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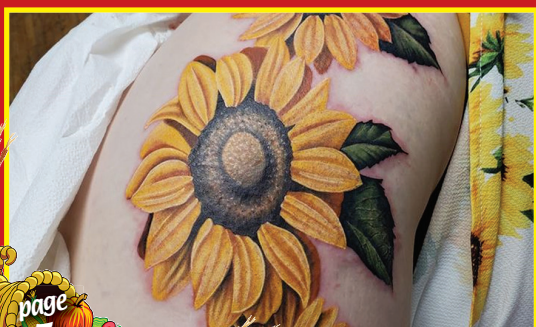
Vol. 12, No. 11

## Welcome to Ute Country

**"In the ashes of bitter tragedy,  
lie the seeds of astonishing rebirth."**

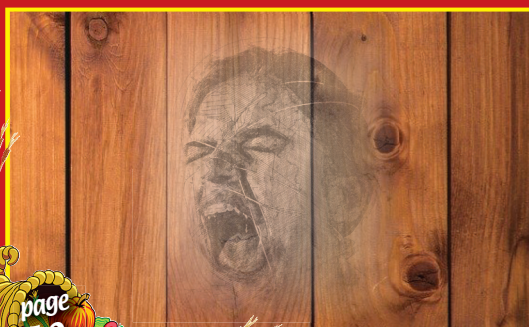
— Stewart Stafford

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Allen Dale June, Navajo Code Talker

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**Come Celebrate Fairplay's Wonderful Fall Season**

**On Deck**

Jeff took the cover photo about a month ago on FR 211 in Teller County. We were curious to see how the Earth had recovered from the Hayman Fire of 2002. It held the record for largest fire in Colorado burning 138,114 acres until this year, in which four other fires have surpassed the blaze. Among the tall, burnt timbers we found various patches of Aspen that were vibrant in color. Indeed, the grasses, shrubs and trees have begun to recover from the devastation. In this year of Covid-19, it seems significant to remind ourselves recovery can happen!

"An ounce of prevention is worth a pound of cure," coined by Benjamin Franklin in 1736 with the intent of reminding Philadelphians to remain vigilant about fire awareness and prevention. Good advice to take today! *Thymekeeper* has healthy tips about preventing flu and virus' by boosting your immune system. *Musings Along the Way* gives us a light-hearted read imagining election results, surely to offer a giggle or two. As we acknowledge and honor our Veterans, let's include a prayer for peace; see the Non-Duality poem if you are needing some inspiration. We trust our November issue has a little something for everyone.

One month remains to enter the *Paint a Better Tomorrow* art contest! Take a moment to imagine a better tomorrow, paint that image and submit a photo of it. See page 12 for more details.

Wouldn't it be fun to share your favorite pic of your indoor or outdoor pets for the December issue? Submit them to Critter Corner via email: [utecountrynews-paper@gmail.com](mailto:utecountrynews-paper@gmail.com) or snail mail POB 753 Divide, CO 80814. Visit us at Shipping Plus 52 CR 5 in Divide M-F 9-5:30 p.m. and by phone 719-686-7587.

Thank you,  
— Kathy & Jeff Hansen

**The Thymekeeper**  
Stressing immunity  
by Mari Marques-Worden

Well here we are heading into another holiday season, arguably the most stressful part of the year after the most bizarre year we've seen in a long time. If I had to choose a word for the collective experience of 2020 it would be stressful.

Long term or chronic stress is potentially more harmful to your health than almost anything else I can think of. Every bodily system is impacted but for now it seems the immediate concern are the harsh effects it can have on the immune system as we head into the dark months of the year also known as flu season.

I can't stress enough the importance of a healthy immune and I tend to harp on building the immune every season change. Historically we could predict each change of season to be an open door for illness. However, it appears that in our current situation it pays to focus on immune health year-round.

#### Making home remedies

One statement I hear repeatedly from people is, *I don't know how to make or take herbs*. Let me assure you, making your own remedies is easy, inexpensive and effective. Since I've not been able to hold classes due to space restrictions, I'll share some simple home remedies with a bit of guidance on how to prepare them. Let's get started.

Most of the remedies I make start with tea as the base. Herbal teas are the best method for extracting the vitamins and minerals from herbs. When we're under immense stress we tend to burn them up a lot quicker particularly magnesium and calcium. Nutrients are vital to a healthy immune and when taken in tea form, more easily assimilated than over the counter supplements.

As a side note, if you know how to make tea, you know how to make: Mouthwash & gargle, hair rinse, foot soak, surface cleaner, poultice, compress, plant food, stuffy nose or facial steam, room spray, popsicles, dye, eye rinse. I'm naming a few; the options are limited only by your imagination.

#### Making herbal tea easy

I don't use a tea bag or a tea ball. My simple tools include a one-quart mason jar, a pot to heat the water in, a strainer and another container to strain the tea into. The rule of thumb is to add one heaping tablespoon of herb per cup of water.

Dried leaves, flowers and most berries easily release their medicine in hot water. There is no need to boil them. When making a tea for drinking, it will take some practice to get it to your personal liking. Some teas like chamomile and mints will require less steeping time than other herbs.

Dried roots, barks and seeds require a low boil to release the medicine. Start with twice as much water as you want to end up with. Bring the herbs to a low boil. It usually takes about 20 minutes to boil down to half if you start with two cups of water.

**Tip:** herbal teas can last approximately 3 days in the refrigerator at which point if you notice any funk, smell, foggy looking or otherwise, it has now become plant food and your plants will love you for it.

Once you have steeped and strained your tea, you can return the spent herbs back to the Earth.

Herbs to consider that have immune boosting action in addition to antiviral properties and important vitamins and minerals are: Ginger root, osha root elderberries, clove, lemon and orange peel, star anise, hibiscus flower and cinnamon to name a few. Feel free to use more than one in your preparations. One of my favorite combinations is cinnamon chips, orange peel, ginger and star anise.

#### Elderberry syrup

Prepare your elderberry tea making sure all herb matter has been strained out thoroughly. Particles in the syrup can contribute to mold.

Add equal parts (or to your liking) local honey or maple syrup

Store in the refrigerator. If kept in a mason jar you can cover the jar with a paper towel and enclose the lid ring over it or secure with a rubber band. The paper will absorb moisture as a preventative to mold. Change the paper towel occasionally.

**Fact:** The elder plant is one of the most effective anti-viral remedies known to man. Studies have shown that the flavonoids in elderberry bind to the H1N1 influenza virus. Tests have shown that elder can significantly lessen the down time and severity of symptoms when taken before or during illness.

For more on elderberries see *Ute Country News* November 2018 issue.

Using immune boosting herbs, you can make healthy remedies disguised as treats for kids. One of my favorite mom tricks is herbal honey; most kids will eat it up.

#### How to make herbal honey

Fill a clean quart jar a little less than halfway with cut dried herbs and spices.

Cover with honey. Be sure that your herbs are fully submerged. Stir to ensure coverage. You may need to add more honey as time goes on once the nooks and crannies begin to fill.

Put a lid on the jar and place in a sunny windowsill. Keeping it warm will allow the herbs to infuse better and also makes the liquid easier to pour.

Turn the jar over or give it a little shake once per day.

Allow this mixture to infuse for at least one week, though 3 to 4 weeks is preferable. The longer you leave it, the stronger the flavor will be.

When the honey has infused to your taste, strain out the herbs. You may need to heat the mixture slightly to strain easier.

Store your herb-infused honey in a cool, dark place in a tightly sealed jar.

**Tip:** you can add the strained herbs to your teas as a healthy sweetener. The honey can be stirred into warm drinks or foods such as oatmeal.

#### Make elderberry gummies

**Ingredients:**  
1Tbsp coconut oil  
1 Cup elderberry syrup  
¼ cup gelatin powder  
½ cup hot but not boiling water

You will need a whisk, silicone gummie bear mold or a glass pan and measuring cups.



Grease molds or glass pan with coconut oil to prevent sticking.

Place ¼ cup of cooled elderberry syrup in a 2-cup measuring cup and whisk in the gelatin powder.

Add the ½ cup of hot (not boiling) water and stir quickly until smooth.

Add the rest of the elderberry syrup and stir or whisk until completely smooth.

Pour into molds or glass pan (approximately 3/4" in depth) and refrigerate for 2 hours or until completely firm.

Pop out of the molds or cut into small squares and store in airtight container with parchment paper between layers.

**Buy molds here:** <https://www.michaels.com/gummy-bear-silicone-candy-mold-by-celebrate-it/10547736.html>

**Buy gelatin here:** <https://www.vital-proteins.com/collections/all-products/products/beef-gelatin>

**Buy organic quality herbs here:** starwest-botonicals.com, mountainrose.com or contact The Thymekeeper for organic and locally grown chemical free herbs.

In conclusion, I don't want to exclude the importance of limiting sugar intake and supplementing Vitamin D3 through the Winter as flu season strikes through the dark months of the year when we aren't producing any from the sun. Suggested amount is 5000-10,000 IU per day for adults. Children over age 2, 1000-2000 IU per day and under age 2 D-Vi-Sol is recommended.

Another good immune enhancing formula is the ZACES combination:  
Zinc- Age 2-5 10-20 mg per day, age 5 and up 25 mg per day  
Vitamin A- 1 tsp cod liver oil  
Vitamin C-Adult 500-1000 mg per day, Child 500 mg per day (if diarrhea presents, back off on dosage)  
Vitamin E 100-200 IU per day  
Selenium-200 mcg per day

Locally grown, picked and dried daily elderberries and Mari's DIY immune boost herb kits will be available at The Thymekeeper in Florissant, Mountain Naturals Community Market in Woodland Park, and Shipping Plus in Divide.

Mari Marques Worden is a State Certified Clinical Herbalist and owner of The Thymekeeper. FMI: [mugsyspad@aol.com](mailto:mugsyspad@aol.com) or 719-439-7303. Mari is available for private consultations.

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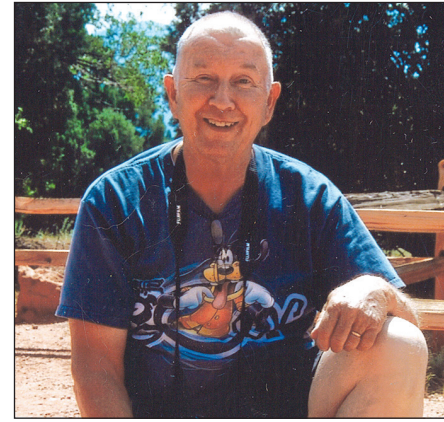
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## Obituary

### Wayne Grisewood



Wayne Grisewood went to join our Heavenly Father on July 4, 2020 after a long struggle with dementia and Parkinson's.

Wayne was born May 31, 1947 to Stuart and Ellen Grisewood in Wyoming, NY.

He is survived by his wife Nancy (McGuire) Grisewood, four children: Neal (Valerie), Kim (Randy), Scott, and Tammy (Mark); six grandchildren; one great-granddaughter; sisters Elaine (John) Moag and Carol Grisewood. He is also survived by his three brothers-in-law, Dean, Dan, and Tom McGuire, many nieces and nephews.

