify Money survey, about 23% did so to pay off debts, 17% to make down payments on a home, 11% to pay for college, and the rest for other reasons.

While you also might consider these needs for taking an early withdrawal or loan from your retirement account, you've got good reasons for not touching your IRA or 401(k) before you retire. First, you may face tax penalties if you withdraw money from your IRA and 401(k) before 59 1/2, though there are exceptions. Also, if your withdrawals from your retirement accounts are large enough, they could push you into a higher tax bracket. Plus, the longer you leave your money intact, the more you'll probably have when you need it in retirement.

Let's use the survey results to look at some additional points you might evaluate before using funds from your retirement accounts for other purposes:

• **Paying off debts** — You could consider using a 401(k) loan to pay down some high-interest rate debt, but this move assumes two things — one, you

don't plan on taking on additional high interest rate debt, and two, you plan on repaying the loan from your 401(k) within five years. If you don't, you could face penalties.

• **Making a down payment on a home** — The IRS allows first-time home buyers to make a penalty-free withdrawal of \$10,000 from an IRA to make a down payment on a home; however, taxes could still be owed. You might be better off by delaying the purchase of a home, giving you time to build up additional savings, held outside your retirement accounts, that could be used for the down payment.

• **Paying for college** — If you haven't saved enough for a child approaching college, you might consider withdrawing from your retirement accounts to do so. If the funds are used for qualified education expenses, you may be able to withdraw from your IRA without paying a penalty, but again, taxes could be owed on the withdrawn funds. Alternatively, if you have more time, you could consider opening tax-advantaged 529 accounts for younger children to help pay for their education.

As the name suggests, a retirement account is designed for retirement, so do whatever you can to protect it. You may want to consult with a financial professional for guidance on meeting the other needs people cite in tapping into their retirement accounts early. The more you know, the better prepared you'll be to make the best decisions you can for your situation.

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

WPSD opens registration for PreK/Kindergarten

Woodland Park School District (WPSD) is accepting registration information for students who will be attending Pre-Kindergarten and Kindergarten in the fall of 2020. Due to the current circumstances of COVID-19, basic forms are available now on the District website at wpsd12.org. This information is needed to begin planning for the 2020-21 school year.

WPSD will not be collecting regular registration documents at this time but will ask for those on August 4 at registration. Those forms may be found on the District website starting July 1.

Commonwheel Artists Cooperative

Keagan Nevada is 2020's recipient

Keagan Nevada, a local Manitou Springs senior is the 2020 recipient of the annual Commonwheel Artists Cooperative scholarship for excellence in the arts. This scholarship is given each spring to a student who exemplifies dedication to the arts; visual, musical or theatrical. Keagan will be pursuing a degree this fall, focusing on the visual arts. During her high school career Keagan worked as an intern at the Pikes Peak Artist Collective, working with children. Involved in several community activities, this well-rounded young woman is very deserving of this award.

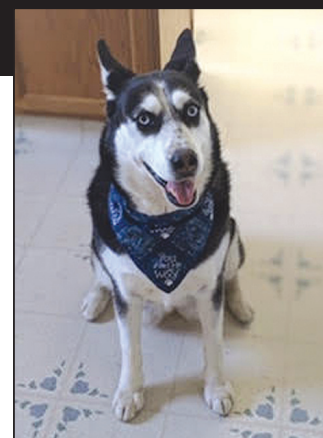
Commonwheel has supported the local graduates for over 20 years, offering scholarships to seniors at Manitou Springs High School.

Adopt Me by AARF

Frost

Frost is a 2-year-old female husky looking for a new home. She is house trained and learns easily — she already knows some commands — clever girl. Frost would do better in a house with a small dog as she does protect her food! She is good with older kids. Frost is a perfect companion for a Colorado lifestyle! To meet Frost to see if she could be a good fit for your family, please call Dottie at 719-748-9091.

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



Retired? Let us help
with your income
needs.



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

Woodland Park School District
'Elevate Your Education'

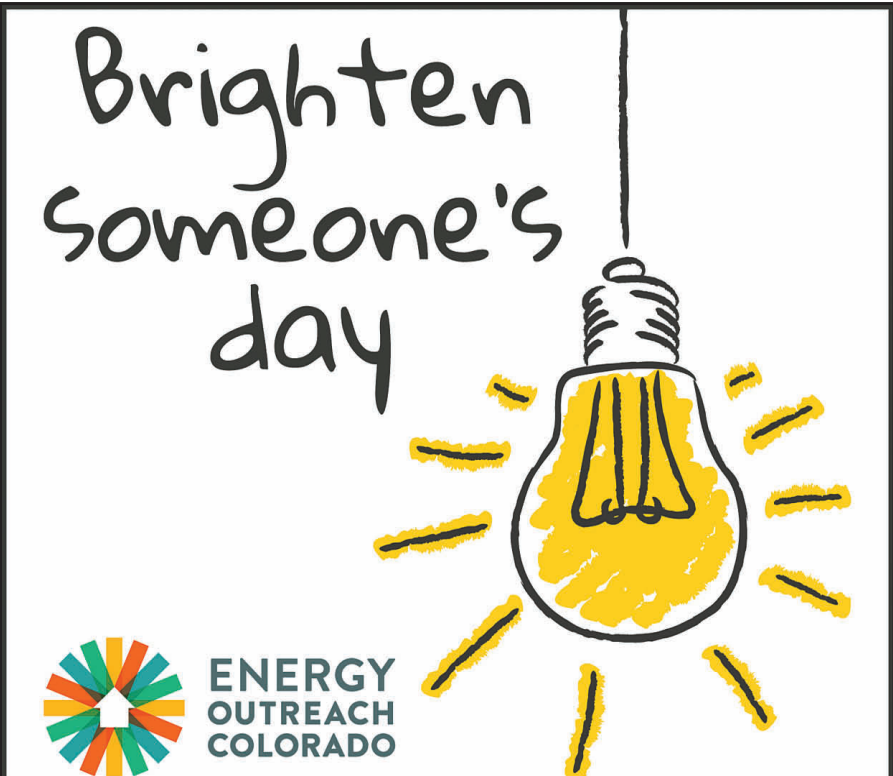
Congratulations!

WPHS Class of 2020!



We are very proud of you!

