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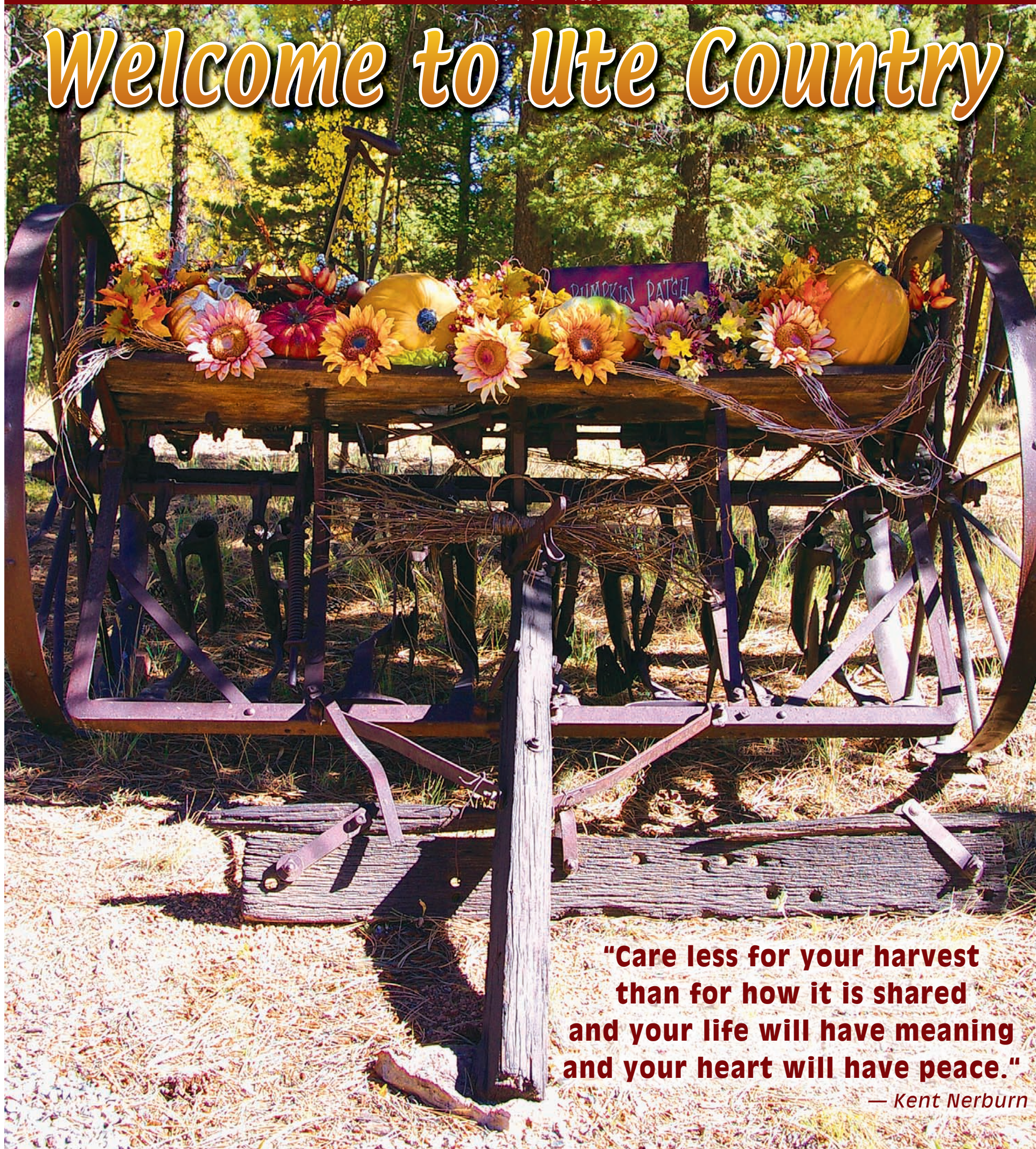
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November 2016

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

Vol. 8, No. 11

Welcome to Ute Country



**"Care less for your harvest
than for how it is shared
and your life will have meaning
and your heart will have peace."**

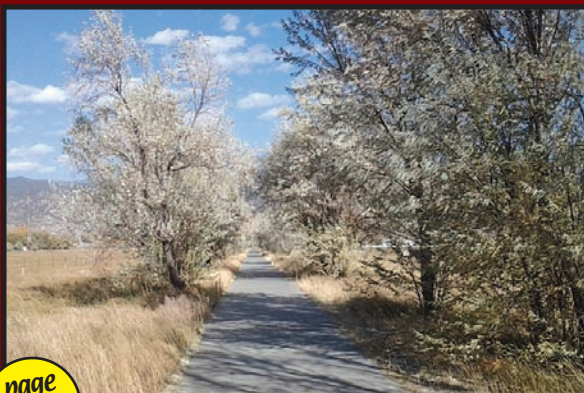
— Kent Nerburn

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Class of 2017



The cover for this month's issue was somewhat of a serendipitous surprise as we were taking the back roads to Florissant. The eye catching display reminds us to appreciate the palate of colors the season brings as we honor the tradition of the harvest. We can harvest beauty as we give ourselves permission to stop to notice the various new hues the plants have taken on as they move through their life cycle. We can harvest ideas and revisit our ways of thinking. Most of all, we remember to offer gratitude for our harvests of food, beauty, ideas, and friends and family to share it with.

Happy Thanksgiving to our readers, advertisers, sales reps, and writers! We truly feel honored each month to bring another issue forth and are grateful to EACH of you for helping to make it possible.

While autumn is often a time of endings, there are also beginnings. We know many of you are getting to know Karen Earley, and you will have a chance to get to know her better in her column Day Trippin' with Karen. We love the enthusiasm Karen brings and trust you will, too. We also welcome Olga Daich to our team. Olga found quantum physics to be the perfect bridge for connecting science and spirituality. Don't let me spoil it for you here, open the pages and discover for yourself how her words resonate.