Wayne was preceded in death by his parents, mother- and father-in-law Magdalen and Kenneth McGuire and his nephew Roray Richardson.

Wayne retired from the Air Force Reserves after 32 years, five on active duty following 9/11. The military and camping were his passions. He was dearly loved and will be dearly missed. He was a lifelong member of the Wyoming United Methodist Church in Wyoming, NY where a memorial service will be held at a future date.



## Mountain Mustang Memories Second chances

by Stefanie Skidmore

*Change is the only constant* is a phrase that aptly describes an intrinsic element of the human condition: Things don't usually stay the same for long, not every relationship is meant to last, and not all plans work out the way we originally had in mind. Change doesn't have to be a bad thing; often it just 'is', and it's up to us to either fight against or roll with it. Unplanned events and the resulting emotional upheaval affect people and other beings alike. Living under the care of humans, animals tend to have less of a choice and fewer options with regards to their response to change. While we can choose where we live, what we do for work and who our friends are, much of that is dictated by us when it comes to our pets and livestock, for better or for worse.

Formerly wild horses are unique in that the beginning of their lives in captivity is their first *second chance* at a good life. However, often it is not their last. The Bureau of Land Management is currently gathering thousands of Mustangs on the range in the state of Wyoming alone. The herds have grown too big over the years;

### Every Mustang has a distinct personality, unique character traits, preferences and talents.

of two- and four-legged future family members. Do you think all those horses are going to find the right home at the first attempt? No? Neither do I.

Why is that? Well, the majority of wild horse adoptions are based on someone choosing their new equine family member based on a handful of photos shown online, and maybe a video that's just a few seconds long. In some cases, adopters can visit the holding pens and spend a bit of time in and around the corrals full of dozens of horses. There, among a sea of short ones and tall ones, shy ones and bold ones, many red, brown, black and grey ones and the occasional unusual — and therefore sought after — 'loud' colored



Wyoming Mustangs Lacy (right) and Tiny (left) on a high-country ride in the Sangre de Cristo Mountains. For big boy Tiny the struggle to maintain a healthy weight is real, therefore he gets ponied along on outings even when he is not being ridden. photo by Chris Peterson

person who can get them on a trailer.

Tiny, one of the resident Mustangs here, was one of the lucky ones. After being gathered from the Wyoming range, he spent some years at a guest ranch, was ridden by their wranglers and treated well. When the time came for him to earn his keep by packing guests around, the big guy made it known that he had no patience for that. Tiny, all 1200+lbs of him, is a sensitive soul and does not appreciate inexperienced hands pulling on his mouth and people kicking or whipping at his sides and rump the way some Western movies tell us that we should. Over time he learned what to do when he decided that enough was enough: Laying down mid-stride, quick 180-degree turns, and bucks that, although not terribly powerful, due to his size were plenty scary, all got the unwanted passengers off of his back. Tiny is also protective of his food and not afraid to chase or bite another horse to keep them away from the coveted resource, a trait that created an additional challenge when it came down to finding him a new, more suitable living situation. After an initial, failed rehoming attempt, Tiny was placed in the care of a reputable horse rescue. Last winter, when a friend was looking for a stout horse to do occasional mountain trail rides with, the big gelding's profile came up on the rescue's social media platform. We went to try him out and Tiny, the gentle giant, has been with us ever since.

He, like all the others, needed a home that honored who he is, and fortunately his rather large personality (in both a literal and metaphorical sense) fits in just fine here. Tiny has his own feeding spot and is thriving in an environment with clear rules and fair, consistent handling. The impressive, sorrel-colored gelding, in his new home far from the wide open ranges he was born on, is now a happy Mustang who is willing to listen to his riders and even teach them a thing or two, and is kind to humans, equines and canines alike. These once wild horses are more than their color, more than their built, their age, their story. They are individuals and deserve to be treated as such. A Mustang in a partnership, a home and a job that aligns with who s/he is, can do great things and be a wonderful companion. It really isn't that different with people, is it?

Stefanie Skidmore is a Mustang trainer and advocate located in Guffey, Colorado. Her website is [stefanieskidmore.com](http://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](mailto:stefanie@stefanieskidmore.com) or call/text her at 719-377-8587.



Tiny on a sunset ride on the nearby Pike National Forest. With some additional training, Tiny has become a solid mount who is game for adventures no matter the time of day. photo by Stefanie Skidmore

drought conditions and the checkerboard landscape of smaller, adjacent public and private parcels exacerbating the issue of resource depletion and resulting land use conflicts. Free-roaming horses are more often pushing through fences onto private land in search of food and water, causing the situation to escalate to a point that due to landowner pressure, entire herds are slated for being zeroed out this fall. One of the Herd Management Areas (HMAs) in question is Divide Basin, my Mustang mare Lacy's herd of origin. It is an eerie feeling to say the least, knowing that her wild roots are being eradicated for good.

The big picture here is that early next year, after all of the horses have been sorted, freeze-branded and tagged, quarantined, vaccinated, dewormed and the males gelded, several thousand recently gathered wild ones will be looking for adopters and homes of their own. While each horse is only one of many, one member of a herd of hundreds, they are also all individuals. Every Mustang has a distinct personality, unique character traits, preferences and talents. Some are innately open and curious, while others are defensive and reserved. I have met previously wild horses who love moving cattle and others that excel at endurance riding. There are confident Mustangs and those that need constant reassurance. Some get along with everyone, others require careful selection

## GARNA is 2020 Nonprofit of the Year!

by Melissa Traynham

On September 25, 2020, the Buena Vista Chamber of Commerce had the honor of presenting the Greater Arkansas River Nature Association (GARNA) with their 2020 Nonprofit of the Year award. This award was set to be presented at the annual Membership Gala, but unfortunately was postponed due to COVID-19. It was so exciting to see their board of directors and volunteers show up to receive this award right as they were kicking off their annual fundraiser that began September 26, Public Lands Day.

The ceremony was on Facebook Live and can still be viewed on our Facebook page at [www.facebook.com/bvchamber](http://www.facebook.com/bvchamber). GARNA, through community collabora-



tion, inspires a conservation ethic by providing educational opportunities and experiences so that those who live, work and play in the Upper Arkansas Valley are motivated to take care of the natural resources and leave a legacy of responsible use of the natural environment.

For more information about GARNA, or to become a member, visit [www.garna.org](http://www.garna.org).

## Obituary

### Joan LePage

With the passing of long time, 26-year, Guffey resident Joan LePage, the community lost a valuable member.

Joan Louise Engel LePage died in the early morning hours of October 7, 2020 at her home in the Pike Trails subdivision west of Guffey, after being on hospice care for about a month.

Joan was originally diagnosed with ovarian cancer, but while undergoing a hysterectomy, cancer was found throughout the lining of her abdomen and the doctor called it Primary Peritoneal Cancer, stage 3C, a rare type of cancer.

Joan underwent three chemotherapy treatments, but they left her weak and almost an invalid.

The next trip to the oncologist, the doctor said she could have more chemo and maybe extend her life six months to a year but would be bedridden. According to her husband Larry, she said, "Hell no," and went home and hospice care. Larry spent the last two weeks at her bedside 24/7 caring for her.

Joan was born January 25, 1937 in Illinois and raised on the family farm. She graduated from Maine Township High School in 1955. In 1957 she married Lawrence "Larry" LePage, a career Marine. The couple was married for 63 ½ years.

The couple spent the next 20 years living in Havelock, North Carolina; Washington D.C.; Atlanta, Georgia; Jacksonville, NC; and spent several years in Misawa, Japan, before moving to Colorado Springs for 18 years.

Joan was an interviewer for the Navy Relief Society while with the Marine Corps and raising two boys, Glen and Jeffery. She was a department manager for K-Mart and a senior cashier for Cub



Foods while in Colorado Springs.

The couple moved to Guffey in 1994 where Joan got her Emergency Medical Technician Certificate and spent 12 years as a volunteer EMT with the Southern Park County Fire Protection District. This was around the time when the SPCFPD was starting its own ambulance service.

Joan was instrumental in getting the ambulance service started and was Director of Medical Operations. Joan helped many community members with her medical knowledge and went out on countless emergency calls helping the sick and injured.

Larry was also with the SPCFPD as a volunteer firefighter for 18 years. The couple retired from the fire department in 2013. In her spare time Joan loved to do needlepoint and other cloth crafts. Her home is covered with her needlepoint masterpieces. She often made her own clothes, blanket throws, pillow covers and upholstered furniture, according to Larry. Joan also made doll houses.

Joan is survived by her husband, son Jeffrey, three grandsons, three great-grandsons, and one great-granddaughter. She was preceded in death by her elder son, Glenn.

The community will sorely miss Joan LePage.

## HEARING LOSS? WE CAN HELP!

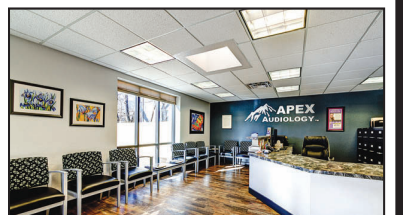
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## Did you know...

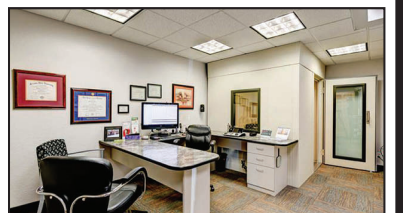
Untreated hearing loss can lead to isolation, memory problems, and even dementia?

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.



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## Shavano Pharmacy now open!

Shavano Pharmacy is now open and located at 415 US Hwy 24 inside the LaGree's food store in Buena Vista, CO. Rebecca Seaman has 37 years of experience as a pharmacist. As an owner and a pharmacist Rebecca wanted to return to the business of personalized care. Shavano Pharmacy became a reality and opened August 4, 2020.

The pharmacy offers free delivery to Buena Vista and Salida. They also offer FedEx 2-day delivery to Hartsel, Fairplay and any rural area that folks can't get to town when the snow starts flying.

The pharmacy offers immunizations. She will come to your home if you can't make it to the pharmacy. Immunizations can also be done curbside.

Stop by to welcome Shavano Pharmacy or give Rebecca a call if interested in becoming a customer 719-398-6550.

\$10 gift card with any new or transferred prescription up to \$50.



Rebecca Seaman (right) at the counter at Shavano Pharmacy in Buena Vista, CO.

## Where is Katee this month?

COVID 19 has affected many families. Katee is asking for your help to keep her canine and feline friends at home with their families. Stability is important and families having their "Best Friend" to still hug is critical.

You can drop off donations at TCRAS or the UPS Store located in the Safeway Shopping Center. You can also donate online, [www.PetFoodPantryTC.com](http://www.PetFoodPantryTC.com). Thank you for your support.

Katee, and the Pet Food Pantry volunteers, hope you all have a Happy Thanksgiving!

FMI [www.PetFoodPantryTC.com](http://www.PetFoodPantryTC.com).



Thank you for helping to make sure all my canine and feline friends have food for Thanksgiving!  
**KATEE**



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## A Look Inside the Artist

## Tamara Jade Barns, tattoo artist

by Mary Shell

I have known Tamara for several years now and made a huge fantasy portrait of her as a mermaid a few years ago. A beautiful, delightful young woman with an abundance of talent as a tattoo artist.