(719) 686-2000 or www.wpsdk12.org



Thousands of Coloradans are struggling to pay for electricity during these difficult times. You can help by making a tax-deductible donation to Energy Outreach. IREA will match dollar-for-dollar contributions made by our customers, up to \$75,000.

Visit www.IREA.coop/energy-assistance to make an online contribution, or fill out and return the form included with your monthly IREA bill.

IREA www.IREA.coop
@IREAColorado
IntermountainREA

One Nation Walking Together Missing and murdered Native women and youth

by Urban Turzi, Kathy Turzi, Laura Chickering-Knapp, and Rachelle Ashley

“It is well to be good to women in the strength of our manhood because we must sit under their hands at both ends of our lives.”
 — He Dog, Oglala Lakota

There are many life-altering matters associated with the Native American culture. On the religious and cultural side, there are many positives. However, there are many negatives also: physical and mental health issues, suicide, abject poverty (Native American children are the poorest of any group in our country) historical trauma, alcohol/drug addiction, shortened life expectancy, high unemployment, and many others. Why have we not seen more media sources over the years address the exploitation of Native women when 97% were victims of violence, where 80% of the perpetrators are non-Indian.



Why hasn't this been more a matter of general interest and concern? Is it because the plight of Native people in our country is not newsworthy? Is it because Native Americans only comprise 2% of our population? Is it racism? Most US citizens are not fully aware of the challenges Native people endure on their life walk. Regrettably, over the past few years, the only news coverage we have seen about the missing and murdered are those about non-Natives. Too often, it is only on Facebook via the pages of Native friends, Native media, or a specific inquiry on the internet where any mention is made of missing or murdered Native women. However, recently, the “tree has been shaken.” Local and national authorities are starting to question this situation to the point that it is now being called “an epidemic.” However, it actually is the continuation of the American holocaust against non-white peoples. What follows is a sampling of coverage from various news sources that address the subject of missing and murdered Native women.

“Congress tackles crisis of missing and murdered Native American women” (CBS News, June 12, 2019), Grace Siegers Although May 5 is nationally considered a day for celebration (Cinco de Mayo), in many tribal communities, it is the National Day of Awareness for Missing and Murdered Native American Women. The date commemorates the birthday of Hanna Harris, a young mother and member of the Northern Cheyenne Tribe in Montana. Hanna's story is a carbon copy of the struggle plaguing tribal communities and indigenous women living in cities. Native Women face extremely high rates of violence, an epidemic which is marked by the lack of data about the number of women who go missing or are murdered in and outside of reservations. Nearly every Native American family has a story about a female relative who has gone missing or been murdered. The 2013 reauthorization of the Violence Against Women Act (VAWA) included a provision allowing tribal law enforcement to prosecute non-Native perpetrators in cases of domestic violence. The bill passed in the House this year now includes a provision that would expand the definition of domestic violence in the Indian Civil Rights Act of 1968 to include violence against children and elders. It also recognizes tribal jurisdiction over crimes other than domestic violence, such as sexual assault...” (Note: The Senate did not pass the House version or any version of the bill reauthorization.

Therefore, VAWA 2013 is still in effect.)

Women are disappearing and dying in Indian country. We must act.” (The Guardian, May 2, 2019), Debra Anne Haaland, (D - New Mexico) ...In Indian country, families sometimes wait days for the authorities to respond, and frequently lead the only search parties. What's worse, sometimes the record of that missing indigenous person isn't documented, leaving questions unanswered for decades, leading to gaps in information, missing person cases unsolved and perpetrators roaming the streets...” “...City, county, state and tribal agencies must work together so we can fully understand the scope of this epidemic. If undressed, Native people will continue slipping through the jurisdictional cracks...”

In May 2019, Senator Tom Udall (D-New Mexico) posted on his Facebook page, his testimony in front of the Senate demanding action on VAWA, and the crisis of missing and murdered Indigenous women. We cannot allow this bill to be buried in the majority leader's so-called ‘legislative graveyard,’ he said. Udall was referring to Senate Majority Leader Mitch McConnell's vow not to take up progressive legislation that passed in the House. In an interview with CBS News, Representative Catherine Cortez Masto of Nevada condemned Republican opponents of VAWA saying “Unfortunately, some of my Republican colleagues want to take out any funding or support for our tribal communities. It shouldn't be an issue. The states with the highest populations of Native Americans are a mix of traditionally red and blue states.” Having been Nevada's Attorney General, Masto worked to combat sex trafficking in the state's tribal communities and believes it is important to raise national awareness about the issue. At the same time the VAWA reauthorization was passing in the House and being held up in the Senate, another Act was winding its way through Congress. Savanna's Act named after Savanna LaFontaine Greywind, a North Dakota Native woman who died of blood loss after her baby was cut out of her body, was introduced in Congress by nearly the same members who introduced a similar piece of legislation entitled the “Not Invisible Act.” Savanna's Act directed the Department of Justice (DOJ) to review, revise, and develop law enforcement and justice protocols to address missing and murdered Native Americans. Therefore, bi-partisan members of the House and Senate supported and introduced amendments to the reauthorization of VAWA, the “Not Invisible Act” and “Savanna's” Acts to address exploitation of Natives. However, neither bill has been brought to the Senate floor. It appears that as Senator Udall feared, they have indeed been relegated to the Senate Majority Leader's ‘legislative graveyard’, and the crisis of missing and murdered Native women and youth remains a tragic afterthought in America. Finally, the Invisible Act and Savana's Act were passed in March 2020. On some reservations, the murder rate is 10 times the national average... take that in for a second and see how you would react if that was the case in your neighborhood. Let's address the issues that let this condition persist.

