



# UTE COUNTRY NEWS

FREE

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October 2025

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

Vol. 17, No. 10

## Welcome to Ute Country



**"Halloween was the best holiday, in my opinion, because it was all about friends, monsters, and candy, rather than family and responsibility."**

**— Margee Kerr**

### PEEK INSIDE...



**page 6**

**A Look Inside the Artist:  
Andy Mast, pencil artist**



**Tales From the Big Sky Ranch Bed  
and Biscuit: Guided by love**



**Community Partnership  
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On Deck

Our cover photo was taken last year by Jeff in Cañon City. What interesting sights to see when you venture on the backstreets! This home was all decked out for Halloween. We liked the quote because it reminds us that sometimes we just need to have a little fun and not be so serious.

If you are seeking fun activities this month, read about the Fall Festivals in Cripple Creek and Florence. The Butte Theater is presenting "The Vampire of Cripple Creek" for those who enjoy live, professional theater. Steven Wade Veatch shares a spooky tale from long ago in "Secrets in the Shadows." Those who enjoy our fiction section in our centerspread will enjoy part II of "Cabin in the Woods." On the more serious side, Oyate Herbals shares a bit on the Lakota Culture in "We are a Culture, Not a Costume" and raises our awareness about inappropriate Halloween Costumes. Readers who love animals will enjoy "Introducing Catamount Wildlife Center." Anyone feeling helpless when it comes to the mass shooting situation we have may wish to read "Citizens Feel it is Out of Their Hands: Is it?"

Critter Corner is ALWAYS seeking pics of animals. They can be indoor or outdoor. If you would please send them via email to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com), drop in to scan the photo at Shipping Plus or snail mail them to us at POB 753 Divide, CO 80814, we are happy to publish them!

Thank you,  
— Kathy & Jeff Hansen

Oyate Herbals

We are a Culture, Not a Costume

by Tammie Lowell, PHt, CMH, founder of Oyate Herbals

H (Greetings!) Welcome to Canvapekasna Wi "Moon When the Wind Shakes off Leaves." After the leaves turn a rich variety of colors, they were easily blown to the ground by the cool fall winds. When this happened, the people knew that winter would not be long in coming. During this time preparations were in full swing to fill food reserves in preparation for the long winter.

As Lakota people we prepared for winter by engaging in various cultural practices and survival techniques, recognizing winter as a time for introspection and rest, often participating in storytelling and sharing oral histories to reinforce the cultural identity. We gathered resources such as buffalo meat, firewood, and preserved foods to sustain the community through the cold months. We conduct winter ceremonies to honor spirits and ancestors, reflecting a deep respect for those who have come before. The Winter Solstice is a significant time for Lakota, symbolizing renewal and the bond with our ancestors. Practice shelter crafting and clothing-making to protect against the harsh winter conditions. These practices not only sustain the community physically, but they reinforce spiritual beliefs and social fabric.

Storytelling was always my favorite time. I loved sitting down and listening to the elders speak and talk about their experiences and sharing old stories that had been passed down for generations. I'd like to share one with you that I feel fits this time of year perfectly. It's called, "Why Leaves Fall."

The story is a beautiful tale that explains the natural process of autumn and the significance of the leaves. It is a story that teaches the importance of gratitude and the cycle of nature. Lakota believes that the leaves fall to protect the roots of the plants and provide warmth during the winter months. This story is a part of our culture's rich tapestry of folklore and is shared to educate and inspire.

As the story was told, many moons ago when the world was still very young, the plant and animal life were enjoying the beautiful summer weather. But as the days went by, autumn set in, and the weather became colder with each passing day. The winds began to brush the skies and river tops, whistling through the mountains and trees. The grass and flower folk were in a sad condition, for they had no protection from the sharp cold. Just when it seemed that there was no hope for living, Wanka Tanka (great spirit) who looked after the things of creation came to their aid. Saying that the leaves of the trees should fall to the ground, spreading a soft, warm blanket over the tender roots of the grass, trees and flowers.

To repay and thank the trees for the loss of their leaves, he allowed them one last bright array of beauty. That is why, each year, during Indian summer the trees take on their pretty farewell colors of red, gold, and brown. After this final display, they turn to their appointed task covering the earth with a thick rug of warmth, protecting against the chill of winter.

Something else I'd like to speak about that happens during this month is Halloween. I love Halloween, but my thoughts are heavy knowing what I may witness. For example: I seen a father and daughter together dressed as a "Chief" and "Indian princess." It's unintentional, of course. The father was most likely unaware that it is disrespectful to dress his daughter and himself as Native American. I could shrug it off as cultural borrowing and overlook cultural appropriation, after all, he means well. But I can't. As Native Americans, WE are a CULTURE, not a costume! I understand that wearing a culture as a costume is not intended to hurt most of the time. However, the fact of the matter is that it does.

Native social justice activists have been speaking out against Native American-themed costumes for decades, yet companies still produce them, and stores still order and sell them and state that their Pocahontas, Indian Brave, and Big Chief costumes are top sellers, and they would lose business if they didn't stock and sell them. Some people wear these costumes out of naiveté and others in a blatant disregard, disrespect, and irreverence.

Our Native American regalia is a tradition for our Native people, and the wearing of it is a distinctly indigenous activity. It is embedded with spiritual meaning and an expression of culture and identity. For Native dancers, not only is the act of dancing that expression, but the wearing of dance regalia is also a visible manifestation of one's heritage. Often the



A pow wow women's traditional regalia is one of the most powerful symbols of Native identity and is considered sacred.

It's no surprise that so many feel that wearing Native American-like regalia as a costume isn't offensive, because in their mind Indians no longer exist. Here are some surprising statistics from the Center for Disease Control. Murder is the third leading cause of death for American Indian and Alaska Native women and girls. American Indian and Alaska Native women experience a murder rate 10 times higher than the national average. More than four in five American Indian and Alaska Native women (84.3%) have experienced violence in their lifetime (56.1% have experienced sexual violence, 55.5% have experienced physical violence by an intimate partner and 48.8% have experience stalking, according to the National Institute of Justice). The Hawaii State Commission on the Status of Women reports 64% of trafficking survivors in Hawaii identified as being part Native Hawaiian. A 2014 RCMP report found 1,181 Indigenous women and girls were killed or went missing between 1980 and 2012 across Canada. This figure, however, is considered an undercount by advocates and other organizations who have documented thousands more cases through community-based research initiatives. There are over 5,000 Native American women who are listed as still missing in 2022, according to data from the National Crime Information Center (NCIC), but the true number is likely much higher due to under-reporting and discrepancies in data collection. The NCIC reported 5,293 missing American Indian/Alaska Native women in 2022, but also notes that only 11% of cases are entered into the database.

Mitáwapepi Anpétu wašté (Good day relatives) Many Blessings and May you walk in balance on your path.

You may reach Tammie Lowell at Oyate Herbals LLC, 719-661-0410.

**Editor's note:** According to Berkeley Human Rights Center, human trafficking is reported to be the world's fastest growing criminal activity, worth multiple billions of dollars in the United States alone. In the U.S., the number of sex and labor trafficking victims is estimated to be in the hundreds of thousands. Human beings are NOT objects to be bought and sold. It is important that American citizen are aware of this tragic crime to prevent family and friends from becoming victims. It is also important that we remain aware of how cases like Jeffrey Epstein are handled and how Gislaine Maxwell's sentence was changed to a "white collar crime club-fed prison." It seems the justice system has determined that a white collar crime that can harm multiple people and even cause some to commit suicide is lesser an offense than pulling the trigger yourself. Interesting how JP Morgan Chase Bank filed a RETROACTIVE report flagging 4,700 suspicious transactions of Jeffrey Epstein totaling more than \$1.1 billion. (New York Times Magazine.)

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## Citizens feel is it out of their hands. But is it really?

by Kathy Hansen

Since our last issue was published there have been several shootings. There was a shooting at a Catholic school in Minnesota. The children were attending mass at the Catholic Church. Two children were killed and 20 or so more injured.

The CBS news reporter spoke with a young student who said when the shots were heard, their teacher told them to get down on the floor and they started crawling toward the door. At one point the teacher reached out and held her hand. The reporter asked what that was like. She said, "I felt a little bit safer then."

Those words have stuck with me. The impact of human touch helped her feel safe.

Then the manifesto journal was found written by the shooter; the contents were described as "filled with hate." Similar journals or manifestos have been found written by every shooter I am aware of. Perhaps it is time to consider this common thread of "hate" as significant.

It is easier to apply terms such as "evil," "mentally ill," or refer to the shooter as "an animal." By doing so, we see that human as "less than" as "not as important" or assess that the world is "better off without them." This process seems to justify the idea, "we identified the culprit, so our job is done."

I disagree. The idea that gun control and mental health counseling will resolve this has not proven to be effective in any attempts in the last 24 years. Perhaps we need to look at the most obvious contributor to gun violence.

What could that be? Let's go back to the manifestos, the journals and the drawings done by the shooters. ALL of them felt like outcasts; they did not feel like they belonged.

There are two major NEEDS that vacillate throughout our lives — belongingness and separateness. Belongingness is the feeling we get when we feel accepted. Separateness is the need to differentiate ourselves from others.

It is easy to see these two forces when you watch an infant learn to crawl. Before they can crawl, they need to feel loved and like they belong. Then, as they begin to creep (separate), they turn around to see if their caregiver is still there. When the caregiver responds, "Good job! Look at you go! That's the way, keep going!" The infant has received confirmation it is okay to keep going and confirmation they are still loved and accepted (belonging).

These two needs continue to vacillate throughout our lives. Think of how teenagers desire to dress the same as their friends (belonging) yet the choices might be on the edge of what their parents would choose (separation). As adults, those who go to college or find their first job seek to fit in, yet challenge themselves to find a niche that sets them apart from their peers. The truth is that we ALL want to belong; we ALL want to explore our individuality and our differences, and we ALL want to be accepted.

So how do we react when someone's expression of individuality is vastly different from our own? I don't know about you, but I'll admit that sometimes my first reaction is to back away or to judge them. It is then my responsibility to catch that judgement and stop myself. I know that when I am judging someone else, it is a distraction from my own flaws. How convenient, yet how inappropriate.

What I CAN do instead is to say to myself, "Well, that is an interesting form of self-

expression that is not what I would choose, yet it is not my place to choose for this person how they want to express themselves." I can remind myself that we are all given free will. It seems we find this difficult to do.

Years ago, I read the words by Sydney J. Harris, "The three hardest actions to take are:

- Say, "I was wrong."
- Return love for hate.
- Include the excluded."

Sounds simple, right? Try it. It is not as easy as it might seem. I began to challenge myself to simply admit my mistakes. After a while, I found it to be a path to freedom and a way to feel more self-assured. Owning my mistakes helps me feel more empowered and more honest.

Let's be real, folks. EVERYONE makes mistakes every day. I had a Cognitive Psychology class that taught humans speak a minimum of 20 speech errors every day. If we are aware of 10 of them, we are self-aware. If someone suggests they never make mistakes, turn and run far and fast! This person is lying to you and to themselves. They are projecting themselves as god-like and this is not realistic or honest.

The fact is that when we are better able to accept our own foibles, it is easier to accept them in others. When we practice this on a regular basis, we find that forgiveness is easier. Forgiveness is a gift we give ourselves as it helps us let go of grudges and the negativity of anger.

Including the excluded has risks! It would seem that few of us are willing to sacrifice our feeling of belonging by reaching out to someone who appears on the fringes. How often do we avert our eyes when we see someone dressed differently or adorned differently than what we choose. I will admit that when I see people sporting facial piercings, my immediate reaction is to cringe because when my face gets poked it hurts! I imagine their faces hurt, too, when that flesh was punctured. However, when I choose to take that risk of engaging with someone who expresses their uniqueness differently than I do, I am so often surprised at what we have in common!

A person who is very different from me has taught me a great deal about myself. She is thin, she is active, beautiful, creative and she is outgoing — all descriptions I would not use to describe myself. As I have come to know her, I have learned she is also very intelligent, has a fantastic sense of humor and values her spirituality. We have these things in common. If I had not taken a risk to refrain from judging, I would have missed out on a very fulfilling friendship and missed an opportunity to have an experienced writer! When I refrain from judging, I am better able to discover the jewels that lie within each soul I encounter. Engaging with someone different from yourself can be incredibly rewarding for both parties.

Yes, we take a risk when we reach out.

Now let's think about the words of that young child who was cowering on the church floor as gunfire was exploding over her head. When the teacher reached out and touched her hand she said, "I felt a little bit safer then." Someone reached out to her, let her know she mattered, and she felt a little safer. Isn't that something we ALL desire? Sounds like belonging to me.

Let's consider ways we can reach out to those who might appear to be different from us. We can choose to make eye contact. We could choose to give a smile or a nod of ac-

knowledge. We can offer a, "Hello." We could invite them for coffee or a chat.

Hatred begins with a long series of being bullied, being made to feel ashamed of oneself, a long series of being near others while being ignored. Hatred begins when we feel like we do not belong to anybody or any group. It becomes easier to hate others rather than turn that hatred inward. Have you noticed how many shooters suicide after they have done the shooting? The shooting just proved to them they are not worth living and they are ashamed.

