



UTE COUNTRY NEWS

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October 2026

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Vol. 18, No. 10

Welcome to Ute Country



"Good people do not need laws to tell them to act responsibly, while bad people will find a way around the laws."
— Plato

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On Deck

Jeff took the cover photo in August of this year at the Vintage Baseball Game sponsored by the Ute Pass Historical Society held in the City of Woodland Park. It was a fun day with lots to offer in addition to the baseball game. The pic is of the Colorado Cowboys 1880, a group that enjoys donning the clothing of that era. Those members who are also single-action shooters include the gun fight as part of their presentation. We also met Dennis the Emu, who loves silvery objects like hair and gives fantastic neck hugs. There were many food trucks, games for kids and even a magician. We chose the photo for October because the costumes also remind us of Halloween.

We thought the quote was fitting for a whimsical cover. In reality, we believe all people are good; there are some who have broken spirits so they might choose to behave badly. The single fiction work is always our center spread. This month, Gilrond shares a story of what can happen when we choose to behave badly in "Halloween at the Shadow House." Colorado Pharmgirl shares how she met a couple of helpful hikers in her "Wheeler Peak" adventure. *Life Enhancing Journeys* gives us a special lens for reflecting on "What regret is trying to tell you." Fire behaves radically and impacts all people. "Welcome to Florence" is a must read for those who wish to support businesses that were impacted by the Aspen Acres fire. Good, bad or indifferent, we trust you will enjoy our October issue!

Do you have a favorite pic of your pet? We'll print them in Critter Corner. Please send them via email to utecountrynewspaper@gmail.com, drop in at new location 121 County Road 5 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

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

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Oyate Herbals

The Star People and the Lost Children

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

Han (Greetings!) Welcome to Ptanyétu — Autumn

After the leaves turn into 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. Autumn signifies a time of reflection and gratitude in Lakota culture. The harvest season culminates in various ceremonies that express appreciation for the bounty received throughout the year. One of the most notable autumn rituals is the Harvest Ceremony, which serves as an acknowledgment of the earth's gifts and a time to give thanks.

During the Harvest Ceremony, families gather to participate in traditional dances, songs, and prayers, focusing on gratitude for the food that sustains them. The community prepares special dishes using the crops harvested, and these meals are shared among families and friends, reinforcing communal bonds. This celebration is not only about the physical harvest but also a spiritual acknowledgment of the cycles of life and death, reminding us of their connection to the earth and to each other.

Within the context of autumn, we also conduct honoring rituals for ancestors. This time of year, is seen as an opportunity to reflect on the teachings and sacrifices made by previous generations. These rituals often include storytelling sessions, where elders share wisdom and experiences, allowing younger generations to learn from the past and carry on the traditions of their people.

One story that I remember being shared was the old Lakota legend about two children who journeyed among the stars and returned with celestial wisdom. I would like to share this story with you. I hope you enjoy it as much as I did.

Many years ago, in the days when Lakota folktales traditions were first spoken beneath the boundless skies of the Great Plains, two young children wandered from their village, drawn by a light shimmering in the evening heavens. They were siblings and the older sister held her younger brother's hand as they followed a bright star glowing above the western horizon. It pulsed gently like a living heart, and its silver path seemed to beckon them forward.

The prairie was quiet except for the soft hum of the night insects and the wind whispering through the tall grasses. The children's laughter faded as they walked farther, enchanted by the star's steady glow. Step by step, the earth beneath their feet grew light, and the world below dimmed until they no longer stood on the ground at all. When they finally stopped, they realized they were walking among clouds. The star that had guided them descended and transformed into a radiant being, one of the Star People, whose bodies shone with soft blue fire and whose eyes gleamed like moonlight on still water. Do not fear," said the Star Being. "You are welcome here. You have followed the path between worlds."

The children looked around in awe. All around them were beings of light, the Star People, moving gracefully among shining lodges that floated in the heavens. Every step they took left trails of starlight behind them. The air shimmered with music that seemed to come from everywhere and nowhere at the same time, and the children felt peace and wonder fill their hearts.

The Star People treated them with great kindness. They taught the children songs of the heavens, melodies that described how stars danced, how the winds of space moved, and how every constellation had a story and a purpose. They showed them the sacred patterns above, the bison, the turtle, the hunter, the mother with her child. Each star had a name, and each name had a meaning. For a long time, the children lived among the Star People, playing in fields of silver grass and sleeping beneath skies that never darkened. Yet one night, the older sister began to weep. "I miss our mother," she said softly. "She will be calling for us by the fire." Her brother nodded, his small face glowing faintly in the starlight. "And I miss our people," he whispered.

The Star People gathered and listened. One of them, a tall being with light like a dawn rising behind him, spoke gently: "You may return to your world below. But remember this, you have walked the path between the earth and sky. You will never again be the same. What you have seen here, you will carry with you always." And so, the children were



led to the edge of the heavens and stars. The Star People placed glowing dust in their hands and guided them down a shining path through the clouds. When they reached the earth again, dawn was breaking, and the first rays of sunlight touched the plains.

The children ran toward their village. Their parents cried out in joy, for they had been searching for them through many nights. But everyone noticed something wondrous, a faint radiance clung to the children's hair and faces. Even in the darkest night, they glowed softly, as if the stars still lived within them. That evening, the children shared what they had learned. They told of the Star People, of the songs and constellations, and of the meanings behind each cluster of lights. The elders listened in reverence and taught those stories to the tribe. From then on, whenever we as Lakota people gazed at the stars, we saw not only the spirits of our ancestors but also the children who had once walked through the sky.

The night after the children's return, two new stars appeared beside the bright western star that had first guided them away. The elders said these were the spirits of the two children, their souls forever among the Star People, shining down to remind us all, that curiosity and courage opened the path between earth and heaven.

Moral of the Story: Curiosity is sacred when guided by wonder. It bridges the realms of earth and spirit, teaching that true wisdom comes from both exploring and then returning home.

As I reflect on this story, I think of the many journeys I have been on, and the roads I have traveled in my years on our beautiful mother earth. They are all a part of who I am, no matter in what form they came in, lessons, blessings or heartbreak, all the trials and tribulations, the laughter and the tears. Everything makes us who we are if we truly embrace every step. Everything and every encounter we have, happens for a reason I believe. Embrace the journey. That's what it all about. I pray your unique journey gives you the wisdom and knowledge to walk this planet with peace, love, and happiness. Go do the exploration with wonder, find that wisdom you seek, then return home and home meaning "yourself" and embrace the beauty of change and growth.

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*Anpetu Waste Mitakuye Oyate". (Good day relatives)
Many blessings and may you walk in balance.*



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A Look Inside the Artist Katie Lynn Sanders, painter, multifaceted artist

by Mary Shell

Katie Lynn Sanders is a Colorado born artist who finds inspiration in nature, people she meets, places she visits, and in the intricate beauty all around her. Her multifaceted work has yielded high numbers at charity auctions, been collected by people internationally, and holds stories within the brush strokes. She has been highlighted in *In Her Studio* magazine and recognized with awards.

Katie teaches art and technique in a fun and relaxed way for galleries, organizations, and privately.

Always on an adventure, this year Katie and her husband, Doug, are traveling to every Colorado State Park counting birds and painting along the way. Follow their adventures on Instagram or TikTok at Midlife Trekkers. Follow Katie's art on Facebook at White Wolf Weaving and Art. Make sure you check out her solo show at Fremont Center for the Arts, "The Storyteller Series," November 13-December 4, 2026.

How old were you when you started painting?

I remember paint-by-numbers when I was three! I have done many crafts, sewing and weaving, drawing, and different mediums over my life, but I think painting became more prevalent after I was married. I painted a portrait of my husband on our honeymoon and just kept painting after that!

What is your favorite medium?

I love oils, but often do acrylics because I need them to dry faster and I love vibrant color!

What is your favorite subject?

My favorite subject changes day to day. Whatever speaks to me. I did a realism oil painting of a dear friend that passed away. I have been working on a series of birds from the state parks we are visiting that is watercolor, acrylic marker, and collage. I do love palette knife, acrylic landscapes. I also seem to be obsessed with adobe buildings!

Can you explain your process?

Since I dabble in so many different mediums, the only process I have is to act immediately if inspired. You have to catch the idea before it leaves and goes to someone else! I have my drafting table and supplies in the living room, which looks out to the mountains. It is in the middle of our tiny cottage so that if I am walking by, I am more inclined to sit down and sketch something, or start a painting, or read an inspiring magazine. I try to be ready to catch ideas.

Who inspires you to create?

That would be my inner self. I feel like if I am not creating (writing, dancing, painting, weaving, gardening, cooking, decorating), something is missing. Creating is what keeps me joyful and engaged with the world.

Who is your favorite artist?

My favorite artists are Edgar Degas, because I was a dancer for most of my life, and John Singer Sargent. I remember the first time I saw his work. I stood in front of his piece, Head of a Capri Girl, and was astounded by his technique and ability to capture realism and whimsy in one breath.

What is the most difficult painting you have

created?

"The Eagle Dancer," debuting in my upcoming show at Fremont Center for the Arts, November 13-December 4th. It is a portrait of my friend who was a Caddo/Comanche medicine person. The picture portrays his Eagle Dancer attire and the details were important.

Is there anything new in your future?

Ooh, yes! The solo show I mentioned, at FCA, will debut a series of never-before-seen paintings of Native American culture and will be accompanied by stories, whether my own or of my elders that passed on important stories to me.

My husband and I are visiting every Colorado State Park this year. I am painting a bird for each of the 42 state parks in a series of four seasonal paintings. I am working on the third one now. That has really been a fun adventure. I am working on a snowboard for Monarch Mountain's Snowboard Art Show. I am open for commissions! I like to keep busy!

What haven't you tried that you haven't done in art?

One day I would like to try sculpture. I am fascinated by its form and texture. I think I will experiment more with watercolor next.

What is your favorite painting that you made?

There was a series I did many years ago of New Mexican churches, and one in particular of San Miguel in Santa Fe had so much depth and beauty to it. My new work is very different and experimental. I definitely love the portrait of my friend, Thompson Williams. Every piece has a part of my spirit and memory in it, so I love them all.

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

Places and people they haven't seen or met before! I want folks to go on a journey with me. I am just as much a writer and storyteller as a painter, so to create a world that will inspire another and create empathy and peace



It is exciting and fun to be a vessel for beautiful things.

is an amazing gift.

How do you choose your subjects?

They chose me! When you are an artist or writer, the subjects come to you. They light something up in your brain and your eyes widen a little and your heart beats a little faster and you have to get it down! It is exciting and fun to be a vessel for beautiful things.

Do you create a story for your paintings?

Sometimes the stories are given to the viewer and sometimes the paintings are simple subjects. But there is always a memory or message in art, and the viewer will either see it or suddenly be transported to their own memories. Art is emotion in physical form. It triggers emotion, so each person's story and how they experience it is different. I think that is what I love about art best.

Follow their adventures on Instagram or TikTok at Midlife Trekkers. Follow Katie's art on Facebook at White Wolf Weaving and Art. Make sure you check out her solo show at Fremont Center for the Arts, "The Storyteller Series," November 13-December 4, 2026.

Contact Mary Shell at www.maryshellart.com



Colorado Pharmgirl

Wheeler Peak

by Peggy Badgett

Hiking the Rim to Rim trail in the Grand Canyon had been on my wish list since Hannah and I visited the breathtaking national park in January. I'd hiked from South Kaibab down to Skeleton Point on that trip, spotted a condor floating in the thermals, and fell in love with the magical canyon. I decided to make it a stop over on my route to Reno to dog sit for Alex and Meg. Fate encouraged the plan; there was one campsite available on the North Rim over Labor Day weekend. I snagged it before anyone else could. I eagerly decided on a route and planned my nutrition and hydration for the hike.

Then, five days before my scheduled arrival, a horrible flash flood raced through the North Kaibab and Phantom Canyon area. My son and several friends texted me to make sure I'd seen the news. The loss of life and structures were devastating and rendered the route I'd planned impassable. It was sobering to realize I could have easily been a victim. I canceled my Grand Canyon reservation and researched options along the road west.

I decided to make my first stop at Colorado National Monument, to visit friends I'd made there during my brief stint as a campsite host. The next overnight would be at a state park outside Salt Lake City. For the following evening, I found a site at Great Basin National Park, where I hoped to summit Wheeler Peak. Then finally to Lahontan Reservoir outside of Reno.