Hanna Harris, a member of the Northern Cheyenne Tribe of Montana was a young mother who was reported missing in July 2013 and found murdered a few days later. Hanna's story mimics the struggle of Native women living in tribal communities and urban areas. According to the National Crime Information Center, over 5,700 American Indian and Alaska Native women and girls were reported missing as of 2016. However, only 116 cases were investigated by the Department of Justice. “Murder and sexual assault are a real fear amongst Native American women,” says Lisa Brunner who is co-director of the Indigenous Women's Human Right Collective in the Center for Public Integrity newsletter circa October 2018. According to a 2016 National Institute of Justice study, more than half of Native women have been sexually assaulted. Over a third have been raped during their lifetime and the rate of rape among Native women is nearly 2.5 times that of white women. Often when tribal law enforcement sent sexual-abuse cases to the FBI, U.S. Attorney Office federal prosecutors decline more than two-thirds of them. The Government Accountability Office said in 2010 that problems were particularly acute in the 200,000-square mile Bakken region straddling the Montana-North Dakota state line. Attacks on Native women in this area increased as tens of thousands of transient oil workers resided in “man camps” close to tribal lands. Tribal law enforcement had no jurisdiction over these workers even if they lived in camps built on tribal lands. Interactions between Native Americans and non-native oil workers are inevitable, and racially motivated crimes and rape tripled. Lisa Brunner of the Women's Collective comments in several articles on the internet about how men in these camps see Native women as prey. “Those man camps are indescribable! The stuff that happens; shootings, stab-bings rapes, fights, and extreme amounts of drugs and alcohol. When you work 12 to 16 hours a day and you're away from your family; you have all this money, and you go (back to the camp), that's when they start making those decisions...it's bad, it's really bad” Brunner observes. Anita Lucchese is a doctoral student at the University of Lethbridge, Canada. Lethbridge is on the traditional lands of the Blackfeet/Blood/Piegan people. One

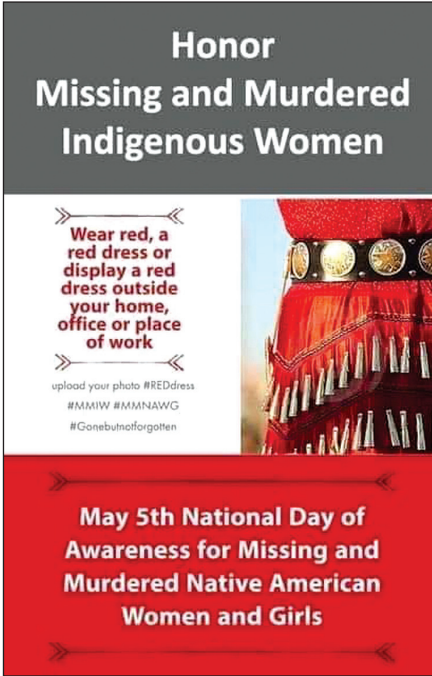


of Lucchese's former students, Ashley Loring Heavy Runner, went missing in June 2017 from the Blackfeet Reservation in Montana. Her sister said she reached out to the Bureau of Indian Affairs for help, but after nine months of searching, she had still received no new information. The FBI didn't step in until March 2018. Loring Heavy Runner is still missing. Lucchese notes that Americans and Canadians live in a society where portrayals of indigenous women are often as victims of violence or hyper-sexualized. “When the rest of the country only thinks of Native women in those ways, it's easy to see us in real life as women who are easy to victimize” she says. Lucchese adds that she was once raped by a non-indigenous man who made comments about her looking like Pocahontas even though there is no resemblance. She went on, “We can't solve problems we don't track. We can't prevent violence that we don't bother paying attention to.” (What US Executive do we know who repeatedly refers to females of Indian heritage as “Pocahontas”?) “Racism and sexism contribute to the impression that indigenous women are assailable women,” said University of Ontario Institute of Technology professor Barbara Perry (The Daily Kos, February 7, 2019.) “It's not unusual for women of color generally to be perceived as inferior to white people as a class, and inferior to white women as a sort of sub-class.” Also, many non-native people, especially men, coming onto the reservation know, or quickly learn, that most law enforcement can't touch them. While the Violence Against Women Act of 2013 gave reservations criminal jurisdiction over non-indigenous people who commit domestic or dating violence against Native women, it did not cover violent crimes committed by non-native people who do not know their victims. Those cases are often the ones forwarded to the federal government. Currently, the Department of Justice publishes annually the Tribal Law and Order Act report. It lists the numbers of investigations and prosecutions on Native lands based on data from the FBI and U.S. Attorneys Offices. About 64 % of criminal investigations opened by the FBI on reservations were referred for prosecution, according to the 2016 TOLA report. Of the investigations that were closed without referral for prosecution, the reason given was insufficient evidence to determine whether a crime occurred. This brings up another issue: tribal law enforcement. Some reservation residents believe their local police are not completely ethical. They may favor family ties over police protocols. Also, there is only one tribal police academy. It is run by the Bureau of Indian Affairs, it is in Albuquerque, New Mexico, and not all tribal police attend all classes. Therefore, some officers do not receive adequate training on conducting sound forensic investigations. Some tribes have tried to solve this problem by cross-deputizing tribal police officers. Cross-deputization means that tribal police officers are trained and deputized as county (state) police officers. “It takes cooperation,” says Rachelle Ashley, a former County Tribal Law Enforcement Coordinator with the Wisconsin Department of Justice. “When I worked

continued on next page



in Wisconsin, some tribal officers were sent to one of the state police academies at the expense of the county sheriff's office. Tribal Officers who completed the required number of hours, could be deputized as County Sheriff's deputies,” she says. As Coordinator, Ashley approved and monitored county/tribal cooperative agreements that detailed how county law enforcement interacted with neighboring Native communities. Cooperative County/ Tribal Law Enforcement is written into Wisconsin State law. In addition, all game wardens, including tribal game wardens, have limited police powers.



“In most cases, cross-deputized officers solved the problem of who could be prosecuted on tribal lands. In addition, tribal and county courts have concurrent jurisdiction in some cases. However, we still had issues. For instance, some non-natives, particularly those who were unfamiliar with the law, would fight when they were arrested by a tribal police officer. Also, cross-deputizing tribal officers as deputies meant a partial waiver of sovereignty so that officers could be supervised by the county. Some nations or bands just won't do that no matter what,” she said. Another approach to solving the matter of missing, murdered and exploited people is education and re-enforcing Native traditions. Ms. Ashley also served on the first task force of women who recommended policies on domestic violence and sexual assault to the platform of the National Congress of American Indians in 2003. “We talked about re-establishing the sovereignty of Native women,” she says. “We now have maybe two generations of our people who have grown up after the tragedies in

