



UTE COUNTRY NEWS

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November 2021

P.O. Box 753, Divide, CO 80814 • 719-686-7587 • utecountrynews.com

Vol. 13, No. 11

Welcome to Ute Country



**There are many rhymes about magpies,
but none of them is very reliable
because they are not the ones
that the magpies know themselves.**

— Terry Pratchett

PEEK INSIDE...



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Exploring Legends of the Forest



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the Shelf Road



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The Cellar on Railroad

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On Deck



Jeff captured this magnificent magpie with his camera back in 2016, when Kathy's sister, Carol was visiting and we decided to check out the Colorado Wolf and Wildlife Center in Divide. We enjoyed our visit with each other, as well as meeting the wolves and other wildlife at CWWC. Kathy looks forward to the next visit with Carol and the opportunity to explore Colorado together. We felt the photo and quote were rather appropriate for our November issue as we live in a day and age when we speak our truth, respect each other's differences and recognize that by doing so, we create a multi-faceted mosaic of individuality that reflects our Creator.

You can learn more about magpies in *Beasts of the Peaks* as it features the "Opportunistic Empath." Take *A Look Inside the Artist: "John Wagner, painter, portrayer"* as Mary Shell uncovers the depths of his talents. Barbara Pickholz-Weiner tells us how in "Kindness — doing good does you good" in *Life Enhancing Journeys*. Catherine Rodgers provides examples of how we can "Speak Godness into goodness" in *Musings Along the Way*, making a bridge between our energy and manifestation. Dr. Bec's *Panning for Good* is "Exploring Legends of the Forest" where we revisit the elemental realm and how they impact our lives. For those who enjoy a well-crafted fable, turn to the center spread for the only fiction in our publication to find "Tears of the Crystal Diamond" by Gilrond the Historian.

Ute Country News is currently seeking both sales staff and delivery drivers. If you are interested, please stop in Shipping Plus in Divide M-F 9-5:30 p.m., call us 719-686-7587 or email your intent to utecountrynews-paper@gmail.com.

Would you like to see your pets in Critter Corner? We would love to feature them! All you need to do is email utecountrynews-paper@gmail.com or snail mail them to POB 753 Divide, CO 80814 or drop them off at Shipping Plus in Divide M-F 9-5:30 p.m.

Thank you,
— Kathy & Jeff Hansen

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

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A Look Inside the Artist John Wagner, painter, portrayer

by Mary Shell

There are many reasons and subjects painted by artists. From abstract to realism, artists have been capturing images for the world to view in wonderment. I always wondered why an artist would choose to portray a historical individual until I was introduced to John's work. It's all about the story. John's work is impeccable in interpreting the story with crisp, clear images. His style is unique and pleasant to view. Vivid colors and colorful characters set the stage on large canvases. Looking at one of John's paintings is like watching a movie...it's all about the story. There aren't too many artists that dedicate their talents to portraying historical figures and I give John credit for continuing the old stories going through his art.

I see you paint portraits of historical people, why?

I like painting people that are colorful and have made a lasting impression. Heroes as well as villains can be interesting subjects to explore. Some people resonate with the present and are in some way still contributing their story. They remain popular and we like to know more about them.

How old were you when you first started painting?

I was a child prodigy. In fifth grade my teacher set me up with paints and board to paint during recess. I painted Roman galleons the Cyclops and the Sphinx and pyramids. These paintings hung on the walls for 20 years until the school was torn down.

What's your favorite medium?

Oil with many glazes.

Can you explain your process?

I paint in a classical style using underpainting in black and white in acrylic and later over painting in oil. If people go to my website, they can see the process in my videos which shows the paintings in development from pencil drawing to finished artwork.

Who inspires you to create?

My family, friends, and all those that love beauty and creation.

Who's your favorite artist?

Leonardo da Vinci

What's your favorite subject?

People famous and infamous heroes and villains all are part of our history.

What is the most difficult painting you have created?

My scratch built old-time steam engine, a C16 2-8-0 consolidation. The model is 28 in high and eight feet long. It is now in the permanent collection of the Colorado Springs Trolley Museum.

Is there anything new in your future?

I'm working on a series of historical portraits I call Americana. I started with the founding fathers and now I'm painting the Wild West.

What haven't you tried that you would like to do in art?

I'd like to do storytelling and live performance art. Maybe playing some of the people I've painted.

What is your favorite painting that you made?



Always the one I'm working on at the present time, which is Lottie Deno the gambling Queen of hearts.

What is it that you want people to see in your art?

A better understanding of themselves and the culture they live in.

How do you choose your subjects?

By their popularity and continuing interest by the public.

In your process of painting, do you make several studies before the finished work?

Not usually, I work a lot out in my mind and jump into it.

Do you create a story with your paintings?

Always, I now label them with many

of the names and dates of the people I'm painting.

I know you work on large canvases, how long does one of your paintings take?

Usually I tell people 78 years, but four to six weeks to finish them.

I like painting people that are colorful and have made a lasting impression. Heroes as well as villains can be interesting subjects to explore. Some people leave a lasting impression and are still in a way contributing. They remain popular and we like to know more about them.

You can find more about John Wagner at www.johnphilipwagner.com and also John Philip Wagner art on YouTube.

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Prescribed burning in Chaffee County

As part of the ongoing hazardous fuels reduction project, the Salida Ranger District plans to conduct prescribed burns in Chaffee County continuing through December 2021, conditions permitting. The Mount Shavano Prescribed Fire project includes burning 434 acres five to seven miles west-northwest of Poncha Springs, Colorado. The North Trout Creek Prescribed Fire project includes burning 917 acres approximately four miles east of Buena Vista, Colorado.

"Using low-intensity and managed prescribed fire helps promote the health and diversity of different ecosystems," said Acting Salida District Ranger Destiny Chapman. "Prescribed fire projects help reduce hazardous fuel build up on the landscape, which enhances public and firefighter safety."

The Mount Shavano Prescribed Fire project is located between Lost Creek (Forest Service Road 219) and North Fork (County Road 240); and near Placer Creek (Forest Service Road 250A) and Droney Gulch. Temporary road closures of Forest Service Roads 250, 250A, and 219 will be necessary during the burns for safety reasons.

The North Trout Creek Prescribed Fire project is located between McGee Gulch and Shields Gulch along Forest Service Roads 305, 315 and 376, starting in early November 2021. Temporary road closures

of Forest Service Roads 305, 315, and 376 will be necessary during the burns for safety reasons.

To facilitate burning, each of the selected areas have been prepared in advance to ensure safe fire operations. These prescribed burns will help reduce the heavy fuel loading that poses a safety threat to the recreating public and firefighters suppressing wildfires in the area.

Ignitions will occur only when weather and fuel conditions meet established parameters and when smoke impacts can be managed within established requirements. Ignition and burning operations may continue for several days depending on the size of area being burned. Fire personnel will monitor the burns until the fires are completely out.

Smoke is a natural byproduct of fire and some amounts are unavoidable. However, fire managers and prescribed fire specialists look carefully at the proximity of communities and determine the least amount of smoke impact to the public during prescribed burning. Expect smoke to be visible throughout the Arkansas River Valley and Park County once the burns begin. Smoke may also linger over the burn areas for a few days following initial ignitions. For more information on smoke, please visit: <https://cdphe.colorado.gov/indoor-air-quality/health-effects-of-wood-smoke>.

Prescribed burning in Park County

As part of ongoing hazardous fuels reduction projects, the South Park Ranger District will conduct prescribed burns in the Wilson, Obrien and Beaver project areas in Park County, which began mid-October and continuing through December 2021, conditions permitting.

"The use of prescribed fire helps to increase the overall health of the forest and protect communities from wildfire," said South Park District Ranger Josh Voorhis. "By managing the landscape using low to moderate intensity fire, carefully managed by fire and fuel specialists, we promote more resilient landscapes."

For both firefighter and public safety, forest visitors can expect occasional closures in affected areas during ignition operations.

The Wilson project area is about 400 acres, located one-half mile South of Lake George, Colorado, near the entrance to Eleven Mile Canyon. The project units are east of Park County Road 61 and west of Wilson Lake Estates Subdivision.

The Beaver project area is about 200 acres, located approximately nine miles south-southwest of Lake George, Colorado. It is south of County Road 98 and east of County Road 100 — south of the Beaver Valley and Echo Valley subdivisions.

The Obrien project is about three miles southwest of Lake George, Colorado, and southeast of County Road 92. Approximately 200 acres are planned for burning

at this location just south of Forest Road 251.1B.

To facilitate burning, each of the selected areas have been prepared in advance to help ensure safe burning operations. These prescribed burns will reduce fuel loading and the risk to the public and firefighters suppressing wildfires in the area.

Ignitions will occur only when weather and fuel conditions meet established parameters and when smoke impacts can be managed within established requirements. Ignition and burning operations may continue for several days depending on the size of area being burned.

Smoke is a natural byproduct of fire and some amounts are unavoidable. However, smoke impacts from prescribed fires are much less than from a wildfire. Fire managers must obtain permits from the state, which sets conditions to help reduce smoke impacts. Expect smoke to be visible from the surrounding area, including the Highway 24 corridor. Smoke may also linger over the burn areas for a few days following initial ignitions. For more information on smoke, please visit: <https://www.colorado.gov/indoor-air-quality/wood-smoke-and-health>.

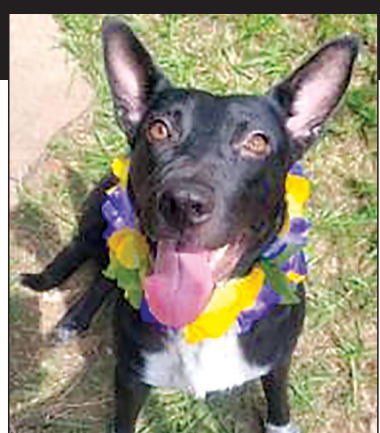
Follow @PSICC_NF on Twitter for up-to-date information on this and other topics. Use #LkGeoRX for South Park Ranger District prescribed fire information and notification of when burns will take place.

Adopt Me by TCRAS

Vivaca

Hello, I am a very fun loving, smart, and beautiful girl. I am hoping to find a new beginning where I can go for long walks, hiking and some couch time. Please don't wait, I am so ready. Call TCRAS 719-686-7707 to set up an appointment to spend some time with me. It will be as much a treat for you as me! Hope to see you soon!

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



Pikes Peak Historical Society presents Auction 2021

In the shadow of the successful online auction in 2020, Pikes Peak Historical Society (PPHS) is once again holding their annual auction online. The auction is the major fundraising event of the year. It's easy, it's fun, and you could win some very nice items. The auction will go live off the PPHS website; <http://www.pikespeakmuseum.org>, just look for the auction icon that will take you to the auction site. Once there, everything is self-explanatory.

Donations of items for the auction can be made by calling the museum at 719-748-8259. "We are looking for services, gift certificates, trips, guided tours, handmade quilts, craft items, artwork, and cash donations are always welcome," said Jeff McCammon, one of the organizers of the event.

PPHS is among the largest non-profits in Teller County, with almost 500 members. Over 99% of the annual revenue is applied toward the museums and various programs. PPHS owns and operates two museums; The Pikes Peak Historical Society Museum, at 18033 Teller County Road #1 across from the Florissant Post Office, and the Schoolhouse Museum located at Teller County Road #31 and Wildhorn Rd. Access to both museums is free to the public.

PPHS volunteers also manage the historic Florissant Cemetery on behalf

of Teller County and they present free educational programs during the year on natural science or historical topics. The organization installed beautiful sandstone signs for the town of Florissant and built an informational kiosk on the east side of town. All these programs and more, are done without taxpayer money. They are funded completely by donations, memberships, grants, and the generosity of the citizens of Teller and Park Counties. They are an IRS qualified 501(c)(3) [FID #84-1259188] non-profit organization, incorporated and operating since 1988.

With pandemic concerns, they were only able to open their museums on a limited basis and were not able to offer their educational programs, but the cost of upkeep continues.

"We appreciate the support we receive by donations from businesses in Teller and Park Counties for our auction. Our auction has great items for the house, weekend getaways at several resorts, collectables, and gift certificates to local restaurants," said John Rakowski, president of PPHS.

Visit the web site, <http://www.pikespeakmuseum.org>, for more information and click on the auction icon to go directly to the auction site.

"Good luck and happy bidding," Rakowski concluded.

CPW seeks feedback on big game hunting

Colorado Parks and Wildlife (CPW) is considering changes to policies and regulations that could potentially impact how big game hunting licenses are distributed in the state. CPW is currently seeking public input from resident and non-



resident big game hunters and stakeholders through an online comment form, followed by a survey and public meetings next year. The feedback will help the Parks and Wildlife Commission and the agency determine if the current policies need to be revised.