The Colorado National Monument had experienced a torrential downpour the day before I pulled into my site, foiling my idea to mountain bike. Everything was mud. I settled for pizza at the Hot Tomato in Fruita with my friends instead. The next morning, I set out for Antelope Island State Park. Sadly, the Great Salt Lake had receded so much that identifying shore birds was difficult, and swimming in the murky water wasn't an option. I settled for a jaunt to the top of Frary Peak, which turned out to be a beautiful and surprisingly tough challenge.

At my next destination, the night skies at Great Basin revealed amazing constellations when my bladder demanded its midnight emptying. I was almost tempted to gaze for a while but had an early alarm set. At sunrise, I drove to the trailhead, parked the van, and realized my clothing was not appropriate when I stepped outside. I grabbed the lightweight jacket inherited from Hannah, put on leggings instead of shorts, shouldered my backpack, and clicked the key fob. However, the coffee I'd downed on the drive hadn't had its effect on my brain synapses yet. Twenty yards into the hike I doubled back just to make sure the van was indeed locked. Sighed. Questioning memory was definitely a sign of age.

The trail was well-marked and maintained. As I walked through groves of aspens and piñon pines, mountain chickadees called from branches above. The elevation gain was steady but not taxing, and I felt nicely warmed up by the time I reached tree line. Then the wind hit full



Peggy and Banana slug make it to the top with the help of new friends.

force. I hadn't checked the weather forecast and knew better. Mountains were not to be taken lightly.

After several gusts pushed me sideways off the trail leading through tundra, I sought shelter behind one of the rock walls that had been built just for that. I drank from my water bottle. A debate began in my head. Return to the parking lot or brave the conditions? I peeked over the edge and spotted a couple hiking above me duck into another shelter.

I bent against the gales, made it to their shelter, and asked them if I could join. They nodded, so I hunkered down in the corner. We all looked like we were on an Arctic expedition, with only our chins exposed. Once brief introductions were made, I revealed I was thinking about turning back. They were contemplating the same idea. Matt stood



Wheeler Peak at treeline.

several times, just to check the wind. It almost knocked him over. We could see the top of Wheeler Peak; it was tantalizingly close. We talked about summit fever, and how it could lead to bad decisions in 40 mph gusts. Then there was a small break from the wind. Just enough to make us believe we could try for the next shelter. Devin invited me to join them. I happily agreed. We started out.

Matt led the way. Devin and I did our best to stay close as he bounded ahead with the grace of a gazelle. The trail wove back and forth across talus, always upwards, with steep switchback corners. After I stumbled and fell sideways several times, Devin offered me one of her hiking poles. I felt more stable with both hands free, so I shook my head no. Any words we spoke were whisked away by the wind immediately. We regrouped at another ring of rocks. Maybe it was my imagination, but at some of the corners the wind had lessened; that phenomenon was verified by several hikers who were descending. We all put our heads down and trudged on. Then the trail led onto the backside of the mountain where the sun came out, and the wind became a playful breeze.

After one last push up a final incline, we reached the summit! The three of us congratulated each other with high fives. It was a satisfying accomplishment. After photos and snacks at the top, I bid my climbing mates goodbye. I had five hours of drive time to make it to my next camp spot and wanted to arrive there before dark. I thanked Devin and Matt again. By encouraging and supporting each other, we met a seemingly impossible goal. As much as I love solo activities, having friends along makes difficult journeys in life more enjoyable.

Peggy Badgett is an artist and writer. She has several years' worth of adventures you can read for free on her website pharmgirl.org, and can be reached at coloradophaarmgirl@gmail.com Her book, *Rooster in the Drive Through* is available at *Shipping Plus in Divide*.

People See, People Do You can Kindle Kindness, too!

by Readers of Ute Country News

This is a column dedicated to acts of kindness. The purpose is to share acts of kindness that have been experienced or witnessed in hopes that we can co-create a kinder community. If you have experienced or witnessed an act of kindness, please share! You can call us 719-686-7587 or email ShippingPlusCO@gmail.com or stop in at Shipping Plus to share in person!

- Recycling is an act of kindness for our Earth Mother such that if we take care of her she will continue to care for us!
- They came to the checkout first with a cart full of groceries. They saw we only had 2 items and let us go ahead of them! This was an act of kindness.
- I was taught that if you want well-behaved children, you need to catch them being good and compliment them. Today, she came in with 2 young boys, who brought their ipads. When one of them interrupted her, she said, "You're just going to have to wait a minute and when we're through here, I'll take care of it." Once taking the order was complete, I leaned over the counter and said, "Boys?" They both looked up immediately. "I finished. I just want to tell you how well-behaved you are. You both did a great job of keeping yourselves occupied and focused on your ipads. Thank you for

being so quiet so Mom and I could finish up. I really appreciate what a good job you both did in staying quiet. I can tell you are both very intelligent!" Their faces began to glow as the compliments sunk in. While this felt like a risk, I feel it would be a good idea to do it again.

- The unexpected peaches were delicious! A gift of food is always an act of kindness.
- Mom heads inside with her son close behind. He turns and sees me with a heavy box and immediately holds the door for me! I thanked him for his act of kindness and told him I would report it here, where no names can be used. He knows who he is and so does his Mom. Way to go, helping out when you notice someone needs help!
- While she was here, she thanked me for the referral to a service she is very happy with. It just made sense to send a quick email to that company to share the gratitude. How else would they know? Sharing a job well-done is an act of kindness.
- It is gauze. We have an abundance of gauze and I know she can use it. We're just about done with the g-tube, and they are just starting so it makes sense to share. Sharing medical supplies is an act of kindness.
- We shared a chuckle passing each other

through the grocery isles. Just before she headed to the checkout, she asked if I could use the coupons she could not use. I could not, but appreciated the offer! She then took them to where the products would be found for anyone who could use them. This was a very considerate act of kindness with our food prices so high!

- Engaging in synchronicity is an act of kindness!
- The kind words of acknowledgement filled our hearts with joy!
- I had just settled in with my beverage, my blanket and my sudoku puzzle when I realized I was missing one thing. A sigh escaped. He heard it and asked, "Can I get you something?" Picking up on my sigh, he was willing to get that thing so I could stay comfy. That was an act of kindness for that moment and also told me how much he loves me!
- Sometimes there isn't anything you can do to change someone's situation. Letting them know how much you care is important. Put together a care package of homemade healthy food, flowers and a visit that gives a chance to hold a crying friend. The physical objects become a reminder that someone loves and cares. Reminding someone they are loved is an act of kindness.

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Notes on Nutrition

Let's not dance around sugar

by Catrina Lynn, Nutrition Enthusiast, Dance Instructor

It's time to take a look at one thing that is debilitating our society. When working with people about their diet, we're often encouraged to be somewhat gentle, to promote small changes and not demonize any particular foods, with good reason. It is a huge task to turn around eating habits and find ways of fueling ourselves that are individually beneficial and can be maintained.

What we eat is very intertwined with our minds and hearts, nostalgia, spiritual and family practices, and busyness in our daily lives. All major shifts require some sifting and sorting, and baby steps are best. We tend to respond to all-or-nothing advice with some defensiveness. Also, we have too much experience with being marketed at by companies promoting that "this" is healthy for you and "that" is not. The major agriculture industries have been at this as long as they have existed. Once in a while, it's time to sit down at the table and have a serious conversation.

There is room in healthy eating for the joy of a cookie made by someone special or reminding you of childhood. A soda pop on a hot day while working or playing outside brings a kind of happiness that is difficult to describe. When you find that ice cream or garlic bread bothers your stomach and you decide not to eat it every day, or every week, perhaps you occasionally enjoy it with company or as a treat. The simpler the recipe, the better. However, we do not limit our sugar intake to occasional treats anymore. The modern Standard American Diet is filled with added sugars and refined carbohydrates (which may as well be sugar), along with chemical additives that result in high rates of obesity, insulin resistance (pre-diabetes), diabetes, and many other concerns. There are expanding ties between the way America eats and disease.

Mental health and addiction are finally being acknowledged as affected by our diet. Studies and programs are growing more prevalent with a focus on more fruits and vegetables, and choosing whole foods over ultra-processed foods that are packed with sugar (or sugar alternatives), a multitude of additives, weird sodiums, and overly refined fats and fibers, not to mention the advent of energy drinks and the like. The American Psychological Association's magazine, *Monitor on Psychology*, published an article in March that is titled "We are what we eat" that discusses research, results and responses to how mental health can be improved and affected by dietary changes.

Read it here: <https://www.apa.org/monitor/2026/03/nutrition-food-mental-health> or search for APA and nutrition, food, mental health.

The book *Gut and Psychology Syndrome* was published in 2010, and quotes Phillippe Pinel (1745-1828) a French psychiatrist who said, "The primary seat of insanity generally is in the region of the stomach and intestines." Hippocrates (460-370 BC) is also quoted, "All disease begins in the gut." The author, Dr. Natasha Campbell-McBride, MD, goes on to give an abundance of research and advice on proper nutrition bringing our children out of extreme disability with many of the (nowadays) commonly diagnosed disorders (e.g. autism, ADHD, dyslexia, dyspraxia, depression, and schizophrenia). I recommend this book, as well as seeking out current research.

Our gut has so many fascinating jobs, and

the microbes responsible for many of those jobs need support from the foods that we eat. A host of beneficial bacteria introduced (lactobacillus from fermented foods like sauerkraut for example) can make a world of difference in gut health, contributing to homeostasis — an equilibrium the body is continually attempting to achieve which causes cells, organs and systems to function and reproduce at their absolute best.

Sugar's role in dysbiosis (out of balance gut bacteria) is that it feeds undesirable bacteria (and fungi) and can even alter the DNA of existing bacteria, changing their behavior and ability to play their role in immunity and more. Offensive microbes also compete for space and food, even killing off or eating beneficial ones. The confirmation on how impactful digestive health and diet are, and information on how to improve it, is highly available.

Carbohydrates, proteins and fats are the body's primary fuel sources, all of which are broken down and become glucose to feed cells. They differ in how fast they break down and are absorbed from the small intestine into the blood stream. The pancreas contributes to digestion with enzymes that break down molecules starting in saliva in the mouth, and also in the small intestine to complete the process, as well as releasing a hormone called insulin when glucose levels in the blood rise. Insulin then lowers blood sugar by getting glucose into the cells. The muscles and tissues either use the glucose for energy or store it as fat to use later. The more complicated the molecule

There also seems to be a cat and mouse game going on with those interested in avoiding excess sugar in their prepared foods, and the companies that want to sell said foods. There are over 60 names for sugars used on ingredients lists on packages.

that is being broken down, the longer it takes, the more stable the blood sugar remains. Less fat cells are produced and used to store excess energy as well. Simplest carbs, like sucrose (sugar), lactose in milk, or starches (potatoes, white rice, white bread, noodles) are almost immediately absorbed into the blood stream. Enzymes simply need to unzip the chain of glucose molecules that make up starch and they're ready to go. Proteins and fats are much more complicated molecules and take much longer to break down. It is a good idea to eat slowly, taking in the larger fats and proteins first, then the complex carbohydrates (vegetables, fruits with their fibers, legumes, etc.), then simpler ones (milk, breads, sugars) so that you more completely break down and benefit from your food.



Not all starches (like red beans and other legumes) are the same, some contain resistant starches and other compounds that slow down their response to the enzymes and will not raise blood sugar as quickly. Making your starches a "resistant starch" by allowing them 12 to 24 hours to cool, perhaps putting coconut oil or saturated fat in the boiling water before the rice or noodles, can allow them to become a prebiotic. They will not immediately be broken down into glucose, they pass through to the colon, and are fermented by bacteria producing a short-chain fatty acid (butyrate) that benefits gut lining, metabolic signaling and reduces inflammation.

The body and what it can do with food is amazing. It's complicated and it's simple all at the same time. If the pancreas has limited insulin production, or insulin resistance occurs (when cells begin to ignore the signal to take in glucose from the presence of insulin), there are many complications. Too much sugar in the blood stream and not enough energy in the cells leads to both immediate symptoms and long term damage. Diabetes is a well-known disease that is on the rise, as is pre-diabetes. It is so easy to see why when you look at what is on the menu in homes, schools and pretty much everywhere.

There also seems to be a cat and mouse game going on with those interested in avoiding excess sugar in their prepared foods, and the companies that want to sell said foods. There are over 60 names for sugars used on ingredients lists on packages. They suspiciously change on common products when the news and other resources "demonize" one or the other. This occurs with other additives as well. High-fructose corn syrup is probably one you're familiar with. When the rise in diabetes and obesity became linked with added sugars, and particularly high-fructose corn syrup, they did not remove this ingredient from sodas, cereals, breads, spreads, juices, and many other products. Now you'll see corn sugar, glucose/fructose syrup, isolated fructose, and many other names on the label instead. It's all the same thing, and all problematic.