some boarding schools. Many cases of violence there imprinted on children who were very young. This became all that they knew of the world. Therefore, we have to go back to knowledge and teachings of BEFORE the boarding school generation; back to when ogichidaa (warriors) protected the women of their tribe from strangers because those women were their mothers, sisters, daughters and nieces. Back to when there were mothers who told daughters and fathers who told sons about coming-of-age and how to act and how the opposite sex acts and responds to things. Sex and gender roles are not all bad, they have just become misunderstood and corrupted in a patriarchal world. A Blackfeet elder told me Nape (Old Man) man/woman stories. Most Nations have those stories. They aren't old-fashioned and out-of-date! Those stories can save lives!” she finishes. On February 17, 2020, CNN reported that President Donald Trump established a limited-term task force to standardize tracking and simplify reporting of missing and murdered Native women. According to the CNN report, local Native communities are demanding action by law enforcement. Native community activists (mostly female) want to raise the awareness of Native disappearances by using AMBER alerts. They also pointed out to officials that sheriff's offices often fail to return phone calls, and that 25% of the missing were Natives, being only 1- 6% of the local population. Activists also reinforced the lack of complete and accurate information by law enforcement. President Trump formed the task force as a response (but VAWA and its new amendments, the Not Invisible Act and Savanna's Act languish in the Senate). So, now what? The task force is temporary. Perhaps Native communities should look into cross-deputizing and concurrent jurisdiction. Perhaps communities should revitalize their coming-of-age stories or invent new ones to share the ways of Native men and women, and their own clan systems. They should learn not only about sovereignty of nations but the sovereignty of women, the family and the home. Even perhaps learn the ways of other tribes and Nations that form a part of our whole Universe without missing, murdered, or exploited women. “We can't solve problems we don't track. We can't prevent violence that we don't bother paying attention to.” Anita Lucchese.

5717 missing since 2016 = crisis Not being a sociologist or an anthropologist or any other type of “ologist” having first learned the vast majority of predators who were responsible for the murders or missing women are non-Indigenous males in our country, I was surprised. I do believe that a major reason for this is based on the emigration of white European males in the

17th and 18th centuries to our hemisphere, and how the Native People were treated upon the arrival of these pioneers and how history really repeats itself. When our country was being formed, before our Constitution was written, it was to establish a new world based on freedom and equality. What it was really based on was the abduction and enslavement of African men, women and children, the genocide of the Indigenous People and the “acquisition of land” by intrusion and force. The professed ideals documented in the Constitution were not what was practiced by the Europeans. The idea of racial inferiority was created in colonial law in the late 1600s at first to justify unequal treatment and white advantage. In the census of 1790, people were asked to claim their race and the concept of the white race/advantage was promulgated through the early 20th century and thus we saw discrimination put into action and we saw the birth of prejudice in our country. Our early Anglo-Saxons tended towards racism then to now. When viewing “then” we mean the selling of Indian women as slaves, prostitutes or cheap help. Our Caucasian forefathers not only brought measles, chicken pox, small pox, tuberculosis, forced migrations, treaty violations (even to this day in 2020), poverty, boarding schools etc. but they imbued a lower class of white men to try to continue to use/abuse the Native Americans, more so the Native women. When we had President Thomas Jefferson and President Andrew Jackson “owning Indian slaves” and believing them to be an inferior race, no wonder the trauma of murdered and missing American Indian women is predominantly associated with white men. I hate the following quote but must use it to emphasize how certain males in our country viewed our First People: General of the US ARMY, Philip Sheridan is given credit for saying, “The only good Indian is a dead Indian.”

Sources: Racism: White Fragility, Robin DiAngelo; ISHI, Theodora Kroeber.

Editor's Note: It is time for each of us to reflect on our own prejudices and our values assuring that we treat each other with respect. If we believe there is only one Creator, then we must agree every living entity was made by that same Creator and must be respected as an entity made by our Creator. If you believe in Evolution, then each entity must be respected as each is a step in a process that continues to evolve. It is time for us to respect all life; every entity has something valuable to contribute to our planet. Yes, even COVID-19 must be respected as it has much to teach us! Let's hope we can learn her lessons, and enact new behaviors to bring about the change our planet requires. It is time to live in harmony with each other!

FILL UP SPECIAL VOLUME DISCOUNTS

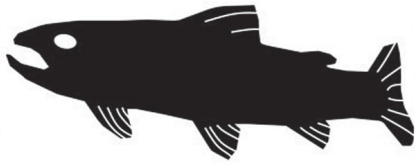
Global Propane

\$ 1 299
Gallon
500 GALLONS PLUS

(303) 660-9290
Family Owned Business

Tumbling Trout Fly Shop

38283 Hwy 24 Lake George



Guided Fishing
(720) 363-2092

NEED A GARDENER?

Alpine by Design

Horticulturist For Hire
30+ Years Experience
Serving Divide & Florissant
Stacey Knutzen
719-330-3358

MASTER GUNNER

*****SURPLUS*****



BUY SELL TRADE

Bring in this ad for 20% OFF!

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

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 Pichholz-Weiner

Our Native Brothers and Sisters Need Your Help More Than Ever!

Your help will ship critical items to the most vulnerable facing COVID-19. Any amount will help! Consider a monthly donation of \$20.00 in 2020 to keep these shipments going.

Make your difference by donating at: onenationwt.org or mail a check to ONWT 3150 N. Nevada Ave. Colorado Springs, CO 80907



We Are In This Together and Together We Can Change Lives! Thank you for your support!



Thomas Williams, far right, accepting the Snitching Lady Distillery's first place award at the World Wide Whiskey Awards recently for their award-winning Buttons Blue Corn Whiskey. photo courtesy of Thomas Williams

Snitching Lady Distillery

by Flip Boettcher

The Snitching Lady Distillery, a small batch distillery, located at 500 on Fairplay's historic Front Street, recently won first place for best American corn whiskey at the World Wide Whiskey Awards for their buttons blue corn whiskey aged at 11,600 feet on the side of Mount Sherman, according to Thomas Williams.

The Snitching Lady Distillery is also runner-up for the world's best corn whiskey in London. This was not an accident. Williams and Dave Nelson opened the Snitching Lady in 2018 at 526A Front Street, but quickly outgrew the space and moved to their present location in 2019. The building, which they purchased, was one of the first Fairplay banks, built in the late 1800s, on the main town thoroughfare and business district, Front Street. The old bank vault and safe are still in the building, integrated into the distillery's tasting room.