Public interested in big game hunting can provide feedback now via an online 10-question Big Game Hunting License Distribution Public Comment Form. Your feedback will help identify the highest priority topics for review by CPW over the next year. Feedback must be submitted by Nov. 22, 2021. (https://cdnr.sjc1.qualtrics.com/jfe/form/SV_becxx8XP8pgrf1k)

The big game license distribution topics being considered are resident and non-resident elk and deer license allocation, preference points, weighted points and over-the-counter elk licenses.

To inform the review of license distribution topics, CPW is offering multiple opportunities for the public to get involved. The timeline for this process is now through the fall of 2022. For more information, read the CPW Big Game Hunting License Distribution FAQs or subscribe to our Hunting eNews for the latest hunting information.

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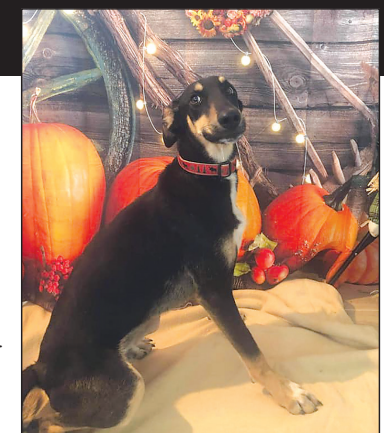
www.cc-care.org

Adopt Me by AARF

Boris

Boris is a Doberman mix, about a year old, who came from a not-so-good situation. This poor guy was very skinny and hungry, yet still so loving and outgoing. The resilience of dogs is amazing! He holds no grudges and is ready for a new family who can appreciate his sweet personality. He'll be a great addition to an active family. To meet Boris, call 719-761-5320.

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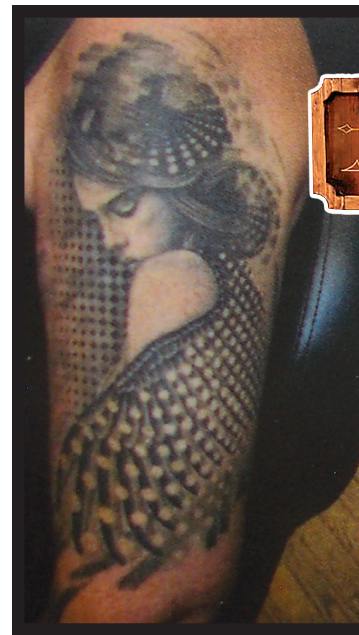
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WPHS receives grants for STEM and FCS

The Woodland Park High School (WPHS) in Woodland Park School District RE-2 recently received several grants totaling \$22,000 to provide hands-on, interdisciplinary STEM-based curriculum that uniquely prepares students for life beyond the classroom and for students enrolled in Family Consumer Science (FCS) classes.

Newmont Mining provided a \$2,500 grant to complete the remodel of the Family Consumer Science Room that was begun in the Spring, 2021. The ProStart kitchen had an extensive remodel and new equipment was purchased including food processors and blenders for all six stations, three TVs and a camera to use for displaying food demonstrations on the TVs.

"The remodel entailed taking out an interior classroom wall and opening up the kitchen to allow for more space for the culinary and ProStart classes here at the WPHS," said Casie Nash, ProStart Instructor. "The grant money from Newmont, in addition to the \$5,000 in special funding from The Rachael Ray Foundation will allow us to engage and educate high school students interested in exploring restaurant and foodservice jobs and careers. I can't wait to see what these students will accomplish this school year."

For the STEM-related grant funded projects, there are two beneficiaries:

The first is a project to design and build a Solar Boat, which was awarded \$3,500 through the Rocky Mountain AFCEA (Armed Forces Communications and Electronics Association) 2021 STEM Teacher Grant Program. This unique project being led by WPHS science teacher David Card also received \$3,500 from Newmont Mining.

The AFCEA Rocky Mountain Chapter is a leader in the Colorado Springs community, unifying the area's military, government, industry and academic partners to advance the continuing education of today's young leaders in science, technology, engineering, math and computer science fields (STEM).

"The Solar Boat team recently conducted our first meeting. Over the next couple weeks, we will be hashing out the theme of the boat and which sub-groups the students will be divided into solar, electrical, drivetrain, and ancillary structures (steering, safety, seating)," said Card. "I will be driving up to Cheyenne to pick up the marine grade materials we need in the next couple of weeks and construction will commence shortly thereafter."

The second project is being funded through a Project Lead The Way (PLTW)-Lockheed Martin Cybersecurity grant in the amount of \$10,000. WPHS will offer a PLTW's high school program in PLTW Computer Science focused on the next race to space being cybersecurity. No longer is the U.S. trying to best other countries (USSR/Russia) racing to the moon, now the measure of the best is found in cybersecurity.

The opportunity is made possible

through a partnership between Lockheed Martin and PLTW, a nonprofit organization that offers transformative classroom and learning experiences for PreK-12 students, including hands-on interdisciplinary STEM-based curriculum that uniquely prepares students for life beyond the classroom through pathways in computer science, engineering, and biomedical science.

WPHS is joining more than 12,200 schools across the U.S. providing opportunities for brighter futures for all students and will use funds from the grant to add PLTW's Computer Science Cybersecurity course and help cover annual program fees, teacher professional development, and required classroom equipment and materials.

Kevin Burr, WPHS Principal and Karen Hamlow, WPHS Assistant Principal wrote the grant application and WPHS was one of only three schools in Colorado to receive a grant. "The funded program is part of our Cybersecurity career pathway," said Hamlow. "The pathway will culminate with a Cybersecurity A+ certification (if the student takes all courses). Earning this certification would mean a student is career ready."

PLTW programs are nationally recognized and certified trainers work with UCCS to allow students to earn 3 UCCS credits while in high school. "We already partner with UCCS in our Engineering pathway courses (2 courses) and will be working to certify our Computer Science Pathways. If students complete 3 PLTW courses, they are eligible for an additional college scholarship," explained Hamlow.

PLTW programs also include professional development opportunities that provide teachers with the support and resources they need to devote more time to inspiring students. The PLTW Core Training supports teachers as they engage their students in real-world learning. Teachers will encounter best-in-class experiences that keep them on the forefront of how to prepare students for the demands of tomorrow. WPHS math teacher Laura Ferguson is currently in training while teaching this course. The grant will cover training for Ms. Ferguson, and a software/operating system for 2 years.

"WPHS talks about our motto of Real Learning. Real life. The E in REAL stands for Experiential. We want our students to have hands-on experiences with their learning to push their understanding to the next level," said Burr. "Therefore, we are purposefully growing the programs that offer students the opportunity to apply book knowledge to the real world."

"PLTW is proud to partner with Woodland Park High School to inspire students to excel in math and science," said Dr. Vince Bertram, PLTW President and CEO. "Together, we're empowering millions of young people to become inspired problem solvers. We're passionate about equipping the next generation of students with the in-demand, real-world knowledge and skills they need to go further whatever path they choose."

Adopt Me Diesel by SLV Animal Welfare Society

Hi everybody, my name is Diesel. I am looking for a forever home. I left an abusive relationship and I'm looking for someone who will admire a sweet, lovable and aim-to-please type of a guy. I would like my forever home to have people who are active because I'm only 10 months old. I also like girls. Boys my size are ok, too. I can play with dogs, just not rough 'cause I'm still learning! I am over 50 pounds, neutered, chipped and current on all vaccines. Please email woof@slvaws.org.

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



CC-V Career Exploration Fair

by Annie Durham

Business owners: have you ever wondered who might be running your business in the future?

Cripple Creek-Victor School is holding a Career Exploration Fair on November 17, from 2-4 p.m. We are currently reaching out to a variety of industries to represent at the fair. This is your chance to share the excitement you have for your business or industry with the future's workforce! Students will be visiting the fair by grade level (9th-12th) and each grade level group will have approximately 30 minutes to visit as many tables as they wish (tables provided). As far as the presentation format and materials, that is entirely up to you. Our second lunch ends at 1:05 p.m. so we will be doing a very quick turnover of the cafeteria. Businesses can begin setting up their tables at 1:30 p.m. The Career Exploration Fair runs from 2-4 p.m. If you are interested in representing your business and industry, we would love to have you! Please contact Annie Durham at adurham@ccvschools.com. We would like final confirmation by Thursday, Nov 11.

Obituary

Matthew Thomas Kahl

Matthew Thomas Kahl, loving husband, father, brother, and a devoted friend, veteran and advocate, passed away Monday, Sept. 13, 2021, at his home in Divide. He was born to Colonel Thomas Allen Kahl (USMC, retired) and Patricia Kahl on August 19, 1977, in Manassas, Virginia, and spent his early years traveling as part of his military family to North Carolina, Norway, and Japan.

After graduating from Jacksonville High School in North Carolina, Matt attended Appalachian State University where he majored in Behavioral Neuroscience. In 2007, Matt enlisted in the U.S. Army. He served in Afghanistan for over four years as a gunner in the 101st Airborne Division, 4th Brigade Combat Troop, 1/506 Infantry Regiment "Band of Brothers," Alpha Company. After injuries sustained, Matt was discharged with full disability in 2011.

While Matt's injury and initial years after discharge were traumatic, they also held the seeds of the calling that would occupy the rest of his professional life. After discharge Matt, like many veterans, suffered from debilitating PTSD, and his condition did not respond to the various painkillers, anti-anxiety drugs, and sleep medications prescribed to him. In 2013, however, Matt discovered that certain strains of cannabis provided relief from his symptoms that the prescription medicines did not.

After this discovery, and now able to successfully manage his PTSD, Matt became a "new man" in his words, and one determined to help others as he had been helped. Matt became one of the first registered hemp farmers in Colorado and the country. Matt served on the Colorado Department of Agriculture's Pesticide Advisory Committee. Always intent on helping veterans, he became the Colorado state president of the Weeds for Warriors non-profit and the Director of Horticulture for the HeroGrown Foundation, both non-profits devoted to providing free cannabis to veterans suffering from PTSD.

As an activist, Matt was a strong voice for veterans suffering from PTSD.

Matt appeared on national TV shows like CBS This Morning and NBC Dateline to tell his story and advocate for veterans' health and access to medical marijuana. He was the founder and director of the Veterans for Natural Rights, a non-profit organization devoted to the discovery and study of plant-based healing compounds. He hosted 16/20, a radio series on the Veterans' Network featuring facts and stories on the uses of medical marijuana. Matt was featured in the 2019 documentary *From Shock to Awe* about veterans' struggles and recovery from PTSD. Matt testified regularly at the state capitol advocating for veterans with PTSD, and was integral in the 2017 passage of SB17, the Colorado state law allowing medical marijuana in the treatment of PTSD.

Matt is survived by his loving wife Aimee and his sons Gray and Noah; his parents Patricia and Thomas Kahl; and his brothers Nathan Kahl and Charles Kahl and their families. Matt leaves a void that will never be filled but a legacy that will last forever. Matt's impact on his family and the community he served will forever be felt and missed.

A fundraiser to benefit the Kahl Family and Divide First Responders will be held Sunday, December 5, 2021, at the Historic Ute Inn at 204 W. Midland Ave in Woodland Park. There will be a silent auction, food and music by The Electric EBT Blues Trio. Donations accepted by Lyn Hinkle 719-233-0509, Mary Oliver at liveyourstorywell@gmail.com or Wendy Turner, coltynscue@yahoo.com and also accepted at https://gofund.me/c4289894.



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Panning for Good Exploring Legends of the Forest

by Dr. Bec

I recently slipped away for an afternoon and found myself transported to a magical world full of elves, fairies, dragons and more right here in the heart of our Colorado mountains. I punched in my code at the first gate on the right after turning off Teller County Road 11 in Florissant onto Teller County Road 111, drove up the driveway and met Carmen Kuhns, artist extraordinaire, on her beautiful moss-rock covered mountainside. Back behind the barn, where rugged Icelandic horses graced my view, a stone strewn, artistically pleasing gravel path beckoned me to cross into another realm. At the end of the path, Carmen's husband Michael had built what they call, the "Elf House." This labor of love was designed to beautifully display unique collectible art pieces created to bring hope, healing, and connection to every individual who enters and to infuse them once again with childlike excitement found in imagination, dreams, and thoughts of new adventures.

While enjoying the peaceful atmosphere of soft lights, soothing sounds of a bubbling fountain and Celtic music, I began looking at the exquisitely designed figures in the Elf House. My focus kept resting on one figure that encapsulated the excitement I experience when finding beautiful stones in the earth (see picture below). The happiness in the eyes of the elf holding an amethyst crystal captured my feelings perfectly. The detail in the face was extraordinary.

Carmen explained the process of bringing to life the cold porcelain faces is something that can never be done on a large scale because each creation is made by one artist and is one of a kind. As Carmen and many of the other seven masterful artists create each unique piece, they visualize a character and then continue to refine that vision while they simultaneously create, receiving inspiration about what personality to shape into the porcelain in the moment. Carmen often gets up around 2 a.m. and begins seeing in her mind what the figure looks like. She then explains, "It's like somebody's telling me what to create right then, like I'm making it for a reason, for a specific person." She has seen this feeling become a reality as people buy her work and share their personal connection with and reasons for choosing that specific figure. There are over 2,000 collectible art pieces in the Elf House for visitors to choose from.