Think back on those teenage years when you wanted to show that you fit in with the in-crowd by dressing and speaking like they did, so that you would be accepted. Now think about those fellow students who did NOT fit in, those on the outskirts or fringes. How often did you make eye contact, offer a smile or nod of acknowledgement or even invite them to eat at your table? I am guilty of prioritizing fitting in as a teen, rather than including the excluded. I felt so vulnerable and so insecure. Rather than face those feelings, my energy was geared toward fitting in with others. I was an immature teenager, and I admit that I could have done better. Kay, if you are reading this, I apologize! Please contact me — coffee is my treat, and I promise I will treat you how I should have back then. I am so sorry.

As an adult I am aware of the importance of self-acceptance — my whole self — that means I must say, "I was wrong" when I make a mistake. I must own my foibles and accept that others have foibles, too. When I do, it is easier for me to forgive, which frees me from holding onto anger. When I choose to be aware of my judgements, I have a better opportunity to know I have short-coming I need to accept or work to change. I can reach out to those who are different from me because it is the only way I can know if connection is possible.

When I witness someone being bullied, I can speak up and call the action wrong! I can be alert to someone who might feel like they don't belong making sure to reach out with words of acknowledgement and encouragement. When I hear people disagreeing, I can remind every side that we are all entitled to our opinions and seek common ground. I can acknowledge other people's free will. When I witness hate, I can ask, "In what way can I shed a little love on this situation?" I can always pray for guidance, yet I must engage my free will to make a difference.

As spiritual person I believe that there is one GOD that created EVERYTHING. I believe that everything God created was made just how God intended. Who am I to judge God's creation? Perhaps my best move is to RESPECT God's creations. While I may not agree with their words, their fashion, their music or their beliefs, I can give myself permission to respectfully disagree with all those things and still accept they are God's creation.

Therefore, I do my best to meet each person with eye contact, perhaps a nod or a smile. I challenge myself to reach out to those who might appear different from me because it could be an opportunity to meet an extraordinary person who could become a friend. It might also be an opportunity to let someone who feels like they do not belong to give them the feeling that they are accepted and belong. Who knows, it just might be a way to prevent another person from choosing a hate crime.



The cast of *The Vampire of Cripple Creek*. photo from the Butte Theater's Facebook page.

## The Vampire of Cripple Creek A thrilling adaptation of Bram Stoker's Dracula

The Butte Theater is excited to continue its 2025 professional season with *The Vampire of Cripple Creek*, written by Chris Sorensen. This chilling, suspenseful production brings the classic Dracula tale to life with a modern twist on the eerie Colorado setting. Followed by an appropriately themed Halloween Olio!

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a chilling interest in Mina.

As Doc Van Helsing and Jonathan Harker search for answers, something ancient stirs in the hotel's darkened corridors. The sun sets, and the true horror begins in this thrilling adaptation of Bram Stoker's Dracula.

Rated PG, this suspenseful and captivating production is perfect for audiences who enjoy mystery, suspense, and classic horror.

Performances run October 3rd through November 2nd, 2025, at The Butte Theater in historic Cripple Creek, Colorado.

Tickets are available now at [buttetheater.com](http://buttetheater.com) or by calling the box office at 719-689-6402. Don't miss this gripping tale of darkness, suspense, and vampire lore!

## Florence Fall Festival and Street Market

by Flip Boettcher

Florence used to be known as the Antique Capital of Colorado but now is known as the Antique Capital of America, according to the website (<https://www.antiquetrail.com/>) Antique Trail USA, which is based on the size of the city versus the number of antique shops it has. But... there is a lot more to Florence, as well.

If you haven't ever visited Florence, or even if you have, you might want to consider visiting for the first Fall Festival and Street Market on October 11 from 9-4 p.m., on Main Street, sponsored by the Florence Merchant's Association. Main Street will be closed off for the event. The Merchant's Association also sponsors the Antique Car Show in the spring.

## Paint the Town

by Bell Tower Cultural Center

Paint the Town, sponsored by the Florence Arts Council, is celebrating the event's 21st year Monday through Saturday, October 13 through 18, 2025. The event includes painting in and around historic downtown Florence, Co. and selected sites in Fremont County including Colon Orchard, Coyote Den in Penrose, and the Holy Cross Abby on selected days.

All work must be done on-site during the week, and the event is open to both 2D and 3D artists. It is a fun and artistic six-day event for everyone as there is, in addition to painting on site throughout Florence, a Quick Draw event at a mystery location on Saturday afternoon. The public reception and sale on Saturday evening at the Bell Tower Cultural Center from 5-7 p.m. offers the opportunity to purchase incredible art of local scenery. The Florence Arts Council provides a free chili dinner starting at

4:30 p.m., before the art reception.

Over \$6,000 in prize money is donated by generous local individuals and businesses. Best of show this year is \$1,200. Other prizes include Second and Third place, Spirit of the West awards (3) and Body of Work, in addition to other committed patron awards. Generous sponsors Bruce Bell, Brendan Pardue, Sue Turnquist, Barbara Smith, Jeff and Connie Mueller, Coleen Bobinac have provided the major prize money. Other patron awards and prizes are sponsored by the community of Fremont County.

The exhibition runs from October 18 through November 15, 2025. For more information about participating in the event or to inquire about being a donor, please contact us at 719-784-2038 or drop by the Bell Tower Cultural Center in Florence, 201 East 2nd street.

## Adopt Me

by SLV Animal Welfare Society

## Winnie

Baby Winnie has been with his mom and 2 litter-mates for the past 12 weeks. Mom and her pups are considered "low riders" because they have short legs like Corgie's. Winnie is current on all vaccinations, is microchipped and neutered. Check our website for adoption fares <https://www.slvaws.org/> or give us a call 719-587-9663 to meet Winnie.

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## A Look Inside the Artist Andy Mast, pencil artist

by Mary Shell

I met Andy while having coffee at the Hotel St. Cloud in Cañon City. We talked briefly and he explained that he was a pencil artist. I never paid much attention to pencil art believing it to be at the bottom of the line of mediums. I have been corrected lately by seeing some of the most amazing art being created with pencils. Andy Mast is on top of his game creating such beautiful artwork.

### When did you start drawing?

I do not remember a time when I wasn't drawing. As my mother would recall, I was attracted to pencil and paper before I could walk. If there was a blank space, anywhere... from scrap paper to cardboard (or even mother's big blank walls,) there was usually some form of evidence that Andy had been there. My mother once asked my dad, "What's going to become of this child? He doesn't want toys; all he wants is paper and pencils?" I remember I was in 6th grade in our one room schoolhouse. The pencil felt so natural to me. I remember telling myself, this is what I will do for the rest of my life. I never had a full-time job elsewhere, because I have never let go of that dream.

### What other mediums have you worked with?

In my teens I worked with oil and acrylic. This kinda helped channel my medium to the pencil. I feel drawn to black and white. Never say never; perhaps someday I will venture into color, but for right now, black and white feels like the medium for me.

### What was the hardest thing to create?

For me, I don't feel like there is any specific subject that has been the hardest for me, but rather the combinations of values, light, shadow, depth, space, temperatures and overall good designs and elements that create good compositions. I am always learning and constantly striving to improve my work.

### What are your favorite subjects?

Early in my life horses were always my favorite. I have been around horses my whole life and draw from real life experiences. Horses are a part of me. I draw what I know, what I Love and what's in my heart. As my career has evolved, I appreciate so many different subjects created by life experiences. Whether there is a striking stallion on a rugged landscape, a cowboy with his horse, a young girl feeding the chickens, or a solitary chapel on a hill. As an adult, I am drawn to simplicity. I find magic in the simple moments of ordinary days. In today's fast-paced modern world, it's the 'small and simple' things that inspire me. I hope that my drawings remind people of the beauty all around us and of a simpler time.

### Is there something you always wanted to create but haven't yet?

Oh, yes. Large pastoral cattle drive scenes. Pioneer women with courage settling the west. I would like to draw more wildlife. There are not enough hours in a day. There is still so much inside of me waiting to happen.

### Does being spiritual contribute to your creativity in any way?

Yes. For me, I believe it's impossible to separate spirituality from my art or any other

do not achieve in color. I draw with pencils because they are simple and straightforward. It's just pencil paper and I. There is an unexplained kinship that I feel with the simplicity of my pencil. It is a very common tool everyone has used before and can relate to. The raw reality of the media is much like my lifestyle.

### What's the future for you?

I continually strive to improve my work and continue to grow as an artist. I have certain dreams of where I would like to exhibit my work, however I do not draw blue ribbons or awards. Being an artist is hard work and not an easy road, but it has many rewards. I am blessed to do what I love each day.

### What would you like to add that our readers would like to know?

Bio: The cultural values, and faith instilled throughout his Amish upbringing are all direct influences in the refined pencil work of Andy Mast. Realizing his passion for drawing at an early age, he honed his artistic skills, drawing deep into the night under lantern light following long days on the family farm. Longing for a mentor and craving constructive critique, his hard work and intense passion for creating art, from simple moments in life, quickly became a catalyst for maturing as a professional artist despite his exposure to formal training. At the young age of 17, tragedy struck Mast, when suffering a horse-related traumatic brain injury that plunged him into a five-year journey engulfed by overwhelming disability and darkness. Through this debilitating time, drawing became his sanctuary. His innate "God Given" talent became a refuge allowing him to express his despair, yet experience hope beyond it. Despite this challenging journey, Mast continually strives to communicate emotionally, through the language of art, evoking courage, peace, hope, and healing through his exceptional artwork.

You can see Andy's work at [www.andymast-art.com](http://www.andymast-art.com)

You may contact Mary Shell at <https://maryshellart.com/> or [creatingfromthesoul@yahoo.com](mailto:creatingfromthesoul@yahoo.com)

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## Colorado Pharmgirl Road trip adventures

by Peggy Badgett

Temperatures soared across the foothills of Utah. The van's cabin was hot. I regretted not having the air conditioning fixed. Sweat trickled down my back and glued my T-shirt to the driver's seat upholstery. At least I had escaped miles of diesel exhaust and stalled weekend traffic; it paid to keep an atlas handy. The road I'd chosen rolled through charming little towns, beautiful ranches, and huge sheep farms. Who would have known Utah valleys were so green?

Fruita, Colorado had been my first stop on my road trip to visit my son Alex, his partner Meg, and their dog Sloane in Lake Tahoe. Campgrounds were full since it was Labor Day weekend, but the local rest area had space. I dabbled my feet in the clear waters of a pond in James Robb State Park, ate the dinner I'd packed, and waited until the sun began to set. Then I drove to the rest area and parked. I hit the "lock" button on the key fob as I got ready for bed. The van's yellow lights blinked. No click. Sometimes it refused to lock. I sighed, climbed outside, and opened and closed the sliding door firmly. No luck. Tried four more times, slamming harder with each effort. Same result. Exhaustion seeped through my muscles. I gave up, left the door cracked open, and settled onto my bed. I was too tired to care if there was a serial killer lurking nearby. Thirty minutes later I dropped the book I'd been reading and woke with a start. Dozed off again. Train whistles, sprinkler systems, and loud trucks took turns waking me through the night. The next morning, I was crabby and sluggish.

After brushing my teeth, I browsed nearby hiking trails on my fitness app "Alltrails." A good hike would improve my mood. I chose the lower Monument Trail. But there was still the problem with the sliding door. I stopped at a gas station, bought a fourteen-dollar can of WD-40, and sprayed all the lock mechanisms. Still no luck. So, I parked close to some bushes at the trailhead, locked as many doors I could, and crossed my fingers. Shouldering my backpack, I started up the steady incline. The combination of striding and breathing

calmed me. Then I missed a turn, followed a goat trail, and stopped short at a cliff overlooking the actual trail into Wedding Canyon 200 feet below. I backtracked. The group that had left the parking lot after me walked by with curious glances. I grinned sheepishly, gave them some space, and followed. This time I didn't get lost. Huge red and sandstone boulders lined the steep route to Independence Rock. I was breathing hard at the half-way point, but the return path was a gentle downhill bordered by vertical rock walls. Thankfully no one had disturbed the van. Time to put some miles under the tires.

## Traffic snarled. I grabbed the map, abandoned the GPS route and veered south for a new route toward Salt Lake City. Old school still worked.

Ribbons of highway stretched through dusty desert. I was bored with my music and tried to focus on plot twists for my next book. Then the "door open" warning lights started flashing on the dashboard. Traffic snarled. I grabbed the map, abandoned the GPS route and veered south for a new route toward Salt Lake City. Old school still worked. Dusk descended when I rolled back onto the interstate, looking for a rest area. Finally, an hour later, one appeared. I pulled the van into a parking spot, used the drab facilities (Nebraska and Iowa did a better job providing for tired travelers), and slammed the sliding door shut. This time the lock clicked obediently when I hit the key fob. I quickly fell asleep.