Williams and Thomas do all their distilling on site behind the tasting room using old-time distilling techniques. They use copper pot stills that they have hand-crafted and welded themselves.

The still consists of a vessel, the copper pot, in which a liquid is heated and vaporized, and a cooling device or coil for condensing the vapor back into a liquid. They fire the stills with an open flame and distill each batch up to two times, said Williams.

There is more to making whiskey than meets the eye. Everything Williams has learned about distilling he learned from his father and grandfather, he said. It's a Williams and Nelson family tradition.

The first step is making the malt and Williams has created a malting floor in the back room. Williams takes their white rye, barley and wheat and sprouts the grain. The sprouted grains are then evenly spread out on a sterile floor to dry and then ground down to a flour-like texture.

The next step is making the mash. The grain is added to warm water and agitated for up to six hours. The enzyme amylase converts the starch in the grain to sugar. Once the starch is converted to sugar, the mash is transferred to the fermenter and cultured yeast is added.

The open top fermenter breathes the fresh Fairplay mountain air, adding to the product, said Williams. Once finished fermenting, the mash is loaded into the copper pot still for distilling.

The name Snitching Lady comes from



Thomas Williams on the left and Dave Williams in front of one of their copper pots stills in their old location, which they handcraft and weld together.

a woman who really did turn them in for making moonshine in the woods, which was apparently true. Moonshine is illicitly distilled liquor, especially corn liquor. The Snitching Lady Distillery does have a liquor license and everything is legal nowadays.

Williams said that they make an amazing variety of spirits all from local Colorado grains including blue corn whiskey, rye whiskey, wheat whiskey, their signature 3-grain bourbon, and seasonal brandies from any type of local fruit and honey they are lucky enough to get.

All the distilled alcohol is barreled for a minimum of one year at 11,600 feet. "Amongst the open air, it's truly a unique taste from something that's this high in altitude," stated Williams.

The Snitching Lady Distillery's tasting room is closed for now, but they are selling unopened bottles of their product and capped-cocktails to go and offering delivery, too. They are also making hand sanitizer. They had gotten an email from the government that if they made the sanitizer, they would not have to renew their license for a year! The sanitizer has to be 60% alcohol to be effective. They are selling it for \$8 per bottle — you can bring your own bottle to be filled. Give a call at 719-838-4224 or visit www.snitchingladydistillery.com and sample their unique high-altitude spirits.

Thank you!

by Ken and Judi, directors of Little Chapel Food Pantry

Little Chapel Food Pantry would like to express our sincere gratitude to all of those wonderful people who have donated to the Pantry to keep it going. All of our fundraising events have been either cancelled or postponed, and the need for food is even greater than ever, so we truly appreciate the way that you have stepped up to fill the gap financially!

Donations are greatly appreciated and can be sent to:
Little Chapel Food Pantry
69 County Road 5
Divide, CO 80814

You may also donate through our website LittleChapelFoodPantry.org. God Bless you all, and stay safe out there!

Rampart Library District Programs and Virtual Services

by Michelle Harris

In the best interest of public safety, the Rampart Library District is currently closed until further notice. However, though our facilities and physical materials are currently not available to the public, we are striving to offer as many virtual services as we possibly can at this time. Below are some of the ways that we can serve you virtually. For more detailed information about our closure and services visit the Rampart Library District website: www.rampartlibrarydistrict.org.

WiFi

Many of our library patrons visit the library to use the internet. We have made the decision to keep our Wi-Fi on so that it is available to the public. If patrons have their own personal device, a cell phone, laptop or tablet they can access the library's Wi-Fi from outside either of our facilities. At the Woodland Park Public Library, a password is not necessary. If outside the Florissant Public Library, password information is located on the sign above the book drop.

Children and Teen Programs

During this time of social distancing we value the importance of continuity for the youth in the community. Currently, we are offering pre-recorded virtual story times during our regular story time hours and virtual craft projects. These will be released on our Facebook page. (Search Rampart Library District and "like" us) The virtual storytime and virtual craft project videos are also available on our

website on the Children's programs page.

Our Youth Services Team has created pre-recorded virtual BookTalks for teen patrons. BookTalks are short, informal book recommendations. The BookTalks are posted on our website on the Teen programs page.

Reference Services

The Rampart Library District's digital resources are still available our website during our closure, patrons need a library card to access our digital resources. If patrons do not have a library card, they can get a temporary library card. Temporary library cards are valid for three months and give patrons immediate access to digital resources. To obtain a temporary library card visit the Rampart Library District catalog and select "Login." A window will pop-up. Select "Register For A New Library Card."

A variety of databases are available under "Research" tab on our website. Educational databases include the Explora, History Reference Center, and Middle Search Plus databases. The Medline Plus database provides patrons with information about conditions, medications, and wellness issues. The Colorado Historic Newspapers Collection database allows patrons to access Colorado newspapers from 1859-2019.

Ebooks and Streaming Videos

Patrons can use Overdrive to check out Ebooks and Audiobooks. Patrons access Overdrive with the Libby, by Overdrive

app on their personal devices or through our website. If patrons do not have the Libby, by Overdrive app on their personal devices, the instructions to download the app are available under the "E-Content" tab on the Rampart Library District website. The link to Overdrive on our website is also available under the "E-Content" tab.

TumbleBook Library is also available for use by our patrons. TumbleBooks is a collection of animated, talking picture books for elementary school children K-6. There is a wide selection of stories including French and Spanish language books. The TumbleBook Library collection can be accessed under the "E-Content" tab on the Rampart Library District website. A tutorial is available under the "E-Content" tab to help you navigate TumbleBooks.

For a limited time only, Kanopy, a video streaming service, is available to Rampart Library District patrons for free. Access Kanopy with your library card at <https://rampart.kanopy.com/>. A link to Kanopy is also available on our website on the "E-Content" page.

Book Clubs and Exhibit

Four of our book clubs have temporarily become virtual book clubs on Facebook. All the book clubs are private groups. You do not have to read a specific book to participate. Patrons can participate by searching for the book club name and sending a request to join the group. Available book clubs are the RLD Florissant Bookworms, RLD Florissant Cookbook Club, RLD Not So YA Fiction,

and RLD Read Amok.

The Letters Home: A History of War Through Letters exhibit is virtual on the Rampart Library District's Facebook page. On Tuesdays and Thursdays during our closure we will be sharing some of the stories collected from the local community involving soldiers and families during wartime.