The name of Carmen's business, Legends of the Forest, speaks to legends involving magical worlds and peoples that have been passed down from a variety of European countries including Scotland, England, Ireland, Germany and Iceland. Surprisingly to me, there are some similar legends found in South American countries such as Chile where the elves are called Duendes. Parts and pieces of these legends are still being used to entertain us today. Books and movies such as *Lord of the Rings*, Disney's *Frozen*, *The Hobbit*, or *Peter Pan* incorporate within them enchanting environments, stories and characters inspired by past generations.

Carmen shared that some of the characters found in legends are often looking to help humans and can be classified into the four elements of earth, air, fire, and water. She continues, "Elves are part of the earth group along with trolls and gnomes. They are grounded into the earth and nature. Fairies are of the

air and are light and airy, they help those who could benefit from that. Dragons are associated with the fire element and are for people who are passive and need more fire in their lives or need to take more risks. Mermaids are for cleansing and connecting with water." The whimsy, magic, and just plain fun surrounding the worlds of elves, mermaids, dragons, fairies and the like, can spark our creativity.

Humans are designed to be involved in creative adventures; it is in our nature! We do it for a variety of reasons, including:

- 1 To experience the enjoyment of the creative process itself. The excitement, energy, words, and imagery experienced during the creative process can feel like a download of inspiration in the moment (similar to what Carmen described previously).
- 2 To solve problems. "Necessity is the mother of invention" (Plato). We think of and put into practice better ways to do things and benefit from the results.
- 3 To teach important concepts and/or share something of value. When I think of this reason to create, I think of C.S. Lewis and how he intentionally taught important life lessons through his writings and stories such as in the *Chronicles of Narnia*. This also reminds me of music, paintings, photographs, movies and books that have inspired me to do and be better.
- 4 To disconnect from difficult circumstances and offer the mind something positive, different and engaging to focus on. Currently, we are facing many societal challenges including the pandemic, fires and political unrest, to name just a few. Many people are coping in a variety of positive ways including adopting animals, watching movies, cooking and reading more, learning new skills and adopting new hobbies. One fun activity people are currently engaging in is designing fairy or elf houses.

Recently, I was intrigued when I learned about a friend and a family member intentionally sprinkling some happier, magical elements into this difficult time by engaging in creating homes for tiny fairies in their yards or gardens. Then I found out, *it's a thing*. One friend creates them with her grandchildren. What a great creative outdoor activity to help engage a child's imagination (and a grandmother's too)! The idea is to collect natural items to create homes for tiny fairies. The process is designed to be open-ended, free of time expectations or stress, and the house itself can be however simple or elaborate as wanted. There are a couple of rules, what the creator collects and builds with has to be natural and gathered in a way that does not destroy or hurt anything in the process. This project allows the builders to get to know their natural environment, to notice, to touch, and to imagine in happy ways. For instance, did you know it is entirely possible for a pine nut to become a pot roast, or for twigs to be formed into bunk beds? This engaging outdoor activity originated on islands off the coast of New England. Similar to fairy houses, Carmen creates elf houses also built with natural materials focusing on the Earth element. She suggests including all four elements, fire, water, air and earth to create a complete house.

If you have been wanting to step away from some of the drama and cares of our current circumstances or are looking for one-of-a-kind meaningful Christmas gift, a visit to Carmen and Michael Kuhns' Elf House would be a great idea. It definitely rekindled my inner child and reminded me to use my imagination to disengage from negative thoughts and situations that might arise. It also reminded me of how powerfully art can be used to express emotion and create connection and hope. The best way to reach Carmen and set up an appointment to visit the Elf House is to call 505-382-4412. Guests are welcome at any time, they just need to call ahead. Pictures of



Elf house in a log (above).
Cover: Carmen Kuhns at the door of the Elf House

some of the art collectibles can be seen on their Legends of the Forest Facebook page.

Resources:

Brian Froud's *World of Faerie Faeries of the Faultlines* as Observed & Documented by Iris Compieg
Brian Froud's *Faeries' Tales* by Brian and Wendy Froud
Fairy Houses (The Fairy House Series) written & illustrated by Tracy Kane
Fairy House Handbook by Liza Gardner Walsh
The Magical Healing Powers of Fairy Houses by Meredith Reed <https://vaptplay.wordpress.com/2013/08/08/the-magical-healing-power-of-fairy-houses-2/>

Quote:

"Even with all the difficult challenges the human race is currently facing, you can still dream, you can still create, you can still believe."
— Carmen Kuhns

Jokes from laffgaff.com, scarymommy.com and infriends.com:

Q: What do you call a philosophical fairy?
A: Thinkerbell

Q: What do the best dancing dragons train to compete in?
A: A Talon Show

Q: What does a mermaid wear to math class?
A: Algebra

Q: What are Santa's elves favorite type of music?
A: Wrap

Challenge:

Disconnect from challenging circumstances and avoid negative mental ruts through creative pursuits that include natural elements. Building a fairy house from gathered natural materials is one way, or it might be fun to design something unique such as a wreath or centerpiece with leaves, pine cones, nuts and seeds that have recently fallen all around us. Maybe design and bring to life an indoor fountain with water cascading over beautiful stones? Carving something from dead wood or stacking rocks from your yard into artistic sculptures are a couple of easy ways to connect with nature and keep creative juices flowing. The combination of imagination and nature can be fused intentionally to create powerful benefits during this challenging time!

Editor's note: Ute Country News first covered *Legends of the Forest* in our September 2019 issue.



Beasts of the Peaks The opportunistic empath

by Jessica Stevens

Morning sunlight filtered through the tall narrowleaf cottonwoods. Songbirds chirped and trilled in the boughs laden with the fluffy cotton of late spring as some drifted like snow to the new grass below. Children crunched across the crackling gravel of the playground, screaming in mirth. The wooden picnic tables lay burdened with colorful cloth and boasted of birthday delicacies: buffalo wings, fries, hamburgers, candy and cake. We played wholesome games of old, like *Red Rover* and *The Ground is Lava*, until we were breathless. Sitting at the delightful tables, we ate to our little hearts' content. My friend began to open her presents, everyone's attention rapt with her joy.

"TWAA!" the atmosphere split. Shreds of joy flitted around and dissipated. Heads turned in alarm, searching for the intruding noisemaker. Upon a green trash can nearby perched a most beautiful bird, its black plumage divided by iridescent wings and marked by white bands, staring with dark, intelligent eyes. The magpie gazed straight into the heart of the party, glided to the festive table, and lit upon a glittering present. She shrieked into the silence once more. "TWAA! TWAA! TWAA!"...as if scolding us for having not invited her or thanking us for letting her gatecrash, then plucked up some French fries and lifted herself to the heights from whence she had flown.

Laughter rent the air as we exhaled surprise at the magpie's boldness. A few more times throughout the morning she flew down to gather leftovers abandoned at the picnic tables.

This was my first real encounter with a black-billed magpie: a medium-sized bird with mostly black plumage, marked with white bellies, shoulder and wing patches, iridescent blue-green tailfeathers and iridescent primaries. The distal end of their wings are marked white as well. Black-billed magpies can grow up to two feet long and have a clear staccato "ka-ka-ka" or "two-twa-twa" call.

There are many kinds of true magpies throughout the world, but only two in North America. One lives in California and is called the yellow-billed magpie. The other is referred to as the black-billed magpie and inhabits the continent from Canada to New Mexico and from California to Nebraska. They prefer riparian zones, away from vast plains and very dense woodland. Magpies love mountainous regions because the ecology is so rich: plenty of loose woods to hide in, small fields to soar over, and streams of cold water to drink. These magpies are different than their cousins because they have iridescent and fluffier plumage, which causes their beak to look shorter than the Eurasian magpie. They

often walk along the ground instead of hop like many birds do. Black billed magpies' calls also sound more like a raven than its Eurasian and African cousins.'

Every place on earth has its scavengers. On the plains of Colorado and the Midwest, those birds are the common grackle, which sound like an ambulance in the sky. New York and other cities have pigeons. The Rockies, though, have the magpie. They could eat anything, as their name suggests. A magpie's Latin designation is *pica hudsonia*. There is a medical condition, usually caused by a nutritional deficiency, called "pica." It is when a person craves dirt, rocks, or other non-food items. Magpies will indeed eat almost anything, and so they are named. Pica comes from the Greek word "cissa", which devolved to "pica" then "pie" (as in pied piper), which means mottled. It was a European habit in the 14th and 15th centuries to name birds with human names, and these birds were first called Margarets. Shorten that to Maggie then again to Mag, and that's how we have the name "magpie." It is unclear where the name hudsonia derives, though it probably comes from the region they were first noted or even the person who named them.

These beautiful birds are monogamous, finding a mate around two years of age. The male dances elaborately to attract a female, and the two begin life together. Pairs build a domed nest out of mud, twigs, pine needles and grass. Occasionally, a pair will dispute where the nest should be made and both independently start one, only until one concedes and joins the other. "Divorces" have been observed between magpies, and it seems that the magpies in Alberta have a higher divorce rate (63%) than the magpies of South Dakota, who only have an 8% divorce rate. Perhaps it's the higher taxes in Canada. Who knows!

They breed between March and July and usually have one clutch per year but will try again if the first fails. Magpies will mob intruders, then fight fiercely. They can even recognize individuals out of a crowd and have been recorded attacking only those who have disturbed their nest on previous occasions. Mated pairs will have six to seven eggs per clutch, which are greenish gray and flecked with brown. After hatching, young birds learn to fly within four weeks and leave home after two months. Interestingly, though magpies will eat nearly anything, parents only feed their babies animal matter, like meat. After magpie pairs leave their nest to build a new one elsewhere, the old nest is often occupied by other predatory birds like owls and hawks. Though magpies keep together in groups during all times of year, they do not roost together in trees.



Each has its own branch.

Carion birds tend to have an unpleasant reputation. We see them through the eyes of Poe, harbingers of death or bad luck. Magpies are a member of this family of birds, the family corvidae, which includes ravens, crows, treepies, and jays. It is the family most known for their vulgar habit of scavenging carrion, trash, and debris and are associated with death and creepiness. Some people unofficially call a group of corvids a "murder." What a wonderful frame to look at them through. Though it's unfortunate that they have such a disturbing status, their eating habits are real.

One snowless winter afternoon as a child, I was playing with a hammer and some nails. From the piñons came the trademark call of the magpie, followed by that of a Steller's jay. The magpie flitted to the porch railing, eyed me for a moment, then hopped down, snatched a piece of my Labrador's food from her bowl, then launched itself back into the tree to eat it. The jay followed suit, and they took turns filching the food for half an hour then flew off. Such corvids will eat almost anything. Plants, berries, nuts, bugs, small rodents, other birds, pet food, roadkill, garbage, and even debris in fecal matter. They like to make thousands of caches in their territory, falsifying some to fool those who may be watching. It turns out that magpies, like owls, discard pellets. One can discover what a bird ate by what it leaves in its pellets.

Being an opportunist has its advantages and its faults. Though humans have encroached on magpie's territory for hundreds of years and hunted them thoroughly, both out of annoyance and pleasure, their population remains strong. They can be harmed by pesticides on crops or cattle dips, but they also do harm to crops and can cause problems amongst livestock if they are too numerous. "[Magpies] are bold, entering tents to steal food or take it by hand," Lewis and Clark noted while on their travels. Back when the West was wild, magpies traveled with wolf packs and on the backs of bison. When the bison became scarce, they adapted to cruising on the backs of cattle, to pick the ticks and peck the sores. In the early 1900s, they were plentiful enough that they became a pest and bounties of one cent per egg

or two cents per bird were made. They moved into cities to forage the backyards and pilfer garbage bins. Isn't it interesting that some of the most intelligent creatures are also those found slopping around in the trash, like pigs and corvids? Corvids are possibly the most intelligent birds on earth. In fact, a Eurasian magpie is the only non-mammal to have passed the mirror test. This test analyzes a creature's ability to recognize themselves in a mirror and use that mirror to accomplish a task (like remove a colored dot from its breast). Some have even created tools to accomplish a task, like extracting an insect from a tree, as the crow can.

To complement their mental strength, corvids are also surprisingly empathetic. Many different species, especially the black-billed magpie, have been observed holding funerals for their dead. A group of magpies may see a dead magpie and stand guard over it all day, while calling out and eulogizing in honor of the deceased. They've even relocated carcasses of departed magpies to sheltered places to protect it from scavengers or the elements. These dead magpies are not always even a member of the mourners' family.