We have a few new faces in Critter Corner this month and a few ready for next, but send in your holiday photos of your indoor or outdoor pets before the hustle of the holidays takes over.

We love to hear from you. Do you have comments, questions, or an article for consideration? Please send to us via email: utecountrynewspaper@gmail.com or mail to POB 753 Divide, CO 80814.

Thank you,
—Kathy & Jeff Hansen

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

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The Thymekeeper Duped

by Mari Marques Worden

Did you ever wake up one day to find that a belief you've held strongly over decades was a complete and total lie? That's exactly what happened to me. I'll never forget the day I walked into herb school for nutrition class and seeing my somewhat eccentric teacher sporting a white stripe over his top lip. Without a second thought I knew exactly what the subject of class was going to be. Who doesn't recognize the white stripe over the top of the lip as the well-known "got milk" logo? Those were the first words to leap from his lips as he peered suspiciously through slanted eyes at my classmates. "Well, do you?" We all looked at each other wondering what the right answer would be at this point. This seemed like a setup, we had no idea what was coming.

He went on to ask the class "Why do you drink milk? None of you are babies and humans are the only species to drink milk after the age of weaning." Our answers ranged from "It builds strong bones and teeth" to "It does a body good". Every single comment parroted the slogans from the milk commercials word for word. You would have thought we'd been trained to say these things. This, my friends is what a multi-million dollar advertising budget can get you: A loyal following that spreads your voice far and wide. The U.S. dairy industry reports annual revenue of 60 billion dollars. Their marketing budget for the year 2007 for fluid milk alone was \$175 million dollars. That's not counting milk derivatives like butter, cheese and the many others that fill 75 percent of our grocery store shelves in one form or another. By-products of milk aren't simply thrown out; they're added to other foods.

How did the dairy industry become a corporate giant?

It helps to understand some history behind it all. In the late 1800s people began to move from family farms to cities and towns making it necessary to produce dairy products on a large scale. In WWI the US government sent powdered milk and milk products overseas to counter malnutrition in soldiers. In response to this, American farmers gave up raising other livestock to meet this demand. When the war ended the need for so much milk dried up so to speak and the dairy industry was left with a lot of milk and little demand for it. At this point, with so much time, effort and money being invested in milk production, it was not feasible to shift away from it. A better idea was to convince people they needed it, and that's how the whole campaign got started.

At this point, Children were even getting food education classes in public school that encouraged them to drink four glasses per day as a daily allowance. In 1946, legislation was introduced called the "School lunch program" that required each meal to have a glass of whole milk.

Even with this legislation there was still a problem with huge milk surpluses in the 1940s and 1950s that were purchased by the federal government. Even though it was being sent to schools, the military and other countries there were still huge surpluses being warehoused in vast underground storage. According to the *New York Times*, by the 1980's the government was still spending tons of money buying up extra cheese, butter and dried milk to the tune of 40-50 million dollars a year to transport dairy products from processing plants to storage facilities; and another 40-50 million to store it. See more at www.minds.com/blog/view/630144474600710146

Correction

Last month we incorrectly used the terms widow and widower. To clarify, a widow is a woman whose husband has died and a widower is a man whose wife has died. We apologize for the error.

The careful reader wondered about political correctness. We contacted The Center Advancing LGBT Colorado to find out. They answered a woman whose spouse dies (either gender) is a widow and a man whose spouse dies (either gender) is a widower.

In an effort to cut spending Ronald Reagan put an end to this program leaving the dairy industry crying in their Wheaties to put it mildly. In response, the dairy industry convinced congress to create a program called the "Dairy Checkoff" that mandated dairy farmers to pay a fee of 15¢ on every 100 pounds produced. That's a LOT of money when you're talking about the entire U.S. production. In turn, that fee went into advertising campaigns that convinced people to buy more milk.

That food pyramid we all recognize as recommended daily allowances was actually created by the Department of Health and Human Services. This gets passed on to the USDA who then modifies it and tells us what to eat. Per the documentary *Got The Facts on Milk?*, the USDA is mandated by law to promote dairy and meat production, and the policy of the U.S. Congress is to strengthen the dairy industries position in the market place.

Not to leave out governmental food assistance programs like the WIC program that provides large amounts of milk, eggs and cheese to underprivileged mothers and their children. There are food assistance programs in prisons and schools that require they be provided with eight ounces of milk at each meal. To further the marketing campaign, today you will see large posters in school cafeterias encouraging our children to drink more milk.

Milk myths

Some of the untruths perpetuated by the industry and not based on science are as follows:

Milk makes you strong and tall, builds muscles, builds healthy bones, helps you lose

Homemade Oat Milk

1 Cup rolled oats to 3 Cups water.
Add ingredients and mix in blender until smooth.
Pour through strainer and enjoy.

The amount of water used can be adjusted to your preference; 1 to 3 gives a nice creamy texture and this is what I prefer.

Not only is this a nice alternative to milk, oats are excellent for soothing the nerves. Add some blueberries and you've got a nice blood sugar balancer to start your day.



weight, prevents heart disease, is good for the skin and complexion, stops cramps, makes strong teeth, a good source of calcium and vitamin D. (By the way, where do they get that vitamin D from? It turns out it's derived from the lanolin in lamb's wool and added in.)

Now for the bad, the very bad and the ugly truth of it all...

Animal protein

To start with, the main protein in milk is casein. Per Dr. Neal Barnard, M.D. and nutrition researcher, a study performed on over 70,000 women over a period of 18 years showed that milk had zero protection against hip fracture. Animal protein causes the blood to become acidic. In turn, it pulls calcium from the bones as a buffer to neutralize the blood. It then gets excreted in urine, that is, if it doesn't turn into a kidney stone first. Sodium, caffeine and animal proteins all have this trait. Even though milk has approximately 300 mg of calcium per cup, we actually assimilate very little of it; especially if it's pasteurized. Pasteurization destroys almost all of the nutritive value of cow's milk.

This blows the myth that milk is a good source of calcium right out of the water. Casein protein can cause negative calcium balances in the body which leads directly to osteoporosis.