At sunrise, I drove to Bear River Wildlife Sanctuary. Eighty thousand acres, a major

Horse farm in Utah.

stopping point for migratory birds, showcased many species (plus squads of American Coots, my favorite waterfowl). After scoring my junior ranger badge, I hit the road again. This time, my GPS guided me onto a desolate two lane highway. No pretty ranches or towns. No cell signal. No cars. Not even a tumbleweed. Breaking down on the non-existent shoulder would be bad. The only good things were two golden eagles hunting from a telephone pole and making it to the next interstate after two hours. But Nevada was just as brown as Utah. Few rest areas. Dingy truck stops. Time crept by. I was about 100 miles from my destination when the "open door" message began flashing again. Keeping an eye on the huge grey cloud on the horizon, I debated whether to pull over and mess with the slider. But the cloud wasn't a rainstorm; it was a wall of wind and dust. Gusts violently rocked the van as vehicles immediately slowed around me. White-knuckled,

I guided the van along. The warning light flashed faster. But I couldn't stop; the wind outside would probably send me to Kansas.

Thirty minutes later, the storm lessened in intensity. Feeling returned to my fingers. Rain, along with night, fell. Reno was ablaze with neon as I passed through. Guiding the van up and down a winding pass toward Incline Village was a blur. Finally, I made it to the correct address, and the van obediently locked after my son helped me unload. Shaking my head in disbelief, I vowed to walk or bike everywhere for a week before embarking on another driving adventure.

Peggy Badgett is an artist and writer. She has several years' worth of adventures you can read for free on her website [pharmgirl.org](http://pharmgirl.org), and can be reached at [coloradopharmgirl@gmail.com](mailto:coloradopharmgirl@gmail.com). Her book Rooster in the Drive Through is available for sale at Shipping Plus in Divide.

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## Tales From the Big Sky Ranch Bed and Biscuit

### Guided by love

by Kendra Lee Hall



Rufus is happy to be Myla's guide.

At Big Sky Ranch Bed and Biscuit, where Adogs of all shapes, sizes, and stories find a home away from home, there is one guest who stood out — a miracle — Miraculous Myla, caretaker Jake loved to call her.

Why was she miraculous? Because she was completely blind — but to watch her, you would never know it.

Myla is a dignified, black-coated husky with eyelids now permanently and completely shut. She had been a sled dog in her younger years, whisking excited visitors to the Colorado mountains, and locals alike, across the snow and through the pines. But time had changed things. Her once sharp vision had dimmed over the years, and by the time she began visiting the Bed and Biscuit, her sight was already fading.

Now, it was gone entirely. But if anyone expected blindness to slow Myla down, they didn't know Myla. From the outside, it seemed impossible — how could a dog who couldn't see navigate a house, a yard, even stairs, without hesitation? How did she trot through the back play area, never running into a tree or bumping into the fence? How, on some days when the mountain air filled her with energy, did she run — truly run — without faltering, her paws light against the earth as if they still carried her through the snowy mountain trails, guiding her dog sled team?

The answer, in part, was Rufus. Rufus was her protector, a big, black Lab with a heart as big as the mountains. He didn't

guide her with nudges, nor did he try to slow her down. He was simply there, a constant presence that let her know she was safe.

When Myla explored, Rufus followed.

When she stopped, Rufus waited.

When she took off running, Rufus ran too, ready to intercept if something unexpected lay in her path.

But she never crashed. She never even hesitated.

It was as if she had mapped out every inch of the Bed and Biscuit using her other senses. Every scent, every tree, the perimeter of the fence line — she saw them all in her mind's eye. Inside she was just as skilled at navigating her way about. If she wasn't sure, she went slow, making a note of where everything was. Rufus, always by her side. During naptimes after fun outdoors, she liked to rest her head against his big, broad side, breathing deep — as if even in sleep, she was tracking the world through sound and smell. Rufus lay proudly beside her, basking in the love he felt from his brave and smart sister.

Myla had been a lead sled dog, guiding her team through the snow-covered wilderness. Now, she walked a different kind of path — one without sight, but never without direction. Because she still leads, in her own way. And Rufus? He follows. Not to keep her from falling — she didn't need that.

But to make sure that wherever she ran, she never had to run alone.



Myla was the lead sled dog for years.

## Adopt Us

by TCRAS

### Peggy Sue

Hello there, my name is Peggy Sue. I came from a rough beginning and have come a long way here at TCRAS since June, when I arrived. I am a shy lady who is working hard to come out of my shell. I have been learning that being pet is a good thing and that I don't have to be so worried about the world around me. I would love a quiet, stable home to call my own. I am 4 years old, spayed Bengal. If you would like to meet me, please call TCRAS at 719-686-7707 to set an appointment.

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



## Stalnaker presents a Chautauqua

by Marianne Mogon

Scott Stalnaker of Teller County; motorcycle enthusiast and musician was on a random ride exploring the countryside along the Platte River where the river runs below Dome Rock in the Platte Canyon in Jefferson County. He came across a stone memorial to an engineer with the Denver, South Park and Pacific railroad.

On October 19, as part of Pikes Peak Historical Societies Chautauqua programs, Stalnaker will share the heroics of William "Billy" Westall who saved 450 passengers of the train he was driving August 28, 1898. About a year later, a 10-foot, granite monument was erected near the crash site by the Ancient Order of United Workmen along what is now County Road 96 near Dome Rock, southeast of Reynolds Park. The name "Westall" spreads across the middle of the monument and the insignia of the Ancient Order of United Workmen up above.

More than 115 years later, the monument was moved to a more prominent spot along the road. A group of students from West Jefferson Middle School championed efforts to preserve the monument. It remains a key piece of history under the purview of the Jefferson County Historic Commission in the North Fork Historic District, which exists, in part, to celebrate the railroad that once passed through.

Stalnaker was born and raised in Southern

musical studio recordings for various clients, and some live performances.

"I did kind of retire, but I continue to do some projects here and there. After all of the experience I've garnered, as well as classes I've taken, I am an audio engineer in addition to being a musician. I often fix audio that production companies have problems with, and have done rather extensive editing and some filming," he explained.

"It became impossible to get around in California due to the extreme traffic. Also, I just wasn't happy in California. Everything is illegal. They started selling \$30 passes to be able to hike in the wilderness. My favorite lakes were closed. I couldn't ride my motorcycles, scuba diving became difficult with the threats of massive fines, concerns about having the car broken into while I was under water, and other hobbies that got shut down by the government," he continued.

He moved to Woodland Park in about 2020 with his four motorcycles and several guitars. The forest is now four miles from his back door. He can take dirt roads almost all the way to Castle Rock, to visit his cousins.

"I couldn't be happier. And the fishing is sometimes good. The motorcycles have come in handy when the Teller County Search & Rescue team goes out, or when I randomly



Musician Scott Stalnaker

hear of someone missing or in distress. But most often, they serve the insatiable need to explore," he concluded.

His exploring led him to the Billy Westall memorial and research into the heroics of this train engineer. Stalnaker's presentation will tell of the train wreck where 450 lives were saved, except Billy and will conclude with a ballad he wrote himself in honor of the

beloved engineer.

The Chautauqua's are presented to the public free of charge as a public service of the Pikes Peak Historical Society. No reservation is required. The presentation is Sunday, October 19, at 2 p.m. at the Lake George Charter School, 38874 US Hwy 24, Lake George, CO. FMI 719-748-8259 or 719-748-3861.



Westall's monument.

California, where he spent most of his life. He has been playing music professionally from the time he was 12 years old. He played full-time from age 15 over the next four decades. His sister, a major executive and well established in the media, invited Stalnaker to sit with an editor to see if he might be interested in a career change. He enjoyed it and quickly enrolled in college classes to learn filmmaking and editing. He then went on to produce educational television, which involved writing, filming, lighting, and editing, and composing background music for many video projects. At the same time, he continued to do professional



### Their Day's Work is Done

by Steven Wade Veatch  
photo by Two Mile High Club


On Cripple Creek's streets,  
donkeys, their coats the color  
of old photographs, carry the weight of myth  
as they step through layers of time.

They are the town's memory, a living echo  
of a time when men gambled against the mountains  
in their search for veins of gold.

The donkeys haul no gold ore now  
as they drift past the racket of casinos  
and dreams wagered by tourists.

A child reaches out, the donkey lowers its head  
and accepts the gentle hand. Their ears are long  
and soft, eyes dark and deep. They are treated  
as novelties rather than living relics of the gold rush.

When night falls, their day's work is done.  
In a dark and unbounded sky,  
a thin moon hangs in the cool night,  
and scattered stars begin to gleam like ore  
over the mining camp.



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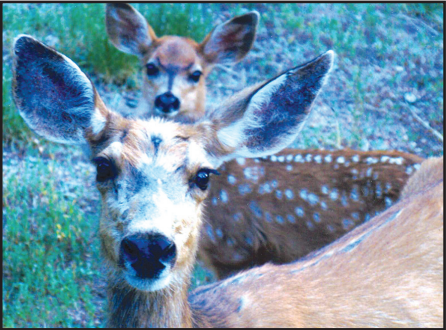
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Shortly after the mom and fawn picture (above), mom got jealous and shoed the fawn away for her solo picture! (below) – M. Colleen Bergmann, Florissant, CO



Have a cute critter? Send us your favorite critter photos and we'll feature them here in the Critter Corner! **If you don't send your photos, you'll have to look at our cats every month!** Indoor or outdoor pets or wild critters are what we're looking for. We will not accept any photos depicting cruelty or harming animals in any way. Email your critters to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com). Be sure to include the critter's name as well as your name.

# The Cabin in the Woods - part II

by Gilrund the Historian

It had only been a few days since the old wood cabin had been burned by the thunderstorm. The three boys had rescued Anthony from his capture in the wooden board inside the old cabin just before it had caught fire in the storm.

Now Anthony found himself standing at the entrance to a large dark cave on the side of a high mountain.

"How did I get here?" he wondered as he stood looking into the darkness of the cave. Then he heard a deep grumbling voice call out his name.

"Anthony, I have been waiting for you. I watched as the three boys carried you out of the burning cabin. I watched as your face disappeared from the wooden board." Anthony stared into the darkness of the cave as he listened to the strange voice and heard the footsteps of a large creature coming toward him. Slowly he backed away from the mouth of the cave as the voice started again, "I hoped that the curse that the evil one had put on you would be erased. But my greatest hope was that you would find your way to my cave. My wish has been fulfilled, for here you are."

At that point the head of a full-grown dragon appeared at the opening of the cave followed by the rest of the mythical creature. It was of a deep green color, all but the wonderous wings. They were a brilliant golden color that flashed in the light of the morning sun. The talons and long teeth glistened in the sunlight.

"Do you remember me?" asked the dragon, "I was one of the many that sat for years on the shelves of your cabin home. It was you that named me Goldwing, for obvious reasons. All of us dragons loved you because of your tender care all that time. When the cabin started to fall, we were released from our ceramic shells and escaped through the shattered windows into the open woods where we gradually gained the size that dragons are meant to be. All of us have found new homes here in the mountains. Now you have found us, and we are very happy."

Anthony was astonished at what he had just heard. He didn't know that dragons could speak the common tongue of humans. His mind was filled with questions.

The dragon stopped speaking and Anthony started his questions: "How do you know that all the dragons are happy? How did you get to be so big? Were you alive as ceramic dragons? Are you going to eat me?"

Goldwing laughed a deep rumbling dragon laugh and then said, "Where shall I start? I know that all the dragons are happy for we can speak with Dragon Mind Speech. We hear it in our heads. It doesn't matter how far apart we are; we can still hear it.

"Now for your second question, we became our natural size because the maker of the ceramics loved us as much as you did and wished in her heart that we would, someday, become our natural size. I feel that when the curse was broken on the cabin, we were released to be our real size. But we had to leave the cabin.

"Now for your next question, no, we were not, as you say, 'alive' as ceramic dragons. However, we did have a sense of 'being.' It is hard to explain or understand. But I think that it was because of our makers love for us. "As for your last question, no, you will not be eaten by any dragon, ever! There is an aura about you that will not allow it. Now, are there any further questions?"

Anthony smiled as he listened and had one more question, "May I ride on your back?"

Goldwing smiled a huge dragon smile then threw back his head as he cried out, "Yes!"

Anthony grinned and ran for the dragon's side as Goldwing dropped down to his stomach so that the man could climb onto his back.

"Hang on to my scales!" called out the dragon as he spread his great golden wings and leaped into the air to fly higher and higher.

Anthony shouted out in joy for this was a secret dream he had had most of his life. His legs gripped the dragon's sides as he waved his arms in happiness.

They flew around in the mountains for nearly two hours before they landed in front of Goldwing's cave once again.

a leisurely pace to the capital city of Zorr.

It was a three-hour flight that was thoroughly enjoyed by both the dragon and Anthony.

At last, they were flying over the Crystal City and were quickly joined by two Dragon Riders that were on patrol.

The dragons had already spoken to each other and the riders. They knew why Goldwing and Anthony were there.