The unique experiences of the people featured in this exhibit demonstrate the determination and resiliency of individuals and families during difficult and unique times. We at the Rampart Library District, believe these stories are extremely relevant and inspirational in today's world. We hope that you find in them inspiration and strength to carry forward!

US Census

The Rampart Library District is an official partner for the US Census. While we hope to be able to provide access to our dedicated US Census computers in our facilities soon, in the meantime, please remember that you can access WiFi with a personal device outside our facilities 24 hours a day.

Please know that the staff at the Rampart Library District are continually thinking of ways in which we can assist our community during this time. We hope everyone is safe and well. We look forward to seeing our patrons soon. If you have further suggestions email us at michelle@rampartlibrarydistrict.org.

~ UTE COUNTRY BUSINESS ~

Best of Houzz 2020 SERVICE

Bullard Custom Tile
719-800-2196

We Won Best of Houzz 2020!

Best in Kitchen & Bathroom Remodeling
www.bullardcustomtile.com

Classic or New Domestic Foreign 4 - Wheel Trucks Jeeps

ASE
AUTOMOTIVE SERVICE EXCELLENCE

Old Fashioned Care Home Town Garage
With Modern Technology

711 Gold Hill Place Woodland Park, CO. 80863
(719) 687-0001
"Home Town Service You Can Trust"

Journeys
Counseling Center, Inc.
"We are here to help you create your best life possible"

Barbara Pichholz-Weiner
RN, CAC III, MAC, EMDR II

320 Burdette Street, Woodland Park, CO 80863
719-687-6927 Fax 687-7827 Cell: 719-510-1268
journeyscc@aol.com

You are not alone.

POLITICS IS NOT A SPECTATOR SPORT

PARK 4 COUNTY
JOIN US!

Reach over 45,000 readers in Teller, Park, Fremont, Chaffee, Summit, and El Paso counties every month!

Your Ad Here
for as little as \$26.51 a month*

Call 719-686-7393 or
email: utecountrynewspaper@gmail.com
for more information and advertising deadlines.
*pre-paid one-year contract rate.

EVERY MILE, EVERY MILESTONE, WE'VE GOT YOU COVERED.

CALL (719) 687-9292 FOR A NO-OBLIGATION FREE QUOTE.

AMERICAN FAMILY INSURANCE
American Family Mutual Insurance Company (IL)
American Family Insurance Company
6020 American Parkway, Madison, WI 53705
608441 • New 11715 600175 • 70411300

Frank Gundy, Agent
Frank W Gundy Agency, Inc.
101 Sundial Dr Ste B2
Woodland Park, CO 80863
fgundy@amfam.com
Bus: (719) 687-9292

www.OhGetMeAHome.com

Homes Cabins Land Ranches

Serving Teller & Park Counties Since 1999!

719-748-1099

HIGH COUNTRY REALTY
John Lloyd Magoon, Broker 2717 W Hwy 24 Florissant CO

STEWART REALTY
Since 1984

Commissions starting at 2-1/2 %

719-310-8324

Jim Wright, DVM
ANIMAL CARE CLINIC
(719) 748-3048
(719) 337-9822

Veterinary Practice
Small Animals • Equine and Livestock
Small Animal Surgical & Hospitalization Facilities Available

39609 Hwy. 24 • Lake George, CO 80827
Serving Teller, Park, Douglas, & El Paso Counties

Time for Spring Maintenance
Bearings, Brakes, Service, Welding

\$20 OFF Single OR Tandem Axle

Hitchin' Post Trailer & Tractor Sales

719-748-8333
www.hitchinposttrailers.com

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

Griggs vacuums
We Want To Be Your Vacuum Store!
In-Store Exclusive
\$399.99

ORECK

Pod expands as you vacuum to pack in 3x more dirt than the leading cordless vacuum, lasting a month on average.

1706 W Colorado Ave
Colorado Springs CO 80904
719-475-9216

PIKES PEAK WORKFORCE CENTER
A proud partner of the AmericanJobCenterNetwork

VIRTUAL JOB FAIR

Annual Spring Job Fair for Job Seekers ages 16+

TELLER COUNTY

Open from April 29 until May 19, 2020

Connecting Colorado.com

Access employers ready to hire in this online platform through your connectingcolorado.com account!

Veterans are entitled to priority of service.

Paid from U.S. Department of Labor Funds

~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.

Readers: Given COVID-19 information changes daily, we encourage you to follow the most recent guidelines provided by the CDC ([cdc.gov](https://www.cdc.gov)) and your county's health department. We recommend calling ahead to get the most current information, be it the hospital you were hoping to get tested at or the local restaurant you hope has grab & go.

BUENA VISTA

- BV School District provides student meals daily, M-F 11-1 p.m. at Avery Parsons Elementary for children 0-18. If you need help with delivery call 719-395-7000.
- BV Supper Support Program for evening meals and weekend staples provided in collaboration by Cornerstone Church and local restaurants. Call 719-395-8178 or email emily@cornerstone-churchbv.com to get involved or request support.

CAÑON CITY

- NAMI of SE Colorado has canceled its live support group meetings until further notice. Please visit www.nami.org for suggestions for good coping skills during these trying times.

CHAFFEE COUNTY

- Senior Grocery Shopper program. The Chaffee Shuttle, Chaffee County Community Foundation, Home Health & Hospice and Chaffee County Government have launched a complimentary senior grocery shopper program. Please call Tamara 314-204-1450 to sign up. Groceries are not free; payment will be arranged. Community donations accepted to support this effort at www.chaffeecommunity.org or 719-207-5071.