Over the years I have designed hundreds of tattoos for other people but never attempted to venture into the world of tattooing. I cringe at the thought of the responsibility of creating permanent art on a person's body, yet Tamara does it daily. All I can say about that is she must have a perfect vision of what she will be tattooing and courage to execute the work.

As an artist myself I am aware of the personal and emotional sentiments clients experience in having custom art created for them. The artist has to be a detective pulling out information needed to interpret a perfect image for them. Often there is information missed or not conveyed by the client and alternations are made in the painting. However, tattooing doesn't work that way. Once the needle pierces the skin it is permanent. No pressure there!

Interviewing Tamara was a pleasure, probably because I know her.

### How long have you been tattooing?

I have been tattooing for a little over five and a half years.

### What are the hardest images for you to tattoo?

The hardest for me to create are portraits. I don't have a lot of experience tattooing them, but I am proud and confident in the subjects I do tattoo.

I believe that the best tattoo for my client is a custom piece. Sometimes that's not what they want, which is ok, but every artist has a vision and style and to assure that the client goes home with something no one else has. It's ideal to let the artist try and come up with a design for them based off their ideas and any other details they provide. By having a custom piece, they go home with something just for them and only them, not a tattoo you can find on Pinterest.

### Who inspired you?

I have many artists and people that really inspire me; however, my mentor Richie Streate, first off, saw artistic potential I never truly saw in myself until I started working with him. Once I began my apprenticeship, I saw his work ethic and his attention to detail and I wanted to be just like that! He is by far the most inspiring, because even thru extreme hardship, when people question and doubt him, he rises above, works hard, and still puts a smile on his clients' faces.

### What's in the future for you?

What's in my future as an artist? First off, more style specific tattoos to perfect my tattooing and establish a specialty. I also want to open a shop, it has been a dream of mine since I became a tattoo artist and now being a mother of two small boys who need me around more, having more control over my schedule and tattooing will be an advantage and super helpful for me to be a tattoo artist and a mother. Also, travel and guest spots. I want to learn from more artist and especially compete at more tattoo conventions, get my name out there.

### What was your worst experience as a tattoo artist?

The worst experience I have had is when a client once wanted tattooed, but really didn't know how or what they wanted. I tried to provide them with options, ideas, give them feedback, try my best to communicate, but in the end, they ended up being unhappy. Sometimes that happens in the industry, but I learn from it and try to wean those people out that may

just need more time to think about what they want, how they want it, and what style they want.

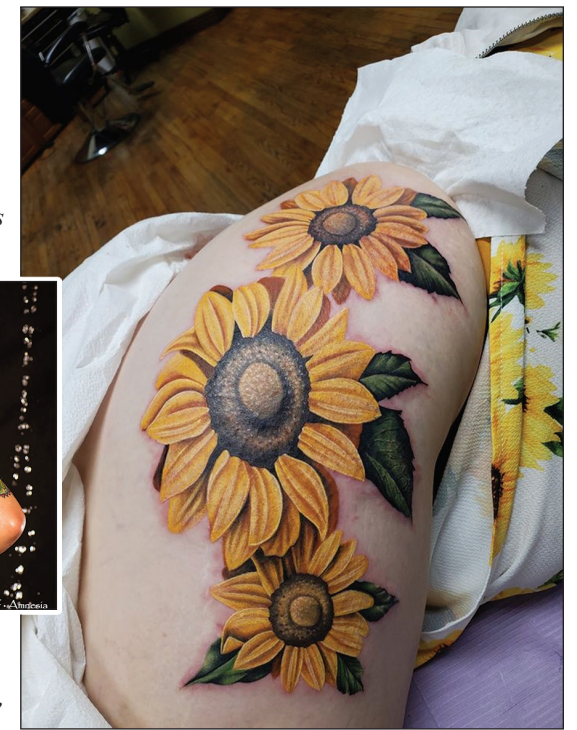
### What is the best part of tattooing?

I am a color artist, so color and I are best friends. It's just something I understand. I enjoy trying new techniques with color, using new colors, etc. Color tattoos turn out beautifully, but you have to be careful how you apply them to skin, and make sure if someone has darker skin or depending on their tone of skin... you use the appropriate colors to complement their tone.

My favorite subject to tattoo is floral realism in color.



Tamara is a tattoo artist at The Dungeon Inc. Body Art Studio, 503 Main St, Cañon City, CO 719-275-5050.



### What is your favorite subject to tattoo?



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## It's a Lighter Side of Christmas Season!

by Tracie Bennitt

Every holiday season for the last 31 years, lots of volunteers have combined their energies to produce one of the largest holiday events in Woodland Park. The Lighter Side of Christmas Parade brings friends and family to Midland Avenue in Downtown Woodland Park to enjoy the "lighter" side of the holidays. This 32nd year brings changes that will be safe and fun for the Teller County community.

Due to Covid-19 issues, the LSOC committee felt it would be safer to have events this season allowing folks to be able to social distance and still participate in holiday activities. This year's beneficiaries, Woodland Park Wind Symphony and Woodland Park Main Street, have combined efforts to turn our community into the "Soundz of Music" season.

Now in its 26th year, the 60 Piece Woodland Park Wind Symphony has become a popular musical cornerstone of Woodland Park. A rarity for a small community, the WPWS and supporting ensembles perform throughout year for many local events, civic organizations and facilities including the Old Fashioned 4th of July Celebration, Woodland Music Series, Christmas Tree Lighting Ceremonies, and The Holiday Home Tour. The WPWS is an "all-volunteer" non-profit organization funded by donations and grants. More information available at [www.woodlandparkwindsymphony.com](http://www.woodlandparkwindsymphony.com).

Woodland Park Main Street is part of a nationwide movement striving to revitalize historic buildings, foster community among businesses, and create a place where people feel connected. Through their status as a Designated Main Street organization, WPMS has access to grant monies for historic preservation and downtown revitalization. Their goal is to work in collaboration with key partners and organizations in planning for the future of downtown Woodland Park. Their army of volunteers help make it all possible! For more information or to volunteer, visit [www.WoodlandParkMainStreet.org](http://www.WoodlandParkMainStreet.org).

Starting Friday, November 13, clues will be provided to LSOC Gold Sponsors for the Lighter Side of Christmas Holiday Treasure Hunt. A new clue is revealed to LSOC Gold Sponsors (listed on the webpage, Facebook page and found in your mailbox mid-November!) every Friday for those treasure hunters searching for the Golden Trombone until it is found. Stop in and visit these businesses each week for the clue. Whoever finds the trombone will receive a holiday basket full of gifts provided by local businesses.

Lighter Side of Christmas Season and the Woodland Park Wind Symphony present the 2020 "Dan Makris Holiday Outdoor Decorating Contest." This celebration is in honor of Dan Makris, long-time teacher and resident, who decorated his entire yard at Christmas

time with lights, trains and much more to the delight of our community. There are two categories: homes can be entered as "individual" or as a "neighborhood." A neighborhood needs to consist of at least four homes in a cul-de-sac, subdivision or street.

Register your home or neighborhood by November 30 — visit the Lighter Side of Christmas website and go to the link for the Woodland Park Wind Symphony website. Entries are limited to the towns of Woodland Park, Divide, Florissant and Cripple Creek. The "button" to enter your home or neighborhood (only 1 contact person is needed for the neighborhood entry) is on the front page of the Woodland Park Wind Symphony website. Entries can be made November 13 through November 30. Maps of the homes entered will be available the week of Dec 6 on the Lighter Side of Christmas and Woodland Park Wind Symphony websites and in businesses. People are encouraged to drive through the community and enjoy the decorations during the holiday season. Judging will be Dec. 14 and 15 during the evening. Results will be posted Dec 16 on the Lighter Side of Christmas and Woodland Park Wind Symphony websites.

Put your creative juices to work this year for the LSOC Crazy Hat Contest, sponsored by Williams Log Cabin Furniture. This year the theme is "Soundz of Music." Come up with your best holiday tunes and put it on your hat! Let's make Mike Williams proud with a great turnout this year! Entries will be accepted at the small cabin in front of Williams Log Cabin Furniture from 9-1 p.m. on Saturday, November 28. Each entrant will be assigned a number. Popular Vote Judging will then take place from November 28 through December 19 inside Williams Log Cabin Furniture.

Rampart Library District will once again host and sponsor the LSOC Gingerbread House Contest at 218 E. Midland Ave. Entries accepted on Dec 3 and 4, 3-6 p.m., and Dec 5th 10-noon. Place your vote for the "People's Choice" award "Soundz of Music" entry before Dec 9. Entries on exhibit December 5-19.

This year the City of Woodland Park will host the annual Tree Lighting Ceremony in Memorial Park beginning at 3:30 p.m. on Friday, December 4. A Petting Zoo, Candy Cane Lane and Photos with Santa will kick off the evening's activities. At 5 p.m. you can *Sing Along with Santa Special Hour* followed by the *Annual Holiday Tree Lighting* at 6 p.m. A fireworks display will follow the tree lighting ceremony, visible from the park. FMI [www.city-woodlandpark.org](http://www.city-woodlandpark.org).

Information on these and other holiday events are available at [www.lightersideof-christmas.com](http://www.lightersideof-christmas.com) and updates at [www.facebook.com/LighterSideofChristmasParade](http://www.facebook.com/LighterSideofChristmasParade) and [www.woodlandparkwindsymphony.com](http://www.woodlandparkwindsymphony.com).



## Valley-Wide Health Systems joins BV community

by Melissa Traynham

Valley-Wide Health Systems celebrated their grand opening for their new fully integrated healthcare clinic, Valley-Wide Buena Vista on October 15, 2020.

During the event they offered flu vaccines, free blood pressure checks, dental education, small clinic tours and snacks. They also commemorated this special day with an official ribbon cutting with the Buena Vista Chamber of Commerce. The event was informative, fun, socially distant and a wonderful way to kick off



the start of their clinic in BV. Thank you to all that attended!

## UAS presents drone grant to SHS class

The Central Colorado UAS Club (CC UAS Club) is pleased to announce their second grant presentation to the Salida High School's drone class. This time the Club presented teacher Kevin Thonhoff with two DJI/Ryze Tello drone bundles. The presentation was made during the Club's third anniversary meeting held following social distancing protocols on Saturday, October 3, 2020 at the Harriet Alexander Field in Salida, Colorado. "Kevin continues to enthusiastically embrace drone technology and education. He mentioned that the Club's first grant of a Tello drone was very instrumental in giving students more self confidence in their flying ability," said Taylor Albrecht, President of the Club. "It is the Club's pleasure to continue helping the students learn with more of this great technology."

Kevin Thonhoff added "We really appreciate the Club's dedication to our students and their ability to learn about the social benefits of this rapidly changing technology and the job opportunities that are increasingly available in the industry."

The Tello drone has the ability to be programmed for autonomous flight through the use of several different apps.

Albrecht encourages the students and anyone else interested in unmanned systems to attend a Club meeting. These are held the first Saturday of each month. The November 7, 2020 meeting will feature Brett Mitchell, a local real estate professional who uses drones to create promotional photos and videos for his business.