Perhaps I need to explain how the Riders knew when it was just the dragons that used Dragon Mind Speech. When the riders and their dragons "Bonded" at the "Choosing,"

which was when the dragons chose their rider.

should the Rider need a little gold to have a good time in a tavern, he could always 'borrow' a few coins until payday.

That night as Goldwing and Anthony flew back to the cave, Goldwing suggested that he would like to have a hoard of gold and silver. Precious stones would be good too.

The next day they flew to a nearby village and Anthony walked into the village to find the local tavern and hopefully a sailor with a map.

It just so happened that there was such a person there and when Anthony asked about him, he joined him at his table. As they drank their ale and talked, the old sailor told

overheard what they were talking about and interrupted them with his own story.

"You may have heard," he started, "that there used to be a witch that lived here in this village. Well, she was a real threat to the whole population, and they just couldn't let her stay in that shabby little house that she lived in on the edge of town. So, a large group of villagers decided to run her out, well they did. But after she was gone a rumor got started that she had a big trunk filled with gold that she had gotten paid from the "Evil One" to do bad things to the villagers. Several of the men of the village, me being one of them, went to the old

think that we could get that gold, if in fact, it is actually there. You know how rumors are.

Anthony mounted the dragon, and they flew off to find the old witch's house.

There it was right where the bartender said it would be.

Goldwing landed and Anthony walked over to the front door and tried to open it. It was locked. He pushed hard on the door, and it creaked a little, then he kicked it, it flew open.

He looked inside the old house and saw that it was dark and dusty. The one window was dirty and let in very little sun light.

Goldwing couldn't go in with him, so Anthony walked in by himself, careful not to touch anything. He looked around the main room and sure enough, at the far end of the room was an old trunk covered in dust as was everything else in the room. Anthony quickly walked to the trunk and looked at the large padlock on the front.

"How am I going to get that open?" he said out loud.

Goldwing heard him and said, "Drag it to the front door if you can, I will open it."

Anthony thought, "If it is actually full of gold, I won't be able to move it."

He grabbed the handle on the left side of the trunk and pulled. It moved a little, so he pulled harder. It started to slide on the old wooden floor. It was heavy, but it moved as he pulled it toward the door.

At last, it was in front of the door, then Goldwing reached in with her claw and tore the lock and hasp off the front of the old trunk. Anthony stood to one side of the trunk and carefully lifted the lid.

The old rumor was true; it was nearly full of gold coins and silver coins. Where they had come from, they didn't really know, but the treasure was real.

Goldwing reached inside the doorway and pulled the old trunk out and held it in his claws.

"Mount!" he told Anthony, and he did.

Soon they were in the air on their way to the dragon's cave.

When they landed, the dragon gave Anthony just enough time to dismount and then he went into his cave. Goldwing poured the gold and silver coins onto the floor of the cave where he would sleep each night, spread them out with his claw, then laid down on them. "Oh, yes!" moaned the dragon, "This is how to sleep."

The dragon closed his eyes and said no more.

Anthony grinned as he watched his dragon friend go to sleep. He walked back out of the cave and started studying the old map.

Anthony didn't know much about maps but studied it as much as he could, then decided that he knew about where this treasure might be found. All he had to do now was to wait for his dragon friend to wake up to search for it.

When Goldwing woke up, he was ready for the search. He wanted more gold and silver coins for his bed.

Anthony wanted a little gold and silver for himself, so in the morning after the dragon woke up, they went on another treasure hunt.

To be continued...

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.



"Let's eat," said Goldwing as they entered the cave where they found cow meat roasting over a bed of coals.

The meal was eaten and then Anthony slept under the wing of the dragon as it slept the night away.

When the morning came the two friends walked out of the cave and looked at a beautiful day.

"What shall we do today?" asked the dragon as he looked at the clear blue sky.

"Let's fly!" answered Anthony as he looked at the dragon for approval.

"Mount up, Anthony," replied the dragon, "We shall spend the day flying wherever you would like. Where would you like to go?"

Anthony grinned and he answered, "Let's fly to the Crystal City of Zorr. I would like to fly with the Dragon Riders. They are said to fly over the capital city every day. I would like to show them that even a simple man like me can ride a dragon."

They took to the air and Goldwing flew at

ers, the Riders gained much of the dragon's abilities, such as the Mind Speech, along with a little of the dragon's magic.

The three flew along for nearly an hour learning about each other, when the Riders suggested that they all land and enjoy a meal at the Lusty Dragon tavern. The dragons would wait at the edge of the city as they always did when the Riders went to the taverns.

What the Riders wanted was to talk Anthony into joining the Dragon Riders, a part of the army of Zorr.

As they ate their meal and drank the ale, they talked of how the dragons always wanted to make their treasure hoards grow, which was why the Riders were always buying treasure maps from old sailors in the taverns. Sometimes they were good, and they found a lot of treasure, but there were more times when all they got was an exciting adventure but no treasure.

When treasure was found, it was always given to the dragon to add to its hoard. But

him about a map that he had found in an old trunk that had been left on one of the ships he had sailed on years ago.

He told Anthony that the map was hidden under the lining of the top, that he only found it because the old lining was badly worn and torn. He saw the old, yellowed paper at a tear in the fabric and took it out before he closed the trunk and went back up on deck. He said that he thought it might tell the way to something valuable because it had been hidden and he was right.

The problem was that the old sailor never had the chance to follow the old map, and he had been trying to sell it for some time. But no one seemed to be interested in buying it.

Anthony asked him what he wanted for the old paper. The sailor asked Anthony to pay for his food and drink that day. Anthony had very little money, just a little that the Dragon Riders had given him to cover his few expenses.

As they were speaking the bartender

witch's house to see if we could find that gold."

The bartender stopped and looked around the room to make sure that no one else was listening and then went on.

"We couldn't get inside. I think the old witch placed a curse on the old shack so we couldn't even open the front or the back doors. There was only one window, and it was too small for any of us to crawl through. So, if you want to try, it's the old rickety place out on the edge of town near the big oak tree."

Anthony had heard enough, so he paid for the food and drink and gave the sailor his money for the map. He left the tavern and found Goldwing. He showed him the map and told him the story about the witch.

"I would bet she is the one that I tried to help, and she cursed me into that board. She owes me a lot. I'd like to see if we can get into her old house. What do you say?"

"We dragons have some magic of our own, my friend," answered Goldwing, "I



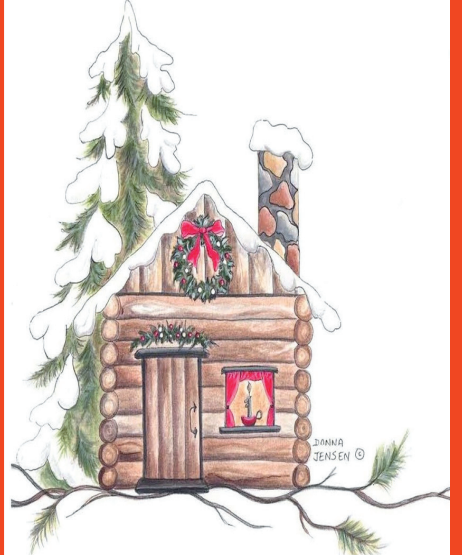
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## BLM Plans Prescribed Burns

by Levi Spellman

The Bureau of Land Management is preparing three prescribed burns, scheduled to take place through April 2026. Prescribed burns help preserve the health of forests and wildlife by removing materials that contribute to the severity of wildfires. The annually scheduled burns will take place as weather and fuel moisture conditions permit.

The Deer Haven area is slated for a prescribed burn approximately 15 miles northwest of Cañon City, south of High Park Road, and west of County Road 69 in northern Fremont County. Another prescribed burn is planned on the north side of Waugh Mountain, approximately 26 miles northwest of Cañon City, 20 miles northeast of Salida, and two miles south of Fremont County Road 2. A third prescribed fire is being planned for the Playa Lakes area, seven miles east of Fairplay, CO., and 11 miles north of Hartsel.

Approximately 500 acres of BLM-managed land will be treated as part of the Deer Haven prescribed burn, 181 acres as part of the North Waugh Mountain effort, and 650 acres as part of the Playa Lakes treatment. Targeted fuels

include ponderosa pine, Gambel oak, mixed-conifer, slash, decadent grasses, and other ground fuel that has accumulated since previous treatments.

Together, these projects will result in burned and unburned areas that promote healthier forests, improve wildlife habitat, and support domestic livestock grazing — all of which are critical to the health of the lands we enjoy.

Smoke from the prescribed burns will be visible throughout the day of the burn, mostly during the warmest part of the day. With cooler temperatures in the evening, smoke may linger and accumulate in low-lying areas. Firefighters will be on site throughout the day of ignition and will periodically patrol the burns for several days afterward.

Prescribed fire smoke may affect your health. For more information, please visit the Colorado Air Pollution Control Division's website: <https://cdphe.colorado.gov/apcd>

For general information, contact Matthew Norden, BLM Rocky Mountain District Fire Management Officer at 719-269-8583.

## Cripple Creek's 2025 Fall Fest

### A high-altitude harvest for leaf peepers and families

Get ready to trade city streets for stunning mountain vistas as the historic mining town of Cripple Creek, Colorado, announces the return of its annual Fall Fest, set to take place on Saturday, October 4, and Sunday, October 5, 2025. This year's festival is a celebration of autumn splendor, designed to attract "leaf peepers" and families alike with a weekend of free, fun-filled activities and a backdrop of breathtaking fall foliage.

Admission to the festival is completely free, offering an affordable and unforgettable way to experience the vibrant colors of the Colorado high country. As the golden aspen leaves reach their peak, attendees can enjoy a full weekend of activities, entertainment, food and drink and the unique charm of Cripple Creek.

This year's Fall Fest promises a lineup of beloved attractions and exciting new additions. The popular Free Kids' Zone will be back, providing a safe and engaging space with plenty of activities for kids of all ages. Festivalgoers can also enjoy a diverse schedule of live music and entertainment on 3 stages, and witness the impressive artistry of chainsaw carving as sculptors transform logs into stunning works of art.

Adding to the fall-themed fun, 2025's festival introduces several new attractions that are sure to become instant favorites:

- **Square Dancing:** Kick up your heels and join in the traditional fun of square dancing, a perfect way to connect with the community.
- **Hayrides:** Take a scenic tour through the town on a classic hayride, offering a new

perspective on the historic streets and surrounding scenery.

- **Pie Eating Contests:** A true test of appetite and speed! Sign up to compete for bragging rights in a series of delicious pie-eating challenges.
- **Fall Bingo:** A family-friendly game with a festive twist, offering a chance to win prizes.
- **Pet Costume Parade:** Dress up your furry friends for the most adorable event of the weekend! This year's parade will be led by the town's most famous residents — the notorious free-roaming Cripple Creek donkeys — serving as the esteemed grand marshals.

"Fall Fest has always been about celebrating our community and the beauty of the season," said Brandon Westoff of the Two Mile High Club. "This year, we've really focused on creating an even more immersive and fun experience for everyone. From the thrill of chainsaw carving demonstrations to the simple joy of a hayride, there's something for every member of the family to enjoy. And, of course, what's Fall Fest in Cripple Creek without our beloved donkeys?"

Cripple Creek's 2025 Fall Fest offers the perfect escape for those seeking to combine the annual ritual of leaf peeping with free family entertainment. Come for the vibrant fall colors, stay for the live music, unique activities, craft vendors, delicious food and drink, and the chance to meet the infamous, free-roaming donkeys.

## People See, People Do

### You can Kindle Kindness, too!

by Readers of Ute Country News

This is a column dedicated to acts of kindness. Therefore, no names are included in order to keep the focus on the behavior. We welcome your stories of kindness you experienced or witnessed! Please email them to [utecountrynewspaper@gmail.com](mailto:utecountrynewspaper@gmail.com) or stop in at Shipping Plus to tell us about it or mail it to Ute Country News POB 753 Divide, CO 80814.

- He saw there were many LARGE boxes in the back of the pickup truck and noticed there was only one man with the truck. He immediately got up to help bring the packages in and back out again once it was determined the weight was too great to accept. Helping to hoist heavy packages is an act of kindness — thank you!

- As I was sharing the highlights of our trip with several people. I mentioned the two-hour hike and in passing mentioned that trekking poles might be a great gift idea, helping my hips on the way up and support to the knees on the way down. I was quite surprised when two people showed up with

a pair of trekking poles as a gift for me! What good listeners and compassionate people we have in our community!

- When I see people rushing to open a door for someone carrying a package, I remind myself that we have people in our community willing to show kindness. Seeing people exhibit acts of kindness helps me to feel safer.

- My heart sank when I learned her house burned down. The only reasonable and compassionate action was to make sure all involved were comfortable with forgiving the debt. It was an obvious act of kindness in hopes it might lighten an imaginable burden. People are more important than money.

- He brought us smoked fish! He caught the fish and smoked them himself. This home-made treat rounded out the meal. Sharing food you caught, prepped and smoked is a real gift of kindness you just can't buy at the store.