- **Fact:** Vegetables, including plants that are considered weeds, have more amounts of calcium with fewer calories than milk.
- **Fact:** Small amounts of casein can produce copious amounts of mucus or phlegm and should be avoided in all cases of respiratory illness.

Cancer

In his book "The China Study", Dr. T. Colin Campbell wrote about a very vivid correlation between animal protein consumption and cancer development showing that casein protein promoted cancer in every stage of its development. In a study of over 27 years Dr. Campbell states he could literally turn on and turn off cancer production simply by adding

continued on page 4

Balfour

by Linda Bjorklund

The Right Honorable A. J. Balfour, M. P., one of the leading champions in Great Britain of bimetalism, inspired the name of a mountain town that hoped to compete with Cripple Creek, a gold camp that had emerged in 1892.

The year was now 1893 and a number of experienced miners and prospectors had been swarming over the countryside, comparing the mineral deposits and formations with those in Cripple Creek, a mere 30 miles away.

Mining experts with impressive credentials cited the advantages that Balfour would provide: The Colorado Midland Railroad was established and came to two of the towns nearby that were flourishing — Hartsel and Spinney — each of them a mere eight miles away. Water resources were more than sufficient. Hundreds of mine shafts had already been sunk and the ore assessments were promising.

A report issued by the Balfour Mining Exchange and Bureau of Information in 1894 included the remark, "One feature of Balfour is the well-defined veins which can be clearly traced, practically for miles by the prospect holes and deeper shafts already sunk, and even by means of float thrown up by prairie dogs from their burrows."

The Balfour Town and Improvement Company filed an official plat of the township on December 23, 1893, and began to sell lots. Corner lots could be purchased for \$30 and inside lots for \$20. Prices would increase after January to \$50 and \$30, respectively.

There was one cabin on the site that was originally located within a presumption claim by a rancher named Fyffe. The cabin was soon joined by numerous tents and buildings. By the time the first edition of *The Balfour News* was published on January 20, 1894, advertisers included the following: A Shoe and Clothing House, Livery & Feed Stables, offices for several Mineral Surveyors, the Pioneer Tonsorial Parlor (shaving and hair cutting), the Balfour Meat Market, The Balfour Laundry, a Carpenter and Builder, a Justice of the Peace, a dealer in Hardware, Lumber, Building Material and Miners' Supplies, The Balfour House, The Board of Trade Saloon, The Clipper (a purveyor of imported and domestic wines, liquors and cigars, as well as locally brewed beer), and a photographer.

The town was incorporated and a mayor, treasurer, clerk and board of trustees was elected in May of 1894. A public school was opened and a certified teacher hired to teach the 14 students already enrolled.

More signs of a prospering town included a visit by Father Dyer, an itinerant Methodist preacher well-known for his travels to speak at mining camps throughout the area. Father Dyer was reported to have "held forth" to the camp one evening in February of 1894. He reputedly had a good audience at N. A. Rich's hotel, the Clarendon.

Father Dyer was to suffer an unfortunate accident a few months later, shortly after he had conducted religious services in Balfour. He was out driving with a friend, when he was accidentally thrown from the vehicle, causing some injury to his spine. His advanced age contributed to the seriousness of the accident and he was forced to sharply limit his preaching afterwards.

By now the population of Balfour had grown to 800. There were two stagecoaches that came to town daily. There were 110 log or frame buildings.

Meanwhile, a Miners' Organization was established early in the year. Amos Morse was elected president and G. Carnahan secretary. The organization established the rate of pay for miners to be \$3 a day for an eight-hour day. They further voted to exclude Italians and Chinese from the camp.

The mine that showed the most promise was the Ella C. Assay reports were also encouraging from the Black Joe, the Cripple Creek, and the Amador mines. More than 2,000 mining claims had been staked and over 1,000 assessment holes dug.

Inevitably, labor problems would come up. A man named George Luce "aroused the enmity of local labor leaders," according to the *Fairplay Flume*. Luce was anonymously and urgently "requested" to leave Balfour



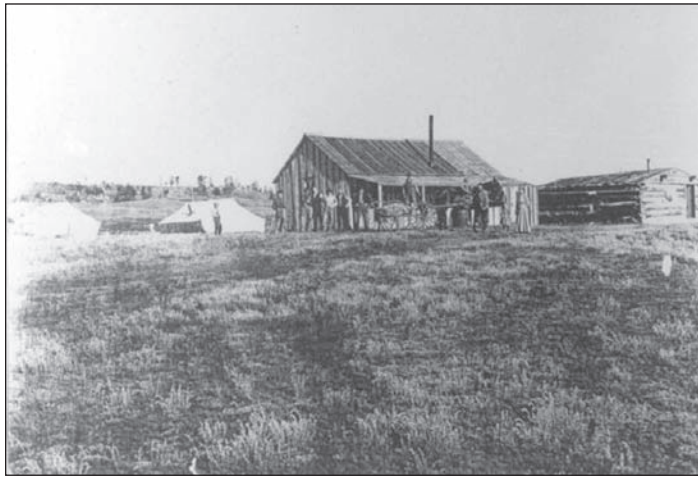
A recent photo of Whiskey Rock

without delay. He ignored the order and was approached by two men in the post office on a Sunday morning. Luce was conducted to a waiting wagon at gunpoint, driven toward Hartsel and told not to return.

He again ignored the order and showed up in Balfour the next day. As he was standing in the middle of a street, a fellow named Smith shot Luce from a hiding place around the corner of a building. Luce suffered a wound in his left thigh. The Balfour Town



Balfour about 1893. Source: Carnahan photo from special collections of Tutt Library, Colorado College, Colorado Springs, Colorado



Balfour in about 1894. Source: Harold Steinhoff

Marshal pursued and caught Smith and held him in custody, pending a court appearance. Luce failed to appear at the hearing, so Smith was discharged.

In July of 1894 the county commissioners voted to consider a petition submitted by residents of the Balfour area to establish a separate voting precinct over an area that was 13 miles wide and 12 miles deep. Balfour became Precinct 20 in Park County and three election judges were appointed.