When the shutdowns first began, humanity rejoiced at the falling crime rates and pollution. Sadly, not long after those drastic reductions, violent crime and hatred launched even higher than before and continues to climb. Tensions on the highway have sharply increased, and I even find myself sometimes feeling anger towards fellow drivers or strangers on the internet. However, we all need to remember...an angry person across the screen is human too. That "horrible" person who flipped you off in traffic is human, too. Next time, instead of indulging the urge to retaliate, take a moment to explore, whether with your search bar or imagination, the other person's journey. Perhaps that enraged person's mother is unresponsive, cancer sapping her life, as they sit next to her, feeling helpless and lost. Perhaps he just lost his job and has four kids to feed and one on the way. Perhaps she feels unloved and all alone.

Magpies perform funerals and show respect for other magpies simply because they share the same taxa. Maybe we should remember to be kind to strangers simply because they are our kind. It's time to start showing others the same compassion we hope to receive ourselves.

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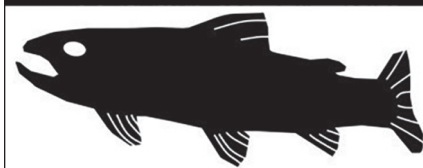
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Musings Along the Way Speak our Godness into goodness

by Catherine Rodgers

There are 42 miles of interconnected tunnels under, through and between the villages in the Gold Camp District. Imagine on snowy days we could traipse through the subterranean passages, a constant 58 degrees, lit by fiber optics cabling in the sun. We could visit one another; stop to listen to the buskers where two drifts meet; admire the crystal vughs of amethysts otherwise destroyed in blasting for gold. Why do we fixate on one precious ore among all the gifts thrown out of the Earth's flaming womb? The same fire creates galaxies and burns within each. For are we not born of Earth and star fire, a twinkle in the eye of the gods?

Johnny Nothaus used to say he grew oranges and grapefruit trees underground at the Ajax. A tour of the Cresson Project mentioned the intensity of the heat increases the further down the mine digs toward the magna. Just visualize reclamation plans that include underground orchards and hydroponic greenhouses from the water currently pumped down the Carlton and Moffat tunnels. Instead of rock farming we could grow our own food year-round without worry about fire or drought, plenty to share and market. We could even have our own hot springs like the Utes used to here 200 years ago. Today in Pagosa Springs they not only have hot springs spas, but the geothermal waters have been used since 1982 to heat the homes there thanks to a Department of Energy grant, as well as to heat community greenhouses.

A previous mine Environmental Supervisor waved his enchanted sprayer and behold, a magic carpet was sown at the Rubie and at Globe Hill (sic, Hole): Bachelor Buttons, vivid orange California poppies, toadflax or linaria in pastel rose and violet, red corn poppy of Flander's Field fame covering memories of those who've gone before (sleep, like Dorothy, in the field of oblivion, sleep). Such sweet dreams among the copious quantities of wild mustards rape and other cruciferas (4-petaled, rugged crosses). Now we are told that yellow toadflax is considered a noxious weed. Wild mustard is not only highly invasive but may be poisonous to livestock, as well as elk and deer. One of my herb books describes wild mustard as a pasture cleansing plant, so perhaps, like the willow and quaky, it will draw out the poisons and render the land pure once more. Maybe we will become a canola producing region, harvesting the rape covering the rape. We are always learning from our mistakes.

Since then, Gary Horton has spread Colorado natives for the mine, more beneficial to wildlife such as penstemon, flax, woods rose, milk vetch, yarrow, cinquefoil shrub, fringed sage which comprise the about 30% of the mix. The rest are forbs like wheatgrass, needlegrass, red top and fescue, and alas, 10% is Bromar Mountain Bromegrass. The bane of our native plant communities is the ill-advised

Smooth Brome grass whose rhizomes have gained an irreversible foothold and spread into very large monocultures.

On our walks these blustery and sunny days of fall, it occurs to me that we could gather our rosehips and hops while we may. Gather the currants, wild raspberries and thimble berries, oat grass and side winged grannys, senecios, elder berries, fireweed fluff and Indian paintbrush seeds — gather the seeds like Persephone and give them as gifts to the mine's reclamation project. Years ago, I filled a large paper sack and gave it to John Hardaway who sneered but that was then and this is now.

Of course, we don't need permission to plant the seeds everywhere ourselves. To return the land and ourselves to our natural state, look beneath your feet and lift your eyes to the sky. See the circling red tailed hawk, messenger of the Moon Goddess. Let us humbly ask forgiveness for our plunder and gather the gifts with thanksgiving. Render unto Earth the things that are Earth's, to God the things that are God's.

The Bristle cone pines, spruce, ponderosa and scrub oak that we see are but 100 years growth — recovering from the rampage of miners and vengeful Utes who burned 15,000 acres when forced from the healing waters of the hot springs, away from the sacred overlook of Pisgah. We still can see 300 miles of the beauty before us, around us, above and below us. Beauty abounds, and rebounds from the scars we carve. We beat a tattoo on the breast of the Mother; "improving" or proving manliness?

Man, the tool maker, the change agent leaving no stone unturned in his quest to dominate the earth, he must make meek the raging forces of nature, subdue the primitive and conquer the primeval yearnings of the heart, clutter the silence with his trucks and chainsaws for the almighty dollar. At least Western man, the rugged individual, the cowboy, the prospector who saw an "empty land" as his manifest destiny, but not the indigenous people who had lived in harmony with the land for millennium.

Today the catastrophic changes in our climate and cascade of lost species call for a new evaluation of what constitutes best use of our natural resources. When will we see that a bigger hole in the ground — an inverted ziggurat to the gods of the underworld — utterly disrupts the ecosystem wherein we live and breathe and have our being? To say nothing of the bears, bats, and bugs poisoned and starved.

Sometimes I feel like a voice crying in the wilderness. One Sunday I took the day off at Bison Reservoir, my preferred place of worship, to relish the glory that God has made and commune with the ineffable stillness. I never heard the beeps of backing trucks, the clinking of the cash registers or slot machines as I counted myself rich with golden doubloons of the

aspen. Such colors! Maroon, burgundy, scarlet, gold where the sun filters through leaves grander than stained glass. What cathedrals exist on this mountain!

I am satisfied. This bounty of beauty is enough. Content with myself and at peace with my neighbors, I am surrounded, enfolded, supported, protected by the light and love of God right where I am. I am safe in a loving and kindly universe. I am at home and it is good. Every plant ally I need to nurture myself through the changes in my life self-sows in my garden, drawn to my door: wild Artemisia or mugwort for sweet dreams; yarrow to fight inflammation and depression; mountain self-heal for IBS; hops and oat grass for tranquility; comfrey or boneset for protein; toadflax for bioflavins; shepherd's purse for the heart; tradescantia or spiderwort reflecting the balance of body mind and spirit. Nature has brought me a garden far beyond what I could design. Looking at what "weeds" are drawn into my garden, I ask what is the gift? I wonder at the wisdom that placed them and me here, to discover and harvest as needed. I cannot control, manipulate, or force others to see that what is growing all around us is what we need. But I can invite you to look, to realize that when we ask, all that and more is given. Listen!

What would it feel like to live a holy life? To live life wholly? How would we be with one another if we looked for the spark of God within each, the revelation of the One within who doeth the work? How would changing our focus from the outward consumption of goods to the inward manifestation of Good involve the whole, highest and best for all concerned?

At this time of Thanksgiving, it is up to each of us to speak our Godness into goodness. We have the power through our word to intend, to turn our hearts' yearnings into form: to see windmills and solar panels on the talus of waste rock; to see greenhouses and homes heated with the earth's magna; to see bounty where there is abuse. Let's see a happy village, people dancing in the streets, with plenty to eat and share in a feast. Let's tell stories around a crackling fire, recalling the grace of this day. Let each of us do the work of our heart's calling, in love with life, awed by the glory of the Maker's hand, thankful for the gifts we give and receive. Each of us is a unique boon unto the All. Let's raise our eyes to the mountains and glimpse eternity. Inspirit who we truly are and declare our thanks for infinite blessings.

Editor's note: We are delighted to print this piece written 20 years ago as these powerful words hold true and remain relevant as humankind continues to weigh monetary profits over every form of life on this Earth. Will this generation have the courage to hear and heed these words? It is up to you!

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Longtime Guffey resident remembered

by Flip Boettcher
photos by Flip Boettcher

Patricia "Pat" Ann Ownbey was born February 5, 1938, near the end of the Great Depression and the Dust Bowl, in Denver and was adopted by Walter and Verna May Tracy. Pat passed away September 17, 2021, in Cañon City after having lived in the Guffey area for 76 years.

Pat came to Guffey in 1945 to live with Art and Lozelle West. Lozelle was Pat's 20-year older sister. They lived next to the Guffey post office. Pat jokingly said when she got to Guffey there were only 14 people living there and they were all related. Art owned a sawmill at the Guffey turn off at State Highway 9.

Pat's mother, Verna May, moved to Guffey in 1951, met and married Buford Dell and they lived on Main Street.

Pat and her horse spent lots of time together and rode all around the area. They rode to remote ranches and stayed several

days to a week helping out.

When Pat married Frank Ownbey in 1958, they bought the 110 Main Street house from Buford, who moved next door into the Airstream trailer. Pat and Frank added the crystal rock chimney to the house with rocks from Buford and his father Alfred's Betty Mine southwest of Guffey, where Pat had worked. Pat had three children, Bonnie, John and Susan.

In 1960 the couple started a small snack store in the old Guffey jail and in 1961, they built the building next door on the north and started a general store, complete with gas pumps and called it Frank's Service, although they did not do car repair, but did fix flat tires, Pat said. They sold the store in the 1970s to local resident Bill Soux, who probably named it the Guffey General Store.

They moved from 110 Main Street to



Pat Ownbey, on right, hiking with friends on the old road from Alhambra to Guffey.



Pat Ownbey on the porch of one of the old buildings in Alhambra. Pat used to play in the buildings at Alhambra when she was growing up.

the newly developed Pike Trails Ranches subdivision west of Guffey in 1979. They bought their property in 1977. The couple was among some of the first property owners and residents of Pike Trails.

Sometime before 1970, 4,000 acres for the Pike Trails Ranches subdivision was purchased from Johnny Harvey by land salesman David Holcomb and developer Steve Ness. It was part of the vast Harvey Ranch which was purchased in 1964 from the estate of Gene Rowe. The first filing was in 1970.

Pat and Frank built their house in Pike Trails and Pat had an egg business, selling eggs from her chickens. Pat was a nurse at two hospitals. She became an EMT and volunteered on the 4-Mile Fire Department. Pat also did a lot of home health care for seniors in Cañon City.

Frank passed away in 2002 after 43 years of marriage. Pat stayed in their house and was forced to semi-retire because of health reasons the last several years.

Pat volunteered at the Homestead House in Cripple Creek giving tours and history of the house, which was a brothel owned by Pearl Deville and catered to the wealthiest miners during the town's heyday. Pat loved giving the tours.

Pat was active in the 4-Mile Church and is buried in the 4-Mile Cemetery beside Frank. They share a headstone.

The community will sorely miss Pat Ownbey and a large part of the area's history went with her. Pat was very helpful to this author and supplied a lot of historic information to me for my articles about the area. I will really miss her and thank her for all she gave me.

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The Tears of the Crystal Diamond

by Gilrund the Historian

Sara had been Queen of the Kingdom of Weils for seven years when the Borish Kingdom had attacked them. The Borish king wanted the wealth of the Kingdom of Weils.

When he found that he couldn't win Sara's heart with courtship and combine the two kingdoms in marriage, he savagely attacked the Weils' kingdom and the two had fought for three years.

Many lives were lost on both sides as the battles raged nearly every day.

Jackil, the King of the Borish kingdom, really didn't care about the loss of life; he just wanted the wealth of the Weils kingdom and would do anything to get it.

He paid the ultimate price and still didn't gain the Weil's Kingdom's gold.

It was during the last battle in the swamps of Marcea, that Jackil lost his life as he led his men across the marshes in an attack on his enemy. His horse stumbled in the muck and mire of the swamp and Jackil was thrown from his mount to land in a pool of quicksand.

Because of the heavy armor that he was wearing, his men couldn't get to him in time to save him and he sank quickly and was drown.

His generals tried to continue the fight, but the soldiers had lost their leader and wouldn't fight. They turned their backs and went back home to their own lands.

General Yarkof was having nothing to do with defeat. Although he couldn't get his troops to fight the Weils' forces, he had another way to defeat the Weils Kingdom; he would use Dark Magic.

He had used it before in battle when things weren't going as he wanted. Now he would use it again, but in a different way.

He went to the Witch of Sisak. Sisak was an evil place in the dark woods of Borland, and he offered her much gold to cast a spell that would destroy the Kingdom of Weils.

The witch had worked for the General before and trusted him. She spent several days and finally, after searching through all her old tomes and scrolls of magic, she came up with a spell that would affect the entire Kingdom of Weils. Its people would lose their desire to work and prosper and soon the kingdom would fall and then the Borish Kingdom could just walk in and take what they wanted.