CRIPPLE CREEK

ASPEN MINE CENTER

- Open M-F 9-4 p.m. essential services for in-need individuals only. Gloves, masks and 6 Ft social distancing. If you have a temperature, cough or difficulty breathing, stay out.
- Emergency food boxes (twice per month) at front counter. (call if isolated and require delivery).
- Commodities on May 29, 9-2 p.m. Drive-up only in front of AMC.
- Client services, clothes closet and showers on case-by-case basis.
- Pikes Peak Work Force Center — Mon & Tues noon-4 p.m. or call 719-667-3700, opt 3.
- Unemployment applications (file on days according to last name) - A-M: Sunday, Tues, Thurs & Sat afternoon. - N-Z: Mon, Wed., Fri & Sat morning.
- Human Services (SNAP, TANF, SSI, AND, OAP, HCA, Medical Assistance) apply online www.colorado.gov/peak or call 719-689-3584 ext. 109.
- Veteran's Service Officer call 719-686-5526 or Robert.lowy@state.co.us.
- TESSA call 719-822-3033 or 719-633-3819

LITTLE CHAPEL

FOOD DISTRIBUTION
We are skipping the registration process and asking folks to write their name and how many

families they are picking up for on a piece of paper and hold it up to the window. Also, write if they need pet food. If they want to know whether Focus on the Forest is taking trash, call them directly.

FLORISSANT

- Grange events are pending the lifting of social distancing restrictions.
- Pine Needle Basket/Gourd class 9-12 p.m. All levels welcome.
- 16 Spring Craft Show 9-3 p.m.

FLORENCE

- NAMI of SE Colorado has canceled its live support group meetings until further notice. Please visit www.nami.org for suggestions for good coping skills during these trying times.

FREE LEGAL CLINICS

For Chaffee, Fremont, Custer, and Teller Counties — you may still access free legal clinics by calling or emailing your local library and requesting an appointment. Be sure to leave your phone number, as for now many are working remotely.

PARK COUNTY

Residents of Park County who do not have a library card may sign up for one by visiting <https://parkcounty.colibraries.org/>, click

on the Overdrive link, click on "Sign In" where it says "Need a Library Card?" click on "Get one instantly" Enter your phone number to receive a verification code and follow the prompts. You may check out ebooks, audiobooks, movies, magazines and comics!

SALIDA

- Craft Community Meals provides 100 free meals a day, 7 days/week. A collaboration of local banks, businesses, restaurants and citizen donations noon-5 p.m. Location is Soucraft Brewery Food Truck 248 W. Rainbow Blvd. Call 719-539-5428 to donate.
- Gathering Grounds provides online grocery ordering co-op at www.bunnycandydessalida.com. There is also a "Good JuJu" button for donations to fund food boxes for those who are unable to pay. Located 203 W. 1st. Phone 719-539-2171.
- Salida Light House Ministries provides to go lunches, Tues-Fri 11:30-1:30 p.m. Located at 346 G. St. Call 719-221-0799.
- Salida School District provides student food box pickup Mon & Thurs 11-1 p.m. behind Salida Middle School. Boxed food, ingredients, recipes and menus will be packaged to last students all week. If you need delivery call 719-530-5433.
- Salida First Presbyterian Church provides free to go soup & bread every Mon noon-1 p.m. at 7 Poncha Blvd across from Safeway.
- Ski Monarch Food delivers prepared meals Mon-Thurs to homebound "high risk" residents only. FMI fbmanager@skimonarch.com.

Thank You Chartwells!

Chartwells Schools Dining Service is providing grab & go meals Monday-Friday 11-1 p.m. to students and families in need of food while schools are on remote learning during COVID-19. The three distribution locations are at Gateway Elementary, Summit Elementary, and the Florissant Grange parking areas. Chartwells employees are giving out two meals per container (that day's lunch and the next day's breakfast) as a drive-up service every week day. Chartwells is contracted by Woodland Park School District to provide school lunches to students during the school year. FMI visit www.wpsdk12.org.



Trooper Tips
Living in a new world
by Master Trooper Gary Cutler

As the effects of the Covid-19 Pandemic continue to hit not only the United States, but the entire world, I know that it is affecting everyone's mental health. It's hard not to focus on anything but what is plaguing us. But there are still things going on that have nothing to do with Covid-19 that we still have to deal with.

My articles are about being safe on the roadways, and they still need to be. What we need to remember now during all of this is keeping our minds focused when driving, and believe me there is a lot on everyone's mind. So even though you may not be on the roads as much, there is still some traffic out there.

In the recent weeks, the State Patrol has seen an increase in speed, as well as cars going through stop signs without stopping to name just a couple of driving issues. Even though this may not seem as important to some since there isn't much traffic, some of the worst injury and fatal crashes I've had to investigate in my career have been where there have been only two cars on the roadway. You never want a crash, but it is especially true now. Any trip to the hospital creates a higher risk of contracting Covid-19.

Please make sure you are driving just as carefully as you did prior to the pandemic. You may think it is okay to be a little more lax now that there are less cars on the road, but it really isn't. It also means being more observant of other vehicles breaking the law so you don't get hit.

As they have told us, we're all in this together. The pandemic has brought the state closer together. We now look out for our elderly a little more. We check to see if our neighbors are okay. We are a little more polite to strangers. I'm glad to see that positive reaction to this, so we should include that in our driving, but we still have some that try to take advantage for themselves.

The state has had an increase in reports about police impersonators. So that you know, the State Patrol is not conducting road blocks or pulling cars over randomly



to check if you should be out. We also don't check for papers to see where you work. We do want you to be safe though. So we continue to ask that you don't travel unless absolutely necessary, just as the Governor has said in his Public Health Order.

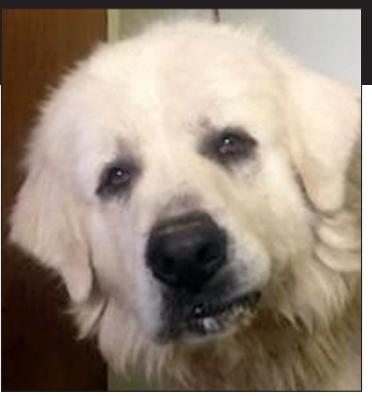
We do continue to pull over traffic violators. We have marked patrol cars as well as unmarked. We will most times be in uniform, but there are occasions when we will not be. Those times we're not in a uniform, we will still have a badge and ID. We will always tell you why you were stopped and are not upset if you ask to see our ID. If you ever have a doubt you have been pulled over by someone other than a true police officer take the following steps: If you have already stopped and the person is not answering basic questions to why they stopped you, what agency they work for, not offering ID, and a badge that doesn't have their agency on it, then roll your window up and call 911.

Prior to stopping if you have a car with flashing lights behind you, but doesn't look quite right, slow your speed, activate your hazard lights, and call 911 to verify it is an actual police officer. Even if it is not our agency, we have the ability to check if another agency is trying to make a stop in that area. The dispatcher will direct you what to do in the situation. We can then send a law enforcement officer to the scene to check.