### About the Central Colorado UAS Club

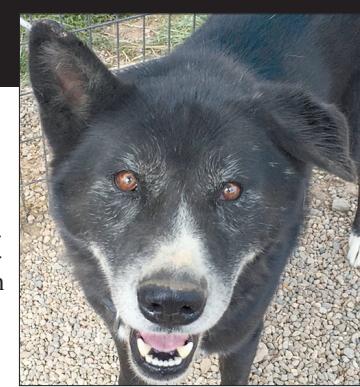
The Central Colorado UAS Club's is a non-profit 501(c)(3) organization whose mission is to promote the safe, legal and fun use of small unmanned aerial systems (sUAS) in society. We do this through meetings, educational seminars and community outreach emphasizing the benefits of these aircraft systems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

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# The Rental *by Gilrund the Historian*

Nancy was ready for her vacation and the cabin she had rented was going to be her getaway for two weeks. No visitors, no neighbors, no one. Peace and quiet for two whole weeks.

Her cabin was an old one up in the mountains of Colorado at nearly ten thousand feet. She could hardly wait to get there.

The drive from California was a long one, but it would be worth it. She had packed only hiking shoes and grubby, comfortable clothes and lots of frozen dinners, deserts, and wine, lots of good wine.

Nancy drove into the parking lot of the real estate company in an old town called Fairplay and was greeted by Frank the owner.

"Welcome Miss Arnold," he smiled, "I knew it was you by your California plates and the time, of course. Come on in, I have the rental papers ready. You can just sign them and be on your way to a relaxing vacation. I think you'll love the cabin. It's furnished, and just like you asked, away from everybody. You'll have lots of peace and quiet."

They walked into the office and Nancy quickly signed the papers, then left with directions to the cabin.

It was about an hours' drive over dirt roads, but she found the cabin and parked her car next to it. She unlocked the wooden door and walked inside. It was everything that she wanted. Old sturdy furniture that needed no special attention and it had a refrigerator, small stove and sink. The bathroom was sufficient for her needs and the single bedroom was all that she required.

She just knew that her two weeks stay would be great. For she had watched as she drove in and saw a few hiking trails and there was a stream that flowed into a large pond nearby. She wouldn't be doing any fishing, but she could sit by the pond, the stream and relax.

Nancy unloaded the car and put everything where it should be in the cabin and then put one of the TV dinners in the oven at 400 degrees for 30 minutes. She opened a bottle of red wine and poured some in a glass that she found in a kitchen cupboard and walked out onto the small porch. She sat in the wicker chair that was there and just looked around at the surrounding forest.

It was so quiet! All she could hear was the few birds and the soft breeze that flowed through the trees. She smiled as she sipped her wine.

Darkness came and dinner had been eaten as Nancy returned to the wicker chair on the porch with another glass of wine and watched as the fingernail moon rose over the treetops. The stars were bright, and she watched with delight as a comet flew overhead; she couldn't see that in LA.

The next few days were spent sleeping late and walking around in the forest and exploring the pond and the stream.

On the third night, Nancy awoke to a strange sound outside of her bedroom door.

She turned on the lamp on her nightstand and then walked out into the main room of the cabin, where she turned on the floor lamp and saw just what she should have seen; the cabin just as she had left it when she had gone to bed.

She shrugged her shoulders and went back to bed to sleep out the rest of the night.

The next day she had visitor. It was one of the owners of a cabin two miles away. She had seen Nancy drive in and thought that she might want someone to talk to for a while.

Her name was Lilly and she was a real talker. She told Nancy about nearly everybody within 20 miles of them. She talked about the small-town politics of Fairplay and Park County, which took about an hour.

Nancy was about to offer Lilly a glass of wine, when Lilly got quiet for a moment and then asked if Nancy knew the history of the cabin that she was staying in. Nancy shook her head that she didn't.

"Well, I really don't know if I should say this, but it does have a rather unusual past," said Lilly.

"Really?" responded Nancy as she rose from her wicker chair and entered the cabin to get Lilly a glass of wine, "Tell me about," she called out.

Lilly's voice was raised as she started to talk again.

"This place was built out of materials that were taken from an old woman's house over in Como off highway 285. It's about an hour from here. Well, anyway, it was about 100 years ago when the railroad was going through Como, that this old woman was living in her house and doing things for the Chinese men that were working in Como."

"She wasn't one of those women, oh no, she was a sort of doctor to the men there. It was said that she helped them often when they would be hurt on the job. But it was also said that she made her own kind of medicine, if you know what I mean."

"There were strange lights that shown out of her house at all hours of the night, and some said that they could hear frightening noises coming from the house too. Of course, no one complained, because she was such a help to the workers."

Lilly stopped as Nancy handed her the red wine that she had poured for her. She took a sip and then continued her story of the cabin.

"Then things started disappearing from around town, things like pets, you know, dogs and cats and then young livestock. No one could figure out where the animals were go-



ing until a skin and some bones were found in the trees behind this woman's house.

"Well, the sheriff was called, and he was shown the bones and skin and recognized that they were what was left of the pet of one of the ranchers. He took the remains to the ranch and they confirmed that it was their pet dog. What was suspicious was that the dog had been cut up, not torn up by a coyote or a big cat like a mountain lion, and there were plenty of those. "Well, the sheriff was aware of the suspicions about how this doctor made her own medicine, so he made a visit to her house unexpectedly the next day.

"They didn't need search warrants back then like they do now."

"What he found nearly made him sick. The house was filled with bottles of liquids containing the remains of all sorts of creatures. There were kettles boiling on the hearth and the things that rolled around in the water showed the sheriff where all the pets and young livestock had gone."

"Then when he went to arrest the old woman, she screamed at him and told him to get out of her house. She said that he had no business poking his nose into her business, and she tried to push him out the door."

"Well, you didn't tell the sheriff something like that, and you certainly didn't try to push him out the door. Of course, he tried to arrest the old woman, but she wasn't having anything to do with that and she fought him until he was able to tie her hands and take her to the sheriff's office in Fairplay, and put her in the jail cell."

After supper, Nancy came back out with her glass of wine and sat in the old wicker chair and looked up at the dark sky that was filled with bright stars. There was no shinning moon tonight, for it was a new moon and the moon hadn't even come over the horizon yet. When it did, it would be hard to see without some binoculars or a telescope.

Nancy sat in the chair for an hour or so sipping her wine, watching the stars and enjoying the quiet. At last she yawned and went back into the cabin and then to bed.

It was about one in the morning that she was awakened by noises that seemed to come from the main room of the cabin. This time she didn't turn on the lamp on the nightstand, but just slipped out of the bed in her nightgown and tip toed to the door of the bedroom and slowly opened it to look into the larger room.

The fire in the fireplace was still burning low and by its dim light she could see strange things moving about in the room. They looked like the im-

ages that she had seen in the wood that made up the walls and ceiling of the cabin. But that couldn't be. Nancy couldn't believe what she was seeing.

"Perhaps I had too much wine," she thought as she watched board after board pull itself off of the wall, change into the creature that was on the board and stand on the floor of the cabin.

There were twisted bears and deer, dragons and cats, dogs of all sizes and gorillas and monkeys. There were creatures with eyes that looked like they were smoking and others with twisted wings and broken legs. There were giant worms with funny looking faces. There were birds with all sorts of shapes and sizes, and they were all gathering together and starting for the bedroom door.

"This can't be happening," Nancy said out loud as she shut the bedroom door and turned on the nightstand lamp.

There was a pounding on the door as she turned around to look at it again. There was no way to lock the door that she could see so, she just hoped that the monsters had no way to turn the metal latch.

Nancy watched the latch on her side of the door and saw it start to move downward.

"This can't be!" she cried out as she looked for some sort of weapon to defend herself, "It just can't be happening. They're not real, they're not real!"

The door swung open and there stood the crowd of strange things that had come out

of the walls and they started into the room. Some were shuffling as they moved, others were dragging their limbs, while some were walking in a somewhat normal fashion, but they were all, slowly, getting closer and closer to her. They made no noise, such as growling or chirping like the birds they looked like; they just moved closer reaching out for her.

Nancy had found the only weapon that she could find in the room, a wooden chair. She picked it up and swung it at the nearest creature. It looked like a gorilla and she knocked it down, but the others just kept coming toward her with their arm-like limbs outstretched toward her.

Nancy was now against the wall and had nothing left to fight with, but her feet and hands. But what good were they against wooden monsters that wanted what?

Did they want to kill her by tearing her to pieces or were they going to eat her?

She screamed as the first monster grabbed her by the arm and pulled her away from the wall and into the crowd. She was grabbed by some of the others also and pulled out of the bedroom, into the main room and toward the stone fireplace.

"No!" she screamed, "Don't burn me, please!"

The creatures didn't say a word, they just kept pulling her toward the low burning fireplace as she struggled to escape.

Then she saw that they were moving her toward the side of the hearth, toward a place where the wood was clear, only a thin grain showed.

The creatures swung her around until her back was against that wall and they held her there.

Nancy struggled to move away, but she was getting weak and felt like she was melting into the wood, because she was.

Now there was a new look to the wood next to the fireplace. It looked like a young woman, waving to someone. Her knothole eyes were wide in fear, and her arms were flowing grains of wood. She also had a twisted knot for a screaming mouth.

The rector had called the sheriff, for the young woman he had rented the old cabin to had not come by to pay the rent at the end of the two weeks.

They had gone to the cabin and found no one there. All of Nancy's belongings were still there, but she was nowhere to be found.

A search was conducted all around the old cabin, but they found nothing to indicate where Nancy might have gone or what may have happened to her.

I believe that the case is still open to this day. Should we tell?

~ The End ~

*Chuck Atkinson enjoys writing fiction stories and treasure hunts for the children at his church. We are pleased to have him contribute to the only fiction in our Ute Country News.*

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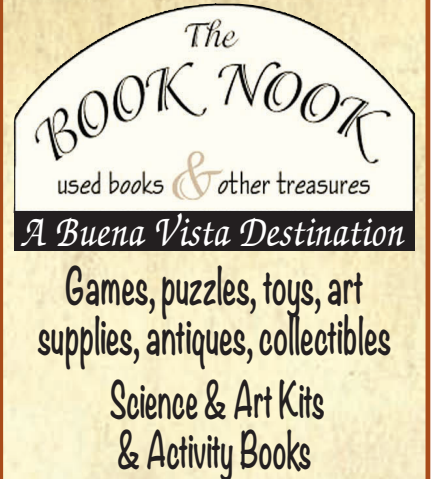
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## Musings Along the Way Because Mama said so

by Catherine Rodgers

*This is a tongue-in-cheek piece written to add some levity 9 months into the COVID-19 Pandemic and during what is likely an unprecedented election year. We hope you enjoy!*

In a surprise decision by the faithless Electors of the Electoral College, Princess Khadijah M. Jacob-Fembro has been chosen the 46th President of the United States. The college had been infiltrated by activist Pleiadeans posing as Presbyterians who deemed this preferable to letting Nancy Pelosi pick from the 1215 candidates who filed with the FEC. President Princess crowned herself immediately; grounded the entire cabinet and congress; and took away all the guns from everybody, issuing nerf noodles instead. Declaring "I am a mom, not a politician," President Princess K. Jacob-Fembro has given us *The Look*. She has sent us all to our rooms to smoke marijuana, now legalized in all 50 states. Everybody must get stoned. Each person is responsible for acting on their own answers to "What can I do to help?"