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## Life-Enhancing Journeys

The stories you tell yourself really matter

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

Many experts believe we all have an inner voice, a narrator who tells the story of our lives. This inner dialogue, which is crucial in shaping our perceptions, can greatly influence our happiness and well-being. Stories we tell about who we are, our identity and our experiences can either improve or worsen our lives.

We often perceive our lives differently from how they truly are. Our minds tend to focus more on the negative due to a subconscious instinct called "negativity bias." This helped our ancestors avoid dangers, but today it causes us to notice negative experiences more than positive ones. We believe our stories are accurate because they are based on our understanding of what happened. However, personal biases can influence how we tell these stories. This does not mean we are lying; our stories are true from our point of view. But sometimes, we might alter facts slightly, emphasizing some parts and downplaying others to make ourselves look better or to show others what we want them to see.

To find the answer, consider asking yourself some of these questions:

1. How do I describe myself?
2. What story am I telling myself about my identity?
3. Whose story should I trust, especially if someone else has passed that legacy on to me?
4. Are my thoughts helping me reach my goals or are they holding me back from pursuing my dreams?
5. Do I want to rewrite my life story on my own terms, without the constraints of the past?
6. What if the story about my past struggles motivates me to move forward?
7. What could I accomplish if I stopped dwelling on past traumas and old perceptions?

Think about how your story affects your emotions and choices. By changing how you tell your story, you can discover new opportunities and develop a more positive outlook. Remember, you have the power to shape your narrative and build a more encouraging inner voice.

Letting go of negative thoughts about yourself can improve your life. Be curious and ask questions like, "What age was I when I first heard it?" "Whose voice is it?" "Is this valid today?" You now have the power to rewrite your story and create a more contented future.

People who have faced tough times and show strength truly deserve recognition. I know a man who endured a difficult upbringing, and he felt immense relief and pride simply because he survived it. He began to see himself as a survivor, which empowered him with courage. Over time, he realized he could control his perception of the past, allowing him to see himself as strong and in charge, no longer a victim.

Here is the truth:

What you experienced growing up does not define who you are now. The steps you took to survive do not determine your value. Remind yourself that you made it through and are still here today. You can begin to rewrite your story.

The way you talk to yourself influences your future. Changing your story can unlock new opportunities and improve your life.

*"Whether you think you can or think you can't, you're right."*

—Henry Ford

Triggers happen unexpectedly, beyond your conscious control or awareness.

Your nervous system is built to detect threats instantly. Because trauma increases sensitivity to past events, your subconscious learns to react in ways that protect you. Although these reactions may have once served a positive purpose, they eventually became useless, turning into harmful habits. You can be triggered back to those moments as if you are still the younger person experiencing the trauma.

A man I knew told me about temporarily losing his memory after an accident. While many might find that terrifying, he described it as a peaceful escape. He felt free without the burden of past traumas. Sometimes, freeing yourself from stories that no longer serve



you can bring relief and new beginnings. Imagine what it would be like to let go of the things that constrain you.

My role as a therapist is to help people rewrite the stories that have been holding them back. These stories often shape their self-image and their view of the world, even if they are unaware of it. They might have picked up these stories from others who made comments like, "Why bother... you'll only fail," "Who do you think you are... you're nothing!?" or "You're unlovable and worthless." Over time, it becomes easy to accept these stories as the truth. My job is to help people reframe these stories to better reflect their current selves. Just like a good story or a journey, rewriting a new story can help create a happier ending.

### Freedom from inherited stories

Some people hold onto family stories passed down by their parents not because they want to, but because these stories make them feel comfortable, as they are an integral part of their family history (The concept, "We become comfortable in our familiar misery," comes to mind). Even if these stories influenced how you grew up, you now have the power to create and follow an alternative path. You can choose to let go of your family's old stories and to make your own.

My friend's family struggled financially when she was growing up. Many of her memories were shaped by comments like, "We can't afford to shop at that store," or "We're too poor to be friends with them." This mindset followed her into adulthood until she made a conscious effort to rewrite her narrative.

I heard a story about a grandmother who once told her grandson, "You're just a 'Smith'." This made him think he was meant to work at the same factory as his dad, but deep down, he had dreams of becoming a firefighter, ambitions that went beyond what the family name seemed to suggest. He chose to follow his passion and has been a firefighter for years.

One woman I worked with was trying to reinvent herself after a painful divorce. She focused on building her independence and personal growth as she moved forward from her marriage. To avoid mentioning her ex-husband by name, she referred to him as "The father of my children," emphasizing her role as a mother and leaving her past marital identity behind.

As a college student studying education, a young woman initially considered majoring in teaching because her mother told her it was a stable profession. However, she realized her true passion was in directly helping others. She rewrote her story, which allowed her to change her major from education to social work, and now she happily works to improve people's lives.

Personally, I wanted to share my story. Growing up, I had an older sister whom my parents would often compare me to, saying, "Why can't you be more like your big sister?" They meant to motivate me, but it just made me feel like I could never measure up. My sister seemed perfect to me — smart, beautiful, and popular — and it felt like I was never good enough. Whenever I made a mistake or failed to do something perfectly, I would silently call myself a stupid idiot in my head,

convinced I could never be as good as her.

My parents pushed me to go to college straight out of high school, and guess what happened? I flunked out during my first semester, which was not surprising. I was programmed for failure from an early age.

For a long time, I believed this hurtful narrative until I grew tired of my story. Gratefully, I found a therapist who showed me a different perspective and helped me rewrite my story. That made a huge difference in my life. I was able to create a more accurate identity and let go of the idea that I am stupid. It has been a long time since I thought of myself that way, because I now know I can achieve anything I set my mind to. I have created a new story filled with trust, confidence, and endless possibilities.

These stories show how words and decisions influence identity and life journeys.

### Writing your own heroic story

All these stories revolve around one thing: your personal choice. Deciding to change your story is up to you. Transformation begins by asking: "What makes me feel alive?" Your answer can guide you toward a life full of meaning, authenticity, and happiness. Ask yourself: "Starting today, what story will I live?" Your best chapter is ready to be written. Are you ready? Imagine waking up excited, knowing you are living the life you want, free from doubts and limiting stories. You become full of possibilities.

Letting go of the past can be tough. Some people take pride in overcoming challenges, but what if you stop sharing your struggles? Who are you then? Will others see you as strong? Will you feel connected to your past? Remember, your history shapes who you are. When you are ready for change, reflect on your hard times and decide what to keep and what to let go of.

### Here are a few ways to begin:

1. **Pay attention to your language patterns.** Notice recurring themes in your stories about yourself and your life. Are you often the "screwed over," "outcast," or "loser"? Recognize these patterns and find ways to break free.
2. **Gently change the story.** When sharing an old story that seems to hold you back, ask yourself if it is still true and reflects who you are now. Give yourself space for a fresh perspective.
3. **Emphasize other truths.** Focus on moments of joy, resilience, connection, and calm. Take a moment to recognize what you have created, healed, learned, or experienced. Your stories are important.
4. **Switch up the story.** Choose a story you feel you have outgrown, such as "I always attract drama," and expand it into "I'm learning to enjoy peace." Notice how your mind, body, and experiences start to shift as you pay attention to your body's signals. Your body sensations are immediate and always truthful.
5. **Write the story you wish to become.** Consider how your current story shapes your view of yourself and what's possible. Rewrite it to reflect your desired narrative and share your story with yourself and trusted others.

Are you ready to take action? Your current life is an evolving story waiting for you to write it. Start creating the life you desire. If you feel stuck, remember it takes time, and it will be worth it. You can do this.

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

## Obituary

### Biba Herman



Born in the late 1950s in Ohio, passed from this earth Sept 6, 2025, in her home in Woodland Park, CO. Biba eased into the loving arms of her Lord Jesus with her sister Debbie at her side.

Biba had a successful career at Merrill Lynch and other financial services institutions in Indiana. She was also a successful entrepreneur, building businesses of her own while raising her children, later earning her bachelor's degree from Indiana University.

Biba is welcomed in heaven by her father and baby daughter Hope. She is survived by her mother, brother Stephen (Jan), sister Debbie, four children: Jared, Forrest, Fletcher and Isabella, as well as several nieces and nephews.

Her creative soul was expressed in many ways; playing piano, singing, floral design, home décor, hosting loved ones with her appreciation for fine foods, cooking (winning the Midwest Cooking Competition for her Pesto), and of course, her fabulous fashion sense.

Biba was an avid reader and lifelong learner, above all seeking scriptural truths. Her interests were so varied and inclusive as to be impossible to list. There was virtually no topic from chickens to politics in which she was not knowledgeable. Conversations with Biba were multifaceted and enlightening.

In recent years, Biba moved to Colorado to attend Charis Bible College. Her community involvement and ministry grew to impact many, both spiritually and politically.

This brilliant, highly disciplined, hardworking, deeply passionate bundle of energy was a natural leader who had a gift for making and maintaining friendships. A constant focus was developing community. She became Associate Pastor of Upstream Church before establishing a Home Church Network in Woodland Park CO.

As Pastor of Living Word Home Church, her wisdom, her strength and her encouragement were boundless.

As Precinct Co-Captain for Teller County Republican Party, her clarity and zeal were inspiring. Additionally, Biba served the Teller County Judicial Assembly as their first Moderator while health permitted.

Her life was formed and guided by the Word of God. Scripture cards were everywhere in her home, her car, and handouts in worship services. She was always growing, training, pursuing excellence.

Biba leaves a legacy of countless lives forever enriched. No words of ours can adequately reflect the Light that shone through this sparkling jewel. We knew her as passionate worshipper of Jesus, valiant warrior, grounded patriot, tireless leader, experienced teacher and loving mentor. May the Lord bring rich harvest from the many faithful seeds sown.

A celebration of life was held Saturday Sept 20.

*"Well done, Good and Faithful Servant."*



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## Community Partnership Community Gardens

by Jamie Krall  
photos by Kathy Hansen

Community Partnership has developed raised garden beds next to the City of Woodland Park offices. In Full Bloom: A Garden Celebration was held on September 11 from 3:30-5:30 p.m. Open to the public to showcase their success! A total of 15 pounds of fresh herbs and vegetables were harvested and shared with attendees, along with tea and salsa samples, zucchini muffins, and flatbread pizza toppings; all were delicious! Children dug up potatoes to take home and painted rocks to add to Jake the Snake, a colorful addition to the garden. The project has united 37 community members of all ages (19 adults and 18 children) who participated in Work and Learn days or volunteered their time to make this community project a success this summer. It has become a multi-generational, inclusive space where community members can learn, relax, connect and grow together!

The growing space includes 20 garden beds with raised garden hoop houses and a greenhouse. The covered garden beds include veggies, fruit, herbs, potatoes and themed gardens. The perimeter beds include native plants, pollinators, herbs, and perennials, including 3 accessible garden beds for those with disabilities. These beds were a bit of an experiment this year to include some possible deer repellent plants (some worked, some did not). They will continue to be developed next year. The 9 pollinator beds are filled with native columbine, penstemon, borage, nasturtiums, marigold, zinnias and wildflowers.

Inside the greenhouse a variety of mint alongside zucchini, tomatoes, cabbage and flowers are growing. This space is used to extend the growing season at the beginning and end of the season.

There are multiple themed garden beds to include: Pizza Garden, Salsa Garden, Chicken Soup Garden, Compan-



Various organizations have their own garden plots.



Rose is enjoying the day at the Community Gardens.

ion Planting, Aromatic Herbs, Tea Garden, Botanical Wellness Garden, Potato Patches, Pollinators at Play and the Sensory Garden. The entire space has been thought out and meticulously planted! Would you like to participate? There are still plenty of chances to join in, Work & Learn days run every Tuesday and Thursday 9-12 p.m. Just show up, get your hands dirty, and be part of the growth. Cooler nights mean fall tasks in the Community Garden! You can cover the garden beds with plastic each evening and uncover in the mornings, harvest late crops like potatoes, and prepare beds for next season. We are grateful for the ongoing support that makes this program possible, and we're excited to see the garden continue nourishing and bringing joy to our community.

Would you like to donate? Community Partnership is happy to accept donations through their website <https://cpteller.org> or in person 701 Gold Hill Place in Woodland Park. If you'd like to volunteer give them a call 719-686-0705. No matter how you give, Community Partnership will ensure they will give back by elevating our community!

## Adopt Me by Ark Valley Humane Society

### Abracadabra

Senior cat Abracadabra has come a long way at Ark-Valley Humane Society, despite some difficult circumstances. Recently, the shelter received a call for assistance with a group of several cats in need of help after they were found living in hazardous conditions. AVHS quickly responded and brought these cats, including 10-year-old Abracadabra, into their shelter and care. The cats were in varying stages of health, with many needing medical attention to address matting, oral health issues, upper respiratory or eye infections, and more. Abracadabra was examined by the shelter's staff, veterinarian, and received a dental extraction of several teeth. When she first arrived, Abracadabra was very shy and unsure around humans. However, the staff worked to create a comfortable environment for her filled with enrichment and spots where she could hide if she wanted to. AVHS also utilized shy-cat protocols to help Abracadabra open up around the presence of new people. It is incredible to see how much she's opened to people now that she feels safe! This sweet and calm senior cat is now ready for her next adventure, a loving adoptive family. If you'd like to meet Abracadabra, please contact us at 719-395-2737.