Blood sugar spikes, a fast and high increase in glucose in the blood stream, causes a release of dopamine in the brain. We feel energized, focused, satisfied, happy. Insulin is produced and released to help the cells absorb the sugar.

You crave more sweets to reproduce the feelings once the crash inevitably occurs and the roller coaster goes on. Excess insulin begins to affect hormone balance, increasing cortisol and suppressing growth hormone. Mental health is devastated by this cycle, serotonin and dopamine balance is dysregulated. More cortisol is produced and affects sleep, blood pressure, mood, fear and motivation. It's primarily meant as a stress response and is in overwhelmingly high production when blood sugar spikes and crashes are constant. It seems obvious that depression, anxiety, focus, organization, self-esteem, all aspects of our mental health can benefit by clearing our diets of simple and processed sugars and carbohydrates considering the large knowledge base of chemistry and physiology we have amassed over the years, and numerous areas of research.

Addiction is also an epidemic level disorder that can be addressed through nutrition. The same mechanism that creates cravings for more sugar applies to anything addictive. Removing the spike and crash cycle from our normal, day to day way of life is key to addressing compulsive and destructive behavior.

Taking in a steady and healthy supply of whole foods that are prepared simply and with practical techniques will keep us supplied with steady and healthy energy and building blocks for longevity, calm and focus. Sugar is not our friend. So, with small choices and changes that evolve into better habits and lifestyle shifts, take control of your health and root out one of the biggest contributors to disease of all kinds. Stop one thing that is not helping and start one thing that will, master that and pick another. Read the labels and limit the labeled foods. We can do this!

Love!

Reach out if you are interested in private or small group dance and somatic classes, I teach movement and self-awareness for self-diagnosis and self-healing. You can reach me at magnieatthespring.com and [facebook.com/magnieatthespring](https://www.facebook.com/magnieatthespring)

This article is not intended to replace medical advice. Always consult your healthcare providers.

Mined over Matter

by Phil Palmer
photos by Phil Palmer

When I was recently asked to take a tour of SSR mine with their GM, Lowe Billingsley, Security officials and representatives of the local newspapers, I was happy to oblige.

The mine is now offering tours for local residents and visitors, so I thought it wise to sample the scenery.

It was a genuine privilege riding in their van, visiting with Lowe, while he spoke with us. The driver took us on the ground to various locations, a few miles into the "pit."

I was witness to an extraordinary example of man's ability to successfully extract a valuable mineral from stone. It is particularly challenging when the process is so daunting and the risk/return of capital investment is not guaranteed.

Lowe shared with me that the "scale" of the mine is difficult to even imagine without this tour. As a veteran miner, his love and respect for the mining industry, his sense of responsibility, and the pride he has in his company were apparent at every turn during the tour. I came away feeling the same...awe struck



GM Lowe Billingsley.

by the technology, the machinery and the people responsible for the mine's productivity and safety. Without gold (and other rare earth minerals,) he pointed out, there would be no iPhones and other products essential to 21st century living or communication. These precious metals are critical for mining companies around the world to provide for the growing commerce and a human population of more than 8 billion!

I did learn that mining and agriculture are the two essential pillars of all economies. It may not be obvious in the Information Age but without agriculture and mining as its foundation, hi-tech and the world economy would have never prospered.

Apparently, the SSR mine is a testament to one man's vision and the company behind him. Perhaps I can share that in a future piece... For now, I just wanted to convey in the most honest and accurate manner the mine's identity and "complexion" since it is just too big to be ignored.

For those of you who have not had the opportunity to see the mine up close, the tour will likely overwhelm your senses. Tons of rocks dug out of the earth leaving mammoth holes, revealing 19th century mining tunnels where company miners who would toil day and night... an exceptionally hard life with only the promise of riches, a risk few would take on.

Upon taking some pictures, the barren appearance of the open pit mine could almost be a moonscape, with little vegetation remaining just rocks, roads and heavy equipment.

Fortunately, I was told that reclamation plans are in place, being discussed daily as the mine is (legally) committed



The landscape is barren, like a moonscape



Lowe, Tara Trujillo, and the truck driver.

to returning the environment to once again provide for the flora and fauna present before the digging (1994.) This mountain of gold was once a volcano and was reclaimed by natural forces millions of years ago.

In order to extract the gold, the mining process requires tons of ore (aided by cyanide leeching) to produce just one ounce of gold. How could this be economically viable I wondered.

Without the geological and scientific community, the automotive industry and the patience of investors, the mine could not exist.

Southern Colorado's economy would be negatively impacted. The towns of Cripple Creek and Victor would also have had an exceedingly difficult time prospering in the last 30 years. The proceeds of the mine tours benefit the Victor Lowell Thomas Museum.

Risk is present everywhere...in the rocks and the casinos. It's just part of the human experience.

Prescribed Fire Treatments

The Pike-San Isabel National Forests & Cimarron and Comanche National Grasslands are preparing for multiple prescribed fire projects this fall, pending all required approvals. In coordination with the Colorado Department of Public Health and Environment, this early notice informs the public of where planned treatments may occur. Fire managers estimate this work will continue through the remainder of 2026, as weather conditions allow. Prescribed fires help reduce overgrown vegetation to help protect local communities, infrastructure and natural resources from wildfires.

Prescribed fires planned for the area include:

South Park Ranger District

- **Road Gulch, 1,429 acres** — near Praise Mountain and County Road 98 in Park County.
- **O'Brien, 435 acres** — 2 miles west of Lake George along Forest Service Roads 271 and 251 in Park County.

If you have questions regarding prescribed

fire in the South Park Ranger District, please contact Chris Rokosh at 719-748-3859.

Pikes Peak Ranger District

- **Phantom Creek, 3,000 acres** — 7 miles northwest of Woodland Park in El Paso County.
- **Manitou/Peregrine, 537 acres** — 2 miles southwest of Green Mountain Falls in El Paso County.
- **Rampart Reservoir Area, 1,790 acres** — 3 miles east of Woodland Park in El Paso County.

If you have questions regarding prescribed fire on the Pikes Peak Ranger District, please contact Christina Barba at 719-636-1602.

South Platte Ranger District

- **Green Mountain, 505 acres** — 3 miles northeast of Buffalo Creek Recreation Area in Jefferson County.
- **Harris Park, 525 acres** — near Harris



Park, Elk Creek Highlands and Forest Ridge communities in Park County.

If you have questions regarding prescribed fire on the South Platte Ranger District, please contact Jarred Gordon at 303-275-5610.

During active operations, some project areas may be temporarily closed for public safety. Watch for warning signs along roads near all prescribed fire areas before and during burns.

Residents may experience smoke during the prescribed burns. For more detailed information about air quality, go to AirNow online or download the app. Smoke from prescribed fires can affect your health. To learn more

about how smoke can impact you, please visit wood smoke and health.

Projects only proceed when conditions meet strict safety criteria. Fire managers monitor fuel moisture, air quality and weather forecasts before a burn. If conditions warrant, scheduled prescribed fire activities may be canceled.

Stay up to date about scheduled prescribed fires through the forest website and social media channels. Project-specific information and maps are available on the interactive prescribed fire map. We will notify county emergency management officials when burning begins.

For the latest updates on active prescribed fire projects, follow @PSICC_NF on Facebook and X.

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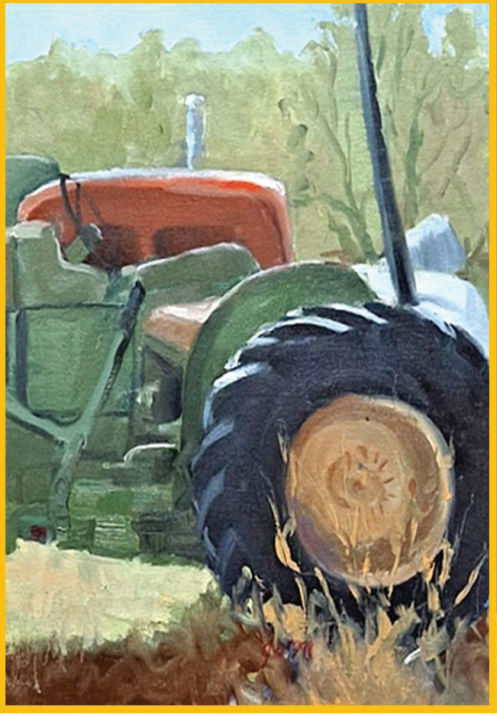
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The Fossil Beds Remember For Harv Burman - An Elegy

by Steven Wade Veatch

The Big Stump,
Florissant
Fossil Beds
National
Monument.
photo by S. W.
Veatch

*At Florissant, where time is pressed flat
and memory sleeps in pages of paper-thin shale,
a voice moved through ponderosa shade,
steady as the winding trail.*

*Harv Burman walked to the outcrop's edge,
where an ancient lake once held the sky,
and coaxed the quiet earth to speak
of giant sequoias that turned to stone,
and insects pressed into carbon whispers.*

*He turned fossils into stories, and stories into awe.
Kneeling beside a slab of shale, he waited
for a child to see the leaf imprinted there.
The young grew excited. The old looked on
and remembered how to wonder.*

*Along the trail, where the shadows settle
Deep on the shale and weathered soil,
the warm, clear echo of Harv Burman stays,
woven forever into the place he loved.*

Note: This issue carries a quiet grief for our community, for the paleontology community, and for anyone who ever walked the trails of Florissant Fossil Beds National Monument. Harv Burman, a beloved summer seasonal ranger at the Monument for many years, recently passed away. Season after season, Harv returned to the Florissant Fossil Beds, bringing warmth, patience, and an unwavering enthusiasm for discovery to visitors of all ages.

Adopt Me by TCRAS

Mr. Wilson

Did you watch that movie *Cast Away*? Did you see it and think, "Hm...that looks like the life if only I had a dog!" Well...I'm the Wilson to your Tom Hanks...just come get me and we can be loners together! I'm not a fan of other dogs; I want to be the solo friend in your life. Just like if I were on a deserted island, I can be protective of my food — it's tough having to scavenge for every meal! I may need some help learning that food is plentiful. Being alone has led me to be a bit surprised when someone touches me and I'm not so sure about touching my feet...let our island sand take care of that.

Overall, I was doing only ok on my own, then someone found me and brought me to my friends at TCRAS; they've been treating me really nice! I get to go on walks, which I LOVE, by the way, play with toys — all toys are mine...regardless of previous ownership — get treats, and I'm learning lots! I'm a little older at 6 years old but still have plenty of love to give to the right person! I have already been neutered, and I am a Malamute mix.

If I'm the volley-ball to your castaway — except I talk — then please call my friends at TCRAS at 719-686-7707 and make an appointment to meet me! I've been here over 100 days. *This space donated by the Ute Country News to promote shelter animal adoption.*

Tales from Big Sky Ranch Bed and Biscuit Two Little Ones

by Kendra Lee Hall

The moment Sarah stepped into the breeder's yard; she knew exactly what she was looking for — a Griffon. She had done her research, admired their affectionate charm and adorable head of hair, and was ready to meet her new companion.

But as she walked past the eager, tail-wagging dogs vying for attention, her eyes landed on a small, shadowed corner of the enclosure; two tiny dogs huddled together, their eyes wide and uncertain. They didn't push forward like the others. Instead, they seemed to shrink into each other, wary of the world.

Sarah's heart tightened. Without thinking, she pointed toward them. "What about those two?"

The breeder barely glanced their way and sighed, "Those were a mistake. Two dogs got together that weren't supposed to."

A mistake. Sarah felt something deep inside her stir. These two weren't mistakes. They were just... waiting. Waiting for someone to see them. To choose them.

She turned back to the breeder, her voice firm. "I'll take those two."

The breeder raised an eyebrow but didn't argue. Soon, the little pair was in Sarah's arms, trembling but safe. The cream-colored one with wispy hair was Andre, and he burrowed into her chest. He was the braver of the two — or at least, at first. The smaller gray one, with long black eyelashes and big brown eyes, was looking up at her with apprehen-

sion. She named him Wolfe, hoping the name would give him the courage he seemed to lack.

A couple of weeks after Sarah and her family brought the two dogs home, they needed to board them, as they were going on a scuba diving vacation. The first couple of days at the Bed and Biscuit were quiet ones for the two little ones. While other dogs played and chased each other around the yard, Andre and Wolfe lingered at the edges, hesitant and unsure. They watched, but they didn't join.