Bimetalism had been a political argument from the days of the formation of the country. Defined as "a monetary standard in which the value of the monetary unit is defined as equivalent both to a certain quantity of gold and to a certain quantity of silver; such a system establishes a fixed rate of exchange between the two metals." The Coinage Act of 1873 abolished the right of holders of silver bullion to have their metal struck into fully legal tender dollar coins, effectively ending bimetalism in the United States and placing the nation firmly on the gold standard.

The effects of the change weren't felt until the Panic of 1893, a severe nationwide depression. There were arguments on both sides of the issue, but the feelings in the Balfour area, which was desperately trying to produce gold, were that bimetalism would produce stability.

The gold standard wasn't changed until

1934, when FDR's New Deal program was passed. The nation's gold standard was completely ended by Richard Nixon in 1971.

Late in November of 1894 the *Flume* reported that since the election was over, the politicians could return to the business of mining and other industries. It was intimated that the gold camp had been sitting idle but could now proceed to extract the gold that was thought to be in the vicinity.

Little news came out of the town of Balfour over the next few years. No proclamations of sudden wealth were reported. The town slowly began to shrink. *The Balfour News* folded in 1897. The voting precinct created in 1894 was discontinued and annexed to the Hartsel precinct in 1898.

The Balfour school was opened in the spring of 1899, with the popular teacher Miss Alice McLaughlin (later Wonder). In the fall, however, the local school board voted to cancel school taxes and not hold classes until at least 15 children of school age could be enrolled.

Early in 1906 the stage and mail route from Hartsel to Balfour was discontinued, as was the Balfour post office.

In 1907 it was reported that Mary E. Morse, wife of Judge Amos Morse, had passed away. The Morse family were among the few that still remained in the now abandoned town of Balfour. She was buried in the Hartsel Cemetery.

Years went by. A Prohibition Amendment passed the U.S. Congress in 1919 and was repealed in 1923. During that time the Balfour area had become a refuge for a number of "moonshiners." Its occupants were relatively unnoticed, but stories emerged like the one told by Vangelle Wilmot, a teacher hired to teach at the Sunny Slope school in the area in the late 1930s.

"We used to take field trips the last hour of the day on Fridays, in nice weather. We found many arrow heads, Indian beads, and other artifacts. We would visit the site of the Balfour that was once quite a village. Our favorite hike was to Whiskey Rocks. It had once, in prohibition days, housed an enormous 'Still.' Some of the old-timers told of the airplanes, and fast cars owned by moonshiners. One of the old men still living there had acted as a guard; he said that he sat on the roof of his house with a high-powered rifle watching for revenue officers. We found many 'bungs' or large corks that had been left in the rock caves, and some charred kegs that had been left behind. This particular group of moonshiners was apprehended, but many people made liquor in this vicinity before it was again legalized."

There is little left of the town of Balfour, which once had such high hopes of succeeding. Just off U.S. Highway 9, about 10 miles south of Hartsel, sits a single building. The sign on it says "Hartsel Fire Protection District: Station 4." A drive past the fire station, and parallel to the highway will eventually take you into the hills, where a few rotting pieces of lumber remain that once were part of the town of Balfour.

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The Thymekeeper

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or deleting animal protein. It is his belief that milk is the most relevant cancer causing food we consume and we eat five-times the amount of animal products we did 50 years ago.

• **Fact:** Countries with little to no dairy consumption did not make it to the top 20 cancer list.

Heart disease and obesity

The U.S consumes approximately 30 pounds of cheese per person per year and we are the world leaders in obesity. Cheese and butter are both rich sources of cholesterol and saturated fat. In fact, when comparing them to other foods, they are the biggest contributor. Consider 70 to 80 percent of cheese is saturated fat. In 2007, heart disease killed 652,486 people in the United States. Heart disease was unheard of in the early 1800s.

Lactose intolerance

Lactose is milk sugar and most people cannot digest it. In fact 75 percent of the people in the world cannot. People who can tolerate lactose are considered genetic mutations. Lactose intolerance is normal as we stop making the digestive enzyme to digest it after the age of two. I personally believe that the gas and bloating that can accompany lactose intolerance is one reason school children get squirmy and can't sit still in school. Many children start their day with milk and remember the school lunch program mandates each child to drink it. When lactose isn't digested properly, it results in sugar in the bowel which results in diarrhea.

Food allergen

Milk is one of the most common food allergens and can lead to autoimmune disease such as Crohn's disease and ulcerative colitis. Symptoms include:

Constant runny nose, growth retardation, wheezing, asthma, skin rashes such as eczema and hives, abdominal pain, constipation or diarrhea, iron deficient anemia, itchy swollen eyes per PubMed Central-Clinical practice-EUR J Pediatr 2009 August 168 (8): 891-896

• **Fact:** Milk can cause iron deficiency in children from occult gastrointestinal bleeding which can lead to learning deficiency.

Steroids

In an attempt to get cows to produce more milk, they are given a steroid called RBGH, or recombinant bovine growth hormone. The name growth hormone indicates just that, growth. Milk is designed to make babies grow and most of us want to stop that at some point in our lives.

Think about cancer for a minute. Most tumors are a result of the growth of abnormal cells. RBGH is banned in Canada and Europe due to the fact that it creates excess levels of insulin growth factor which leads to human cancer development. Quite different from the United States where the USDA has banned

the labeling of milk as RBGH free.

Because of this push for cows to produce more milk, many dairy cows present with mastitis which is infection of the udders. This is where it really gets gross, Per USDA guidelines; one glass of milk can contain 180 million dead WBC (pus cells) and be considered ok for human consumption. Mastitis is then treated with antibiotics. The steroids, pus cells, and antibiotics all end up in the milk with only the antibiotics at rates not approved by the USDA but not challenged by any governmental agency.