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



## Introducing Catamount Wildlife Center

A hidden hero in your backyard

by Leah Steiner  
photos by Deb Acord

I recently had the pleasure of meeting Theresa "Terri" Collins, founder of Catamount Wildlife Center (CWC), a private, nonprofit, wildlife rescue tucked away in the forest of Teller County. CWC's mission is to rescue, rehabilitate, and release wild animals that have been orphaned or injured. The center is not open for public tours or drop-in visits. Primary contact is coordinated through Colorado Parks and Wildlife (CPW) and local veterinary providers.

Terri Collins, a Colorado resident for over 50 years, is well known to many through her prior work at the Animal Clinic of Woodland Park. Her dedication to animals, especially wildlife, shines through in every aspect of her work. In 1994, she founded Catamount Wildlife Center and since then has rehabilitated thousands of wild creatures, including foxes, great horned owls, northern flickers, bald eagles, coyotes, and raccoons, just to name a few. Many of these rescues would not be possible without the help of dedicated volunteers who assist with feeding, cleaning, and transport.

Terri is a Certified Veterinary Technician, licensed by the U.S. Fish and Wildlife Service to rehabilitate migratory birds. She is also a licensed Wildlife Rehabilitator through Colorado Parks and Wildlife (CPW), authorized to care for all of Colorado's native species, except for bats and skunks.

### Why CWC Matters

Wildlife rehabilitation is essential because it acts as a compassionate bridge between animals and humans. It is not just about saving animals' lives. It is about preserving biodiversity, protecting public health, and fostering coexistence. Here are a few reasons why CWC is vital to our region:



Raven

### Individual wildlife recovery

Wild animals are often injured by vehicle collisions or human activity. Rehabilitation gives them a second chance by providing medical care, a safe environment for recovery, and release back into the wild when possible. When rehabilitation is not viable, compassionate, humane, euthanasia prevents prolonged suffering.

### Local ecosystem support

Every animal plays a beneficial role in nature, even mischievous raccoons, and wily coyotes. Birds and coyotes help control rodent populations. Raccoons act as nature's cleanup crew by scavenging. Fun fact: According to the Iowa Department of Natural Resources, raccoons feast on wasp larvae, helping keep aggressive wasp populations in check. By reducing these natural bee predators, raccoons indirectly support pollinator communities.

### Building empathy and awareness

CWC connects our growing community with volunteer opportunities and educational resources about living alongside wildlife. Personally, I have encountered more wildlife in my neighborhood than hiking in the wilderness.

### CWC Needs Your Help

Catamount Wildlife Center has been a wildlife steward for over 30 years. I was surprised to learn that Terri has operated CWC as a rehabilitator using her own funds and donations alone. The organization is not paid

by CPW or any other agency to care for wildlife. Very few grants or funding sources exist for this essential service. Veterinary medical care, including medication, specialized diets, customized shelters, and cleaning supplies are among the primary costs associated with wildlife rehabilitation. Here are some of the ways you can also be a steward for wildlife:



Fawn rehab

### 1. Donations are critically needed

Contribute funds for food, medication, and supplies by following the donate button at [catamountwildlifecenter.com](http://catamountwildlifecenter.com). CWC is a 501(c)3 non-profit organization; your donations are tax deductible and deeply appreciated.

### 2. Donate in person

Newspapers and towels used for animal bedding can be dropped off in person at the Animal Clinic of Woodland Park during their business hours. (Please, do not discard the current issue of *Ute Country News*!). Watch for updates or requests for supplies on Catamount's Facebook page or on posts shared on community pages.

### 3. Spread the word

Please like, follow, and share the Facebook page for updates and highlights.

### 4. Volunteer

CWC is seeking dedicated volunteers who are 18 or older and able to commit to at least three days per week. Volunteers play a vital role in the daily care of wildlife, helping with feeding, cleaning, and general tasks. If you are compassionate, reliable and would like to make a difference, please email [cwrc209@gmail.com](mailto:cwrc209@gmail.com). No phone calls, please.

Exciting Things are Happening at CWC! As CWC continues to grow, the organization is excited to share wild success stories, behind-the-scenes updates, and ongoing progress, through the website, across social media, and right here in the *Ute Country News*. But your input is also valuable.

What would you like to learn about living alongside Colorado's wildlife? Do you have a question or topic you would like us to cover? Reach out through our website's Contact Us form or email us directly at [cwrc209@gmail.com](mailto:cwrc209@gmail.com).



Terri and Bald Eagle



Coyote pup



Raccoon



Raccoon release

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## Fitness ON the Mountain

### Let's talk about calf muscles

by Lori Martin

There are actually two muscles not just one muscle typically referred to as the "calf muscles."

The larger and more prominent muscle is the Gastrocnemius (MG) and a lesser known muscle called the Soleus (Sol). The soleus is smaller and situated deeper in the calf but is packed with some pretty amazing qualities. Together, both muscles have big responsibilities.

#### Function of the calf muscles:

• **Plantar Flexion** - an ankle joint movement of pointing the foot down as we move through a stride during walking, running and jumping. When contracting, these 2 muscles lift the heel off the ground which propels us forward.

• **Stabilizing the ankle joint** - these muscles join and attach via a tendon to the heel. Without stabilization of the ankle joint we are vulnerable to balance issues, as well as reduced control during our gait as the heel strikes the ground at the beginning of the stride.

A proper stride requires the heel to strike the ground first, then roll to the ball of the foot, heel to ball.

• **Assisting muscle group in leg extension** (knee joint) - Additionally, our gait requires the knee to bend as we bring the foot out in front of us to plant the heel and roll to the ball of the foot.

#### Weak calf muscles affect the stride:

- At the ankle joint
- At the knee joint
- With balance as we shift from right to left stride

Not to worry, though. Fixing all these potential problems is not complicated. As a matter of fact, the exercises I will recommend are super easy, anyone can do them and they don't require a gym membership, special equipment or lots of time.

The calf muscles are sometimes referred to as our second heart as they are also responsible for moving the blood from our lower extremities back up to our heart.

#### Think:

Blood pooling, especially for those with limited mobility or those whose valves in the veins of the legs no longer function properly (Chronic Venous Insufficiency).

Deep Vein Thrombosis (blood clots)

The calves work together with the muscles on the front of the shin (anterior tibialis and a few others), as well as the opposing muscle groups. When both the muscles in front and in back of that shin bone are strong, they work together to do some pretty important things for those who want to move into their marginal decade (the last 10 years of life) with reduced limitations to mobility and a healthy circulatory system.

Rapid Force Production is basically high speed calf-raise training. In the *Journal of Applied Physiology* (10 Aug 2017) I found a study on this exact topic. The study documents the neuromuscular benefits using Rapid Force Production.

- 34 healthy 70-75 year old men
- Randomly assigned to a training or control group
- 8 weeks 3xs per week

- At home based bilateral (both legs) calf raise
- Body mass only

RTD (Rate of Torque Development) measurements were taken before and after the 8 weeks.

The findings showed RTD increased 21% as well as increases in muscle fibers firing and creating muscle mass.

Overall, the study found, "...calf raise training at home, performed without special equipment or venue, induces a substantial increase in the plantar flexors' (not in quote... gastrocnemius and soleus) rapid force — generating capability..."

Also in this study, I appreciated the nod to how calf-raise training induces an improvement of explosive plantar flexion force, which is attributable to neuromuscular adaptation, as well as a musculotendinous adaptation.

In my experience with elderly who lack mobility, simply expecting them to do a standing- or seated-calf raise is a challenge. Not only are the muscles so atrophied and weak, but their brain also doesn't seem to have that open line of communication with the muscles that have been inactive for so long.

#### Overall body strength

The decline of mobility only begins with the calves. Without the strength, mobility, and stability of those lower body muscles, it won't be long before the rest of body is subject to deterioration. Traditionally, a person with lack of mobility has now created an imbalance in other muscle groups leading to overuse and deterioration of joints, which often leads to knee replacement surgery.

If knee replacement is successful and if the patient follows through with physical therapy (indefinitely) they can carry on with activities that bring joy and purpose to their life. In many cases though, the person carries on as best they can, unaware of how their hips are affected by the neglect.

Eventually, a walking device may be necessary. If the lower body cannot tolerate the weight of the body, a new complication arises. Eventually, the hands, wrists, elbows, shoulder and neck muscles become over-used and inflamed as they take over.

#### Passive exercises

I am always focused on my body. Currently, I am highly aware that I need to reupholster this chair I'm sitting on as I write this article. Such is the life of a spontaneous DIY-er like myself who bought a used dining set that smelled like stale cigarettes from an estate sale. It was quite therapeutic ripping off that nasty old upholstery and attaching the new fabric using a glue gun instead of a staple gun.

On a more serious note, it is really hard for me to just sit still. Apparently, this has been the case since I was young. Out of seven kids I was the one up at 7 a.m. doing Jumping Jacks with Jack Lalanne, the Grandfather of Fitness. At 66 years old, even sitting in church is a challenge and I absorb information better when I am in movement. I figure God gifted me with movement so that I can help others. If I can't help my own self, how am I to help others? I created a series of passive exercises and stretches that are so passive that most peo-



ple would have no idea what I'm doing. This may be the topic of my next article.

If you choose to commit to increased mobility, strength, stability and overall protecting your entire body, you'll want to include basic standing calf-raises.

#### Basic standing calf-raises:

Find a stable place to hold onto, like a counter.

1. Stand a few inches away from the counter
2. To begin you want to hold on to the counter but, not overly rely on the counter. You just want access to it in the event you get tired.
3. Feel the weight of your body in your feet. Weight should be balanced between 3 contact points (the heel, the ball of foot under your big toe and the ball of your foot under your pinky toe.)
4. Slowly you want to shift your weight to the ball of the foot and off the heel.
5. At first, you may only feel comfortable slightly lifting the heel off the ground. As you become more comfortable you will find yourself raising higher off the ground.
6. Hold at the top of your range of motion.
7. Slowly lower to the ground which requires control/work, as opposed to dropping the heels to the floor quickly.
8. Try this exercise 3-5 x per week working your way up to 10-20 repetitions. Take your time.
9. Gradually, you will begin to notice that you don't need to hold on to the counter or chair, but stand next to it anyway, just in case your rescue cat comes running past.
10. As you progress there are many modifications that can be added to challenge you. (Soon to come)

While standing calf-raises work both the (MG and Sol) the bigger and more visible muscle (MG) is the star. To disengage that big muscle and focus on the little guy we do seated-calf raises.

#### Seated-calf raises

You will need a chair that matches the distance between the floor and your knee and creates a 90 degree angle from your knee to your hip. A long-legged person may use a higher chair while a short-legged person may need a shorter chair. Lifting both heels will work the transverse abdominals in unison. Single leg is acceptable as long as you are not overcompensating on one side or the other. The single leg is a more advanced progression.

1. Sit on the chair with feet flat on the floor, heels directly below your knees, knees parallel to your hips. To hold this alignment, place a small ball or throw pillow between your knees.
2. Start with a cadence of counting 2 counts up - 2 counts down.
3. Repeat 10-20 times
4. If this feels too easy you can hold your rescue dog on your lap to add resistance thereby, creating more workload.

This should get you off to a good start until next month's article. As usual, listen to your body. Consult your doctor before starting any new fitness routine. Remember that it is normal to feel some muscle soreness. If you aren't feeling sore and feel ready to do more reps or add a second or third set that is great. If you overdo it, you may notice that your calves are a little uncooperative and/or screaming at you. If that happens, give yourself a day off, drink lots of water, stretch and if you already own your own red light therapy device use that 1-2 times per day to help with muscle recovery, which will help you get stronger faster and reduce your down time in between sessions.

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## Secrets in the Shadows:

## A mystery at Black Mountain, Colorado

by Steven Wade Veatch

I 894 found Spencer Penrose and his partner Charles Tutt immersed in the Cripple Creek gold rush. They worked tirelessly to extract gold from their COD (Cash on Delivery) mine and broker real estate deals in the gold camp. Spencer's brother, Professor Richard Penrose, a renowned expert in geology and mining, would occasionally visit the two partners in Cripple Creek, offering them valuable advice on the operation of their gold mine.

Sometime in 1894, after a few too many drinks at Johnny Nolan's saloon, the three men decided to escape from the town's hustle and bustle and embark on a prospecting trip to the scenic Black Mountain area in Park County. Leaving from Cripple Creek with minimal equipment, the trio planned to stay for a week.

After riding about two days and covering 40 miles, they entered a canyon with blood-stained walls — scarred with the remnants of a gun battle, a chilling reminder of the bloodshed that occurred there years ago. The sounds of the wind whistling through the canyon seemed to echo the cries of the fallen warriors. The canyon opened into the Black Mountain area, and seeing nothing there to warrant any prospecting, the three men rode on to look for a favorable spot for camping before nightfall claimed them.