The dog caretakers at the Bed and Biscuit were patient. Day after day, the little dogs learned. They watched dogs play and hang out together, learned that soft blankets were for snuggling, and discovered that human hands, in addition to their new family's, could bring scratches and love instead of fear.

By the end of their stay, they had settled in and had become less fearful. Now, after many stays at the Bed and Biscuit, Andre and Wolfe are no longer the timid, unsure dogs they once were. They run, they frolic and are as playful

Andre and Wolfe enjoying running with Hank close behind.

and cuddly as the best of them.

They now have a big brother — a towering Labradane named Hank, who watches over them like a gentle giant.

Back home after a fun stay at the Bed and Biscuit, Sarah sat back and watched them together. The tiny, once-fearful dogs chased each other, barking with joy, and then curled up beside their massive protector Hank. What could be a better addition to their family!

A mistake? No. A miracle!

Park County: A Five-year Forecast

by Truman Esmond

Forecasting the future isn't on my resume. Around here, predicting next week can be challenging enough. Looking five years down the road is about deciding what we want to build, improve and protect.

Five years from now, what should Park County look like? Will it still feel like home? Will people have the opportunity to live, work and raise a family here? Will residents have a meaningful voice in what comes next?

I'm running for Park County Commissioner, and "here's what I believe" only gets you so far. Asking for the job should come with a clear idea of what the next five years could accomplish.

This isn't a list of campaign promises. It's a look at what we should protect, where we can do better and what we should start now.

Don't Take My Word for It

County government shouldn't require a decoder ring. Residents deserve clear information and transparency about why decisions are being made.

Important issues should be communicated while there's still time to ask questions and weigh in. Once decisions are made, residents should be able to follow the money and see what their tax dollars accomplished.

We should measure results. Did it work? Was it worth the investment? If not, be accountable, learn and adapt. Not everyone will agree with every decision. That's healthy. No one should be left wondering how we got there or what happens next.

Sometimes Boring Is a Good Thing

Some of the best signs of progress are things we barely notice because they work.

Roads are maintained based on clear priorities. Emergency responders have the resources they need. We're prepared before wildfire or another emergency arrives, not scrambling after. County services work when residents need them.

We can't do everything at once. Separate the nice-to-haves from the must-haves, put resources where they'll make the biggest difference and finish what we start.

More Than a Mountain View

The view may be priceless, but mountain living isn't. Housing, transportation, access

to services and distance from good-paying jobs add to the cost of calling Park County home. Those pressures hit businesses too, making it harder to find help, grow or keep the doors open.

County government can't solve every challenge or control the economy. Its role is to clear obstacles and make it easier to live, work, build and do business here.

That means backing local businesses, expanding broadband and remote-work options, connecting housing with workforce needs and taking a hard look at unnecessary barriers.

I want young people to picture a future here, families to put down roots and businesses to build something that lasts.

Keep Park County, Park County

Park County won't stand still. Our job is to move forward without losing what makes this place home.

Growth and new opportunities can be good for Park County, and they bring more pressure on roads, services, infrastructure and natural resources. Planning ahead means understanding impacts before they become problems.

Our rural character and open spaces, agriculture and ranching, public lands and outdoor recreation aren't obstacles to progress. They're part of what makes Park County worth investing in and preserving.

The goal isn't growth for growth's sake or resisting every change. It's understanding what's changing, building on our strengths and being thoughtful about the future.

Know When to Call a Neighbor

Park County doesn't have to go it alone. Our towns, fire districts, businesses, nonprofits and community organizations bring knowledge and experience. Beyond the county line are partners and resources that can help us get things done.

Start with the problem, understand what we need, find the right people and work together on a solution. When partnerships, expertise or outside funding can help, we should make every local dollar go further.

Now Comes the Work

The Park County we'll be living in five years starts with decisions we make today.

I won't have every answer, and good leadership doesn't require that. I do know how to tackle complex problems: listen, understand the challenge, work from facts, bring the right people together, set priorities and turn ideas into action.

This vision will require all of us and a roadmap for how to get there. Some things can start right away. Others will take partnerships, funding and persistence. As Commissioner, I'll work to put those pieces in motion and make sure residents can see what's getting done.

A forecast isn't a prediction. It's a goal: knowing where we want to go, having a plan to get there and doing the work.

Five years from now, we should be able to look back and see more than good intentions: what we started, what we finished, what worked and what we learned along the way. That work starts now.



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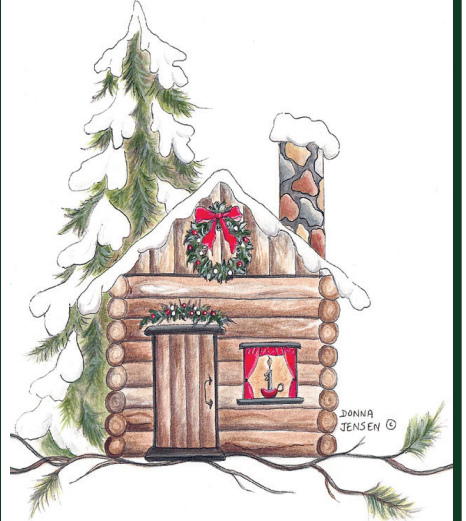
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Halloween at the Shadow House

by Gilrund the Historian



It was two days before Halloween and Andy wanted to be ready. He had three pillowcases and four paper bags. His plan was he would go to different houses and get candy in the paper bags then dump it in the pillowcases that he kept in the back seat of his old car. He planned to cover six neighborhoods to Trick or Treat this year. He wanted to get all of the candy that he could.

Andy was 16 years old, but he looked like he was 12. He loved candy and if he could get it for free, he would get all that he could. Halloween was just the time to get it too.

Andy had walked five of the neighborhoods and knew just which houses would give the most candy. He had marked the sidewalks in front of the good houses with a small chalk mark. The others he would bypass.

Today he was walking through the last neighborhood. It was out of the usual area where kids went to collect their candy on Halloween, but some of the best houses were in this area. There were six good houses in this neighborhood on a road that ended in a vacant lot filled with weeds and large piles of dirt.

The local kids loved this street because it was so spooky. There was only one streetlight at the beginning of the street, and all of the houses were old and spooky looking with big porches and lots of bushes and trees.

The older people that lived in these houses were the most generous of all the neighborhoods and loved to give candy to the kids that came every year to ask for it.

Halloween came at last, and Andy had covered all of the five neighborhoods by 7:30 p.m. that evening. Now it was time to hit the old people in the last neighborhood.

He parked his car at the end of the street with only one streetlight and was dressed as a ghost in an old white sheet that he had used for three years now. The old sheet was cut so that his painted white face could be seen where the sheet came over his head.

He started down the street with his large brown paper bag.

Andy filled his paper bag at the first three houses and then walked back to his car to, almost, fill a pillowcase. Then it was time to walk back down the street to the last three houses.

There were several other children on the street that he followed closely to appear to be with them. The paper bag filled quickly when he came to the last house on the dark street.

The other children had left the house and were walking back up the street toward the streetlight when Andy noticed that there was another house where he thought the vacant lot used to be. It was a big three-story house that looked a lot like the others on the street. He couldn't understand why he hadn't noticed the house before when he had come to check the street out during the day.

The windows on the first floor were dimly lit so there had to be someone there. He wondered why the other kids hadn't gone to the house ahead of him.

What did it matter? It just meant more candy for him. It was getting late, and the people wanted to get rid of the candy as the evening was waning, and the kids would quit coming, so he should clean up at this old place and that was all that mattered.

Andy hurried back to his car and took the last almost empty pillowcase out and dumped it into the paper bag, then with the empty pillowcase, he walked quickly back to the last house on the block.

There were some large bushes on both sides of the porch stairs and smaller ones in front of the porch as Andy walked up the stairs to the porch and knocked on the large wooden front door.

He was surprised when the door slowly swung open to reveal a dimly lit front room. There was no one there to give the large amount of candy that he expected. "Hello. Trick or Treat!" he called.

No response.

The large room was lit by one small candle in an old, tarnished brass candle holder that sat in the middle of the large wooden table that was surrounded by six matching wooden chairs.

There was a tall wooden bookcase against one wall that was filled with hardbacked books of various thickness. The walls were covered with a wallpaper that showed different sized flowers of various kinds. There were other upholstered chairs and smaller tables scattered around the room and an open door that showed a staircase that went up to the other stories.

Andy stepped into the room and called out again. It was then that he thought that he heard a sound coming from the staircase. "This must be a "Haunted House" for the kids to come to and have fun getting scared before getting their candy," he thought as he approached the door to the stairs. "Well, it's no wonder that the others didn't come here, it's really spooky."

He walked further into the room toward the staircase door and heard the front door close behind him. He smiled and thought, "Well done."

There was a faint glow about the staircase as Andy took the first step up to the next floor.

When he came to the door of the second floor it opened for him, and he walked out into the short hallway that led

to the other rooms.

A faint glow was coming from the walls of the hall, but there was a brighter light under the door of the room at the end of the hall.

Andy walked to the door, and it opened before he could touch the doorknob.

Andy looked into the room and saw that it was a bedroom of good size with a four-poster bed of queen size with night-stands on both sides with old-style lamps on the tops. The lamps were turned on, and he could see that there was also an old-style wind-up clock that had stopped at 12:00 o'clock. "How appropriate to have it stopped at "Midnight" on Halloween," mumbled Andy.

He looked around the room some more; he had seen pictures of this kind of room in history books at school. There was no one in the room, so he turned and walked out and toward the other end of the hall to another closed door.

He called out again, "Trick or Treat!"

He tried the doorknob, but it wouldn't turn, so he went back to the stairwell and continued on up the stairs following the glowing light.

At the top of the stairs, he walked into a large room that covered the whole top of the house. It looked like a painter's workroom. There were windows looking out, a table and two chairs at one end of the room. An easel, at the other end, was turned so that he couldn't see what was being painted, but he could see the painter.

He was turned away from Andy as though looking out of the window behind him. He was dressed in black dress pants and shiny shoes that looked like part of a tuxedo. His shirt looked like a white dress shirt from what he could see of the collar. A long black sort of cloak that covered the shirt was a dark gray. The painter's hair was a mixture of black and silver gray and looked slick, like it had

been brushed back with an oiled brush as it went down underneath the cloak.

"Trick or Treat!" called Andy.

The painter slowly turned and in the dim light of two candles in a candle holder on the table at the side of the room, Andy saw a face that was a pale cream color and eyes that were like a snake's eyes. The pupils went up and down, not round as they should be, the whites of the eyeballs were a golden color. The lips were thin and deep red. Then there was a slim black mustache just below the thin pointed nose.

It wasn't a mask!

Andy's pillowcase flew into the air as he shouted, "Keep away from me!" but he found that he couldn't move. He wanted to run, but his feet just wouldn't obey.

The horrible painter walked up to Andy and with a brush and pallet then started painting. He was painting on Andy's face with colors that were not normal. He had mixed colors that shouldn't be mixed and the results were not good. Yet they were what he painted on Andy's face.

The hands that held the pallet and brush were not skeleton hands but were close to it. They were covered with paper thin pale skin through which he could see, not blue, but red-colored blood veins, with other marks and scars. The fingernails were of different lengths and broken and smeared with various colors of the paint on the pallet.

Andy could feel his face changing with each brush stroke, he knew that his face was actually changing. He could tell that his nose was not the same and his eyes must have changed somehow, they didn't feel right. The skin on his face seemed to be very tight and slightly twisted.

It was only for a few moments that the painter stood and painted Andy's face, before he walked away only to come back with a hand mirror and hold it in front of Andy's eyes.

The voice of the painter was deep and gruff as it said, "This is the face of the young man that takes the candy that belongs to the little children? This is what he looks like in the eyes of the young ones that will get no candy this day. Is it what you have been taught by your loving parents?"

Then in a deeper more threatening voice it said, "Is it worth it?"

Andy saw that he looked a lot like a grumpy old man. His nose looked pushed up and twisted to the left. He could actually see up the nostrils. There seemed to be small insects crawling up and down in the gray bushy nose hair.

His eyes were large and mean looking and the pupils were a dark brown, while his eyebrows were white and bushy like an old mans, they were pointed down as though he were angry. He was right about his skin; it was pale white, wrinkled and covered with little yellow spots that seemed to run down his face like infected tears.

His hair was now light brown, streaked with white and grey, but it was sticking up all over his head and he had big ears twisted and bent down at the top.

His mouth was turned down in an angry frown while his lips were dark red. He could see that he had broken old yellow teeth.

His hands flew up and touched the horror that was now his face, but the paint didn't smear or come off.