Cows are large animals and they fart

Dairy cows are the biggest source of environmental pollution. I always thought this was a myth but it turns out to be true. They produce copious amounts of methane gas due to the large amount of food they consume to continuously pump out milk. The amount of methane gas produced by dairy cows outnumbers the amount of carbon from all the cars, planes and trains put together. Consider 70 percent of the Amazon has been deforested not just for the wood, but for pasture land to raise cows.

Got Milk?

As an herbalist I was trained that if I could tell you to stop doing something as opposed to giving you an herb to allow you to continue with behavior that could likely be damaging to your health, I should. I've had people stomp their feet at me over such truths but I wouldn't do it any other way. If you are experiencing any of the symptoms mentioned above or any of the following symptoms, do yourself a favor and just eliminate all dairy products from your diet for a week and see if the symptoms fall away: Acne, excess mucous, re-occurring ear infections, heartburn, migraines, arthritis, osteoporosis, asthma, allergies, and autoimmune disorders.

Cases to avoid dairy in all forms at all times would include cancer of any type.

If you want to eliminate dairy completely you'll need to become an avid label reader and avoid eating out at restaurants as butter is the main fat they use for cooking. In order to decode labels you'll need a little help. For a list of dairy ingredients see: <http://www.go dairyfree.org/dairy-free-grocery-shopping-guide/dairy-ingredient-list-2>

Yes milk does contain fat, carbs, protein and calcium. All things we need to be healthy. We just don't need milk to get them. For more information on this subject, see the documentary "Got the facts on milk?"

Mari Marques is a Certified Herbalist and owner of The Thymekeeper. For questions or more information contact: Mari at mugsyspad@aol.com or 719-439-7303 or 748-3388. Mari is available for private consultation.

Upcoming Thymekeeper Events

Spice up your holidays! Let's get together and make some mulling spice bags for your holiday cider or other holiday recipes. We'll talk about some different uses and medicinal benefits of the age old tradition of using spice bags. The Thymekeeper will be available on Sunday November 13th from 1 p.m. to 3 p.m. to help put yours together. These spice bags make awesome inexpensive holiday gifts in addition to making the whole house smell seasonally delicious. Suggested donation \$10 per person. Spices will be available for purchase. Meet at The Thymekeeper 1870 County Road 31 Florissant, CO.

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News from the Upper South Platte Watershed

by Coalition for the Upper South Platte

October turned out to be a busy, if unpredictable, month for CUSP and our partners. The prescribed burn schedule we provided last month has been drastically altered due to unseasonably warm, dry and windy weather, and firefighting resources focusing on late season fires such as the Junkins Fire, burning west of Pueblo near Westcliff. It is vital that we remember how quickly drought conditions can arise in the arid West. As of this writing, fire bans remain in effect in El Paso, Teller and Park Counties, to name few. The partnership of the Pikes Peak Fire Learning Network is scheduling meetings to revamp the prescribed burn schedule and process.

With October's unseasonable weather and

fire bans, CUSP saw an increase in activity at our slash sites in Bailey, Divide, and Fairplay. The Bailey and Divide sites will remain open until Sunday, November 6; Fairplay closes on Saturday November 5, 2016.

Fortunately burn restrictions do not hamper most of our mitigation projects; if anything they heighten awareness for their necessity. Friday, October 14th was the United States Air Force Academy's Day of Service. Cadets worked on various volunteer projects across the state. CUSP hosted two different squadrons, one working on fire rehabilitation of the Waldo Fire Burn Scar in Pike National Forest. This squadron, made up of about 50 cadets, planted over 500 Ponderosa Pine saplings and seeded over 4,500 square feet for erosion control.

Another squadron, made up of about 70 cadets, helped with a fire mitigation project in Ute Lakes, a subdivision north of Divide. This project was great example of community collaboration. About 20 cords of fire wood from the mitigation project was hauled by community members and the cadets to Help the Needy's wood lot in Woodland Park. At the wood lot, the logs were processed into stove-sized pieces by Team Rubicon, a national non-profit made of veteran volunteers. The wood at Help the Needy is delivered every third Saturday of the month to local families in need.

Even though our volunteer season is wrapping up, CUSP is still busy with many projects and planning



Team Rubicon splitting wood for Help the Needy.

for 2017; we will provide and update in the December issue. Also, we at CUSP would like to remind you that Tuesday, November 29, 2016 is Giving Tuesday — an internationally recognized day of philanthropy. We hope you will remember the nonprofits throughout our region that do so much for our communities. With a focus on "live here, give here" we encourage you to help strengthen our nonprofit sector by donating to a worthy charity. A great tool for understanding charities and better informing your giving options is GuideStar; check them out at <http://www.guidestar.org/Home.aspx>

From all of us at CUSP, we wish you and yours a very happy Thanksgiving!

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Habitat welcomes Susan Cummings

by Kathy Hansen
photo by Jeff Hansen

Susan Cummings is excited to be in her new position at Habitat for Humanity of Teller County as their Home Owner Services Coordinator. Susan is no stranger to HHTC as she held an accounting position with the organization for over two years when she learned the position would soon be open, creating an opportunity for Susan to expand to new horizons.

Executive Director, Jamie Caperton recalls fondly how she had gotten a soft tap upon the door, looked up and saw Susan sheepishly asking if she could apply for the position. Jamie had no idea until then Susan was interested; good move for Susan to

Homebuyer Education Program

First Time Home Buyer
Stress Management and Recreation
(Family Management)
Financial Management
Good Neighbor
Controlling Energy Costs
Home Maintenance
Legal Aspects
Landscaping Maintenance
Associations (HOA, POA,
Water Associations)

inquire. Jamie said of Susan, “She has a very loving heart and we are blessed to have her with us.” Susan is excited about her new position and looks forward implementing the many goals Teller Habitat has envisioned.

Susan is happy to be more closely involved in helping clients reach their goal of home-ownership. She is eager to share the wisdom encapsulated within nine different courses included in their Homebuyer Education Program. Experience has taught Habitat staff that providing pertinent information about being a home-owner can greatly increase the odds the family will remain in the home for the minimum of a decade; the amount required to fulfill the agreement with Habitat. The process requires a firm commitment for both parties. This program is the beginning of the support offered to applicants.