Stopping around 5 p.m. they stood before a strikingly large and impressive house. It was a surprise for all of them. Its construction implied wealth and success. They stopped at the property's entrance, where a broken gate and damaged fence hinted at neglect. As the three men looked around, they found the house's front door and several windows open, with no signs of life. The sight of scattered debris and broken glass hinted at the possibility of a sinister event. The sound of the wind whispered through the towering pines, creating a haunting symphony that pierced the silence. The soft scent of damp earth and decaying aspen leaves mingled with what they saw and enveloped them in an atmosphere of mystery and intrigue.

The three men entered the house. One room opened to the right, its door slightly ajar, revealing a glimpse of what was inside. Another room opened to the left. A hall staircase separated the two rooms. Someone had evidently used the room to the right as a library or den. The silent

rows of dusty bookshelves, holding a dozen forgotten books, looked like a tomb of lost stories. A mineral cabinet, holding some specimens, was built into the wall; someone had thrown other glittering mineral specimens onto the floor. A well-used riding crop, the leather polished smooth, hung beside a pair of elegant fencing foils and masks. This dusty room held the faint scent of leather and metal and echoed with the absence of laughter and life; only the rug on the floor hinted at past warmth. Then came a cold and unsettling surprise.

A chill snaked down their spines as they saw a woman's long brown hair spread across the floor, its presence heavy with unspoken dread. Someone had squeezed the hair, hacking the ends off with a dull knife — the cuts jagged and rough — and then violently threw it. "Well, we had come there for mineral, not murder," said Richard Penrose. The entire scene was dreadful.

As twilight descended, casting long shadows, the Penrose brothers and Tutt walked outside and saw kitchen utensils scattered across the ground. Peering into a barn they saw that like the house, it was deserted. As it was getting late in the day, the trio decided not to investigate further, but rode on beyond this abandoned property into the open country a few miles away in order to select a spot to camp before night settled in.

At nine o'clock a loud snap of a twig sounded over the comforting crackle of the campfire, making everyone jump up from their blankets, where they'd been enjoying the fire's warmth after their supper. A weathered prospector, his face tanned and lined, walked into the camp with a Winchester rifle slung across his shoulder. A burro, laden with supplies, followed close behind. "Hello partners; what luck?" said the prospector. The conversation soon turned to the abandoned house. "Well boys," said the visitor, "I saw it go up. And the owner was always around. He was one of them English dude arrangements, wore an overgrown cap and yellow boots — kind of a sport. Never took no notice of nobody. Had one of them God Almighty airs with him."

As recounted by the prospector, the Englishman spent money on the house and furnished it with items he hauled in from Balfour and

Alma. The prospector claimed the English "dude" left for three months and then came back with a woman. "I've seen them many a time riding together, and damn me, I never saw such hair as that gal had. It was just about two years ago this spring, they both skipped God knows where. Some say they didn't skip." According to the prospector's account, another Englishman, an older man, showed up at the house. "That was the last of the young fellow and the girl with the fine locks." The prospector said that rumors suggested the old man was her husband, and she had run away with the younger Englishman. The old man — her husband — had followed and caught up with them at the Black Mountain property, after which the house was abandoned.

The Penrose brothers and Tutt were lost in thought after the old prospector's chilling tale. A hush fell over them as they listened to the whispers of the wind in the trees. The crackling fire cast an orange glow on the faces of the group as they sat around the campfire, pondering the old man's tale. What happened to the woman? Why was her hair cut off? These questions lingered in their minds: why had the owners left the house and its sprawling grounds behind? The unanswered questions hung heavily in the chilly night air. The old prospector spent the night with the three men, saying he would not stay overnight at the Englishman's house "for all the gold in Colorado; for the damn place is haunted."

As dawn broke, the old prospector, armed with his Winchester, disappeared into the shadowy hills of the Black Mountain district with both his burro and his tales. The three men from Cripple Creek eagerly mounted



Image of what the abandoned house in the Black Mountain area of Colorado may have looked like when the Penrose brothers and Charles Tutt came upon it in 1894. Art by the author using AI.

their horses and left. The horses' hooves resounded in the air, stirring up a cloud of golden dust that danced in the sunlight as they rode back to the gold-crazed Cripple Creek mining district, where ambition and the promise of riches fueled the energy of the town.

In the years that followed, the Penrose brothers and Charles Tutt forged a path of tremendous success through minerals — copper and gold — and found their way into the history of the West and the American imagination. No one heard or wrote anything more about the mysterious woman and her lustrous locks. The old prospector slipped into oblivion.

**Acknowledgments:** I thank Bob Carnein for his insightful comments and help improving this manuscript.

#### References and Further Reading:

"Mystery of Colorado." The Denver Press, September 7, 1894. p.6.

Veatch, S. W., 2017, *The World's Greatest Gold Camp: A Concise History of the Cripple Creek Mining District, in L.C. Kleinbans, et al., eds., Gold and Silver Deposits in Colorado Symposium: Golden, Colorado, Colorado School of Mines and others, p. 78-83.*

# UPCOMING EVENTS AT Charis Bible College

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HeartofChristmas.org

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**LIVE NATIVITY**  
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awmi.net/LiveNativity



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### Have a fun and safe Halloween!

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The Pet Food Pantry Volunteers & our Mascots, Baylee, Yatee and Daisy, want to Thank You for your donations. We continue to need your support!



## ~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](mailto:utecountrynewspaper@gmail.com).

### AVAILABLE ONLINE

- NAMI Colorado: <http://www.nami-colorado.org>
- Suicide prevention: <https://suicidepreventionlifeline.org> or dial 988

### CANON CITY

#### LIBRARY

- 10 Estes Rocket launch 2-4 p.m. Registration required, held at Centennial Park.
- 11 Flower arranging 10:30-11:30 a.m. Registration required, \$15, bring your own vase.
- 24 Ghost stories with Ann Williams 2 p.m.
- 24 STEM program with Pueblo Community College 3-4:30 p.m.
- 31 Pumpkins in the Plaza 10:30 a.m. Kids can come and pick a FREE pumpkin from our plaza and paint it. Cupcakes from Sally's will be available to decorate, while supplies last.
- 1st Friday Lego Club 3 p.m.
- 2nd Friday Breakout Box 3 p.m.
- 3rd Friday Creative Crafting 3 p.m.
- B.O.O.K. (Babies on our knees) story time Mondays 10:30
- Chess Club Wednesdays 2 p.m.
- Cribbage Club Fridays 10-p.m.
- Dulcimer Club for kids 2nd and 4th Wednesday 3:30-4:30 p.m.
- Mahjong Club Tuesdays 1-4 p.m.
- Metaphysical Group Saturdays 10:30 a.m.
- Rummikub Club meets 3rd Monday of each month 1 p.m.
- Story Swap Book Chat 1st and 3rd Tuesdays 3 p.m.
- Story time and craft Tuesday and Thursdays 10:30 a.m. All at 516 Macon Ave unless otherwise specified. FMI 719-269-9020 [www.ceplib.co.us](http://www.ceplib.co.us)

**SAVE THE DATE Nov 1** Museum of Colorado Prisons Day of the Dead Cemetery Crawl 6:30-8:30 p.m. at Woodpecker Hill, Historic Greenwood Cemetery. Adults \$15, children 6-12 p.m. \$10.

### COLORADO SPRINGS

- 2 Medicare 101. Medicare made simple. Learn the basics, compare Medigap vs Advantage plans, and get unbiased guidance to make the best choices for your health and budget.
- 9 Staying Connected. Explore how social connection, volunteer work, and family can enrich your retirement years and keep you engaged, active and fulfilled. FMI 719-471-7080 x 135.
- 10-12 Body-Mind-Spirit Expo. Friday 1-9 p.m., Saturday 10-7 p.m., Sunday 10-6 p.m. at COS Event Center.
- Pikes Peak Area Agency on Aging presents a series "Retirement Reimagined: Strategies for a Meaningful Future" each is on a Thursday, 4-5 p.m. You may attend in person or virtually.

### CRIPPLE CREEK

- 2 American Legion Post 171 meets the first Thursday of every month at 6 p.m. at 400 Carr St., Food and refreshments at 5 p.m.
- 3-Nov 2 "The Vampire of Cripple Creek" at Butte Theater
- 4 Jade's Promise Dog Park Fundraiser
- 4-5 Fall Festival by Two Mile High Club 11-9 p.m.
- 14 BINGO the second Tuesday each month 6-8 p.m. at the American Legion Post 171. The Victor Elk's has teamed up with American Legion Post 171 to raise funds and support veterans, youth and community services in Teller County. Teamwork building a better community.
- 16 Third Thursday of the month is the Two Mile High Club monthly meeting at 5:30 p.m. in the lower level of the Double Eagle Casino complex 442 East Bennett Ave.
- 31 Trunk or Treat at Parks & Rec

#### ASPEN MINE CENTER

- 31 Commodities distribution 9-1 p.m.
- Tuesdays BINGO 10:30 a.m. for seniors.
- Tuesdays Moral Reconciliation Therapy 5-7 p.m. at ACCC building.
- Wednesdays Luncheon 11:30-1 p.m. upstairs dining room, every Wed, donations greatly appreciated, but not required.
- Mexican Train on Thursday 10:30 a.m.
- First and third Adult Children of Alcoholics 6:30-8 p.m.

- Interested in ESL? Please contact Ann 719-493-0867. All programs at 166 E Bennett Ave. FMI 719-689-3584 x112.

#### COMMUNITY PARTNERSHIP

- 3 Playgroup 9-10 a.m. at Parks & Rec. Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. Walk-ins welcome. FMI Aimee@cpteller.org.
- GED Classes Monday & Wednesdays 1-3 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.

### DIVIDE

- 10, 24 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR 5. RSVP 719-687-3330 ext. 6. Please call to set up a ride 719-687-0256 and join us for doughnuts, coffee and FUN!
- 13, 27 Little Chapel Food Pantry Distribution 2-5 p.m. For more info 719-322-7610 or email [littlechapel-foodpantry@outlook.com](mailto:littlechapel-foodpantry@outlook.com)
- 26 HowlOween 4-6 p.m. at Colorado Wolf and Wildlife Center. Join us as we pass out meat filled pumpkins to all the wolves! Enjoy a bon fire and refreshments. \$40 ages 12 and over, \$20 ages 6-11. Reservations required 719-687-9742 or [wolfeducation.org](http://wolfeducation.org).
- Library (inside the Pikes Peak Community Club 11122 US Hwy 24)
- Wiggle Wednesdays Storytime every Wednesday at 10 a.m. Come get your wiggles out at this new storytime for ages 0-5!
- Story Explorers every Wednesday at 3:30 p.m. Read through chapter books and other stories at this special storytime for elementary aged kids. After reading, journey through a creative activity inspired by the story.
- Inventors Club on the fourth Thursday of each month at 3:30 p.m. Get inventive with old and recycled items! The club is geared for kids 8-12. Participants will be taught to safely use hand tools, cutting tools, and various types of adhesives.

### FAIRPLAY

- 18 America Has No Kings protest 402 Main St noon. The Power belongs to the People! You may bring your own sign or you may use one of ours. We remain on the sidewalk and remain peaceful. Join us and show your support!

#### WIZARDS OF THE PEAKS

- 2, 16, 30 Murder Mystery 6 p.m. at Continental Divide Winery.
- 4, 18 Saturdays All Ages Pokemon 3-5 p.m.
- 11, 25 Sundays Dungeons & Dragons 4-6 p.m.
- 12, 26 Amtgard Park Days 12 p.m. FREE.
- 19 Miniature Painting w/Josh C 2 p.m.
- Sundays Game Groups 2 p.m.
- Sundays Amtgard park Days bi-weekly 12 p.m. FREE.
- Mondays Cribbage Group bi-weekly 6 p.m.
- Mondays Boozzy Board Games bi-weekly 6 p.m. FREE.
- Tuesdays TTRPG 7p.m., 8 p.m., Different each week.
- Thursdays Learn to Play 6 p.m. Game: Autumn.
- Fridays Rotating bi-weekly at South Park Rec Center Zombicide w/miniature painting for teens 1-3 p.m., Junior Adventures League teen D&D 1-3 p.m.
- Friday Night Magic 7 p.m.
- Saturdays Adult RPGs 7 p.m./8 p.m. Different each week.

### FLORENCE

- 11 Fall Festival and Street Market 9-4 p.m. See page 5.
- 13-18 Paint the Town see page 5.