He watched as his hands changed when he touched his face, to match its twisted features. Broken, dirty nails and twisted fingers with badly wrinkled and scared skin.

The painter smiled a twisted, pointed-tooth smile as he lowered the mirror then said again, in deeper more frightening voice, "Is it worth it?"

Andy was finally able to break from his frozen position. He turned and ran

toward the door. He stumbled on the pillowcase, hit the small table that held the two burning candles and knocked it over as he ran out of the room, then down the hall to the stairwell.

He looked back and saw the painter standing in the doorway still holding his brush and pallet with flickering fire light behind him.

Andy turned and ran down the stairwell to the first floor and out the door of the old house. He didn't stop until he got to his car and started driving quickly to his parents' house, his tires were smoking as he pushed his gas pedal to the floor.

As he drove away, he looked in his rearview mirror and saw that the old house was starting to be covered with a red mist. The mist was red because the old house was filled with the flames that had started with the candles that had fallen on his empty pillowcase that was lying on the floor.

Andy drove as he had never driven before until he was home. He even ran through a couple of stop signs.

Once at home, he ran to his room and turned on the lights in his bathroom to look at his ruined face.

He was shocked to see that nothing had changed at all as he looked at his face and hands.

What had happened to him? Where was the paint? How had he changed back to his normal self?

Andy left his bathroom and sat on his bed. He had to think! Was it all an illusion? Had he been hypnotized? But what had happened to the old house that he had walked in to? Who was the frightening painter that was in the old house? Too many questions.

Andy had no answers, but he knew what he was going to do right now.

He went back down to his car and brought in all of the candy that he had gathered that evening and waited at the front door. It wasn't long before some kids came and shouted, "Trick or Treat!"

Before Mom and Dad could get there Andy opened the door and acted scared as he looked at the five children standing there. They were dressed as clowns and ghosts, and one girl was dressed as a ballerina. They were all holding open their paper bags and waiting for a little candy to be put in the bags. Andy filled all of the bags with some of the candy that he had gotten earlier that evening.

All the children said "Thank You" as they turned to show their parents that were waiting behind them how much candy they had gotten.

More children came later, and Andy continued to fill bags with candy and to hear happy "Thank You" from the surprised children.

When there were no more Trick or Treaters, Andy found that he had given away all of his candy. He went to bed that night, a happy young man.

What happened to the Shadow House that night? Was it burned up in the fire that started when Andy knocked over the table that held the candles? Did it ever appear again? Were there any more adventures had by people that entered its front door? Where did it come from in the first place?

That's another story.

~ 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..

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Celebrate Arts Month!

OG

**1876 Art Soiree
October 17, 6 - 8 p.m.
Art Giveaway**

Woodland Park Art Gallery 8465

**Progressive Art Lesson
"draw as you go"
on the Art Walk, Oct. 2
Kids and Adults Activities
4 - 7 p.m.**

**October Featured Artist
Dale Pittock**



LOCAL COUNTRY NEWS

Putting the "salty" back in community

FREE

Welcome to Ute Country

"I'd go for someone that tell them right away, because after missing the train there's no way of seeing that you had a ticket!"

— Dorothy

UTAH COUNTY NEWS

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by Marianne Mogon

Prostitution in the Old West was widespread. In every mining camp, railroad stop, trading outpost, boom town, or military fort, a lonely man looking for love could find a woman willing to tend to his needs ... for a price.

The stories of the often-forgotten women who came out to the Wild West inspired Julie Blanda, an avid history enthusiast, to create her Soiled Doves presentation. Blanda enjoys researching various aspects of Leadville's past.

The Soiled Doves presentation encompasses a brief mining history of Leadville, Summit and Chaffee counties, and those who came out West to seek riches, including the women, and many who did not find fortune. Blanda will discuss the varied aspects of prostitution in the mid- to late-1800s and into the 1900s, from their day-to-day lives to an in-depth description of differences between a parlor girl and a crib girl, and from their clientele to their housing. There will be numerous fun facts and humorous accounts throughout the presentation. This presentation is not suitable for young children.

Blanda hails from Indiana and her parents still live in her hometown of Mishawaka. She attended Indiana University at Bloomington, graduating in 2002 with a General Studies degree, minoring in History and English. In June 2016 she moved to Leadville from Asheville, North Carolina, where she worked as a civil litigation paralegal. Blanda is a docent at the Healy House and Dexter Cabin Museum in Leadville and works at Ski Cooper in the winter. She has a passion for trail running and enjoys backpacking and trail running in her



Girls and guests in the parlor – photo courtesy Healy House in Leadville

spare time. She and her husband, John, live in Leadville in an 1870s miner's cabin with their dog, Brody.

An avid history enthusiast, Blanda enjoys researching various aspects of Leadville's past. The stories of the often-forgotten women who came out to the Wild West inspired this Soiled Doves presentation, Soiled Doves: The Working Women of Colorado's Boom Days.

Blanda will have some books for sale fol-

lowing the presentation. She can accept cash or credit card.

Pikes Peak Historical Society's Chautauqua is free and open to the public. No reservations are needed and all are welcome to attend. This Chautauqua will be held Sunday, October 18, at 2 p.m. at Lake George Charter School, 38874 US Hwy 24, Lake George, CO.

FMI 719-748-8259 or 719-291-6563.

by Florence Arts Council

Paint the Town, sponsored by the Florence Arts Council, is celebrating the event's 23rd year Monday through Saturday, October 12 through 17, 2026. The event includes painting in and around historic downtown Florence, and selected sites in Fremont County including Colon Orchard and the Coyote Den 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 days for everyone as there is, in addition to painting on site through-out 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 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 once again \$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.

The exhibition runs from October 17 through November 18, 2026. FMI 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.



Best of Show 2025: "Retired" by Jeannie DeMarinis



The Forté Handbell Quartet will offer a workshop and concert in Green Mountain Falls.
Cover: Handbells are tuned metal bells that produce specific musical pitches.

by Heidi Bailey

photos courtesy of Forté Handbell Quartet

This October, Church in the Wildwood will host the fifth annual Forté Handbell Workshop and Concert in Green Mountain Falls.

Handbells are tuned metal bells that produce specific musical pitches. They are played in a group called a handbell choir or ensemble, where each person is responsible for certain notes. Ringers work together to play what is essentially a single instrument made up of many bells.

The workshop is open to both experienced musicians and newcomers interested in trying handbells. Three paths are available, ranging from beginners learning the basics to ringers looking to strengthen their skills.

The all-day workshop on Saturday, October 10 is taught by the Forté Handbell Quartet at Church in the Wildwood. Registration is \$50, scholarships are available, and lunch is included.

On Sunday, October 11, at 3 p.m., the members of the Forté Handbell Quartet — known for their energetic and playful performances — will give a public concert at Church in the Wildwood. The concert is open to all, with no tickets required.

The workshop and concert are made pos-



Forté's artistic director, Luke Nabeta, encourages an audience member to try out a handbell.

sible by a generous grant from the Kirkpatrick Family Fund. FMI and to register for the workshop, visit wildwooducc.org/handbell.

by Lynn Lemmon-Oliver

The Blue Spruce Gallery is bringing back our annual “Working Small” show, a popular event which runs through early November, just in time for holiday shopping. Artists may enter up to five pieces in this show, with a 35 square inch maximum size. Both 2D and 3D pieces are welcome. Deadline for entries to be at the gallery is October 6th. The opening reception is Saturday, October 10, from 4:30 to 6:30 p.m.

We are looking for a wide variety of media: acrylics, oils, watercolors, pastel, fiber, and more. Voting will be “People’s Choice” and cash awards will be given to the winners. A staple of the downtown Florence scene for over two decades, the gallery showcases the work of over 25 talented, award-winning local-artists with work including blown glass, metal sculpture, oil and acrylic paintings, watercolors, fiber art, custom jewelry, ceramics, woodcarvings, and photography. The artists all share in the work at the Blue Spruce and enjoy greeting customers and talking about their work.

The opening reception on October 10, from 4:30-6:30 p.m. will be in the backyard garden area. Second Saturday in Florence features later hours for many of the downtown merchants and special sales throughout town. Gallery location is at 205 West Main Street in Florence. 784-1339.

When it comes to shelter cats, the time it takes to settle into a new home and routine can vary. For some cats, like 2-year-old Lillie, it may take a little longer. Since arriving at Ark-Valley Humane Society, Lillie has been very shy and often hides in the more private areas of her kennel. The shelter has protocols in place to help timid cats feel more comfortable, including providing additional privacy and opportunities for socialization. Lillie has also spent time in a foster home, where she was able to receive some individualized attention. Though shy, Lillie enjoys treats, gentle pets, and playing with toys. She has a very sweet personality, but her initial shyness may cause her to be overlooked at the shelter. Lillie just needs someone willing to give her the love, patience, and time she needs to come out of her shell. It may take some time, but this sweet girl deserves the chance to show someone just how special she can be. If you would like to schedule an appointment to meet Lillie, please give us a call 719-395-2737.

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

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Fitness ON the Mountain

Powerful passion overcomes fear and steers fitness career

by Lori Martin

My career in the fitness industry extends almost 40 years. The last 15, of which, I was semi-retired. More recently, I had the pleasure of being my mom's caregiver until her passing in May.

It's time I jumped back into the work I love and writing fitness articles for the *Ute Country News*.

I have always enjoyed my work as a personal trainer and/or group exercise instructor. It has been a blessing to have met and worked with such a diverse population of clients.

My passion to help others has settled into where I found the biggest need. In every social circle, I find myself surrounded by women over 50 years old and topic of conversation always seems to come back to health and wellness. Never have I met a woman who does not suffer from some version of chronic health conditions, injury or the effects of lack of movement and overuse.

If an interviewer were to ask me how I arrived at this stage of my life still desiring to help others, the answer would be passion. But it is actually, so much more than that.

In my young adult days, if you would have asked me what dreams of my future were, I would have answered... "be the best mom I could be and create art."

I had no idea that one day I would be standing in front of large groups of women, leading fitness classes.

My journey begins in 1977. I joined the crowds of local recent high school graduates to attend college. I was excited to be a college student, but I was on the shy side.

My first semester was going well except for the dreaded required Public Speaking class we were forced to take.

Somehow, I made it through the bulk of the semester and even became marginally famous for my speech "How to Give a Cat a Bath." The phrase "bathing the cat in the bathtub was the most optimal way to bathe a cat because, the cat will have no "gription" and can't run off, has been memorialized by my classmates and friends to this day for creative take on the word "grip." Credit goes to a boyfriend who originally came up with the word.

At least, the teacher and my classmates laughed.

Unfortunately, my fear of public speaking grew stronger with each speech until hours before the final speech I found myself sick with anxiety. I received a failing grade in the class when I didn't show up for the final.

Fast forward 5 years, I found myself as a participant in an aerobics class HOPING I would be called on by the instructor to come to the CENTER of the room to lead a small segment of the class.

How was it that just a few years earlier my fear and anxiety was so intense that I couldn't bring myself to finish one last speech, but excited to be in the center of a group of people bouncing around in a leotard and leg warmers.

This transition didn't happen instantaneously. The first day I walked into that gym as a participant I was terrified. It was a bodybuilder gym with very fit men glaring at this new population of women who had bombarded their space. It was not a friendly place for people who aren't there to lift weights.

Looking back to my childhood, I rarely was seen sitting still. My brain and my body spent many hours concocting what I now call exercise but at the time, I worried my parents... a lot. I climbed to the tops of trees so flimsy I was blowing in the wind. I walked on walls and spent hours practicing jumping onto my horse without actually touching him, no saddle, no stirrups, no reins.

As a preteen, I was diagnosed with scoliosis and had to attend special Physical Education. At first, I felt sad and left out, like something was wrong with me. I began to see this time as important to my story as a fitness professional. Then again, another important event occurred.

This new activity, Aerobics, would lead me to a career I had no idea even existed.

How did I go from timid and insecure to fitness professional? Firstly, I LOVED movement. The final answer though, is passion. Three changes that took place that led to my transition. In this order, my journey evolved physiologically, emotionally, and perceptually. Exercising affected my body, my mind, the way I perceived myself and the way others perceived me.

Let's look at physiologically, how are bodies respond to continuous exercise and movement.

- Increased blood flow
- Increased lung capacity
- Reduced heart rate
- Lower blood pressure
- Increased muscle tone, strength and endurance and
- Better posture

Ted Talk speaker Amy Cuddy, spoke on her own experiences as a professor in a master's program where 50% of the grade is based on presentation. Emotionally speaking there were two basic categories of students, the timid and the confident students.