The General was pleased by the witches planned spell and after she cast the spell, for payment he killed her and kept his gold.

The fighting was done, but Sara had noticed that things weren't as they should be in the palace but couldn't figure out just what it was. The courtiers were acting strangely, as though they didn't want to be in the presence of their Queen.

Finally, she asked the Royal counselor what he thought should be done, for he had noticed it too.

"It's not anything that you have done, My Queen. The people, too, seem to have lost their drive and the happiness that was theirs is lacking. You have

helped the people in every way that you can. But there is something wrong still. I am not a magician, but even I can sense that there is Dark Magic involved here. Something must be done to block its presence in the kingdom. I will speak with the Court Magicians," replied the Royal counselor

It was a few hours later that the counselor returned and bowed to the Queen as he prepared to report what he had found out from the magicians.

"What must be done?" she asked. "It is a deep Dark Magic, My Queen and it will demand a sacrifice to drive it away," replied the counselor, "A great sacrifice."

"What must be sacrificed?"

The Queen could tell that the counselor didn't want to answer, for he turned away, he could not face his queen with the answer that he had to give.

The Queen waited and finally demanded that the counselor face her and give her an answer. "Answer me, counselor, I must know what must be sacrificed! Otherwise, how can I help my subjects?"

The counselor turned to face the Queen and said, "Your Majesty, it must be you that provides the sacrifice."

"Me?" replied the queen, "What am I to give?"

The counselor looked down at the floor and then raised his head and with tears in his eyes replied, "It must be yourself! You must be the sacrifice or the spell shall never be broken, and the kingdom will fall."

Sara, the Queen, was shocked when she heard the counselor's answer and just stared at the man for a few moments.

There was sadness in her voice as she spoke again, "How am I to be sacrificed?"

The courtiers were shocked as they listened to what was being said and there was much quiet whispering going on.

"Your Majesty, for that answer I must, again, consult the Court Magicians. They are the only ones that can answer that question."

"Go, and speak to them," said the Queen, "When you find out what must be done, come back and tell me."

The counselor quickly turned and left the throne room as the Queen looked down at her hands in deep thought, and the throne room cleared quickly of the courtiers.

Never had there been such a demand made of a ruler in this kingdom. There was much to be spoken of by the courtiers.

It was several hours before the counselor returned to the find that the queen had left the throne room and was in her quarters.

The counselor walked to the Queen's quarters and gently knocked on the door and she said, "Enter."

"I have your answer, My Queen," said the counselor, "The Court Magicians were not happy with their task, but because you ordered it, they complied. Here is their answer, "To secure your kingdom and your life, this is what must be done. You are to find your favorite jewel and with it in your possession, go to the Court Magicians. They will place a spell upon you that will put you into that jewel. When that is done the curse that has been placed upon your kingdom will start to fade. The only problem is that they don't

know the true strength of the curse, and because of that they can't tell you how long you must remain in the jewel. My Queen, it may be just a matter of hours, or it could be years; they just can't tell, even using their considerable powers."

Sara looked at the Court counselor with shock on her pretty face.

"This is the only solution that they have?" she asked.

The counselor looked down at the floor and answered in a sorrowful voice, "It is the only one, I am

so very sorry. I wish that it could be me instead."

"When must this be done?" asked the queen.

The counselor looked at the Queen in amazement, "Then you are willing to do this thing?"

"My kingdom's people come first, counselor. Yes, I will do what must be done. You will act in my stead, until I return to myself. Rule wisely."

Sara rose from her chair and started for the door of her quarters and the counselor followed as they walked to the Royal Treasury.

Once there, the guard opened the door and the Queen walked inside to find a small, ornately carved box, which she opened to show a large crystal-clear diamond to the counselor.

"This is what I value most of all of my jewels," she said, "I will take it with us to meet the magicians. When the spell making is finished, put it in a safe place until my return."

"It shall be done, My Queen," replied the counselor, as the two turned and left the treasury to continue down the hall to where the Court Magicians were still working to find a different

solution to the Queen's problem.

As they entered the magician's workshop, the magician's bowed and asked what the Queen's decision was.

"Her Majesty is willing to be changed," replied the counselor as the Queen handed a magician the carved box.

"Hold the stone in your bare hands, Your Majesty," said the magician as he started moving his hands in a particularly strange pattern in the air.

Sara stood holding the diamond in her hands as tears rolled down her cheeks.

Suddenly the diamond dropped to the floor and the Queen was gone.

The counselor picked up the diamond with a soft cloth that he found on a table and carried it to the Queen's quarters, as he called for one of the guards to fetch the Royal Armor maker.

The man was led to the Queen's chambers where the Court Counselor told him what must be made.

"It must be a metal box, fit for the most valuable of the Queen's possessions. This must be protected at all costs," directed the counselor.

Then he showed the armor maker the glittering diamond.

The man looked carefully at the diamond and then said, "It shall be done."

It was three days of constant work for the armor maker until he had it finished and brought it to the counselor for his approval.

It was a large chest made of gold-plated ironwork. Thin bits of metal twisted into "S" shapes, all connected in ways to make a rectangular chest with a rounded cover that had a pointed top. The top was hinged to the bottom and at various places on the sides there was a golden lion with an iron ring in its mouth.

The inside was lined in a shiny blue cloth and the diamond itself would be suspended in a silver circle held up with gold beaded chains. There was a gold latch on the front above one of the golden lion heads.

The counselor took the chest that contained the crystal diamond and opened it as the armor maker left the room. Then he placed it in the silver circle; it fit perfectly.

The counselor closed the chest and snapped the latch, then carried it down to the Royal Treasury. The guard opened the door; the counselor carried the box to the most carefully concealed place in the large room and set it down.

As he returned to the guard at the door, he said, "You are to guard this room with all of your strength and skill. No one is to enter without my express permission. However, should you ever hear a voice coming from this room, you are to open the door immediately. Is that understood?"

The guard nodded his head

in understanding as he took his position in front of the door.

Every day, the Court counselor went to the golden chest to see that it was still there. Some days he would open it just to make sure that the crystal diamond was there.

It was after the first two years that he noticed that there were small diamonds under the crystal diamond. He mentioned it to the Court Magicians and asked them what they might be.

The chief magician looked closely at the little diamonds as he waved his hand over the chest.

"Tears, Counselor; they are tears, shed by the Queen in her present state," answered the Court Magician.

"Tell me the present state of the curse on the kingdom," asked the counselor.

The magician closed his eyes and stayed that way for about a minute before opening them and answering, "The curse is weakening, but still too strong to release the Queen."

"How much longer, do you think it will last?" asked the counselor.

"I don't know," was the sad reply.

The Court Counselor checked the golden chest every year for several years as the kingdom slowly grew and prospered under his rule. Each time, he found another small diamond tear under the crystal diamond that held the Queen.

Eight years had passed when the guard heard a women's voice behind the treasury door and quickly opened it. There, stood Sara his returned Queen.

The guard dropped to his knees and the Queen touched his head and told him to rise. The guard proudly walked with his queen down the hallway to the throne room and watched as the old Court counselor bowed low to his queen as she took the throne.

"Welcome home, Your Majesty," he said as the tears welled up in his tired old eyes.

For as long as the Queen lived, the kingdom prospered greatly.

The golden chest was kept for years as a reminder to the court of what their Queen had done for her people.

The crystal diamond and the smaller tears were still in the chest the last it was seen. Would there still be any magic in the diamond that held the Queen? Who knows? Magic is a strange and wonderful thing. It has been a long time and the kingdom is now long gone. Perhaps there is still magic in the diamond. How does one know?

~The End~

Chuck Atkinson of Como, CO 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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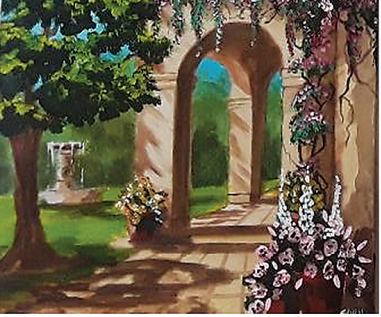
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Alhambra

by Flip Boettcher
photos by Flip Boettcher

With the discovery of gold in Cripple Creek by Bob Womack in 1890, the hordes of prospectors and miners came. Soon most of the mining claims were taken up, and folks started heading west.

The wagon road from Cripple Creek went up West 4-Mile Creek, over the southern slopes of 39-Mile Mountain and down to the Currant Creek drainage, following an old Ute Indian trail.

According to Harry Epperson, *Colorado As I Saw It, 1943*, some enterprising person announced there was gold 40 miles to the west of Cripple Creek. In a somewhat flat, meadow area, one person stopped to camp. More folks stopped and Alhambra sprung up overnight. The town was platted in 1895.

The geology of the area was similar enough to that around Cripple Creek to encourage exploration for gold and other minerals. Nearby Freshwater Gulch was explored and development was started there soon to become Freshwater, platted in 1896. The adjoining Soda Water Gulch with its soda springs was also explored.

In the mid-1890s, the Alhambra Town and Land Company was formed. The company prospected the area, located some of the best property and formed the Alhambra Mining District and platted the townsite. The first mining patent was for the Pill Placer Mineral Patent in September 1896, just north and adjoining the townsite.

According to Mr. B. Hopkins in the February 28, 1895 *Aspen Daily* article about Alhambra, "The camp is situated in the southeast corner of Park County. The first lot was sold February 18 and there are 60 or 70 tents and houses occupied on the townsite, and numbers of others over the camp. After tramping over the hills for the past four days I find the surface formation very similar to that at Bull Hill at Cripple Creek and especially on Wildcat Mountain."

Mining and town companies were notorious for bilking the miners with high rents and land prices as well as high costs for food and supplies at the company store.

In March, there was some trouble with the town company locating new claims in the area, doing little work on them and not recording them. With the deluge of miners and prospectors to the district, some of them started working locations claimed by the Alhambra Company, which the company protested.

The prospectors organized with the intention of defending their claims, according to a March 10, 1895, *San Francisco Call* article. The headlines ran: WAR AMONG MINERS LIKELY. THE NEW CAMP OF ALHAMBRA, COLORADO, MAY HAVE BLOODSHED OVER CLAIMS. PROSPECTORS ARE ARMED TO RETAIN POSSESSION OF TOWNSITE.

There was also a problem with the



A couple of the old buildings left at the Alhambra townsite.

company not spending their own money but spending the money from the sale of their lots. A March 23 issue of the *Summit County Journal* stated that this would not stand up to a thorough investigation.

In spite of all the problems, by the end of March 1895, there were 200 residents in town, mostly "housed in their tents and cabins waiting for the warm weather," as stated the *Summit County Journal*. In the March 26 issue of the *Salida Mail*, W.M. Jenkins wrote, "The sale of businesses and lots is progressing. 56 residents and business lots sold in two days ranging in price from \$15 - \$25 each."

The town has three stage lines, one from Cañon City and two from Cripple Creek. There are also three livery stables, two butcher shops, two assay offices, a large hotel and lodging house, two saloons, a feed store and a lumber yard in town, stated Jenkins.

These early mining camps were very wild, rough and lawless. In a letter dated February 24, 1895, from Fremont County Bank cashier R.S. Lewis to John Reeves Witcher, 4-Mile Creek rancher, Lewis states, "Friend John, we heard the other day that you were killed in a shooting scrape at Alhambra. Now John I felt very badly about it — and very happy today, to hear it contradicted. I don't want to meddle, but you must take care of yourself — there is a tough crowd around new camps, and you must be careful."

The town of Alhambra lasted only a year at best, as the gold was hard and scarce to get. In 1896 the town was sold to the Andesite Gold Mining and Town Company, who according to a *Denver Times* article said, "the company had done 1200 feet of developmental work and considerable ore was exposed."

The Andesite Company was started by two pairs of brothers, the Moeller's of Cincinnati, OH and the Morath's of Guffey. The company was incorporated in 1900 and consisted of the 160 acre Andesite Placer and 10 lode claims located in the Red Ruth Mining District, which

adjoined the Alhambra Mining District on the south. In April 1901, undeveloped 10-acre mining claims were being sold for \$10,000 each.

The company had grand plans; planning to exist for 20 years. They were going to develop the townsite and sell lots built with model homestead cabins they would furnish. The town name was to be changed to Andesite, but never was, as the company became more interested in mining and the townsite remained undeveloped and the name remained Alhambra.

By April, the company had drilled a 750 foot tunnel, the Morath Tunnel, into Wildcat Mountain with crosscuts to access the lode claims. There were also plans to have the surface lode claims developed by lessees with fair royalties to the company, of course.

The company got their mining patent in April 1902. This was considered the very best title a mining company could get.

A May 1903 *Flume* article mentioned that the "Morath's have returned from Nevada and resumed work on their property at Alhambra." J.B. Donaldson was working a mile and a half north of Alhambra for a Pittsburg company and was getting "good stuff," assaying out at \$20 - \$74 per ton.