#### JOHN C FREMONT LIBRARY

- 2 A representative from Amrize (formerly known as Holcim or Portland) 2 p.m. presenting "What is Amrize?"
- 3 Story Time 10:30 a.m. Fire Prevention
- 6 Matinee Movie Monday at 2 p.m. Attendees may bring a drink and there will be free popcorn.
- 7 Bank of the San Juans 2 p.m. presenting Mortgage/HELOC.
- 10 Story time 10:30 a.m. Apples
- 10 The Canon City Workforce 11-1 p.m. to help people with career related

- questions.
- 16 Ed Schmal from Colorado Parks and Wildlife presenting "Black-Footed Ferret Recovery in Colorado" at 2 p.m.
- 17 Story Time 10:30 a.m. Owls
- 21 Ann Williams presents "Hair Raisers from the Deep" at 2 p.m.
- 23, 30 Writing Playshops 2 p.m.
- 24 Story Time 10:30 a.m. Batty For Books
- 24 Bingo with all ages at 2 p.m. We will play three games. Each winner will receive a prize!
- 27 Amy and Jeremy Rodriguez from All Solar Inc. 2 p.m. to present "Quality Off-Grid Living".
- 31 Story Time 10:30 a.m. Five Little Pumpkins
- 31 Color Kouloute craft for adults at 2 p.m. Each person will select a coloring sheet and every five minutes the sheets will be passed to the next person until all the coloring is done. Everyone will leave with a sheet colored as a team!
- Wednesdays Wool Gatherers 10-12 p.m. All programs at the library are free.

#### SWEEP RADIANCE

- 26 Silent Book Club 2-4 p.m.
- Creative Sundays every Sunday all day.

### FLOISSANT

- 19 Stalnakor presents a Chautauque at Lake George Charter School 2 p.m. sponsored by Pikes Peak Historical Society. See page 9.

#### GRANGE

- 11 Pine Need Class 9-12 p.m. Cost is \$10 for supplies and a donation to the Grange.
- 11 Paint with me. Lets learn to make a waterfall in some beautiful mountains with pine trees and aspens 1-3 p.m. Class is \$10 for supplies and a donation to the Grange.
- 25 Halloween Celebration 1-2:30 p.m. We turn the Old School House into a Haunted House! We will have fun filled bags of goodies for all the kids and we will have a potato hunt to celebrate fall. Bring the kids and join us for an early Halloween event.
- Quilts for Veterans meets Tuesdays 9-noon. We make quilts for Veterans.
- Thursday Potluck and Music 6-8 p.m. Dancing encouraged!

#### LIBRARY

- 2 Book Cover Book Club 5:30-7 p.m. Come sit a spell! Explore stories that feature witchcraft, mystical worlds, and magical adventures, from fantasy to contemporary works, creating a space for those who love all things magical and mysterious.
- 3 Family Craft Day 11-1 p.m. Come make a craft together after storytime!
- 8 Florissant Bookworms Book Club 10:30-12 p.m.
- 10 Food Crafts 11-3 p.m. Drop in after storytime for a fun food themed craft!
- 10 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. October's theme is "Light."
- 11 Wolf Encounters: A family program with the Colorado Wolf and Wildlife Center at 10 a.m. Come learn about wolves and meet a wolf dog!
- 13 Romantics with Altitude Book Club 4-5:30 p.m. Read and talk about romance books with other lovers of love!
- 17 Art with Allison: Destination Creation for kids at 3:45 p.m. Make self portraits in a hot air balloon and get creative with mixed media!
- 17 Teen Night at 5 p.m. Join us for Art with Allison and make magazine collage notebook pages! Dinner is provided. Ages 13-18.
- 21 Read Amok Book Club themed "Disappointments and Accomplishments." Bring up to 5 books within the theme to share! 11-12:30 p.m.
- 25 Trunk or Treat and Toy Exchange at 10 a.m. Wear a costume and trick or treat at the library! Bring gently used toys and exchange them for other toys.
- 28 Library Book Club at 3 p.m. Join this book club where we read books that have libraries as a part of the title or a central role in the setting or story! Check our website for the titles we're reading each month.
- Thursdays from 10-11 a.m. Home-school Family Playgroup. Come make connections with other home-school families!

- 11 Fall Festival and Street Market 9-4 p.m. See page 5.
- 13-18 Paint the Town see page 5.

- 11 Fall Festival and Street Market 9-4 p.m. See page 5.
- 13-18 Paint the Town see page 5.

- Tuesdays Tai Chi 10-11 a.m. Come relax with us!
- Thursdays Yarnia! 10-12 p.m. Craft and share your knitting and crocheting love with others!
- The second and fourth Tuesday of each month join us for Hooks and Needles, an additional club for crafting! 10-12 p.m.
- Storytime every Friday at 10 a.m. FMI 719-748-3939

### GUFFEY

- 4 Last Farmer's Market at the Bakery 9-2 p.m.
- 11 Fire Auxiliary Chili Cookoff – tentative. FMI [rebkillam@gmail.com](mailto:rebkillam@gmail.com).

#### LIBRARY

- 7 Walking, Talking Threads 1-3 p.m. Meets every first Tuesday of the month. Take a nice brisk walk around Guffey Town then back at the library to crochect, knit and talk away.
- 7 Socrates Café 6 p.m. Come and exchange philosophical perspectives based on personal experiences. Everyone is welcome regardless of age or background. This will not be a class, lecture or debate, just simply community dialogue.
- 8 Quarterly Friends Meeting 1 p.m. Friends of the Guffey Library will be meeting to discuss prior and upcoming events. Come be a member and support your local library.
- 9 Watercolor Painting Basics 12 noon. A class on the basics of watercolor painting. All are welcome.
- 22 Rock Mountain Rural Health Outreach 11-2 p.m. Weather permitting, RMRH representatives will be offering free health screenings, sound financial medical advice, free clothing and much more.
- 27 Guffey Library Society 1-3 p.m. Book choice for Oct. *The Lost City of the Monkey King* by Douglas Preston. The Guffey Library Society is a wonderfully dynamic and diverse group. All are welcome to join. FMI 719-689-9280 or [GuffeyLibrary@parkcountycvo.gov](mailto:GuffeyLibrary@parkcountycvo.gov)

### MANITOU SPRINGS

- 25 The 31st Annual Emma Crawford Coffin Races 11-5 p.m. Parade will kick off at noon, immediately followed by the coffin race. Enjoy local food, drinks, vendors and free entertainment from RADO 2-5 p.m. After Party and Awards Ceremony will be held immediately after the races in the Bud Ford Pavilion at Soda Springs. Can't make it? Watch the live leader board at [coffinraces.com](http://coffinraces.com).

### VICTOR

- Victor Elks Halloween Party
- The Victor Elks Museum is open on weekends.
- Victor Sunnyside Cemetery Tours Check VictorMuseum.com for schedules.

### WOODLAND PARK

- 11 Second Saturday Reserve Our Gallery gala 6-8 p.m. FMI <https://reserveourgallery.square.site/> or calling 719-401-2301.

#### COMMUNITY PARTNERSHIP

- 1 GED Orientation 5-7 p.m. Improve your education and employment opportunities by earning your GED. We will help you every step of the way, from enrollment to graduation, with our small classes and on-site testing center. New students (min. age 16) may join GED classes after completing orientation and registration fee. Dinner provided, childcare available on request. FMI Katy@cpteller.org.
- 2 Cooking Classes 5:30-7:30 p.m. Leave the shopping and cleaning to us, take a night off and enjoy hands-on cooking fun with your family! Learn to prep and cook healthy meals, grocery shop on a budget, and nutrition. Enjoy a family style meal together at the end of class. Each week, participants take home a bag of groceries to recreate the meal at home or give creative and customize your own meal. Pre-registration required, call 719-686-0705 or email [michelle@cpteller.org](mailto:michelle@cpteller.org).
- 6 Functional Movement and the Pelvic Floor 11-12 p.m. An educational presentation from Kelly Knott on how functional movement and pelvic floor health impact your daily life and well-being. Learn what the

pelvic floor is and why it matters, how posture and breath affect your body systems, functional movement tips to prevent injury, and managing pelvic pain and incontinence. FMI [elevatewellnesspt@gmail.com](mailto:elevatewellnesspt@gmail.com)

- 10 Crossroads Co-Parenting Seminar 9:30-12:30 p.m. 4:30-7:30 p.m. Teller County court approved parenting and divorce class seminar \$35 fee. Pre-registration required. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).

- 31 Halloween Open House 3:30-6:30 p.m. Stop by for hot chocolate, warm apple cider, games, prizes, a photo booth, and to learn more about CP during the Gold Hill Square Halloween Walk. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org).

- Addition Support Wednesdays 9-4 p.m. Face It TOGETHER provides free personalized, nonjudgmental peer coaching for those impacted by addiction, 18 yr and older. Walk-ins welcome. FMI [www.wefacetogether.org](http://www.wefacetogether.org)
- Career Center Tuesdays & Thursdays 10-3 p.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)
- Community Garden Work & Learn Day Tuesdays & Thursdays 9-12 p.m. Meet us at Woodland Park City Hall! Hands-on gardening, helpful tips, and community connection — open to all ages and no experience required. Get involved with building, planting, watering, or to learn something new. Want to help with watering? We're looking for helping hands to keep the garden beds happy and healthy this season! FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org)

- Face It TOGETHER Wednesdays 9-4 p.m. In-person and virtual addiction support. Confidential, compassionate peer coaching for those impacted by alcohol or other drugs, including loved ones. Sobriety not required. Walk-ins welcome. FMI [www.wefacetogether.org](http://www.wefacetogether.org)
- Family Café Monday through Thursday 9-4 p.m. Enjoy coffee, Free Wi-Fi, Kid's Corner, and a space for parents and caregivers in our community to connect.

- Foundation Training Innovative Exercise Program Wednesdays 7-7:45 a.m. 45 minutes of activation, breathing and stretching. Feel stronger and more connected with your body after just one class. Bring your mat. FMI [bethfoundationtraining@gmail.com](mailto:bethfoundationtraining@gmail.com)
- GED Classes Mondays & Wednesdays 10-12 p.m. New students (min. age 16) may join GED classes after completing orientation and \$40 registration fee. FMI Katy@cpteller.org.

- Pearson VUE Testing Center Mondays 9:30-5:30 p.m. Schedule your certification or licensure exam at [www.pearsonvue.com](http://www.pearsonvue.com). Fees vary. FMI Katy@cpteller.org.
- Playgroup Tuesdays & Wednesdays 9:30-11 a.m. Learn, grow, play, and have fun! Join us to meet other children and caregivers, participate in fun and educational activities together, and nurture your child's development. Playgroup is for families with children 5 years and under and their caregivers, older siblings are welcome. Walk-ins welcome. FMI Aimee@cpteller.org.

- Serenity Recovery Connection Mondays 9-4 p.m. Peer and telephone recovery support and coaching. Walk-ins welcome. FMI 719-465-2295.
- Telehealth Location Monday through Thursday 9-4 p.m. Comfortable private rooms and equipment available for any virtual appointment including health care, therapy visits, interviews, parent-teacher conferences, and more.

- Yoga with Leah Mondays 10-11 a.m. First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org)
- Yoga with Leah Wednesdays 5-6 p.m. First come, first served, no late entry. Bring your own mat and props. All levels welcome. FMI [Michelle@cpteller.org](mailto:Michelle@cpteller.org)

- All programs at Community Partnership Family Resource Center 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

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## Mueller State Park

by Anna Miller



### 4 Friends of Mueller Firewood Sale 10-3

p.m. Come prepared to load your own wood and pay in cash. Trucks only; no trailers. \$80 for a short bed pickup and \$120 for a long bed. While supplies last.

### 5 Rock Canyon Hike 9:15-12:15 p.m. meet at Wapiti TH.

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

### 6 Full Moon Hike 7-8:30 p.m. meet at Outlook Ridge TH.

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

### 10 Wild Scavenger Hunt 9:15-10:15 a.m. meet at Visitor Center.

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

### 11 Junior Rangers at the Pond 11-12 p.m. meet at Peak View TH.

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

### 17 Basic Survival for Kids 2-3 p.m. meet at Visitor Center.

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

### 11 Fly Fishing Basics Plus 9-1 p.m. meet at Visitor Center.

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

### 17 Pumpkin Hike 6-8 p.m. meet at Visitor Center.

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

### 18 Forest Bathing & Ephemeral Art 9:30-12:30 p.m. meet outside the Visitor Center.

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

### 18 Junior Rangers on the Trail 11-12 p.m.

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

### Shannon Lemons, DVM

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

### Accepting Care Credit

10:30 a.m. Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with [George@cpteller.org](mailto:George@cpteller.org)

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CURRENT RATES

12 MONTH CD

18 MONTH CD

24 MONTH CD

| Interest Rate | APY*  |
|---------------|-------|
| 3.75%         | 3.80% |
| 4.00%         | 4.06% |
| 4.25%         | 4.32% |

Contact a Team Member for more information about fees and terms.

\*APY = Annual Percentage Yield. Rates accurate as of 9.22.2025 and are subject to change. Minimum balance of \$500.00 required to obtain APY. Penalty may be imposed for early withdrawal. Fees may reduce earnings.

SAVE THE DATE!

“Please attend the Vision Forward Rally and support moving WPSD forward. October 1, 2025, from 6-8 pm at the Ute Pass Cultural Center.”

– Tony L Perry, President | CEO

EICHMAN  
GALLERY

2nd Floor

HOSTING ARTISTS IN THE COMMUNITY

710 W US Hwy 24  
Woodland Park, CO



Park State Bank & Trust  
719.687.9234  
psbtrust.bank