Perceptually speaking, the first group presented with postures that caved inwardly, with arms crossed. Their class participation was lower.

The second group exuded confidence through their body movements, posture and their voices. Physically, they seemed to occupy more space than they needed. Much like those body builders at that first gym where I attended that first aerobics class. Even the most timid of us desire greater success but, if that first group were going to succeed, they need to make some changes.

Amy Cuddy is one of many speakers on the subject of overcoming fear of speaking in public and of overcoming challenges. We have all heard of tricks like imagining the audience in their underwear, etc. Amy Cuddy suggests many ways to get through a specific event, all of which may feel and look silly. If we practice them enough and implement the "Fake it till you BECOME it" mindset we can become what we desire.

Why not expand those short term confidence building exercises into long term habits and into our normal, through full body workouts?

When done consistently, exercise can lead to better posture thanks to muscle memory. Better posture makes us feel stronger and more confident. When we feel strong and confident others perceive us as strong and confident. In addition, we benefit from all the physiologic effects that will keep us healthier for a lifetime.

I was that timid and insecure person until I attended that first exercise class. As time went

on, I began to stand taller, I moved with confidence, I overcame intimidation, fear of failing, of being judged and imposter syndrome.

It didn't happen overnight. At first, I had to "fake it till I became it."

Looking back at my initial introduction to fitness, those big bodybuilders didn't have a chance against a room full of women who were quickly becoming, overall, more fit.

Aerobics is exercise that utilizes oxygen, as energy. Physically, our bodies became experts at converting energy.

Eventually, I took my own bold step and auditioned to teach classes at another gym. It wasn't easy and boy was I nervous. It took weeks of practice.

Passion was the easy part. The challenge was in the act of verbally cueing the class through the routine, without a microphone and without sounding out of breath all while being very nervous.

Aerobic instructor nightmares began to invade my sleep. Everything would go wrong that could go wrong in those crazy dreams. A missing shoe led to arriving late, which led to fumbling with my music (tape cassettes at first, then, CD's) and ultimately, the platform I was to teach from became a living room sofa. As my confidence grew those dreams subsided.

To those of you that find yourself living with chronic pain, injuries or years of neglect or overuse, please know that while your situation may be unique, there is hope for you. Exercise helps our bodies, can change how we feel about ourselves and alters the perception of how others view us.

My passion for fitness not only helped me overcome my fear of speaking in public. It ultimately led to a 40-year career helping other people through their own challenges. I encourage you to stand tall, face those fears and watch yourselves grow in ways you may never have imagined.

I did it and you can, too!

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The Once and Future Teller County Commissioner

by Dennis Luttrell

I am seeking the support of Teller County voters to once again in order to be able to serve the people of Teller County. I am a candidate for Teller County Commissioner, again as I did when I held the position for eight years a while back. Currently, I serve as a director for the Divide Fire Protection District having been twice elected and will complete that service after my term expires early next year. Prior to that, I served a term as a Planning Commissioner for the county having been unanimously appointed by the board of commissioners and long ago, I was the County Cartographer.

I am running to address several important issues facing the county: wildfire planning, response, and recovery, as wildfire is the greatest threat to public safety in Teller County. My unique background of education and experience enables me to be able to address these matters in a comprehensive manner. I have been in the fire service since 1976. I started out as a volunteer firefighter in Florissant and have served in various capacities and municipalities. My B.A. is in the Study of Earth Sciences and my Master's work was in Public Administration. I am a nationally credited planner, (A.I.C.P #107772,) and I am also qualified to manage marine oil spills as a Certified Individual under the Oil Pollution Act. I wrote the oil spill response plan for a bay in New England. I am certified by the National Fire Protection Association to assess structure ignition potential from wildfire.

I was the ONLY candidate to attend the recent meeting of the Teller County fire chiefs regarding the E-911 system currently undergoing administrative and financial issues. In that meeting the Teller County Sheriff noted that these problems will come to a head at the end of December and that the role of County Commissioner will be determinative of the outcome.

Affordable housing is another issue that needs to be addressed, and I have experience in that area as well. One of my affordable housing projects won a national award for a New England city from the Department of Housing and Urban Development (the John

I was the ONLY candidate to attend the recent meeting of the Teller County fire chiefs regarding the E-911 system currently undergoing administrative and financial issues.

Gunther Award).

We accomplished a lot during my first tenure as Teller County Commissioner.

- I reorganized the then Road and Bridge Department.
- Wrote comprehensive road specifications.
- Standardized road equipment.
- Removed and replaced all the unsafe bridges.
- Began the paving of county roads (Kelley's Road, CR 1, CR 5, CR 51 and CR 512)
- Implemented dust control on the roads.
- I used road counts to determine road priorities for the first time.
- When a 500-year flood event devastated the roads in the Lakemoore West subdivision, I wrote the grant that was received from the state to cover the cost to build 6 new bridges therein.

- We brought county services to Woodland Park and Divide for the first time and purchased a facility to house them in.

- We computerized the county operations, brought in fax machines and cell phones all for the first time.

- I spearheaded the formation of the Divide — Florissant Fire Protection District to improve fire protection.

- I worked with the County Sheriff, Gary Shoemaker, to implement the original E-911 system.

- I brought about the utilization of best management practices to improve county services.

All of these improvements and others did NOT result in increasing the county tax rate. During my eight years as commissioner, we either reduced or maintained the tax rate. Later I continued in that vein during my tenures as a town and city manager. I am proud of never having raised anyone's property taxes and will pledge to never do so. I will not hold any other position during my upcoming new term and once again devote myself fully to the position of Teller County Commissioner as I did before.

By the end of my first terms as Teller County Commissioner, I left the county administration on cruise control having adopted the Teller County Growth Management Plan that I also spearheaded, which serves as the county's master plan since 1990 and for the

foreseeable future. However, we now have current needs that must be fully addressed as mentioned earlier.

I believe that my prior and ongoing public service, education, proven capabilities and overall experience demonstrate that I am the best equipped candidate for the position of Teller County Commissioner, District 2.

Additionally, I will be donating the yearly salary of \$101,325 to Teller County non-profits. Over the term of office that will amount to \$405,300.00. I look forward to all the good works that this may fund.

Thanks for reading and I would appreciate your support in the upcoming election.





Life-Enhancing Journeys

What regret is trying to tell you

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

Sometimes, when you least expect it, regret arrives quietly and catches you off guard. It might happen as you drive home along a familiar road, when something in the landscape reminds you of someone you have not thought about in years or of a special moment from long ago. Or you might be cleaning out a closet and come across an old photograph. There you are, many years younger, standing beside people who once meant everything to you. Looking at those faces, memories you have not thought about in years rush back. Then sadness creeps in, and you wish you knew then what you know now.

We are often told to let regret go. Stop living in the past. Everything happens for a reason. You did the best you could.

Maybe you wish you had spent more time with your children when they were young. Maybe you regret staying in a relationship that was already over. Maybe you wish you had taken that job, bought that land, gone on that trip, gone back to school, called your parents more often, or told someone you loved them while you still could. Regret can be an uncomfortable feeling that shows up when you least expect it.

Maybe regret is not something you need to get past. It could be something you need to reconnect with. Sometimes, regret can show us things about ourselves that we did not realize before.

After all, regret is one way you discover what truly mattered to you. The regrets that stay with us often involve the people we loved, the chances we did not take, or the parts of ourselves we neglected. Maybe you regret not being there for your child during an important moment. Maybe fear kept you from pursuing an opportunity. Maybe you treasured your independence but now realize that it also kept you distant from people you cared about.

One of the most fascinating parts of growing older is realizing how much clearer our understanding of past choices can become. When you are young, you are usually caught up in making decisions about school, careers, relationships, children, houses, money, and simply keeping everything running. You do not have the luxury of stepping outside your life to analyze it. You are simply living the life you created.

Sometimes you need to look back to see the bigger picture.

You might realize that a decision you thought was about money was really about feeling secure. What seemed like a simple job choice may have been about wanting to feel

valued. The difficult relationship you hesitated to leave may have been partly about the fear of being alone. Passing up an opportunity may have been driven by fear of failing.

Looking back can bring regret, but it can also bring understanding.

People often confuse regret with rumination, but there is an important difference. Rumination involves repeatedly asking the same questions without making progress:

- Why did I do that?
- What was I thinking?
- How could I have been so insensitive?

Regret can raise a different question:

- What does this teach me?

That is a much more useful question.

Imagine looking back and thinking, I spent 20 years putting everyone else first, and somewhere along the way I lost track of who I was. You can punish yourself for those lost years or you can listen to what the regret is telling you. Perhaps it is telling you that there is still a part of yourself waiting for attention. Maybe now is the time to join a pickleball team, learn to paint, travel, garden, volunteer, work part-time, reconnect with an old friend, or simply give yourself permission to have interests that are yours alone. The years you gave to others cannot be recovered, but you can choose what you do with the years that remain.

That is where regret can become a compass.

If you wish you had spent more time with loved ones, you can reach out now. If caution has held you back, think about the small risks you might take today. If something has always fascinated you but you never pursued it, ask whether it is truly too late or whether you have convinced yourself it is. If you regret not telling someone how much they meant to you, perhaps there is someone in your life who needs to hear those words today. Regret cannot change the past, but it can reveal what you want for the future. Of course, not every regret can be turned into an action.

Sometimes doors close for good. People pass away. Children grow older. Friends move away. Parents are no longer around. Businesses are sold, farms and ranches change ownership, and the house where your children once played may belong to someone else. Some regrets are impossible to fix, and that may be the hardest part.

How do you cope with the regret of never calling someone who has passed away? How do you deal with a relationship you wish you had handled differently? What about the years you can never reclaim? There may be no clear

answer. All you might be able to say is, I wish it were different. Perhaps that is enough. It is unnecessary to turn every difficult emotion into a lesson. Not all sadness needs to be resolved. Some regrets simply need to be felt and mourned.

There is nothing weak about saying, “I wish I had done that differently.” It may be one of the more courageous things you can admit. It means you are willing to stop rewriting the past to make yourself feel better. It is unnecessary to tell yourself that everything happened for a reason. Maybe it did not. Maybe you made a mistake. Maybe someone else made one that hurt you. Maybe you were afraid, selfish, or simply did not know better. Maybe you knew better and did it anyway. The point is not to punish yourself. It is to understand yourself honestly enough not to keep repeating the same patterns.

Another kind of regret is the regret of missed opportunities and the life you never got to experience. Most people carry some version of this.

- What if I had stayed in that town?
- What if I had gone to college?
- What if I had started the business?
- What if I had left sooner?
- What if I were more courageous?

Sometimes, it is hard not to wonder what might have been. Remember, it is easy to idealize a life you did not choose, because its difficulties are not visible. That alternative life could have had its share of challenges, too. We may never truly know. The life you think you missed was not necessarily better. It was simply different.

After graduating from college, Mark and I spent the summer of 1976 traveling across the country, taking a break from our jobs and wondering what might come next. When we visited friends who had moved to Woodland Park, Colorado, three years earlier, something about the town immediately felt right. By the time we returned to our home on the East Coast, we had made a decision that surprised almost everyone who knew us. We were going to move to Colorado.

Our families were shocked. We were leaving behind jobs, friends, and everything familiar to start over in a place we barely knew. We were afraid, but the decision did not feel completely reckless. We knew that if Colorado did not work out, we could always return home.

What we did not want was to spend the next 20 years wondering, “What would it have

been like if we had moved?” So we took the leap.

Fifty years later, we have no regrets about that decision. Our children are now grown, and they have told us how grateful they are to have been raised in Colorado. We feel the same way. People sometimes hear where we live and say, “You are so lucky.” We usually smile and say, “It was not luck. It was a conscious choice.”

Not every risk turns out the way ours did. Not every decision leads to the life we hoped for. But regret does not mean you believe another life would have been happier. It simply means you can see that another life was possible. Sometimes you need to mourn that un-lived life before you can fully embrace the one you have.

Part of growing older is learning to make peace with the person you once were, including the choices you wish you could change. You made those choices with the information you had, the courage you could summon, and the fears, limitations, hopes, and needs that shaped you at the time. Some choices were wise, others were not.

Being human means making your best choices, encountering mistakes, learning from them, and sometimes realizing later that you wish you had done things differently. There is no perfect path through life and there is no way to avoid being human.

The road behind you cannot be changed, but you can change how you understand the choices you made along the way. You know things now that you did not know then. You can look back with greater understanding, seeing not only the choices you made but also the person you were when you made them. Some of those choices become valuable lessons. Others simply need to be acknowledged and accepted. Either way, looking back can help you see more clearly what mattered then, what matters now, and what you still want for the years ahead. Now you have a clearer understanding to live the life that matters to you now.