The first mining patent in the area, the Pill Placer, was sold in 1907 for back taxes. In a 1908 *Flume* article an unknown four-year-old child named Margaret of Alhambra was sitting with her grandmother watching the mountains. They were covered with white, misty clouds floating about over the top of the range, now and then revealing a peak. "Oh grandma," she exclaimed, "the mountains are wiping their noses."

The last of the Moraths and Moellers left the area by 1909. People still lived in Alhambra and some mining and homestead claims were started in the 1910s and 1920s.

Sometime in the 1930s, a widow from Colorado Springs named Leona Maley Allen acquired the property and must have worked the Morath Tunnel. Allen sold the property to Walt and Amy Cisar who owned a 5,000 acre ranch in the area from about 1942-1952, according to Guffey resident and veterinarian Dr. Amy Mason. Amy Cisar is Mason's grandmother.

Mason remembers her dad saying he had played in the old Alhambra town buildings as a boy. Pat Ownbey, a long-time Guffey resident, also remembers playing around in Alhambra growing up.

Allen retained the mineral rights and access to the walk-in gold mine when she sold the property to the Cisars. According to Mason, Mrs. Cisar and Mrs. Allen built a small tarpaper shack near the tunnel entrance and Mrs. Allen would visit every so often. Remnants of the shack still remain.

Doctor Morgan Berthrong then acquired the 5,000 acre ranch and named it the Many Hills Ranch.

The property finally became a subdivision. There are still one or two buildings left standing today in Alhambra and the old Morath Tunnel entrance was filled in long ago. The townsite is regaining a more natural look. The townsite is located on private property.

Cripple Creek Fluorite from the Shelf Road

by Ben Elick

This fluorite specimen was found outside of Cripple Creek, on the Shelf Road. These specimens of purple fluorite can be found throughout a greater area, known as the Cripple Creek Mining District. The fluorite from the district can be found in massive form (without crystalline structure) or in crystalline form, with light to dark purple colors. This fluorite is often referred to simply as Cripple Creek fluorite because of its abundant presence in the district. Finding this fluorite while mining was often met with excitement, as gold-rich telluride minerals form in veins near the purple fluorite. Purple fluorite was a likely indication of gold-bearing minerals, although fluorite specimens that did not contain gold-bearing minerals were considered worthless. Therefore, these specimens would commonly be



View of the top of the fluorite specimen. Scale for size. Photo by Kaitlyn McGann.

Cover: The Shelf Road fluorite specimen is on display at the Western Museum of Mining and Industry. The specimen may have been brought to the Shelf Road area through the development of the Roosevelt Tunnel that drained water from the district mines. Photo by Kaitlyn McGann.

discarded in the mine dumps along with the other waste rock.

Where is Katee this month?

During November, Katee and her friend Baylee will be collecting food and treats from businesses and friends.

Katee wants to thank everyone who continues to support the Pet Food Pantry with donations so that her canine and feline friends can stay at home with their families.

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A Cripple Creek Profile: Frank Finegan and His Requa Savage Mine

by Steven W. Veatch

Francis “Frank” Finegan (1835-1914) was an adventurer who fought in the Civil War. He was among the first group to arrive at the goldfields of the Cripple Creek mining district, where he located and patented several mines. Stockholders elected him president, treasurer, and general manager of the Requa Savage when he incorporated the mine on April 26, 1894.

Finegan left enough of a record to trace his interesting journeys and see the stormy corners of his life. He was born in 1835 in Loughrea, County Galway, Ireland. In 1854, he sailed out of Liverpool to New York City. He then left New York City and lived for a time in Hartford, Connecticut, where he worked as a stonemason and mason. He moved to California in 1857 and mined on the American River, the site of the original 1848 gold discovery in California. One year later, he sailed to Australia and farmed near Ballarat. With three partners, he located a gold mine near there. The partners worked it until 1859, when they sold their interests, each pocketing \$35,000 — a whopping \$1,091,375 in 2020 dollars.

Finegan left Australia and returned to California for a few months in 1860. He then moved to New York City. On April 12, 1861, at 4:30 a.m., while Finegan was fast asleep, Confederate General Beauregard ordered his gunners to open fire on Fort Sumter, South Carolina. Cannons roared like a crack of thunder. Explosions lit up the darkness and smoke settled over the fort. Thirty-four hours later, the besieged Union garrison raised a white flag and surrendered. The Confederates committed an act of war that forced President Abraham Lincoln to act. Two days later, Lincoln called for volunteers to fight in a war to preserve the Union.

Finegan answered Lincoln’s call. He joined the 69th New York Regiment that month and was mustered into service for three months. The 69th Regiment was part of the Irish Brigade, which at the beginning included the 63rd, 69th, and the 88th New York Regiments and the 28th Massachusetts Regiment. The 116th Pennsylvania Regiment, made up of Irishmen from Philadelphia, was added during the fall of 1862. The Irish Brigade quickly built a reputation for fierce fighting on the battlefield, and Finegan found a passage into hell when he fought in many of its engagements.

The 69th New York Regiment fought in the First Battle of Bull Run under the command of General William T. Sherman. During that battle, Confederate forces took Finegan prisoner. The Confederates released him on parole (Both sides had no means to take care of prisoners; Grant later stopped the practice of releasing prisoners). Once released, Finegan reenlisted for three years and returned to the battlefield.

Finegan saw combat at the Battle of Fair Oaks (Henrico County, Virginia) on May 31 and June 1, 1862. It was there that he saw the use of Union balloons, some reaching altitudes of over 1,000 feet, to report enemy positions and direct artillery fire.

Later, at the Cornfield Battle of Antietam (September 17, 1862), Finegan went down hard with a savage head wound while carrying the flag. Almost 8,000 Union and Confederate soldiers were killed or wounded in the Cornfield Battle.

Finegan fought in the Battle of Gettysburg (July 1 - 3, 1863), where he witnessed horrific sights. He surely would have heard flags flap in the wind and bullets whizz by. The air was heavy with the scent of blood. There were fields of slaughtered and decaying bodies everywhere. While marching down a road jammed with troops and shining bayonets, he doubtless heard the cries of the wounded and the amputees, and then noticed a heap of amputated legs, feet, arms, and hands under a tree. During the Civil War, doctors performed a lot of amputations to prevent wounds from becoming infected. Antibiotics used to kill

germs had not been invented yet. Gettysburg was the bloodiest clash of the Civil War and came with a high casualty list for both sides: 7,058 died; 33,264 wounded, and 10,790 went missing. As the war continued to intrude into his life, Finegan was becoming a hardened fighter who learned his skill on the battlefield.

Finegan, who was likely detached from the 69th Regiment, took part in the siege of Vicksburg (May 18 - July 4, 1863) as Grant directed artillery fire at the city. The air burst into flames as the shelling continued, and then Grant’s army relentlessly attacked the city for over 40 days. Eventually, the food and supplies ran out, forcing the soldiers and citizens of Vicksburg to eat mules and rats. The Confederate forces at



2 Battle of Gettysburg. Painting by Thure de Thulstrup. Original scan: Library of Congress. Public Domain.

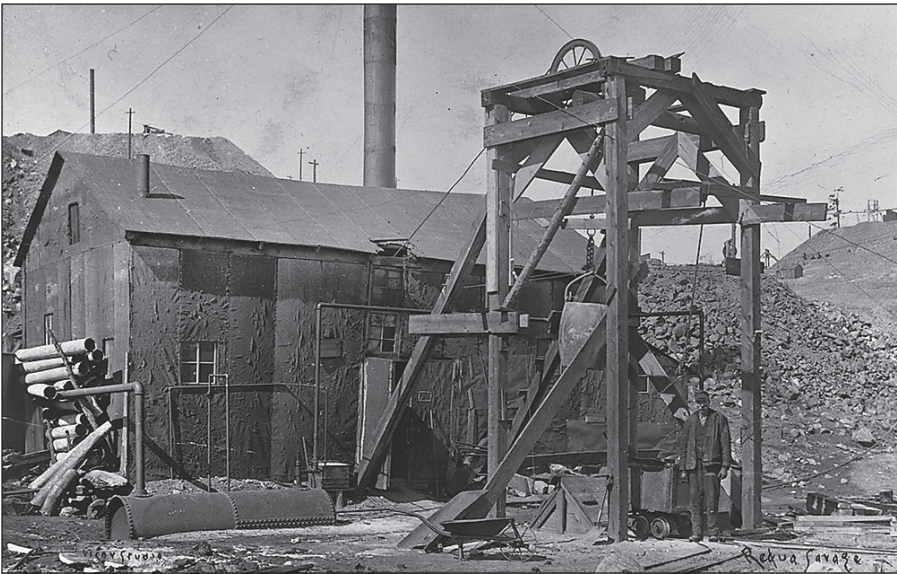


3 Map of the Cripple Creek Mining District, 1896. A red arrow points out the Gold Dollar mine. The Requa Savage mine is just north of the Gold Dollar. The town of Arequa is underlined in red. Map source: Hoyer-Millar, C. C., 1896, The Cripple Creek Gold-Fields, Colorado, U.S.A.: London, Eden Fisher & Co.

Vicksburg surrendered on July 4, 1863. Amid the broken bricks and fires, a few homebound citizens must have watched through shattered windows as the Union forces marched by.

Finally, Finegan survived two later battles: the Battle of the Wilderness (May 5 - 7, 1864), in Spotsylvania County, Virginia, and the Spotsylvania Court House Battle (May 8 - 21, 1864).

Finegan was among many who witnessed the great suffering, horror,



1 The Requa Savage mine. A miner, named “Big Swede,” stands by an ore cart under the headframe of the mine. Courtesy of the Cripple Creek District Museum. CCDA 8315.

This discovery set in motion the establishment of the Requa Savage mine, in which Finegan was the driving force. Finegan incorporated the Requa Savage so optimists could invest in the mine. Now there were funds to hire engineers and miners and to buy machinery to develop it.

Some maintain that Finegan named the mine after “Uncle” Benjamin Requa, an early settler or for the nearby Requa Gulch. The gold mine was near Arequa, one of the oldest towns in the district. By 1896, the town of Arequa, named after Ben Requa, included the “A” as the first letter of its name, as seen in the map in graphic 3. The Requa Savage was on the north side of the Gold Dollar mine (see map graphic 3).

As time passed, the Requa Savage became known as a modest producer. According to the *Mining and Engineering Journal* (1910), the Requa Savage mine, in 1910, shipped two carloads of ore assaying at one ounce per ton. Other carloads yielded less gold, but the mine produced \$100,000 that same year.

The passage of time would not be kind to Frank Finegan. He fought cancer but lost that battle and died on October 22, 1914, in Colorado Springs, at 79. His family buried him in the Evergreen Cemetery.

History records that, over time, Finegan was one of several prominent men associated with the Requa Savage mine. Records show that by 1912, the One Hundred and One Mining Company owned the mine. In 1913 The Mining Investor reported that Democratic Colorado State Senator Louis A. Van Tilborg (1870-1937) worked the Requa Savage mine for a short time. Van Tilborg, a druggist and an assayer, was the mayor of Cripple Creek from 1907 until

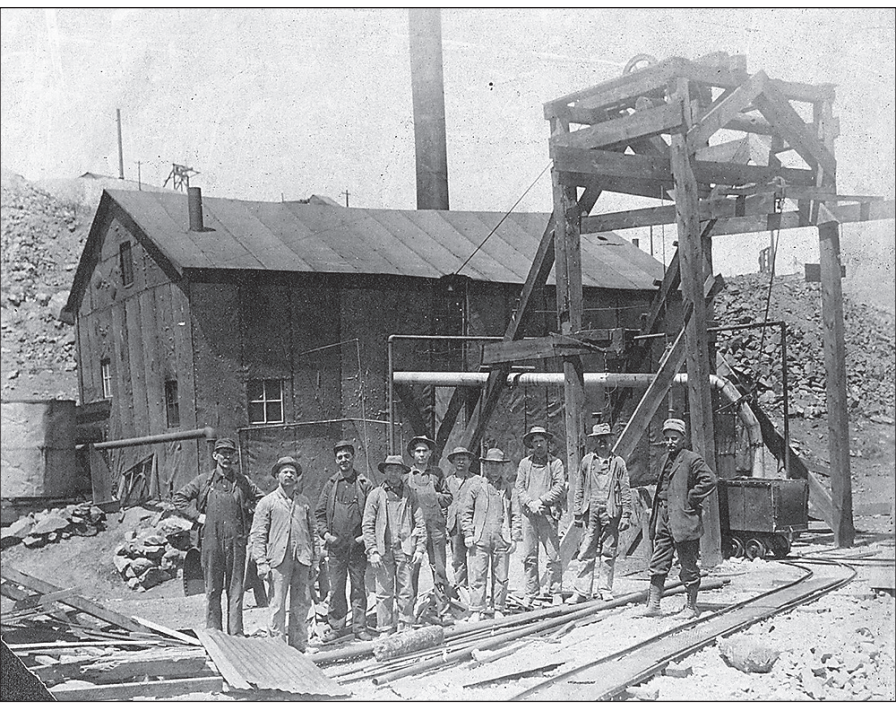


4. View of Beacon Hill. A red arrow shows the location of Arequa. Date mid-1890s. From the Olla Burris collection, Cripple Creek District Museum.