As we dream up the solutions to all the world's problems, send suggestions to Chief of Staff, Prince Milton "Milt-Milt" Jacob-Fembro, her son, who will knight you to solve that issue. Running on the platform, "It's going to take a woman to clean up the White House," she has already installed robot vacuums and Swiffer stations, and hired anyone named Karen as household staff. Thus, even before the inauguration, promises made, promises kept.

By fiat President Princess has frozen all the billionaires' assets in US banks and plans to redistribute all of the world's wealth equally among every man, woman and child on earth. She has created universal basic income, universal health care, universal free college, as well as 365 national holidays. We have a lot to celebrate! More fireworks — with free ice cream! The homeless will be given rooms at former golf resorts, hotels and towers seized by the IRS for tax fraud. The issue of childcare has been resolved by all parents staying home, and taxes on birth control are sure to pay down the federal debt. All judges on the Supreme Court have been replaced by the 13 Indigenous Grandmothers. Everyone is encouraged to grow their own food, raise chickens, fish, and honeybees, make mead and small beers. Mama says we all have to share.

How did this state of affairs arise, you wonder? Great advances in understanding the world have been made by studying protons, neutrons, electrons and morons. Unbeknownst to most, in the summer of 2015, scientists at CERN in Geneva, Switzerland (not Illinois) created a massive black hole when the Large Hadron Collider was set a teensy bit too high by Frankie and Benji, the pan-dimensional mice. The gravity of our universe has sucked us into another dimension. We are now living in a singularity — where space-time is infinitely bent in an arc towards justice. Where it is always now. But you already knew that because our hive mind is buzzed.

Now I have the leisure to read David Whyte's *Consolations: The Solace, Nourishment and Underlying Meaning of Everyday Words*. Samples: "Courage is what love looks like when tested by the simple everyday necessities of being alive." "Genius is the meeting between inheritance and horizon,

between what has been told, what can be told, and what is yet to be told, between our practical abilities and our relationship to the gravitational mystery that pulls us on."

Now I can focus on *When the Light of the World was Subdued, Our Songs Came Through* an anthology edited by current poet laureate, Joy Harjo, and a team of Native Americans. In an interview Harjo commented that "using a language meant to destroy us," English became a kind of trade language among global indigenous people. It is useful as "now we can all speak with each other" and create poetry as art which allows "the production of something that goes beyond words."

Now I can contemplate the images created by Ricardo Fujii in his *Illumina* project. The work is a dialogue with the art of Japanese scientist Masaru Emoto who brought us "The Message of Water." Lighting an incense stick in the midst of a circle of people, Fujii creates a 3 D image using plasma particle photography. The group chooses a word that represents a feeling — peace, tenderness, joy — and focuses their attention on this thought. Then they speak the word aloud, and the vibration from their breath moves the smoke into symmetrical images of ephemeral beauty.

Now take a deep breath. I may be projecting, but I think, as a nation, we suffer from a constant assault on our adrenals. We are in a chronic state of outrage and upset, of being out of control, of fear. I don't need to enumerate the specifics. You know. Plus, we carry transgenerational trauma, past life and interdimensional trauma. This has created states of hypervigilance; feedback loops of reliving the fear over and over, freezing up and numbing out. This expresses as distrust, violence, and adversarial posturing. For healing to occur several steps are needed. First feeling safe and protected. Everything is always working out for the highest and best of all concerned, regardless of how that looks, because my mom says, "God writes straight with crooked lines."

Next, through empathetic, active listening to one another, we can begin to be heard and acknowledge our commonality. Staub and Pearlman assert that reconciliation is necessary if groups are to "form a more perfect union." By reconciliation, they mean "coming to accept one another and developing mutual trust. This requires forgiving. Reconciliation requires that we come to accept the past and not see it as defining the future as simply a continuation of the past, that we come to see the humanity of one another, accept each other and see the possibility of a constructive relationship."

Personally, I turn to massage with a trauma trigger point therapist. Chanting and trance music help. Dr. Eric Berg recommends probiotics and brewer's yeast. To further calm the parasymphathetic nervous system, the MDH website suggests: "Meditation; ..Focusing on a word that you find peaceful...; Exercise, yoga, tai chi, and similar activities; Spending time in a serene natural place; Deep breathing; Playing with small children and pets."

My cat reminds me that there is nothing more important than petting the cat. Listen to your Mother, bless your heart, and all shall be well. Now. Because Mama said so.

## Adopt Me by TCRAS Mandy

Mandy is a beautiful girl, who is pretty shy. Even though she is shy, once she gets to know you, she loves to receive attention. With a little time, Mandy is going to make a great addition to someone's home. If you are interested in this lovely lady please call 719-686-7707 to set up an appointment to come and meet her.

We are always looking for volunteers to be part of our TEAM. If interested, please give us a call! TCRAS is located at 308 Weaverville Road in Divide. FMI www.tcrascolorado.org.

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



## Pharmgirl Uprooted Rodents on the rampage

by Peggy Badgett

Resourcefulness, creativity, and courage are traits required to endure the never-ending home-owner skirmishes against Mother Nature's forces. She has a huge arsenal at her disposal; I have caulk and rat traps. My mountain home may be one third the size of the old farmhouse, but keeping her invaders at bay still occupies a big chunk of my waking hours. Sometimes I dream of someone else taking the lead as general of my defense squadron, and howl! realtor.com in the middle of a howling blizzard to browse care-free condominiums with groundskeepers. But rural life is all I've ever known; the country is where I belong.

Mother Nature's primary weapon is her weather. No matter what kind of structure, she relentlessly attacks surfaces with sand-blasting winds, scorching sunlight, pounding rain, and wildly fluctuating temperatures. You can't blame the paint for peeling or stain for fading. I might grumble as I grab brushes for another coat of goo on the logs or porch boards, but the activity does give my body a break from bicycling and hiking up steep inclines.

Creatures are Mother Nature's second battalion. I was no novice when I moved to Colorado; farm life taught us many lessons in dispatching critters. Relocating raccoons and rodents to the wild was preferred, but sometimes harsher methods were needed. One muddy morning, my young discovered two hapless field mice inside the cracked corn bin. A severe lack of coffee clouded my judgement, and I agreed to let the kids keep them as pets. I love Alex, Amie and Hannah with all my heart, but at those tender ages they had the responsibility equivalent of shredded wheat. Days before our annual Christmas gathering, "Bob and Lisa" escaped. "I don't know" or "Not me," two invisible children that lived with us, had left the lid open. Visions of our guests leaping onto chairs to escape greedy grey mice skidding across hardwood floors with sugar cookies in their paws convinced me to use snap traps after they outwitted live ones. Our barn cats enjoyed an easy breakfast, and the only ones nibbling sweets were our party guests.

Ferretting out good methods to keep the chin pins and cotton-tail rabbits from burrowing so much around my cabin that it sinks into the earth moved to high priority this summer. Stalking them with a pellet gun



didn't work. Every time they spotted me on the porch taking aim, they simply dove back into their burrows to drink gin and tonics while watching Judge Judy. They didn't pay attention to my lectures on birth control, so I resorted to rat traps. Hapless victims provide lunch for the ravens, who now conduct regular reconnaissance missions over my cabin.

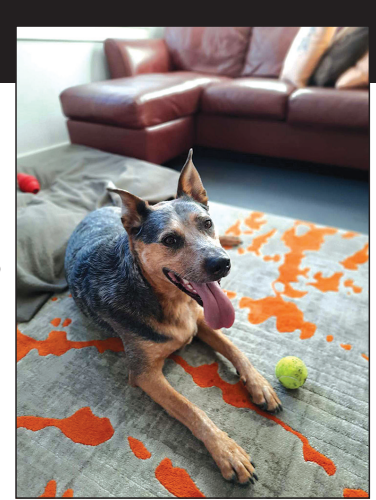
After finding a pack rat floating lifelessly in a rain barrel late summer, I did a victory jig. Then his partner laid claim to my decorated pickup truck. When I turned the heater on one cold September morning, the smell of roasting corn filled the cab. My heart sank. The kind mechanic chuckled as he cleaned the fan out, but my squatter simply filled it up the next morning. Fueled by desperation, I took it apart myself and discovered her pantry in the adjacent reservoir. The air filter housing, filled with sage and scat, functioned as a self-deodorizing potty. Her nest consisted of weeds and stuffing nestled between the V-8 cylinders. After vacuuming everything out, I googled defense tactics. Every evening, I place bags of mothballs, bars of Irish Spring soap, cotton balls soaked with peppermint oil, live traps, snap traps and sticky platforms strategically inside and beneath the truck. Every morning, when morning light glows over Pikes Peak, I cinch up my pink fuzzy robe, pull on chore boots, and approach the booby-trapped truck with rolling pin raised and ready. For a week now, all bait is still present and accounted for in the empty traps. There are no weeds or seeds in her usual spots. Perhaps Bernadette has moved onto friendlier turf. I can only hope. So, if you see me driving down the road with tears in my eyes, I'm ok. It's just the fumes of war.

*Peggy Badgett lives 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.*

## Adopt Me by Ark Valley Humane Society Donovan

Donovan has been with the shelter longer than any of our other animals, and we'd love to see this handsome guy in a forever home soon! He is a 4-year-old Australian Cattle Dog mix who is truly a cuddle bug at heart. His favorite thing to do is to sit with you on the couch or snuggle in bed. He came in as a stray and no one came forward to claim this handsome guy, so we didn't know much about his history, but have learned so much about him from his foster home! His foster mom says, "He is loyal as all get out once he knows you are his person. He loves to play balls and loves walking!" They also describe him as the cuddliest, snuggliest dog that they've fostered! Donovan does need to go to a home without any cats. His ideal home would be one with a yard to play fetch in, and comfy couches that he's allowed to cuddle up next to you on! If interested in meeting Donovan give the shelter a call (we are currently open by appointment only) at 719-395-2737.

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## Life-Enhancing Journeys

### Transforming through grief and loss

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

As I began to write an article for the November issue, I found myself needing to change topics after I heard the news that a very good friend of mine had died at her own hand. Clearly, she came to a decision — whether deliberate or unconscious — that she no longer wanted to live. After more than 18 years of sobriety, her lifeless body was found with a large, empty bottle of gin by her side. There are so many “what if...?” thoughts running through my mind which all seem to contemplate if there was anything I could have done to have motivated her to choose to carry on. Her elderly mother, whom she had cared for 24/7 for the past 7 years, died in April. Even though her mother was an acerbic woman, caring for her gave my friend a reason to wake up every morning. Her purpose was now gone so I suspect she believed there was no reason to continue to live. My heart is broken, I am in shock and experiencing such intense grief.