Susan draws on her understanding of the human condition and her experience as a pastoral counselor to build a partnership with the applicants. The assessment process begins and Susan learns what their strengths are, as well as weaknesses. From here, Susan is able to identify where each family needs shoring up and then puts that support in place.

Each family is seen as a unique unit. Families tend to breeze through certain aspects and struggle with others. In every case, Susan is there for support and to offer addi-

tional resources as necessary. Susan gave an example of a family who needed budgeting support. They found a way to build awareness of spending in such a way that the person learned to stop and think before every purchase, as opposed to mindlessly spending. By building awareness skills, this individual was eventually able to make a budget and stick to it. Mastering the awareness of spending skill was an essential pillar to this process, and led directly to success!

Susan is aware that encouragement and true support are often necessary. There are many people who do not have a social support system or a family interested in seeing the applicant succeed. In these situations, Susan becomes their personalized cheering section; listening to concerns, assuaging



Susan Cummings is excited to be in her new position at Habitat for Humanity of Teller County as their Home Owner Services Coordinator.

fears, and building confidence which is easy to do through the Homebuyer Education Program. In many cases, these partners become lifelong partners, coming back to help other applicants build their homes, eager to share their success.

HHTC has several projects in various stages to get excited about.

Clock Tower Condominiums

The Clock Tower Condominiums is a project that began about a year ago and is expected to wrap-up early 2017. When finished there will be a total of nine units (some 2- and some 3-bedrooms). Currently there are four solid buyers and three others in various stages of the application process. Two of the units will be under the guardianship of Woodland Park Community Church’s transitional housing project.

Porphyry Street’s sister project in Cripple Creek

Another project is similar to the Porphyry Street project in Cripple Creek. This project basically created a neighborhood of Habitat Housing. There was immediate interest and the homes were occupied in no time. There is a potential donor wishing to donate a piece of land for the new project. Habitat looks forward to working again with the City of Cripple Creek, as they were willing to provide leniency on the cost of the infrastructure. “It was a real pleasure working with the City of Cripple Creek!” remarked Jamie.

Geometry in Construction

Geometry in Construction is about to take hold in Cripple Creek as well. This program is actually a curriculum that will help get the students involved, teaching them basic construction skills. It is designed for high school students from freshman to senior and offers so much more than course credit. The curriculum was modeled after something similar in Loveland, Colorado. Jamie had seen a video about the curriculum and was very impressed when she learned a student who had been classified as “At-Risk” had gotten involved in his freshman year. That student is now a mentor for the program and has found his life’s calling by helping other “At-Risk” youth to complete the program. Cripple Creek School District has a 59 percent graduation rate (largely due to an inordinately high transient population). There is hope the Geometry in Construction program will help to not only boost the graduation rate but also provide some much needed housing for teachers. What a wonderful example of how to make a positive change for students, teachers, community, and city development! (See related story on page 16).

HHTC would not be possible without the many volunteers that build each project alongside the site supervisor. Each family is required to put in 400 hours of sweat equity by participating in building their own home (friends and family can donate 100 hours as part of that requirement). Tools, training and safety equipment are all provided. All volunteers must watch a safety video and are under supervision on the job-site. To learn more go to www.tellerhabitat.org

Better yet, call 719-687-4447 to set up an appointment to pick up an application and meet Susan. She looks forward to walking the road to home-ownership with you!

One last comment from Jamie, “Special thanks to the Osborne Trust for funding the Home Buyer Education Series; they provide materials and pay for Susan’s time to teach the classes.”

One community cares for water protectors

by Paula Bennett
photos by Paula Bennett

My husband and I became concerned when several articles were posted on Facebook concerning a protest having to do with the Dakota Access Pipeline a couple of months ago. Since there was and continues to be very little media coverage we started researching what is going on. To say we are appalled and angry at what we found is an understatement.

The Dakota Access Pipeline will be endangering the water source for the Standing Rock

Sioux reservation as well as another nearby reservation. In addition it is scheduled to cross beneath the Missouri River twice and the Mississippi once. This pipeline will be carrying crude oil but we are reassured that safety measures are in place. These safety measures have not been successful in the recent past considering there have been three major breaks in the past month and over 500 breaks in the past five years here in the U.S. (That is 100 breaks per year.)

The Standing Rock Sioux, as well as representatives of over 200 other Native American tribes, are peacefully protesting the pipeline. These water protectors are being arrested for trespass on public lands, threatened with guard dogs and have watched while their sacred lands were bulldozed. They are standing for all of us and our access to clean water. A call went out from the Standing Rock Sioux for supplies that were initially needed. We sent a box of supplies

as well as trying to forward messages of what was happening up there via Facebook.

Since it appears that no court decision will be given before winter a new call for help came, warm clothing for people spending a North Dakota winter in tipis and tents. I am fortunate to be a volunteer at the Guffey Community Charter School in Guffey, Colorado. I passed on the call for warm clothing and the school sent out a notice asking for help. Within days all types of warm clothing was flooding into the school. From this tiny town came ten large boxes of coats, sweaters, boots, and all types of cold weather gear for those in need at Standing Rock. In addition, several people donated money to help with the cost of shipping.

My hope is that when these clothes are received they will know that the tiny town with the biggest heart, Guffey, CO heard them and wanted to help.



Students from Guffey Community Charter School loaded the truck with donations. The children from left to right are: Troy Dabney, Kaden Gates, Xander Stone, Alina Robinson, Sophia Guiliani, and Madison Potitrowski.

Anyone who is interested in making a donation can contact Standing Rock Sioux Tribe, P.O. Box D, Fort Yates, ND 58538. See related story on page 28.

An updated supply list is available at www.sacredstonecamps.org/SupplyList/. Donations can also be dropped off at ONWT, 3150 N. Nevada Ave., in Colorado Springs. ONWT is open Tuesday through Friday, 9 a.m. to 3 p.m.