Barbara Pickholz-Weiner, RN, BSN, CACII, 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.

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Welcome to Florence!

by Flip Boettcher

The Aspen Acres fire south of Florence was first reported on June 29 and it exploded in July, becoming the eighth largest wildfire in Colorado history, consuming 102,000 plus acres and burning 850 structures. It is still burning and is now 82% contained, according to Wikipedia.

Although Florence never had to be evacuated, the fire came close, deterring the normal summer visitors, including myself, for fear of an evacuation order, road closures, the pall of smoke over the area and the extreme heat this summer.

Florence was established in the late 1800s by James McCandless and named after his daughter. Today, Florence is a charming little town known as the Antique Capital of America but has much more than antiques.

The shops and businesses, mostly lining Main Street, offer a unique, interesting variety of things; there's plenty of places to eat and drink; and even a history museum and research center.

October events include Junktique! Off-Main-



Last year's Wine-Whiskey Pull at Pathfinder Park Event Center. photo courtesy of Gayle

Antique Show and Flea Market October 9-10 from 9-2 p.m. Visit www.junktiqueshowand-market.com for more information.

October 10 from 9-4 p.m. is the second Vintage Fall Festival and Street Market sponsored by the Florence Merchants Association. Featuring fun for the whole family including games and prizes, food trucks, fresh baked goods, music and more. Visit chakraradiance23@gmail.com.

October 12-17 will be the 23rd Paint the Town event. Sponsored by the Florence Arts Council. The Paint the Town event includes painting in and around historic downtown Florence and other selected sites in Fremont County. Quick Draw event at a mystery site will be Saturday. There will be a public reception and sale Saturday evening at the Bell Tower Cultural Center from 5-7 p.m. Florence Arts Council will provide a free chili dinner before the reception at 4:30 p.m. See ad and press release in this issue. FMI florencearts-council@yahoo.com or call 719-784-2038.

Coming up in November, will be the Wine-Whiskey Pull, a fundraiser for the Florence Pioneer Museum's building project held at the Pathfinder Park Event Center just north of town on November 21, 5:30-7:30 p.m. For the price of admission — \$18 per person or \$30 per couple — pre-sale before November 10 admission is \$15 per person or \$25 per couple — one gets a beverage with hors d'oeuvres served.

If you want to help the museum more, you can bid on silent auction items or purchase a numbered cork for a bottle of wine \$25 or a bottle of whiskey \$40. The number on your cork will correspond to a number on a wrapped bottle of wine or bottle of whiskey. No unwrapping bottles at the event.



Looking out the front door of Worldwide Treasures at the fire. “It looked like the fire was about to come right into Florence. We were scared to death. There was no way we could get our inventory and the seven vendors we have, out of the building. I alone have almost 3,000 items!” — Harriet Graham. photo courtesy of Marilyn Kolstedt

The value of the donated bottles of wine are greater than \$20 and the bottles of whiskey are greater than \$35. You won't know what you have until you unwrap your bottle later at home.

Museum donors, groups or individuals, can also prepare a gift basket for the silent auction.

For more information, to donate a gift basket, a bottle of wine or a bottle of whiskey, call Marty or Gayle at the museum 791-784-1904 or email florencehistory@charter.net. All proceeds go to the museum Black Gold/Diamonds — Florence Tea Outdoor Exhibit.

Coming up in December is the Holly Jolly

Christmas sponsored by the Florence Chamber of Commerce. Starting the Saturday after Thanksgiving and every Saturday in December until the 19th from 11-3 p.m. will be special Christmas events featuring a family parade, the arrival of Santa and Mrs. Claus, Fundue Fondue the second Saturday in the local shops, the Pioneer Museum Model Train Exhibit and much, much more. For more information contact fcocofficemanager@gmail.com or 303-880-8146 or visit www.finditinflorence.com.

So, whenever you decide to go, Florence is a great place to visit.

~OUT AND ABOUT~

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

AVAILABLE ONLINE

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

CAÑON CITY

- Sundays Paint with Mary Shell — see page 10.
- 31 Paranormal Investigation call to book a spot 719-269-3012.

LIBRARY

- 3 Joe LeFleur 2 p.m. bird identification.
- 30 Pumpkins in the Plaza 10-2 p.m.
- 1st Friday Lego Club 3 p.m.
- 2nd Friday Breakfast 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-noon.
- D&D for teens 12-2 p.m., Saturdays adults and younger kids 2-4 p.m. Registration is required.
- Dulcimer Club for kids 2nd and 4th Wednesday 3:30-4:30 p.m.
- Mahjong Club Tuesdays 1-4 p.m.
- Metaphysical Group Second 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.ccp1.lib.co.us

CASCADE

UTE PASS LIBRARY

- 9 LEGO Build 3:30-4:30 p.m. Engineering your best LEGO creation and completing LEGO challenges are only some of the possibilities at this open-ended LEGO program using the Library's LEGO resources. Join us for creative fun! All ages welcome.
- 15 Photo Embroidery 4-5:30 p.m. Discover a new way to give photographs a little something extra! Learn basic embroidery techniques and how to enhance photos, memes, and more with embroidery. Bring your own photos or use one of the photos provided to create your own mixed-media masterpiece! Ages 13-18. Registration required at <https://ppld.librarymarket.com/event/photo-embroidery-564570> or by calling 719-531-6333 x7011.
- 19 Build Your Own Miniature Library 11-12:30 p.m. Do you love books? Do you love tiny things? Combine both and join us for a mini-sized program! Using metal tins and wood veneer, we will craft a personalized miniature bookshelf full of tiny versions of all your favorite books! Ages 18 and up. Registration required at <https://ppld.librarymarket.com/event/build-your-own-miniature-library-564850> or by calling 719-531-6333 x7011.
- 22 Tween: Spy Camp 3:30-4:30 p.m. Get ready to go undercover at Tween: Spy Camp! Participants will create a secret code name, dodge "laser fields," decode secret messages, and explore the exciting world of espionage. Ages 9 - 12.
- Storytime on Fridays from 10:30-11:15 a.m. Stories and more for children ages 3-7, and their parents or caregivers.

CRIPPLE CREEK

- 2-4 The 4th Annual Fall Fest downtown
- 15 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 Park N Rec.

AMERICAN LEGION

- 1 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.
- 10 BINGO the second Saturday 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.

ASPEN MINE CENTER

- 30 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.
- Second Tuesdays Crafting Group 9-10 a.m. Whether you're bringing your own crafting projects (crocheting, knitting or anything else) or working on a guided craft that we'll provide, you'll find inspiration all around you with others. No experience needed, just bring your creativity. Enjoy a relaxed, supportive environment where you can freely create and connect with others over a shared interest.

- FMI 719-471-8181 ext. 163.
- What Matters Wednesdays 10:45-11:45 a.m. Learning Series upstairs conference room. Join us every week as we bring professionals to you. We may go over different subjects like fraud protection.
- 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. All programs at 166 E Bennett Ave. FMI 719-689-3584 x112.

COMMUNITY PARTNERSHIP

- 14 GED Orientation 9-3 p.m. Aspen Mine Center. Stop by to learn what it takes to earn your GED, including the steps involved, what to expect from the program, and how to get started. This is a great opportunity to ask questions, meet with staff, and find out if this path is right for you. No appointment needed, just stop by anytime during that window. FMI Katy@cpteller.org
- GED Classes Mondays & 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

- 6 Playgroup 9:30-11 a.m. at Divide Library. 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. First Tuesday of the month, CP's Playgroup will meet at a rotating location. FMI Aimee@cpteller.org
- 9 Potato Soup Supper 4:30 p.m. with special guest speaker, Steve Friesen at Pikes Peak Community Center 11222 US Hwy 24. Free to attend, donations welcome. FMI: <https://www.utepasshs.org/event-list>
- 9, 23 Teller Senior Coalition BINGO! 10-11:30 a.m. at Little Chapel Church 69 CR 5. Please call to set up a ride 719-687-0256 and join us for doughnuts, coffee and FUN! Questions call 719-687-3330.
- 12, 26 Little Chapel Food Pantry Distribution 2-5 p.m.
- 16 First Responder Chili & Soup Cook-Off 11:30-1:30 p.m. at the Little Chapel of the Hills. Sponsored by Teller Senior Coalition. FMI or sign up by calling 719-687-3330 ext 5.
- 25 Howloween 4-6 p.m. at Colorado Wolf and Wildlife Center. Join us as we pass out meat-filled pumpkins to all the wolves and enjoy a bon fire and refreshments. \$40 ages 12 and up, \$20 ages 6-11. Reservations required 719-687-9742 or wolfeducation.org.

LIBRARY

- 6 Fiber Arts Club 11 a.m. All are invited to join this club of fiber artists! Some of these arts include crochet, knitting, felting, needle point, sewing, macrame and more.
- 8 Fiber Arts Club 11 a.m. All are invited to join this club of fiber artists! Some of these arts include crochet, knitting, felting, needle point, sewing, macrame and more.
- 19 Mario Kart Tournament 1-3 p.m. Come compete in a Mario Kart Tournament!
- Wiggle Wednesdays Storytime Wednesdays 10 a.m. Come get your wiggles out at this new storytime for ages 0-5!
- American Mahjong Club Mondays 2-4 p.m. Play mahjong following the national league's rules every week!

FLORENCE

- 6 Deadline for entries at Blue Spruce "Working Small" show. See page 13.
- 9, 10 Junktique Off Main 9-2 p.m.
- Antique Show and Flea Market.
- 10 Vintage Fall Festival and Street Market 9-4 p.m., games, prizes, food trucks, baked goods, music and more sponsored by the Florence Merchant's Association.
- 12-17 The 23rd Annual Paint the Town, Plein Air Art Event. See page 12.

JOHN C. FREMONT LIBRARY

- 7, 14, 21, 28 Wool Gatherers 10-12 p.m.
- 8 Spooky Adult Trivia at 2 p.m.
- 9 The Cañon City Workforce Center 11-1 p.m. to help people with career related questions.
- 15 Creative Writing 2 p.m.
- 16 The Fremont County Clerk, Justin Grantham presents Upcoming Election 2 p.m.
- 19 Basic Computer Troubleshooting 2 p.m.
- 20 The Fremont County Master Gardeners 10 a.m. Terra Preta.
- 22 The Fremont Library Legal Foundation 10-12 p.m. to answer legal questions in a casual setting.
- 23 Winnie the Pooh Party 10:30 a.m., and 2 p.m. Winnie the Pooh film.
- 26 Matinee Movie Monday 2 p.m. There will be free popcorn!
- 27 Family Crisis Services offers a mobile advocacy clinic 10-12 p.m.
- 27 Book Folding craft 2 p.m. Come



Ed Gripp dressed as the "Digger" the mortician.

CRIPPLE CREEK DISTRICT MUSEUM

- Saturdays Ghost Tours 4 p.m. \$10/person. Space is limited, reservations recommended 719-689-9540.

- create a hedgehog out of a book! Registration required. Call Abby at 719-784-4649 ext. 3 to register.
- 29 Colorado Parks and Wildlife, Ed Schmal, presents Bats 2 p.m.
- 30 The Unplugged Adults Club to play Yahtzee! 2 p.m. Anyone is welcome to come. It will be beginner friendly.

PIONEER MUSEUM

- 16, 17 & 28, 29 It's that spooky time of the year at the Florence Pioneer Museum & Research Center. Join the museum on a Cemetery Saunter through the Union Highland Cemetery south of Florence. We will meet 7 p.m. at the Cemetery to meet the dead denizens of Florence past and hear their stories. \$20/person. Watch the website www.florencepioneer-museum.org or call 719-784-1904 for more info. Boo!

YOGA

- Yoga in Pathfinder Park Event Center, Community Meeting Room and on Zoom.
- IAM Yoga Open Class Tuesdays 8:30-10 a.m. Join on Zoom Meeting ID 950-5914-4447, password T8-Yoga
- IAM Yoga Open Class Tuesdays 5:30-7 p.m. Join on Zoom Meeting ID 932-9489-3063, password W5-Yoga
- FIREfly Yoga Nidra Meditation Tuesdays 7:15-8 p.m. Zoom only Meeting ID 980-0308-4414, password YogaNidra
- First Class is FREE! Discount for multiple classes – 4 weeks x1 - \$52, Drop in \$15.