To my surprise, learning of my friend’s untimely death stirred up buried memories of so many other losses of which I have lived through — relatives, friends, pets, jobs, possessions, dignity, and so much more. I know I am not alone in my reaction. What I realized was I still had more grieving to finish with some of these long-past losses. Given the deaths in this country and in the world today, I know I am just one of many going through this painful process right now. When we lose a loved one, the difficult part is trying to learn how to conduct yourself without them. The relationship had become so embedded in our daily habits; we now have to instruct ourselves to learn new behaviors without the loved one around.

Author and grief expert David Kessler describes grief as, “... a process or a journey that does not end on a certain day or date. It is as individual as each of us... Each grief has its own imprint... as unique as the person we lost... in loving, we deeply connect with another human being, and grief is the reflection of the connection that has been lost.” The disconnection can cause unbelievable agony and the duration of the anguish is unknown because grief has no timeline. How is it possible to continue moving forward trusting that you can endure what seems almost unsurvivable?

Inappropriately, our society places enormous pressure on us to get over loss, to get through the grief. How long you grieve depends upon the meaning you place on the loss. It is worth acknowledging that how each of us grieves will always be a personal experience — unique to each individual — there is no right or wrong way to grieve. How

it is expressed depends on many dynamics — your personality and coping style, your life experiences, your view of life and death, your faith, and how significant the loss was to you. Instead of a series of stages, it may be worthwhile to think of the grieving process as a roller coaster, full of ups and downs, highs and lows. The difficult periods should become less intense and shorter as time goes by, but it takes time to work through a loss.

While grieving a loss is an inevitable part of life, there are ways to help manage the pain, come to terms with your grief, and eventually, find a way to cultivate a new reality to accommodate a different life.

#### Ideas to help manage your grief:

1. Acknowledge your pain — it is very real. Even if you are uncomfortable talking about your feelings it is advantageous to express them when you’re grieving.
2. Accept that grief can trigger unexpected emotions. Allow them to be there — breathe into the space rather than blocking them.
3. Understand that your grieving process will be unique to you so honor yourself and whatever you are undergoing. Never allow anyone tell you how to feel nor should you tell yourself how to feel either. Your grief is your own, and no one else can tell you when it’s time to “move on” or “get over it.”
4. Seek out support from people who care about you and from whom you trust. One key is to avoid isolating yourself. Now is the time to lean on the people who care about you even if you take pride in being strong and self-sufficient.
5. Support yourself emotionally by taking care of yourself physically — Get out in nature as often as possible — Eat healthfully — Exercise — Meditate — Sleep — Breathe consciously.
6. Recognize that there is a difference between grief and depression — grief can be the source of depression yet depression can be unconnected to grief.
7. Draw comfort from your faith. If you follow a religious tradition, embrace the comfort its mourning rituals can provide. Spiritual activities that are meaningful can offer solace.
8. Join a support group. Sharing your sorrow with others who have experienced similar losses can help.
9. Talk to a therapist or grief counselor. An experienced therapist can help you work through intense emotions and can expedite the grief process.
10. There is comfort in routine so try to

*“May death be an advisor...May the wisdom of impermanence help us to remember to live this moment, this day, from loving presence.”*

— Tara Brach

maintain your hobbies and interests. Resume activities that bring you joy especially those pursuits which can connect you with others.

Grief and loss are extraordinarily painful therefore some individuals can become uncomfortable being present for the grief-stricken person. Accept that a significant number of people feel awkward when trying to comfort someone who’s grieving. Unsure of what to say — worried about saying something wrong — or concerned about how to act — they may disappear especially when their friend really needs companionship. Remind yourself that this is not about you — your friend is in need of support.

There is no right or wrong way to help someone grieve, yet there are more respectful ways to handle yourself. My hope is that these tips can help. Below is a list of phrases that can be either helpful or detrimental to say to someone who is grieving:

#### The best things to say:

1. I am so sorry for your loss.
2. I wish I had the right words — please know I care.
3. I can’t imagine how you must be feeling right now yet I am here to help in any way I can.
4. You and your loved one will be in my thoughts and prayers.
5. My favorite memory of your loved one is... what a delightful person s/he was.
6. I am always just a phone call away.
7. Give a hug instead of saying something (be especially cautious during the Covid-19 era).
8. We all need help at times like this — I am here for you.
9. I am usually up early or late if you need anything.
10. Saying nothing — just be with the person.
11. It’s OK to feel this way — I’m here for you.
12. I wish you healing and peace.

I remember having shared with a grieving widow, “he often told everyone how much he adored you” which she said was so reassuring.

Be sensitive and kind to the grieving person. It is unnecessary to do anything — simply be present.

#### The worst things to say:

1. When people are old, they are expected to die — at least she lived a long life.
2. He is in a better place.

*continued on next page*

## Financial Focus

### Ideas for thanking your family

It’s almost Thanksgiving and although 2020 may have been a difficult year for you, as it has been for many people, you can probably still find things for which you can be thankful, such as your family. How can you show your appreciation for your loved ones?

#### Here are a few suggestions:

- **Invest in your children’s future.** If you have young children — or even grandchildren — one of the greatest gifts you can give them is the gift of education. You may want to consider contributing to a higher education funding vehicle.
- **Be generous.** Do you have older children, just starting out in life? If so, they could well use a financial gift to help pay off student loans, buy a car or even make a down payment on a home. You can give up to \$15,000 per year, per recipient, without incurring gift taxes. Of course, you don’t have to give cash, you might want to consider presenting your children with shares of stock in companies they like.
- **Review your insurance coverage.** If you weren’t around, it would leave some gaping holes — financial and otherwise — in the lives of your family members. That’s why it’s essential you maintain adequate life insurance. Your employer might offer a group plan, but it may not be sufficient to meet your needs. There’s no magic formula for determining the right amount of coverage, so you’ll have to consider a variety of factors: your age, spouse’s income, number of children and so on. Also, you may want to consider disability insurance — if you were unable to work for a while, it could cause a

real problem for your family’s finances.

- **Preserve your financial independence.** When your children are young, you take care of them. But you certainly don’t want them to have to do the same for you, so it’s essential you maintain your financial independence throughout your life. You can do this in at least a couple of ways. First, consider investing regularly in your 401(k), IRA and other retirement accounts. The greater your resources during your retirement years, the less you may ever need to count on your family. And second, you may want to protect yourself from the devastating costs of long-term care, such as an extended nursing home stay. A financial professional can suggest a strategy to help you cope with these expenses.
- **Create an estate plan.** To leave a legacy to your family, you don’t have to be wealthy, but you do need a comprehensive estate plan. You’ll have to think through a lot of questions, such as: Have I named beneficiaries for all my assets? How much do I want to leave to each person? Do I need to go beyond a simple will to establish an arrangement such as a living trust? For help in answering all these issues, you’ll want to work with an attorney.

By making these moves, you can show your loved ones, in a tangible way, how much you value them — and that can help you keep the spirit of Thanksgiving alive all year long.

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

### Life-Enhancing Journeys

*continued from previous page*

3. She brought this on herself.
4. There is a reason for everything.
5. Aren’t you over him yet — he has been dead for a while now.
6. You can have another child still.
7. She was such a good person God wanted her to be with Him.
8. I know how you feel.
9. She did what she came here to do and it was her time to go.
10. Be strong.
11. At least she is no longer in pain.

Inevitably, the grieving process takes time. Healing happens gradually — it can’t be forced or hurried and there is no “normal” timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Sometimes individuals attempt to move quickly past a loss. Kessler asserts that it’s finding meaning beyond the stages of grief — denial, anger, bargaining, depression and acceptance — that can transform grief into a more peaceful and hopeful experience. Whatever your grief experience, it is important to be patient with yourself and allow the course to naturally unfold.

Grieving is a process that allows us to metabolize the pain of loss yet somehow continue living. By honoring the departed, we are free to embrace the life that remains here.

In my experience I have witnessed grieving individuals resolving their grief to eventually reveal a new level of personal resilience and strength. There can be power and promise even during the darkest of times — understanding that great stress can cause us to adapt and evolve into a more exceptional version of ourselves — yet it takes time.

*“Grief is a force of energy that cannot be controlled or predicted... Grief does not obey your plans, or your wishes. Grief will do whatever it wants to you, whenever it wants to. In that regard, Grief has a lot in common with Love.”*

— Elizabeth Gilbert



# Happy Thanksgiving



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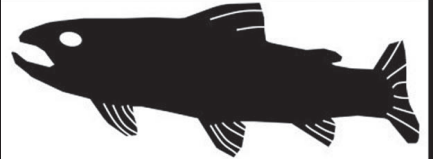
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## One Nation Walking Together Allen Dale June, Navajo Code Talker

by Urban Turzi

Allen Dale June was one of the 29 original Navajo Code Talkers who served in the United States Marine Corps during WWII. So why am I highlighting this code talker when there were hundreds of others. Simple: my granddaughter (Dani) was shopping in Denver and she was wearing a One Nation Walking Together T-shirt. Standing in line behind her in the checkout lane was the widow of Allen Dale June. Recognizing the artwork on my granddaughter's shirt as having Native American symbology, Mrs. June chatted up a conversation about her husband being a code talker and gave my granddaughter an autographed picture of her husband. Because of that incident, I needed to know more about these people's place in history.

June was born in Kaibito, Arizona on November 28, 1921, to a Navajo family. Once the United States entered World War II and began recruiting Native Americans as Code Talkers, June enlisted in the Marine Corps. He died at the age of 89.

“Code Talkers” is a term used to describe people who communicate using a specialized language. It is generally used to describe Native Americans who served in the United States Marine Corps, whose primary job was the transmission of secret tactical messages. Code Talkers sent messages over military telephone or radio communications nets using formal or informally developed codes built upon their native languages. Their service was very valuable because it enhanced the communications security of vital front line (battlefield) operations during World War II, particularly in the Pacific Theater.

I know for myself, I thought only Navajo men were Code Talkers and I was totally surprised to find out Code Talkers were used in WWI. Then I found out during World War I and World War II, a variety of American Indian languages were used to send secret military messages. Please see the sidebar for the American Indian Code Talkers' languages and the numbers of tribal members who served, if known. There were at least two Code Talkers from each tribe. (inter-net: Encyclopedia Britannica).

Code talking, however, was pioneered by Choctaw Indians serving in the U.S. Army during World War I. Company commander, Captain Lawrence of the U.S. Army overheard Solomon Louis and Mitchell Bobb conversing in the Choctaw language. He found eight Choctaw men in the battalion. Eventually, 14 (another resource I found stated there were 19 Choctaw) in the Army's 36th Infantry Division trained to use their language in code. They helped the American Expeditionary Forces win several key battles in the Meuse-Argonne Offensive in France, during the final big German push of the war. Within 24 hours after the Choctaw language was pressed into service, the tide of the battle had turned. In less than 72 hours the Germans were retreating and the Allies were in full attack.

Adolf Hitler knew about the successful use of Code Talkers during WWI. He sent a team of some 30 anthropologists to learn Native American languages before the outbreak of WWII. However, it proved too difficult for them to learn the many languages and dialects that existed. Because of Nazi German anthropologists' attempts to learn the languages, the U.S. Army did not implement a large-scale code talker program in the European Theater. Fourteen

Comanche Code Talkers took part in the Invasion of Normandy and continued to serve in the 4th Infantry Division during further European operations.