1911. He served in the Colorado legislature from 1911 to 1914. The presence of gas forced Van Tilborg to suspend work at the mine. Once the mine resolved the gas issues, production resumed under the lease of Kermit MacDermid, of the C.K. and N. Mining Company. By this time, the Requa Savage’s surface plant included a shaft house equipped with a steam hoist and electric compressor.

Although the Requa savage mine

continued on next page



5 View of the Requa Savage mine. Ten miners pose in front of the mine. Courtesy of the Cripple Creek District Museum.

claimed a small area of land, it boasted five shafts. By 1914, the main shaft reached 700 feet deep. A crew of miners disappeared down the main shaft at the start of each shift and then drilled, blasted, and mucked in the shadows of the mine as they followed the occasional blossom of gold ore in barren rock. By 1914, the Requa Savage was owned by Rainbow Gold Mines Company. Rainbow Gold then leased it to another operator who, based on reports of good gold ore, planned to expand the development of the mine.

A new group of investors reincorporated the Requa Savage Gold Mining Company in November 1915, as the Requa-Savage Mines Company with offices at 112 N. Tejon Street in Colorado Springs. A report showed the mine was producing ore in 1929.

According to *The Mining Journal* (1935), Commonwealth Gold leased the Requa Savage mine. Mr. Wellington Symes, who was the president and general manager of the property, subleased it to a group in Denver; and Andy Vidgen, the mine superintendent, purchased new machinery to increase ore production.

As the years passed by, the ore decreased until the mine became unprofitable. The owners then closed the mine. Today, as you drive on Highway 67 between Cripple Creek and Victor, you will pass where the town of Arequa and the Requa Savage mine were once located. Both places now exist only in the pages of history. We are reminded of Frank Finegan and how he emerged from obscurity and left his mark on time through his Civil War exploits and his ownership of a Cripple Creek mine.

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Applications can be accessed online or at your Teller County DHS office at Tamarac Business Center in Woodland Park or Aspen Mine Center in Cripple Creek.



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The Cellar on Railroad

by Melissa Traynham

The Buena Vista Chamber of Commerce celebrated one of the newer businesses in BV in September with a commemorative ribbon cutting ceremony.

The evening was full of supporters, patrons, and friendly staff. The restaurant was bustling and owner, Candice Bryans, was right there with her staff serving up delicious wine and food. Candice told our Facebook Live audience about the amazing selection of wines and about the various specials weekly. These specials change giving people a chance to experience different tastes and styles of wine.

"We are so excited to have the Cellar on Railroad as a member of our Chamber family. We love what they are providing

to the community and visitors with their indoor/outdoor seating, along with its relaxing and sophisticated ambiance. We look forward to supporting them in any way we can," stated Melissa Traynham.

The Buena Vista Chamber of Commerce offers ribbon cuttings to new members or any member that is opening in a new location. Their mission is to support economic vitality through advocacy and partnerships. They do this through marketing, programming, events, and collaboration with other entities.

FMI on the Buena Vista Chamber of Commerce www.buenavistacolorado.org or call 719-395-6612.

Obituary

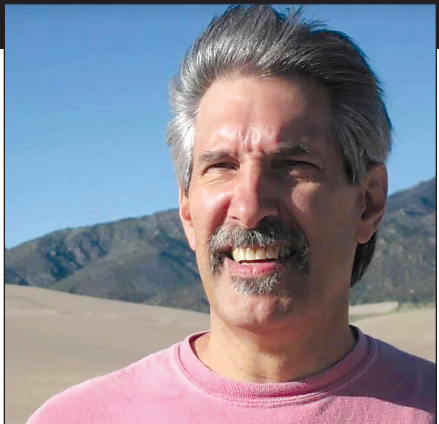
John Murray

John Murray escaped this mortal coil on Tuesday, September 14, 2021, at the age of 68. The family is convinced he left us on purpose due to a lack of engaging entertainment as Netflix seems to have run out of interesting programming; also, charades is extremely difficult for someone with Lou Gehrig's disease.

John leaves behind his loving wife Linda, three children — Zach, Kayla and Jackson, a sister, a brother-in-law, and a Bohemian sister-in-law (currently traveling the country performing a sock-puppet musical recreation of Hotel Rwanda); two horrible, ill-mannered, snack-stealing dogs; two garbage cats and an exceedingly charming snake.

John was a devoted husband, doting father, and caring friend to many.

Tolerated by most of his colleagues, John was an audio engineer and teacher for more than 40 years. His career ambitions started early when he tore apart his stereo as a six-year-old so he could figure



out exactly how it worked. That curiosity led him down a path to collaborate with giants in the industry as he specialized in tuning and designing large sound systems all over the US and also internationally.

In lieu of flowers, we ask that you make a donation in John's name to the ALS Therapy Development Institute. <https://www.als.net/news/als-tdi-joins-forces-with-duke/>

John's humor, intellect, beaming personality and kindness will be sorely missed.



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Life-Enhancing Journeys Kindness – doing good does you good!

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

In today's world it seems like some people have become more self-centered, uncaring, cruel and cold-hearted — a place where diverse cultures and races are feared and despised. How do we avoid becoming anxious, angry or disheartened at the hatefulness and viciousness that is so evident in our society? The shift to a lack of acceptance of the differences between us is causing more anxiety, hostility, rage and depression. As I searched for solutions to this problem, it became evident that simple acts of kindness may be part of the fix because it can have a positive impact on both the person receiving the kindness as well as on the person who is being kind. When we take the time to be kind to others, the giver and the receiver *BOTH* reap the emotional dividends. Did you know that being unkind actually hurts oneself? Not only does it hurt the person to whom we are unkind, but it likely violates one's own morals or values. It is true that at times it is difficult to be kind to some people especially when they act mean and egotistical where you might think, "Why would I ever want to show any kindness to such a horrible human?" The truth is that even if you never get any appreciation back, you can still feel good about the actions you took.

Were you aware that kindness can help reduce stress and improve emotional well-being? The brain rewards us when we do kind things. Biologically, when you comfort someone who is suffering, your brain releases oxytocin, a hormone which helps us bond or connect with others along with making us feel more trusting, generous, and friendly. Additionally, kind actions signal our brain to release serotonin and dopamine, two chemicals involved in creating *helper's high* which has been shown to lessen pain, depression, anxiety and can boost our sense of happiness and satisfaction. As a result, kindness makes us feel like we belong to a community. Knowing we are bonded to those with whom we live and work can help neutralize feelings of loneliness which can negatively impact our mood.

Offering compassion can make a significant difference, understanding that giving kindness changes each person. It is important to note that kindness is different from being soft or mushy; it is about behaving in a benevolent way.

According to a Mental Health Foundation survey, two-thirds of those surveyed acknowledged that when others are kind to them or when they were kind to others, it had a positive impact on their own mental health. Just under half of respondents noted that when they were kind to themselves, it had beneficial effects (see UCN article "Because I am Worth it" September 2021). The research also reveals that there

are definite favorable benefits from acting with kindness towards others, too.

Focusing on a community view of kindness, almost three quarters (72%) of those surveyed said they believe it is important that we learn to be kinder as a society (even more so since the coronavirus pandemic).

"A life not lived for others is not a life," observed Mother Teresa. It is unnecessary to be as selfless as Mother Theresa, however, there may be truth to this concept. Acts of kindness can make us feel grateful, empathetic, and unselfish. These are positive feelings that give us a sense of belonging, attachment and community.

Kindness means that we can act in a selfless manner by considering others' well-being. When you support a friend through a tough time or help a stranger, you can feel a sense of purpose which may enable you to realize your own good fortune in relation to others (I prefer to avoid comparisons yet it is a part of the human condition). Doing good deeds for others may help you to have a more positive outlook about your own circumstances.

Acts of kindness

Be kind to your loved ones

1. Reach out to a friend whom you have not spoken to for a while or check in with someone you know is going through a tough time.
2. Send a card or letter to a special person — a handwritten one always feels more impressive. It is unnecessary to say anything in particular; you are letting them know that you are thinking of them which is a simple and kind gesture.
3. You likely know someone with young children who could benefit from some time out. Instead of saying, "Let me know if ever want me to babysit," offer a specific day or time. Allow your loved one to have some time to themselves.
4. If you feel uncomfortable telling those close to you how much you love and appreciate them, show them kindness through your actions. There are many ways to help and here are a few ideas — assist with household chores, offer to make dinner or share a cup of tea, ask about what is happening in their life without interrupting, etc.
5. Forgive someone who may have hurt you or with someone whom you may have a strained relationship.

Show kindness at work

1. Make an effort to get to know a new member of staff. Remember what it felt like to be the new person.
2. Strive to say hello to your colleagues and ask how they are.

3. Learn to listen, reassure, and respond. It is okay to tell your workmate you need to think about what they are asking then get back to them later.
4. Say "thank you" to a coworker who has helped you.
5. Praise a colleague for something they have done well.

Acts of kindness in public places

1. Smile. Never underestimate the power of smiling at a stranger (this might be awkward behind a mask; however, your eyes do reflect your smile).
2. Be observant and offer help where you can. If you see someone struggling, lend a helping hand.
3. If you see trash lying around, do the right thing and pick it up.
4. Wish a stranger good morning or afternoon.
5. Offer an unexpected compliment to a stranger ("cool shoes...").
6. Be a considerate driver. Let someone in front of you if they are signaling their intention to move into your lane.
7. Spare some change when you observe someone in the supermarket short a couple of dollars and you have the means to share, give it freely without expecting anything back then tell them they could do the same for someone else when they are able to do so — pay it forward.
8. Help someone getting bullied. The person being bullied likely feels alone and since bullies tend to have an overbearing personality, by you standing beside someone who is being bullied, it can reduce the momentum and possibly stop the bullying from happening.

Recognize that kindness can thrive online.

The digital world can be a lifeline as well as a place to feel connected. Using the internet means we can spread a little kindness from the comfort of our own home.

1. Leave a supportive comment on someone's Instagram.
2. Take time to reach out online to people you have ignored.
3. Write something nice or encouraging on a post you appreciate.
4. Review your favorite podcasts.
5. Share a message of love/support on an App on which you communicate.
6. Offer to share your technology skills with *anitechnologists*.
7. Extend support to colleagues who may be unfamiliar with videoconferencing or new software that you have already mastered.
8. Consider what you share — look at the source of the post, and the tone. Avoid it if it is unkind. If something could upset others and you feel you need to post it, use a content warning.

Reserve Some Energy for Yourself

It is important to avoid wearing yourself out doing for others. When feeling depleted, it is time to take a step back. Although acts of kindness for other people can make us feel good, we might consider why we are doing it. Ask yourself, "What is my motive or reason for doing so much for others...?" It is easy to give away all our energy, especially if there is an overpowering need for approval, respect or admiration, which we are unable to give to ourselves so we unconsciously look to get it from others. Leave enough kindness for yourself — benevolence starts with you.

1. Take care of yourself by reading to exercise your mind or going to the gym to exercise your body.
2. Tune out the inner voice of judgement and comparison and listen to the voice that says you are enough.
3. Prioritize some "me" time so you can relax and reflect on how you are feeling now and how your day or week has been so far.
4. Turn off social media channels for a day or even a week.
5. Have patience with stressful people. This is a good deed both for the person you are displaying patience towards as well as for yourself. Remember, they have to live with themselves and you do not. Choose to act with tolerance and understanding instead of anger. This will benefit you by keeping your blood pressure lower and your stress levels down.
6. Treat yourself to something small such as buying or planting flowers.
7. Do something you enjoy like listening to a favorite song or dancing in your kitchen (even if you look like an "epileptic chicken" like my husband — Sorry Mark but it is true).
8. Spend time in nature.

Acts of kindness make the world a happier place which can uplift us all. Start by practicing kindness with words and actions. The benefits of helping others last long after the act itself for those offering kindness as well as for those who benefit. Try kindness for a change. It is less expensive than antidepressant medication and only has positive side effects. Doing good does you good!

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

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~OUT AND ABOUT~

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

AVAILABLE VIRTUALLY

3 Mental Health Crisis Planning workshop 6-8 p.m. Pre-registration required call 970-823-4751 or visit namichaffee.org. No need to feel powerless when a crisis arises. Participants will learn about causes of a mental health crisis, how to recognize signs of a crisis and steps to take to de-escalating techniques, communication and advocacy skills, community resources, problem solving and crisis prevention, as well as how to create a crisis plan.