Be safe out there, and take precautions to get through this pandemic safely. As always, safe travels... if it's absolutely necessary!

Adopt Me by SLV Animal Welfare Society
Cotton

Cotton needs a home! He is an extra-large 1 1/2 year old Great Pyrenees. He loves to play with a female dog in the shelter dog parks. He would be best in a home with older children because he is food aggressive; perhaps best as an only dog because of that. Cotton is very affectionate, playful, current on all vaccinations and he's neutered. Please call 719-587-9663 (WOOF) or email woof@SLVAWS.org to set up a meeting time.



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



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



Live Wisely, Discover the Power of the Sun

**Solar PV • Off Grid • Grid Tied
Generators • Roof Mounts
Pole Mounts • Ground Mounts**



Your locally owned and operated Solar company in the Arkansas valley.

- Built using only top industry-rated products
- Installs by professionally trained staff
- Service with a smile and integrity you can count on

(719) 395-0191 • www.ColoradoSolarEnergy.net

Many happy customer references upon request!

~ UTE COUNTRY BUSINESS ~

Compassion ANIMAL HOSPITAL
GREGORY S. COOPER, D.V.M.
(719) 687-6000
312 W. Hwy. 24 • Box 5999 Woodland Park, CO 80866
gcompassionanimalhospital@gmail.com
mycompassionanimalhospital.com

Finding Good Insurance is no Accident!
Your **FIRST** choice for insurance in the high country!
South Park Insurance
551 Front Street, Fairplay, CO 719.836.2980
www.insurance-southpark.com
emccallum.spis@crsdenver.com

Even in the end HIGH ALTITUDE SPIRITS
Hangovers Installed and Serviced
Main Street Fairplay Jake & Jennie Ph. (719) 836-3155

BUCKSTITCH SADDLERY
Handmade Saddles, Tack & Other Gear
RICK FAVINGER Phone: (719) 660-4488
40025 Hwy 24 PO Box 220 Lake George, CO 80827
buckstitchsaddlery@hughes.net

Reach over 45,000 readers in Teller, Park, Fremont, Chaffee, Summit, and El Paso counties every month!
Your Ad Here
for as little as \$26.51 a month*
Call 719-686-7393 or email: utecountrynewspaper@gmail.com
for more information and advertising deadlines.
**pre-paid one-year contract rate.*

WOODLAND ROOFING COMPANY
COMPLETE ROOFING SERVICE
53 YEARS OF SERVICE
PHONE (719) 687-9645
CELL (719) 291-4731
www.woodlandroofing.com
STEVE BARRINGTON: OWNER P.O. BOX 9002
E-MAIL: steve@woodlandroofing.com WOODLAND PARK, CO 80866

Home Church of the Rockies
Come join our family of believers to celebrate the Gospel of Jesus Christ
Welcome Home!
Sunday Service 10:15 A.M
37888 Hwy 24 Lake George, Colorado 80827
719-302-4844

CENTRAL BOILER
Carol Kinder Owner
Rocky Mountain Outdoor Furnaces LLC.
211 Yarnell Rd. Hartsel, CO 80449
217-871-3460 ckinder95@yahoo.com
We offer financing on stoves and installation

Shannon Lemons, DVM
Teller Park Veterinary Service
Accepting Care Credit
Large and Small Animal Medicine and Surgery, Specializing in Dentistry
719.687.2201
1084 Cedar Mtn. Road • Divide • www.tellerparkvet.com

YOUR NEIGHBORHOOD REALTY
Carrie N Miller
call or text 719.641.7074
email Carrie@GoldCountryCo.com
visit www.GoldCountryCo.com
Broker Associate
Serving Teller and Park Counties

MUSIC LESSONS
Violin, Beginning Guitar and Mandolin
FLIP: (719) 429-3361
flip@ghvalley.net

The House Fairy
Cleaning & Handyman Services
Property Care and Management
Quality Service
Affordable Rates
References available
Weekly • Biweekly • Monthly
Reliable
We do the work from deep cleaning to all repairs
Carmen and Mike
505-382-4412
We service all Teller County Woodland Park, Divide, Florissant and Guffey

Shipping Plus Your Full Service Shipping & Business Center
Authorized Shipping Center
Authorized ShipCenter
Mail and Parcel Centers are considered "Essential Business"
WE WILL REMAIN OPEN
Essential businesses are needed by the general public, the business community, and those that work from home. Essential Businesses are defined by the Department of Homeland Security (Presidential Policy Directive 21).
It is critical that our community continues to have access to these services. Shipping, mail, package receiving, (especially given the recent expansion of online ordering), notary and livescan services, office supplies, printing, faxing, etc. UPS, FedEx, and the USPS continue to make pickups and deliveries.
Email your printing jobs to us so we can have them ready for you to pick-up!
Packaging • Shipping
Scan to Email • Fax
Copies • Printing • Design
Business Cards • Brochures
Flyers • Keys • Laminating
Notary • Greeting Cards
Gift Wrapping
Thymekeeper Products
The Plant Lady Seeds
Books by Peggy Badgett
Teller County Road 5
HWY 24
Woodland Park
Cripple Creek
52 County Road 5 • Divide
719-686-7587 • Open M-F 9-5:30



TIMBERLINE

Spraying & Mitigation Services



SAVING THE FOREST ONE TREE AT A TIME

It's Time to Schedule your Preventative Tree Spraying!

Let us help you protect your trees!

Timberline Spraying & Mitigation Services spray for a wide variety of bugs and beetles including:

- Pine (IPS & MPB), Fir & Spruce Beetles
- Budworm & Tussock Moth
- Aspen Mites & Aphids
- Deep Root Fertilization

719-687-6811
Richard@SavingTheForest.com


We also provide Mistletoe Sterilization and a variety of Mitigation Services as well.




Your connection to breaking news...24/7

Heart of the Rockies Radio Group and Media Center is your source for live, local news coverage. Listen on-air, online at HeartOfTheRockiesRadio.com, or download the mobile app.


Streaming your favorite Heart of the Rockies Radio station is as easy as...



1 Go to the app store on your smart phone



2 Search for: Heart of the Rockies Radio



3 Download the app and start streaming your favorite radio station!