Meskwaki men used their language against the Germans in North Africa. Twenty-seven Meskwaki, then 16% of Iowa's Meskwaki population, enlisted together in January 1941. Quite a tribute to their patriotism and sense of brotherhood for such a small tribe!

In WWII, The Navajo Code Talkers were commended for their skill, speed and accuracy accrued throughout the war. At the Battle of Iwo Jima, Major Howard Connor, 5th Marine Division signal officer, had six Navajo Code Talkers working around the clock during the first two days of the battle. These six sent and received over 800 messages, all without error. Connor later stated, “Were it not for the Navajos, the Marines would never have taken Iwo”. The use and deployment of the Navajo Code Talkers continued through the Korean War and after, until it was ended early in the Vietnam War. There is no way to estimate the number of American warriors whose lives were saved because of the mission of the Native American Code Talkers who served their country from WWI through Viet Nam.

**“We do not want riches; we want peace and love”**  
— Red Cloud, Oglala, 1870.

Additionally, a speaker who has acquired a language during their childhood sounds distinctly different from a person who acquired the same language in later life, thus reducing the chance of successful impostors sending false messages.

Navajo was an attractive choice for code use because few people outside the Navajo themselves had ever learned to speak the language. The Japanese had an opportunity to attempt this when they captured Joe Kieyoomia in the Philippines in 1942 during the awful Bataan Death March. Kieyoomia, a Navajo Sergeant in the U.S. Army, but not a code talker, was ordered to interpret the coded radio messages. He reported he could not understand the messages, and his captors tortured him. The Japanese Imperial Army and Navy never cracked the spoken code.

The Code Talkers received no recognition until the declassification of the operation in 1968. In 1982, the Code Talkers were given a Certificate of Recognition by U.S. President Ronald Reagan, who also named August 14, 1982 “Navajo Code Talkers Day.” On December 21, 2000, the U.S. Congress passed, and President Bill Clinton signed, a Public Law which awarded the Congressional Gold Medal to 29 World War II Navajo Code Talkers.

*continued on next page*

Painting by Sebrina Forrest, Mohawk, US Army veteran.

ers. In July 2001, U.S. President George W. Bush personally presented the Medal to four surviving Code Talkers (the fifth living code talker was not able to attend) at a ceremony held in the Capitol Rotunda in Washington, DC. Gold medals were presented to the families of the 24 Code Talkers no longer living.

On September 17, 2007, 18 Choctaw Code Talkers were posthumously awarded the Texas Medal of Valor from the Adjutant General of the State of Texas for their WW I service. On December 13, 2007, the Code Talker Recognition Act, was introduced to the House of Representatives. The Code Talker Recognition Act recognizes every code talker who served in the United States military with a Congressional Gold Medal for his tribe, and a silver medal duplicate to each code talker, including eight Meskwakis.

Levi Rickert wrote in the *Native News* on November 27, 2017, “President Trump insults Code Talkers displaying his usual ignorance and insensitivity when he referred to Senator Warren as “Pocahontas” at a White House ceremony honoring American Indian Code Talkers”. Navajo Nation President Begaye said, “In this day and age, all tribal nations still battle insensitive references to our people.” US Senator Udall stated, “Racist comments are never acceptable and are especially poor taste. The days when the President of the US was held as a moral authority were over 11 months ago but what should have been a solemn ceremony to honor Native Veterans, Trump took low even lower.”

Over 400 Native men endured the savagery, ferociousness, viciousness of war and volunteered to serve their country despite their enduring Boarding School mistreatment, the government's (Bureau of Indian Affairs) mandated massacre of the Indian families' livestock, the Long Walk, and the countless other instances that contributed to their historical trauma, and to make their family proud. These same men felt accepted and appreciated by their fellow Marines, soldiers and sailors. They enjoyed being teased (busting each other's CHOPS) by their comrades and returning the favors. They endured exhaustion, stifling heat, danger, hunger, and fear to an extent most Americans will never experience. Each code talker was assigned two bodyguards for protection as

the code was a matter of national security. The Marine Corps was asked if the bodyguards had orders to kill their assigned Code Talkers rather than allow them to be captured and this was not denied. Most Code Talkers would have preferred to be killed rather than be tortured by the Japanese. At any rate, no code talker was ever executed by his bodyguard.

When fellow Marine, Chester Nez was asked of his opinion of Sergeant Allen Dale June, he replied, “he was a good guy.” In the 1940s being called a good guy was akin to saying today in the 21st century, “he was a great man.”

I dedicate this article to my Uncle Joe who served as a Marine Warrant officer for four years in the Pacific during World War II. Semper Fi!

*Editor's Note: We are grateful for the incredible assistance provided by the Code Talkers in both WWI and WWII. We encourage each of our readers to consider how the world would be different if there were World Peace. Let's enact today the behavior we wish to enjoy tomorrow.*

### Code Talker Tribes

**WWI:**

- Cherokee
- Cheyenne
- Choctaw (15)
- Comanche
- Osage
- Yankton Sioux

**WWII:**

- Assiniboine
- Cherokee
- Chippewa/Oneida (17)
- Choctaw
- Comanche (17)
- Hopi (11)
- Kiowa
- Menominee
- Muscogee/Creek and Seminole
- Navajo (about 420)
- Pawnee
- Sac and Fox/Meskwaki (19)
- Sioux – Lakota & Dakota dialects

Over 400 Native Americans served in both world wars as code talkers

## Adopt Me by AARF Skully

Skully is probably a Rottweiler/Lab mix. He's a loving, laid back, family-oriented dog. Skully is about 2 years old and was relinquished by his owners. He is good natured with a Lab temperament. He does not get along with cats but does well with most dogs he meets. He's a really great dog! To arrange to meet Skully please call Dottie at 719-761-5320 or 719-748-9091 or via website aarfcolorado.com.

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

### Non-Duality

a poem by Thich Nhat Hanh

The bell tolls at four in the morning.  
I stand by the window,  
barefoot on the cool floor.  
The garden is still dark.  
I wait for the mountains and rivers to reclaim their shapes.  
There is no light in the deepest hours of the night.  
Yet, I know you are there  
in the depth of the night,  
the immeasurable world of the mind.  
You, the known, have been there  
ever since the knower has been.  
The dawn will come soon,  
and you will see  
that you and the rosy horizon  
are within my two eyes.  
It is for me that the horizon is rosy  
and the sky blue.  
Looking at your image in the clear stream,  
you answer the question by your very presence.  
Life is humming the song of the non-dual marvel.  
I suddenly find myself smiling  
in the presence of this immaculate night.  
I know because I am here that you are there,  
and your being has returned to show itself  
in the wonder of tonight's smile.  
In the quiet stream,  
I swim gently.  
The murmur of the water lulls my heart.  
A wave serves as a pillow  
I look up and see  
a white cloud against the blue sky,  
the sound of Autumn leaves,  
the fragrance of hay-  
each one a sign of eternity.  
A bright star helps me find my way back to myself.  
I know because you are there that I am here.  
The stretching arm of cognition  
in a lightning flash,  
joining together a million eons of distance,  
joining together birth and death,  
joining together the known and the knower.  
In the depth of the night,  
as in the immeasurable realm of consciousness,  
the garden of life and I  
remain each other's objects.  
The flower of being is singing the song of emptiness.  
The night is still immaculate,  
but sounds and images from you  
have returned and fill the pure night.  
I feel their presence.  
By the window, with my bare feet on the cool floor,  
I know I am here  
for you to be.

from “Call Me By My True Names”  
The Collected Poems of Thich Nhat Hanh

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## Got cigars?

by Flip Boettcher

When Scott Gardner's friend said he was closing his Slope Side Cigar store in Breckenridge because of a recent Summit County 40% tax hike on all tobacco products, including cigars, (this is on top of an existing 40% state tax), Gardner realized there would be no cigars available within about a 100 mile radius of Fairplay and it presented him with an opportunity.

Historically, according to Gardner, premium cigars have been exempted from "arbitrary and capricious hyper taxation in the war on tobacco."

This past May, after delaying a few months due to COVID-19, Gardner opened the Rocky Mountain Cigar Company. The cigar store is located next to the Sinclair convenience store and gas station on Colorado Highway 285 at 640-C. Highway 285 at Fairplay seems to have become the gateway to the southern Rockies, said Gardner with volumes of travelers and tourists who have come to see the scenery and enjoy all there is to do here. Gardner's dream is to eventually have several Rocky Mountain Cigar Company stores located in other Rocky Mountain States.

The RMCC is more than just a cigar store. There is a very comfortable lounge area where one can meet new people and network within the community. A place where one can relax from the daily grind, sharing their ups-and-downs in a comfortable, friendly atmosphere.

The store also has a golf simulator and offers guided fly and ice fishing tours. Gardner guides the fishing tours for the Mountain Angler in Breckenridge.

The idea for the store comes from his life's passions, Gardner said, and he jokingly calls himself the CLE, Chief Lifestyle Engineer.

The store would also like to host some small events like combining cigars with samples of some local distillery's small batch products, and small comedy and



The lounge area inside the Rocky Mountain Cigar Company provides a comfortable atmosphere in which to relax. photo courtesy of Google.

music nights.

Besides cigars, the store sells pipe tobacco and accessories, roll your own cigarette tobacco and accessories, and may have vaping supplies in the future.

The cigars range from the small cigarillos and petite coronas up to the Churchill in size. The store carries Arturo Fuente, Macanudo, Cohiba, Acid, Diesel and Ashton Cigars, to name a few. The cigars come from the Dominican Republic, Honduras and Nicaragua as well as some boutique brands from around the world, stated Gardner.

The shop's clientele is composed of about 70% men and 30% women. Actually, said Gardner, several of the cigar companies are developing cigars especially with women in mind using tobaccos that are infused with herbs, botanicals and oils with sweet tips. These cigars give a "very pleasant and relaxing cigar smoking experience for first timers or casual smokers as well," Gardner stated.

Gardner, originally from Pennsylvania, and his wife, originally from Minnesota, came to Colorado from New York in 2015.

The Rocky Mountain Cigar Company is open seven days a week, 9-7 p.m. The phone number is 218-556-3890. Stop by and relax a little.

## Mueller State Park

Guided hikes are a great way to live life outside at Mueller State Park. A variety of activities are offered for all ages.

Challenge yourself on a trail, test your observation skills or practice your artistic creativity are a few ways to enjoy and learn more about nature in these activities. Get the kids engaged on a scavenger hunt or learn to hug a tree, a good safety strategy for kids to know when outdoors.

Fresh Air Friday is celebrated statewide as a way to get outdoors on the day after Thanksgiving! Need to walk off that turkey dinner? Hit the trail on a guided hike.

Check out the full list or programs offered at Mueller during November.

Due to COVID restrictions, all hikes and programs are limited to 15 people. Participants should sign up by calling 719-687-2366. In addition, masks required and social distancing observed.