HRRMC adds telepsychiatry services



Freda Prochoda, DNP

Heart of the Rockies Regional Medical Center is now offering telepsychiatry services for patients. This videoconferencing model allows HRRMC Psychiatry Services to better meet the mental-health needs and demands of the community.

Freda Prochoda, DNP, offers psychiatric medication assessment and management via videoconference from her office in Woodland Park. Prochoda works in conjunction with HRRMC Psychiatry Services’ on-site nursing support at the HRRMC Medical Clinics, 550 W. Hwy. 50, in Salida. Patients schedule appointments at the HRRMC Medical Clinics.

“Freda Prochoda’s experience and training in psychiatric medicine will provide patients in our service area with the opportunity to obtain high quality health services locally,” said hospital CEO Bob Morasko. “Videoconferencing is something new to our community but is proving to be successful with our patients.”

Prochoda has Bachelor’s Degrees in Biology, Psychology, and Nursing; Master’s Degrees in Family Practice and Family Psychiatry; and a Clinical Doctoral Degree as a Doctor of Nursing Practice (DNP). All education was completed at the University of Colorado Anschutz Medical Campus in Aurora.

She is licensed as a registered nurse, family nurse practitioner (FNP), and family psychiatric and mental health nurse practitioner (FPMHNP), and board certified in family practice and family psychiatry.

HRRMC Psychiatry is accepting new patients and referrals are not needed. Common conditions treated include depression, anxiety, sleep disturbance, schizophrenia, bipolar disorder, and ADHD. For more information or to make an appointment, call 719-530-2000.

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What are you doing today?

Tom asked the band, "What are you doing today?"

The band leader, Bob replied, "Rehearsing for Bill Callen's Pikes Peak New Horizons Band fall concert."

"When and where is the concert?" asked Tom.

"Saturday, November 19th at 2 p.m. at the Strickland Chapel on the campus of the Nazarene Bible College," answered Bob.

"I don't know where that is?" queried Tom.

"Do you know where Freedom Honda is on South Academy? OK, well the Nazarene Bible College Campus is just east, behind, Freedom Honda," informed Bob.

"How many are in the band?"

"Fifty-six in the Gold Concert Band with all the various instruments: exciting brass, stirring woodwinds and attention getting percussion. Plus the Swingmasters Jazz Band has 15 or so really exciting musicians. It is a community band. All the band's musicians are all over 40 years old, and one is a Nazarene Bible College student," stated Bob.

"I've always enjoyed band music. What kinds of music will the concert band perform?" asked Tom eager to learn more.

Bob was happy to reply, "Well, really quite a variety of music; a 1908 choral, to compositions written to honor America's historic ladies — songs such as "Li'l Liza Jane", "Oh! Susanna" and "Jeanie with the Light Brown Hair" plus America's History in Songs. Following the Gold Concert Band, the Swingmasters Jazz Band performs. The jazz band really sizzles. They will play tunes like "Blue Flame", which was Les Brown's theme song, "Shadow of Your Smile" and other fun tunes plus more!"

"Neat! So if I got it right, Bill Callen's Pikes Peak New Horizons Band really two bands: The Gold Concert Band and the Swingmasters Jazz Band?" asked Tom.

Bob nodded yes!

Tom continued to query, "By the way, what does "New Horizons" refer to?"

Bob was happy to fill in the blanks, "The New Horizons Band is a nationwide organization open to musicians age 40 years and older. Bill Callen's Pikes Peak New Horizons Band is local to Colorado Springs. Bill Callen, the band's founder and Director along with Mark Israel, the Associate Director will conduct, and a stirring march will be directed by one of the band's musicians. Bill's career was music education, teaching 25 years at Holmes Middle School. Mark's career was the United States Air Force; 25 years as the trumpet soloist for the USAFA Academy Band and the Falconaires."

"With all that talent, I'll bet tickets are highly priced," remarked Tom.

"Actually, the concert is absolutely free, and often well attended by 100 people or so, sometimes standing room only. Its best to arrive early for the best seating," suggested Bob.

"Well, I'm convinced: I'm planning on arriving early for the Gold Concert and Swingmasters Jazz band concert, November 19th, at 2 p.m. at the Strickland Chapel in Colorado Springs," assured Tom.

Bill Callen's Pikes Peak New Horizons Band is under the auspices of the Pikes Peak Institute of Music and is a 501(c)(3) nonprofit organization.

Veteran's Day Commemoration

Florissant-Lake George Veterans of Foreign Wars Post #11411 will conduct its Honor Guard Ceremony for Veteran's at the Florissant Cemetery on Friday, November 11, 2016 at 10 a.m. The public is invited to attend the ceremony. In addition, Veterans of Teller County are invited to attend the annual Chili Lunch at the Woodland Park Senior Center, located at 312 N. Center Street in Woodland Park after the ceremony. Chili and side dishes will be served beginning at 11:11 a.m. Please come to the ceremony to pay tribute to our local Veterans.

WP Panthers 8th grade volleyball champs



Woodland Park Middle School 8th grade volleyball team is the Tri-County League 8th Grade Champions with a perfect season of 14-0! Congratulations and Go Panthers!

Pictured are: Back row: Piper Doust, Pa-

trice Schneirle, Trinity McAbee, Lina Knott, Rachel Simmons, Allie Tring, Kyla Wells. Front Row: Coach Wiley, SarahBeth Graves, Abby Hutson, Lauren Ingalsbe, Chloe McComas, Kaitlyn McMasters



Seeds to Sprouts Colds and flu

by Maren J. Fuller, MSM, CPM

Real information on everything from conception to age two

As modern parents, we are buried in information from countless sources on every parenting topic from how to eat and exercise during pregnancy to how to encourage a child's love of learning and everything in between. My hope is that the information contained in this column will help bring attention to important topics and provide valuable resources for parents to make educated decisions and/or learn more if they wish. Nothing in this article should be considered a substitute for medical advice, common sense, or your own research and is written for informational purposes only. Please enjoy!

How do you know if your sniffle and aches are a simple cold or a more serious condition like influenza? Does your baby need a doctor or should you try another treatment at home? Are your grandma's natural remedies safe in pregnancy? What about over the counter medicines? We are hoping to shed some light on common questions that come up this time of year.