FLORISSANT

- 3 Astronomy & Night Sky program 7:30-9 p.m. Fossil Beds. Bring your own binoculars, lawn chairs, and blankets for fantastic stellar viewing. FMI 719-748-3253 or visit our website: www.nps.gov/fflo or on Facebook or Twitter at FlorissantNPS

FLORISSANT GRANGE

- 2, 3 Holiday Craft Fair 9-3 p.m. This is a great time to start your Christmas shopping with all the great art and gifts at this show. Lunch will be available.
- 24 Halloween Haunted House 12-2 p.m. Join us for great Halloween fun!
- Every Tuesday Quilters meet 9-noon.
- Every Thursday Potluck and Music 6-8 p.m. Dancing encouraged! FMI or to reserve your spot in classes 719-510-2325

LIBRARY

- 1 Book Coven 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.
- 2 Family Bear Day 10 a.m. Come to a

- at wildwooducc.org/handbell.
- 11 Handbell Concert 3 p.m. at Church in the Wildwood. No tickets required. Info at forehandbells.org.

GUFFEY

LIBRARY

- 6 Crafternoon 1 p.m. Meets every first Tuesday to crochet, knit, craft, learn and get to know your neighbors! All crafters welcome.
- 6 Socrates Cafe 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, simply community dialogue. This may be held at the Community Center next door.
- 26 Guffey Literary Society 1-3 p.m. Book selection for October is *We All Live Here* by Jojo Moyes. The Guffey Literary Society is a wonderfully dynamic and diverse group. All are welcome to join.
- 28 Rock Mountain Rural Health Outreach 11-2 p.m. Meets the 4th Wednesday of the month. Free health screenings! RMRH can check your blood pressure, blood sugar, pulse and oxygen levels. If you need to see a doctor, they can help you find one!
- 29 Trunk or Treat 1 p.m. Come and have fun with the kids and costumes around town! FMI 719-689-9280 or Guffey.Library@parkcountycogov

LAKE GEORGE

- 18 Soiled Doves: The Working Women of Colorado's Boom Days 2 p.m. FREE! See article page 12.

MANITOU SPRINGS

- 24 Emma Crawford Coffin Races.

LIBRARY

- 10 Seed Saturdays 11-1 p.m. Stop by the seed library, inside Manitou Springs Library for free wildflower seeds and resources about native species & pollinators.
- 10 Colorado Women Homesteaders with Author and Historian Gail Beaton 1:30-2:30 p.m. Pikes Peak Library District welcomes Colorado author and historian Gail Beaton for an engaging presentation on her new book, Colorado Women Homesteaders. Registration required at <https://ppld.librarymarket.com/event/programming-author-gail-beaton-56946> or by calling 77004.
- 12 Library Explorers 10:30-12:30 a.m. Library Explorers give adults with differing physical and developmental abilities the opportunity to enjoy accessible Library programs that fit their abilities and individual needs. Registration is required at <https://ppld.librarymarket.com/event/library-explorers-564823> or by calling 719-531-6333 x7004.
- 14 Ask A Lawyer 2-4 p.m. Meet briefly with an attorney to ask your questions. The attorney will be able to offer general legal information and resources. First come, first served. If you plan to attend - please email dhamilton@ppld.org or call 719-531-6333 ext. 6058.

VICTOR

- 10 Indigenous Heritage & Culture Day at Wallace Park.
- CCV Mine Tours at Victor Lowell Thomas Museum Thurs-Sunday 9:30-5 p.m. Visit <https://victormuseum.com/>
- Fridays Fall Frights & Film Nights at Pinnacle Plaza

WOODLAND PARK

COMMUNITY PARTNERSHIP

- 3 Community Garden Work & Learn Day 10-11:30 a.m. CP's Community Garden at City Hall. Winter ready, prepare the community garden for the cold months with easy end of the season care.
- 7 Playgroup 9:30-11 a.m. See Woodland Park Library.
- 9 Crossroads Co-Parenting Seminar 9:30-12:30 p.m. Teller County court approved parenting and divorce class seminar. \$35 fee. Pre-registration required. FMI Aimee@cpteller.org.
- 15 Cooking & Nutrition Classes 5:30-7:30 p.m. Leaving the shopping and cleaning for us, take a night off and have some fun cooking with your family. Learn about grocery shopping, reading food labels, meal prep and cooking healthy and delicious foods on a budget. Enjoying a family style meal together at the end of class. Hands-on cooking classes for the whole family! Children 6 and older are encouraged to participate, and childcare is offered for children under 6. Each week participants take home a bag of groceries to recreate the meal at home or get creative and customize your own meal. Preregistration required, FMI michelle@cpteller.org
- 30 Teller County Sheriff's Office Food Drive 10-2 p.m. Woodland Park

- Wal-Mart. Ensuring every family can enjoy a Thanksgiving meal together with loved ones. Fresh or shelf-stable, non-expired, healthy food items accepted. For a list of items our food pantry needs most for Thanksgiving please visit our website www.cpteller.org/activity/food-pantry

- 31 Halloween Walk 3:30-6:30 p.m. Gold Hill Square North & South. Join CP and the neighboring businesses for our annual trick-or-treating, warm up with hot chocolate, play some games, take a family photo in our fall-themed photo booth, and explore the spooky ambulance from Ute Pass Regional Health Service District!
- Addiction Recovery Tuesdays 9-2:45 p.m. Serenity Recovery Connection provides peer and telephone recovery support and coaching. Walk-ins welcome. FMI 719-465-2295.
- Career Center Tuesdays & Thursdays 10-3 p.m. (Closed Oct 8) Pikes Peak Workforce Center helps with job searching, resume assistance, and unemployment applications. Walk-ins welcome or schedule appointments with George@cpteller.org
- Community Garden Work & Learn Day Tuesdays & Thursdays 9-12 p.m. (garden season ends Oct 8) CP's Community Garden at City Hall. Hands-on gardening, helpful tips, and community connection. Open to all ages and no experience required. Get involved with planting and watering, or to learn something new. There's something for everyone. FMI michelle@cpteller.org
- Family Cafe Monday-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
- 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
- GOAL High School Tuesdays 12-4 p.m. & Thursdays 8-1 p.m. GOAL High School is a free public high school offering free opportunities including high school and college courses, ages 14-20 yrs old. Walk-ins welcome, registration required FMI 877-776-4625 or www.goalac.org
- Pearson VUE Testing Center Mondays 9:30-5:30 p.m. Schedule your certification or license exam at www.pearsonvue.com. Fees vary. FMI Katy@cpteller.org
- Playgroup Tuesdays, Wednesdays & Friday 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. The 3rd Wednesday of the month, Woodland Park Library will join playgroup at CP for a lively Storytime featuring engaging books, music, instruments. FMI Aimee@cpteller.org
- Telehealth Location Monday-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. & 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
- All programs at Community Partnership-Family Resource Center 701 Gold Hill Place unless otherwise noted. FMI 719-686-0705.

- LIBRARY
- 1 The Pikes Peak Gold Rush with Ute Pass Historical Society 2-3 p.m. Widespread settlement of Colorado began with the Pikes Peak Gold Rush, and it was often a violent and cutthroat affair. Visit the historical societies website to register for the free tours held after each presentation!
- 1 Photography Club 7 p.m. For the beginner and the enthusiast! Share your work, learn new tricks, and participate in monthly challenges!
- 2 Coffee Chats 10 a.m. Join us for free coffee, donuts and conversation. Meet new friends in Woodland Park!
- 3 A Place Where Creativity Comes to Life 10-1 p.m. One day, one location, all kinds of art! Art, snacks, prizes, games and more! Journey from the front desk with your agenda and follow it to your next art destination!
- 6 Woodland Park Book Club 10:30 a.m. Check our book clubs' page to see what we're reading next!
- 7 Playgroup with Community Partnership at WPPL 9:30 a.m. We're partnering with Community Partnership! Join us for a special playgroup

continued on next page

~OUT AND ABOUT~

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- at the library!
- 7 How to Read a Sewing Pattern 10-12 p.m. Come learn how to read and adjust a sewing pattern! Please call to register.
- 7 Kids Crafternoon 3-5 p.m. Join us and make a craft and work on projects in a comfy space!
- 7 Evening Book Club 4:45 p.m. A book club for those looking for an evening group!
- 7 Evening Tarot Club 7 p.m. Join us for an afterhours edition of tarot club! October's theme is "Preparation."
- 8 Silent Book Club 6:30 p.m. Hot drinks, silence, and comfy chairs. Come read together... independently, then stick around to chat about books after if you'd like!
- 10 Community Resource Day 10-1 p.m. Connect with the resources our county has to offer during this one-day, one-stop-shop event for all ages! Enjoy snacks, games, and prizes as a family! Free/low cost Vaccine Clinic provided by Colorado's Mobile Public Health Clinic from 1-5 p.m. in the Large Meeting Room.
- 14 AARP Smart Driver's Course 1-5 p.m. Sign up for this driving refresher course to improve your driving skills and learn how to better avoid traffic violations. Give us a call!
- 14 Homeschool Board Game Meetup 1:30 p.m. Homeschool families, get together and play games! Bring a game or use one of the ones here. All ages are welcome!
- 15 Photography Club 7 p.m. For the beginner and the enthusiast! Share your work, learn new tricks, and participate in monthly challenges!
- 16 Stained Glass 101, 1-5 p.m. Learn the basics of stained glass! Registration is required, so please give us a call!
- 21 Storytime at Community Partnership at 10:30 a.m. The Library is partnering with Community Partnership! Join us for special storytime at the CP building!
- 21 Fiber Arts Club 1 p.m. Join a local group of crafters! Bring your project for some cozy worktime, share and gain inspiration.
- 21 Celebrating Diversity 4:15 p.m.

- There is a place in your community to be recognized and supported. A teen LGBTQIA and allies group for making connections, sharing, and helping. Library staff will be present to ensure respect, safety, and enjoyment of the facility by all who participate. Snacks and an activity are provided!
- 21 Metaphysical Book Club 5:45 p.m. Join us for open-hearted discussions around a theme every month. Topics touch on spirituality, philosophy, and metaphysics. Read one of the featured books and bring your thoughts and ideas to share. Check the website for each month's theme and book picks!
- 22 Tarot Club 3 p.m. Teens and up are welcome to join this group and learn all things tarot. October's theme is "Preparation."
- 22 Fireside Fairytales Storytime 5:45 p.m. Come for a cozy evening storytime, complete with hot drinks!
- 24 First Look Book Talk! 11 a.m. Want a fresh, first look at your local library's collection? Join our librarian for a book talk and discover the latest unique titles. Each month will showcase something new!
- 24 Kids Physical Theatre Workshop 10-11:30 a.m. Kids will explore physical storytelling, teamwork, creativity, character, and expressive performance through movement. For ages 5-11!
- 24 Board Game Club 1-3 p.m. Come play a game and meet other tabletop game players! Bring a game or play one of the many we have! For teens and adults!
- 27 For the Love of Writing 3 p.m. Writers of all genres and skill levels are invited to join this group of those smitten with the written!
- 28 Memory Cafe 1 p.m. Are you or a loved one experiencing memory loss and brain change? Join our monthly gathering of caregivers and loved ones for engaging music and activities, refreshments, guest speakers, friendship and community support!
- 28 Homeschool Board Game Meetup 1:30 p.m. Homeschool families get together and play games! Bring a game or use one of the ones here.

- All ages are welcome!
- 28 Who's the Killer? Game Night for Teens from 3:45-5:45 p.m. Come play Mysterium and have snacks! Bring a friend!
- 30 Slices and Scissorhands for teens 3:45-5:45 p.m. Grab a seat for a spooky classic! We're screening Tim Burton's Edward Scissorhands and serving up a fully loaded Divi Caramel Apple Slice Bar. Completely free and totally relaxed. Bring your friends, claim a spot, and load up on snacks!
- Tuesday Books and Babies 10 a.m. a special storytime for babies and toddlers.
- Thursdays Preschool Storytime 10 a.m.
- Pokemon Club Thursdays 3:30 p.m.
- Thursdays Tai Chi at 4:45 p.m.
- Fridays Tai Chi at 10 a.m.
- Fridays Toastmasters 11 a.m. Build confidence in public speaking while creating community!

RESERVE OUR GALLERY

- 2 First Friday Art Walk 4-7 p.m. Meet at Reserve Our Gallery and get game pieces for doing an art activity during the art walk. "Draw as you go" and other kids' art projects.
- 17 The 1876 Art Soiree 6-8 p.m. Tickets \$35/single and \$65/couple. Art giveaway, costumes drinks and food. FMI: www.reserveourgalleryart.com for details and tickets.



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