- 7 Hike: School Pond and Stoner Mill 9:15 a.m.
- 7 Mueller in Art 11-1 p.m. meet at Visitor Center
- 7 Hug a Tree to Survive — for Kids 2 p.m. meet at Camper Services
- 14 Walk: Nature Walk 11 a.m. meet at Camper Services
- 14 Fall Scavenger Hunt 2 p.m. meet at Visitor Center
- 21 Hike: Elk Meadow and Peak View Pond 9:15 a.m. meet at Elk Meadow TH
- 21 Forest Bathing Walk 10-1 p.m. meet at Visitor Center Patio
- 21 Walk: The Un-Nature Trail 2 p.m. meet at Visitor Center
- 26 Thanksgiving Day — Visitor Center is closed, but park is open for hiking and camping
- 27 Fresh Air Friday Hike: Elk Meadow and Murphy's Cut 9 a.m. meet at Outlook Ridge TH
- 28 Hike: Homestead and Black Bear Trails 9:15 a.m. meet at Black Bear Trailhead
- 28 Walk: Fall Sensory Scavenger Hunt 2 p.m. meet at Visitor Center
- 30 Hike: Full Moon Hike 5:30 p.m. meet at Outlook Ridge TH

Mueller events are free; however, an \$9 daily pass or \$80 annual pass is required to enter the park. FMI 719-687-2366.

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7587 or email us at [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com).

Readers: COVID-19 changes daily. Please follow CDC guidelines ([cdc.gov](https://www.cdc.gov)) and your county's health department. Were you expecting to see your event listed and didn't? Please email [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com).

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### BUENA VISTA



photo by Rosalie Winard

13wchaffeeconomy.org.

Habitat's New Volunteer Recruitment Day 12-3:30 p.m. We welcome all new volunteers for an introduction to Habitat and a chance to gain hands-on ReStore experience. FMI ChaffeeHabitat.org.

14 Gingerbread House Bazaar 9-3 p.m. at BV Community Center 718 E Main St. Cookies & candies pre-packaged in plastic bags, handcrafted seasonal décor gifts and pantry items. Masks required.

14 Alpine Orchestra Concert 7 p.m. A virtual live-streamed concert hosted by Clearview Community Church. FMI [www.AlpinOrchestra.org](http://www.AlpinOrchestra.org).

21 BV HOPE meetings 3 p.m. viz zoom. FMI: BVHope.org

• Friday night BINGO at American Legion Post 55. Doors open at 6 p.m. and play starts at 7-9:30 p.m. Covid-19 rules will be followed. Located at 338 N. Railroad St. FMI 719-836-4899.

### CAÑON CITY

4 Free Legal Clinic 2-5 p.m. Call the Cañon City Library to be added to the sign-up sheet 719-269-9020.

### CRIPPLE CREEK

5 American Legion Post 171 meets at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m.

### ASPEN MINE CENTER

We are providing services 9-4 p.m. Monday-Friday. Commodities is on a drive through basis the last Friday of each month from

## ~OUT AND ABOUT~

9-2 p.m.  
25 Thanksgiving Meal this year is to-go ONLY (drive-thru basis), with deliveries available for seniors and persons with disabilities 11:30-3 p.m. Volunteers should call the AMC if interested in prep, serving, deliveries or clean-up. Call ahead 719-689-3584 ext. 102.

### DIVIDE

23 Little Chapel Food Pantry will be distributing Thanksgiving Dinner to 450-500 families. We are in search of folks who would be willing to become regular monthly donors to the Pantry, your gift is greatly needed and appreciated. Donations can be made by mail (69 CR 5 Divide, CO 80814) or through our website: [littlechapelfoodpantry.org](http://littlechapelfoodpantry.org).

### COMMUNITY PARTNERSHIP

3 Crossroads of Parenting & Divorce 4:30-8:30 p.m. viz zoom. Teller County Court-approved divorce class. Registration fee is required. FMI [Amys@cppteller.org](mailto:Amys@cppteller.org) or 686-0705.

• IndyGive! 2020 Campaign is CP's largest fundraiser now through Dec 31. We hope to see you at one of our virtual events! FMI [www.indygive.com/CPFR](http://www.indygive.com/CPFR).

### FLORENCE

7 The Florence Pioneer Museum and Research Center at 100 E. Front St will host a cake and coffee reception for our local veterans 4-7 p.m. FMI: [www.florencepioneermuseum.org](http://www.florencepioneermuseum.org).

### FLORISSANT

11 The Florissant-Lake George Veterans of Foreign Wars Post

#11411 will conduct its Honor Guard Ceremony for Veterans at the Florissant Cemetery at 11 a.m. The public is invited to attend the ceremony. Come to the ceremony to pay tribute to our local Veterans. CDC guidelines regarding outdoor gatherings will be observed.

### LIBRARY

12 Free Legal Clinic 3-4 p.m. Call the Florissant Library to be added to the sign-up sheet 719-748-3939.

### BOOK CLUBS

18 Bookworms 10:30 a.m. November book: *All Over But the Shouting* by Rick Bragg. Virtually. FMI 719-748-3939.

### Programs

The Youth Services team and library staff have created fun and interesting virtual programming. [www.rldvirtualprograms.weebly.com](http://www.rldvirtualprograms.weebly.com).

### GRANGE

14 Pine Needle Basket Making Class and Gourd Art Class 9-12 p.m. Cost is a donation to Grange, an extra \$10 for the gourd. RSVP 719-748-5004.

25 Thanksgiving Eve 5:30-7 p.m. FREE Thanksgiving Dinner. Drive to our door. Donations welcome.

### GUFFEY

2-Dec 8 Guffey Library's Silent Auction. Mon & Sat 11-4 p.m., Tues & Wed 9-4 p.m. Find unique and handmade items. Bids close Tues Dec 8. Donations being accepted now!

• Guffey School will not be hosting its usual Veteran's Day event this year, instead the kids will show their appreciation and honor our local veterans from a distance

by making cards and perhaps a gift to send in the mail. We are asking our community to provide us with names and addresses of any local veterans who would appreciate these handmade tokens of appreciation. If you have a recommendation for a local retirement home, maybe where your loved veteran may live, please pass that on to us by emailing [mwalker@guffeyschool.org](mailto:mwalker@guffeyschool.org).

### HARTSEL

#### Thanksgiving Dinner Baskets:

Thanksgiving dinner baskets for distribution to those who make a reservation by Thursday, November 12. Baskets will have a complete Thanksgiving dinner. If you or someone you know would like to participate, reach out to us at any of the following: [hartselllibrary@gmail.com](mailto:hartselllibrary@gmail.com) or call or text 303-520-5726 or 361-463-8976 or provide name, contact info, and how many people you will be feeding. (adults and children), so we can have the correct portions in your basket, and which time to pick up. Baskets distributed Tuesday, November 24 at the Hartsel Community Center 10-12 p.m. and 5-7 p.m.

### SALIDA

11 Free Legal Clinic 2-5 p.m. Call Salida Regional Library to be added to the sign-up sheet 719-539-4826.

27 BV HOPE will have a booth at the Elks Holiday Craft Fair 10-3 p.m. at 143 E. 2nd St.

### WOODLAND PARK

7 Sister Friends meet at Colorado

Christian School 1003 Tamarac 10-moon. Free brunch. FMI [coprayndp@yahoo.com](mailto:coprayndp@yahoo.com) or visit <http://www.sisterfriends.co>. SAVE the DATE: 5 DEC same location and time as Nov.

10 & Dec 8 Nonprofit Cooperative Training with SOAR 3-4:30 p.m. viz zoom. Email [iwantto@soar-withnetworkfundraising.org](mailto:iwantto@soar-withnetworkfundraising.org) for your invitation or text NPCOOP to 833-763-0494.

13 Lighter Side of Christmas begins. See page 8.

29 Art Walk 11-1 p.m. Text ARTWALK to 833-763-0494 for details.

### LIBRARY

#### Book Clubs

3 WP 10:30 a.m. Virtually. FMI 719-687-9281 ext. 169.

4 Not So Young Adult 11 a.m. Virtually. FMI 719-687-9281 ext. 116.

12 Senior Circle 10:30 a.m. Virtually. FMI 719-687-9281 ext. 103.

• Storytime Books & Babies Tues at 10 a.m. for ages 0-2.

• Storytime Wed & Thurs for ages 0-5. Register 719-687-9281 X 112.

#### Teen Craft

18 CD Suncatchers 3:30-4:30 p.m. Register 719-687-9281 X 112.

• Ute Pass Historical Society & Pikes Peak Museum are open for business! Located at 231 E. Henrietta Ave. next to WP Library, open 10-3 p.m. Wed-Sat. FMI 719-686-7512.

• Window Decorating Contest with the Nonprofit Cooperative. Businesses in Cripple Creek and Woodland Park partner with Nonprofits. Voting begins Nov 28-Dec 5. FMI Text WIND-ECOR to 833-763-0494.

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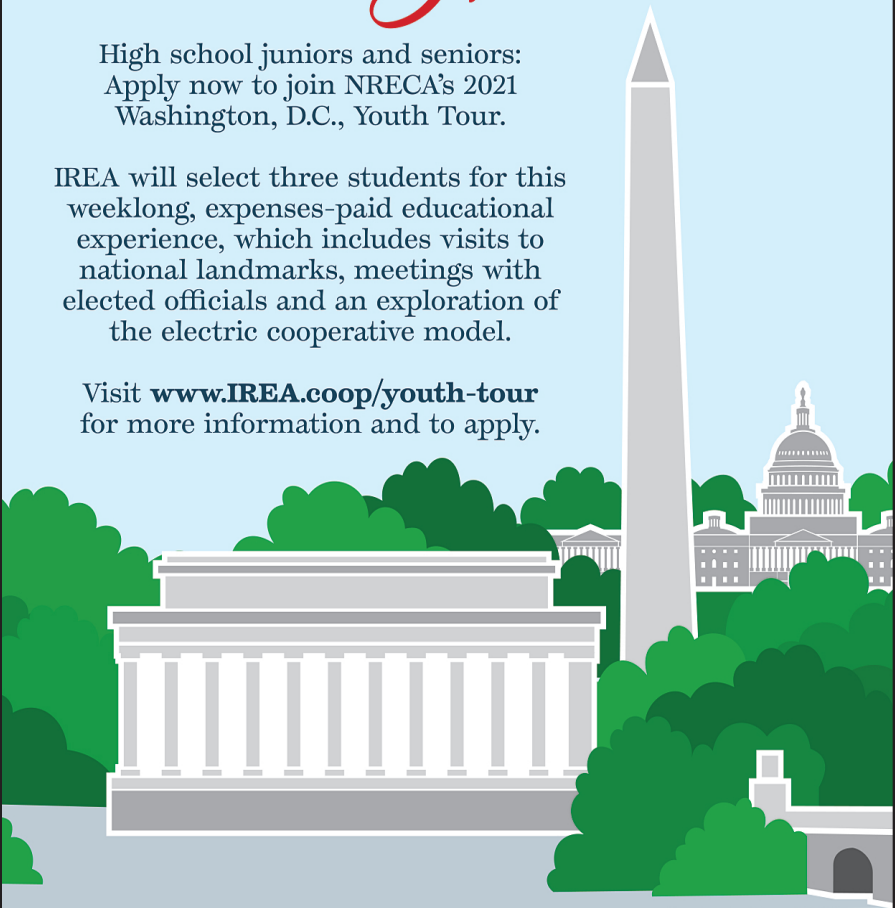

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