11 Raising Children Made Easy — Conscious Discipline Parent Night with Amy Speidel 7-8 p.m. Committing to teach instead of judge. Practicing the tool of positive intent becomes more doable when we apply that message to ourselves. Please send in your questions (anonymously if you prefer) or share what's on your mind during the session. Register at <https://forms.gle/jhq7HFBHnmpDaSx9> Register as soon as possible before 11/08/2021. Zoom link sent to registrars the day before the event. Questions? Email Kristen at kvalett@ccecc.org. The Chaffee County Early Childhood Council is dedicated to meeting the needs of young children and families prenatal through age 8, and those who serve them. FMI www.ccecc.org or 719-221-5114.

COMMUNITY PARTNERSHIP 2 Crossroads of Parenting & Divorce 4:30-8:30 p.m. Teller County Court approved co-parenting class. Registration fee required. FMI Michelle@cpteller.org.

4 Circle of Parents Kinship Connection 5-6 p.m. via zoom. Are you raising your grandchildren or kin? Do you feel like you are raising them alone? A place where you can find and share support. FMI AmyS@cpteller.org.

• FREE Yoga with Leah 10-11 a.m. Mondays, via zoom. FMI Jamie@cpteller.org.

• NAMI COLORADO: <http://www.namicolorado.org/>

• Suicide prevention: <https://suicidepreventionlifeline.org/> or 1-800-273-8255

BUENA VISTA

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

6 BV HOPE is having a Hope Bags event at Clearview Community Church. Bring items to pack bags for human trafficking survivors. Email buenavisahope@gmail.com for details and list of items needed.

20 Christmas Fair at BV High

School 559 S Railroad 9-3 p.m. BV HOPE will be there!

21 BV HOPE is the non-profit that will be receiving the donations from the Knights of Columbus breakfast 8-11 a.m. at St. Rose of Lima.

CAÑON CITY

LIBRARY

3 Free Legal Clinic 2-5 p.m. Call for appointment 719-269-9020.

13 Between the Covers local author meet and greet 10-2 p.m.

- B.O.O.K. Babies on our Knees Monday 10:30 a.m.
- Story time and craft Tuesday and Thursday 10:30 a.m.
- Virtual story time Wednesday 10:30 a.m.
- Lego Club 1st Friday each month 3-4 p.m.
- Break out box 2nd Friday each month 3-4 p.m.
- Filler Friday (different activity each month) 3rd Friday each month 3-4
- Chess Club Wednesday 2 p.m.
- New Neighbors Genealogy 1st Friday 1 p.m.
- Metaphysical Group 2nd and 4th Saturday 10:30 a.m.
- United Health Care 2nd and 4th Thursday 9:30 a.m.
- Fremont Brain Injury Support 1st Tuesday 12:30 p.m. All at 516 Macon Ave. FMI 719-269-9020.

CHIPITA PARK

6 Chipita Park Association's 17th Annual Fall Arts & Crafts Fair 9-4 p.m. Sat & 10-3 p.m. Sun. at Marcroft Hall 9105 Chipita Park Road. Admission is FREE! Wide selection of fine arts, crafts, gifts, baked goods, and lunch available. Ute Pass Historical Society will be there offering many books and 2022 Calendars. FMI 719-465-2892 or decanabr@gmail.com.

COLORADO SPRINGS

BROADMOOR

9 King & Country

21 Trans-Siberian Orchestra 3 p.m. & 7:30 p.m.

26 Disney on Ice presents Dream Big 7 p.m.

27 Disney on Ice presents Dream Big 11 a.m., 3 p.m., 7 p.m.

28 Disney on Ice presents Dream Big 11 a.m., 3 p.m.

CRIPPLE CREEK

2, 4, 9, 11, 16, 18, 30 Senior Club House 10-2 p.m. Games, crafts, snacks socializing. Bingo at 10:30 a.m. in the dining room. The Aspen Mine Center is located at 166 E. Bennet Ave. FMI 719-689-3584.

4 American Legion Post 171 meeting 6 p.m. at 400 E. Carr Ave. Hot dogs and refreshments 5 p.m. weather permitting.

6 Watch out - the Posse is Comin' see page 14.

11 American Legion Post 171 will hold a Veterans Day assembly for students at CC-V Jr/Sr High School 10:30-11:30 a.m. The assembly will

include several guest speakers, as well as a Q&A opportunity for students. Although CC-V is unable to invite the entire community due to limited capacity, all CC-V Veteran or active-duty parents or family members are invited to attend; please email Annie Durham to be added to the list adurham@cvcvschools.com.

17 Career Exploration Fair 2-4 p.m. see page 7.

26-Dec 31 Thin Air Theatre presents A Cripple Creek Christmas Carol through Dec 31. FMI 719-689-3247 or 719-689-6402 or butteheater.com.

- GED Classes 1-3 p.m. FMI Michell@cpteller.org.

PARKS N REC

CC Parks and Recreation

- Adult Co-Ed Softball Leagues, Mon.
- Aikido-Martial Arts, Mon-Wed-Fri.
- Archery Classes, Open Shooting (all ages) Fri.
- B-Boy/Break Dance Classes for beginners, Wed & Fri.
- Cornhole Team Play, Fri.
- Silver Sneakers Group Exercise Mon-Wed-Fri.
- Senior's Walkabout Tues.
- Taekwon-do for Adults and Kids, Tues-Thurs.
- Moving for Wellness Dance Exercise for Adults Tues-Thurs
- Women's Bible Study, Wed. FMI 719-689-3514.

DIVIDE

- FREE Yoga on Mondays with Leah 10-11 a.m. at Pikes Peak Community Club. Limited class size, doors lock at 10 a.m. Bring your own mat and props. All levels welcome. FMI Jamie@cpteller.org or 719-686-0705.

LITTLE CHAPEL FOOD PANTRY

8, 22 This is a drive-up distribution, and to make sure to avoid traffic issues our distribution times are:

Last name beginning with:

A-H	3:30-4:30 p.m.
I-Q	4:30-5:30 p.m.
R-Z	5:30-6:30 p.m.

FLORENCE

6 Veterans Day Recognition at Florence Pioneer Museum and Research Center 100 E. Front St 11 a.m. weather permitting to honor the 35 fallen men of eastern Fremont County from WWI. Penrose and Pueblo VFWs and Florence American Legion will participate in the program. Coffee and cookies afterward. The museum will be open by donation for the day. FMI www.florencepioneermuseum.org.

FLORISSANT

3-13 Pikes Peak Historical Society Auction see page 5.

FOSSIL BEDS

5 Night Sky Program 7-9 p.m. meet on the front patio of the Visitor Center. FMI 719-748-3253.

GRANGE

13 Pine Needle Basket Class 9-12 p.m. We also offer needle felting, gourd art, glass painting and more. Please reserve your spot.

24 FREE Thanksgiving dinner 6-9 p.m. Come in, eat, and enjoy live music or stop by for take-out. Dinner is traditional Thanksgiving with turkey and all the trimmings. Volunteers to help us are always welcome!

- Community Yoga class on Mondays 9-10:15 a.m. Donations accepted. FMI yoga@reneerudolph.com FMI or to register call 719-510-2325.

LIBRARY

SAVE the DATES: Dec 2-4

Build a Gingerbread House! Turn in your house Dec 2-4, to the library. For details and contest entry form go to lightersideofchristmas.com under the Holiday Activities or either library. Theme: "Season's Reading."

28 Strolling Musicians downtown 12-2 p.m.

GUFFEY

2 Walking Talking Threads 12:30-3 p.m. Meets every first Tuesday of the month. Take a nice brisk walk around Guffey Town and meet back at the library to crochet, knit and talk away.

6 Annual Guffey Library Silent Auction begins! Avoid city shopping craziness. Find unique and handmade items donated by wonderful, local community members and help support the Guffey Library. Bid the "buy it now" price and the item is yours. Bids close 3 p.m. on Dec. 4.

29 Guffey Literary Society 1-3 p.m. Book choice for November is *News of the World* by Paulette Jiles. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join. FMI 719-689-9280 or Guffeylib@parkco.us.

COMMUNITY PARTNERSHIP 9-Dec 14 Cooking Matters for Parents of Preschoolers 5-7:30 p.m. at Mountain View United Methodist. Learn how to prepare healthy meals that kids will eat. Hands on workshop. Take home groceries to practice the recipes. Meal and childcare provided. FMI Michelle@cpteller.org.

17 Good Vibes Festival 4-7 p.m. at WP Middle School. Join WPSD and CPFR for a family fun evening with dinner, giveaways, hands on activities and freebies. FREE, all ages. FMI Jamie@cpteller.org.

- GED Classes Mondays & Wednesdays 5-7 p.m. FMI Michelle@cpteller.org.
- Playgroup Mondays & Wednesdays 9:30-11 a.m. at The Resource Exchange 509 Scott Ave., Suite 203. Parent or caregiver with children ages 5 & under. FMI Jackie@cpteller.org.
- FREE Yoga Tuesdays and Thursdays 4-5 p.m. at Mountain View United Methodist Church. Limited class size. Doors lock at 4 p.m. Bring your own mat and props. All levels welcome. FMI Jamie@cpteller.org.

FMI on CP programs 719-686-0705.

SALIDA

28 Christmas Fair at the Elks Club 148 E 2nd St 10-3 p.m.

WOODLAND PARK

13 Holiday Bazaar, Bake Sale and Craft Fair by WP Senior Center (SE corner of Pine & Lake St) 8-1 p.m. You will be sure to find some great deals on holiday decorations, local arts and crafts and homemade yummy treats for your holiday entertainment. All proceeds support activities and programs of the WP Senior Citizens Club — Retired on Expiring.

13 Join us for our monthly meeting of Citizens' Climate Lobby. Find out what we can do to mitigate the catastrophes heading our way through global warming. We meet the second Saturday 11 a.m. at



MANITOU SPRINGS

26 Meet Santa 3-5 p.m. at the town clock followed by the Annual Tree Lighting 5 p.m.

27 Meet Santa 12-2 p.m. downtown TBD while Strolling Musicians play.

28 Strolling Musicians downtown 12-2 p.m.

The Woodland Park Library 218 E. Midland. Please RSVP piposticker@gmail.com.

28 Art Walk 11-1:30 p.m. Studio Tours 10-2 p.m. Starting location is 400 West Midland, Suite 120. Artists Sunday is a national program to support local arts. A map is also available at soarwithnetworkfundraising.org.

COMMUNITY PARTNERSHIP

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FMI on CP programs 719-686-0705.

11 Round Table Discussion 6-8 p.m. Mushrooms with Gale Motter at Reserve Our Gallery. Fee \$10. FMI 719-401-2301 or reserveourgallery@gmail.com. All events located at 400 W. Midland, Suite 100.

• SAVE THE DATE — Dec 5 Fundraiser to benefit the Kahl Family and Divide First Responders 1-4 at the Historic Ute Inn at 204 W. Midland Ave. There will be a silent auction, food and The Electric EBT Blues Trio will perform. Donations accepted by Lyn Hinkle 719-233-0509, Mary Oliver at liveyourstorywell@gmail.com or Wendy Turner, coltynscue@yahoo.com and also accepted at <https://go-fund.me/c4289894>.

LIBRARY

10 The American Revolution: The Winning of a Nation presented by Gary Penley 3 p.m. Mr. Penley will discuss the causes, victories, losses,

struggles, hardships, and the great triumph that led to the birth of our nation.

- SAVE the DATES: Dec 2-4 Build a Gingerbread House! Turn in your house Dec 2-4, to the library. For details and contest entry form go to lightersideofchristmas.com under the Holiday Activities or either library. Theme: "Season's Reading."

Mueller State Park

Mueller State Park invites visitors to come out to the park to enjoy the peace and quiet the winter months can offer! Hiking goes on year-round and once the snow arrives, come out for snowshoeing, skiing and sledding! Mueller is open every day for outdoor activities and the Visitor Center is open every day 9-4 p.m. except Thanksgiving and Christmas Day. See you on the trails!

1 Hike: Elk Meadow* to Murphy's Cut meet 8:30 a.m.

6 Farewell to Fall Forest Bathing/Shin-rin Yoku Walk 10:30-1 p.m. meet at Visitor Center patio.

6 Nature Crafts 2 p.m. at Visitor Center.

8 Hike: Cahill Cabin and Pond meet 8:30 a.m. Camper Service Parking.

15 Hike: Osborn Homestead Loop meet

8:30 a.m. Camper Service Parking.

20 Hike: Geer Pond meet 9:30 a.m. Lost Pond TH

20 Animal Antifreeze meet 2 p.m. Visitor Center patio.

22 Hike: Outlook Ridge* Loop meet 8:30 a.m.

26 Hike: Elk Meadow* to Murphy's Cut meet 8:30 a.m.

27 Hike: School Pond* meet 9:30 a.m.

*Indicates to meet at the Trailhead (TH) of the same name.

Mueller events are free. However, a \$9 day-pass or \$80 annual-pass are required to enter the park. FMI 719-687-2366.

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