Is it a cold or influenza?

When we talk about the "flu" we are not talking about a stomach bug or a bad cold, we are talking specifically about influenza. For young, healthy adults and older children/teens, influenza can range from feeling like you have a cold to feeling very ill and missing a week of work or school. For most people, this is manageable and they don't suffer severe consequences. However, for elderly adults, children, and especially babies and pregnant women, influenza can be devastating. Many pregnant women are hospitalized and some die from complications of the flu — this is the same for babies and people who are elderly. In addition, pregnant women who contract the flu may end up with complications, like birth defects or early labor and birth, as a result of the illness.

If you are like many of our readers, you may feel that these categories don't apply to you and you therefore have nothing to worry about. But if we look at the wider community, we realize that we can help families around us by reducing our chance of spreading the flu. If you think you may have the flu and are not in an at-risk category, stay home so you don't spread it to anyone else! If you are in an at-risk category, take a look at the section below about when to worry and either call your doctor or go to the ER.

Below are symptoms that will help you identify whether or not you have the flu:

Signs and Symptoms	Influenza	Cold
Symptom Onset	Abrupt	Gradual
Fever	Usual; lasts 3-4 days	Rare
Aches	Usual; often severe	Slight
Chills	Fairly common	Uncommon
Fatigue, weakness	Usual	Sometimes
Sneezing	Sometimes	Common
Stuffy nose	Sometimes	Common
Sore Throat	Sometimes	Common
Chest discomfort, cough	Common; can be severe	Mild to moderate; hacking cough
Headache	Common	Rare

Should you be worried?

If you are pregnant and, looking at the chart above, you suspect that you may have influenza, you should call your midwife or doctor right away. If you have a fever, it is suggested that you take Tylenol (acetaminophen) to lower the fever while you're waiting for instruction. The sooner you can get in to see your doctor, the more effective the antiviral treatment can be.

If you have any of the symptoms listed below, you should go to your nearest emergency room:

- Shortness of breath or difficulty breathing
- Pressure or pain in your abdomen/chest
- Sudden dizziness
- Confusion
- Persistent or severe vomiting
- High fever that does not come down with Tylenol treatment
- A decrease or lack of movement from your baby

Symptoms in infants and children can be different or less easy to identify but a high



fever that doesn't respond to Tylenol can be a good clue. Also, most of the time, if an infant or child is severely ill, they will not appear happy and playful. If your 1-year old is normally running around, giggling, and looking for toys, you can be relatively confident that green mucus and a cough are not a reason to seek medical care. However, if you are ever worried about your baby's symptoms, don't hesitate to call your doctor or head to an ER.

How to treat a cold at home Rest and fluids

This is what your grandmother told you, wasn't it? We agree! Rest as much of the day and night as possible. Relax in warm baths, take naps, and stay home from work or school. Drink plenty of water and tea to keep hydrated and offer your baby breastmilk or formula more often during the day and night to make sure they are hydrated as well.

- **Steam**
- Use a humidifier or vaporizer for you or your baby while you sleep. Take warm baths or showers or breathe steam from hot water. (Be careful with babies around steam to be sure they are not burned!) You can add a little eucalyptus oil to your bath for extra mucous-fighting qualities.
- **Nasal spray**
- Both you and your baby can benefit from a simple saline nasal spray while you're fighting a cold. Your baby will not enjoy this process but will sleep better afterward. Be sure to have some sort of suction or bulb handy to clean up all the mucous it dislodges! Use the suction or bulb throughout the cold to help your baby breathe more easily.
- **Menthol**
- An oil-based rub for the chest can be wonderful for breaking up mucous and allowing you and baby to sleep. You can use a brand like Vicks or mix coconut oil with peppermint essential oil for a homemade version. Make sure the baby's skin does not react or burn with the treatment. Menthol also has the added benefit of lowering a fever when spread over the chest and back.

Most cough and cold medicines should not be used for babies and children under the age of four. If you are pregnant, you can use most throat lozenges, nasal sprays, and some cough suppressants but it's always good practice to call your midwife or doctor first. The article listed below provides a concrete list of what's safe or not to treat a cold in pregnancy.

If you missed our article last month, please look back for tips on preventing a cold or the flu before they start!

Resources and suggestions for further reading & support:

- The Mayo Clinic on Influenza: www.mayoclinic.org/diseases-conditions/flu/expert-answers/flu-symptoms/faq-20057983
- Dr. Sears on Influenza in children: www.askdrsears.com/topics/health-concerns/childhood-illnesses/flu
- CDC's "The Flu: A Guide for Parents." www.cdc.gov/flu/pdf/freeresources/updated/fluguideforparents.pdf
- Safe medication in Pregnancy: www.webmd.com/women/pregnancy-medicine#1

Interested in meeting other local, like-minded parents?

- Join the Colorado Mountain Birth & Parenting Network on Facebook at: www.facebook.com/ColoradomountainBPN/

Questions? Comments? Suggestions for future columns? Please send them to: ute-countrynewspaper@gmail.com

Maren Fuller is a mother, a midwife, an educator, and an activist dedicated to finding support, providing education, and building community for Colorado families during pregnancy, birth, and early parenting. She and her family live on a small homestead in Florissant, CO.

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Happy Thanksgiving From all of us!

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A Mountain Seed: Ghosts in the trees

by Jessica Kerr

The late afternoon sun did little to illuminate the foggy landscape. Thick clouds gathered above the mountains, dulling the sun in its shroud. The clouds alighted on top of the mountains and began their quiet crawl down to the valley.

No cars followed us, nor did we meet any as we drove deeper into the narrowing valley, the mountains rising steeper on each side. The northern sky grew bluer and darker as we travelled. To the left, the slow descent of clouds would soon envelop us in its comforting embrace. Snow was on its way to the valley.

Mountain valleys are never truly flat. Their slopes ebb and flow; the grades increase and decrease. Instead of a flat plain, a mountain valley resembles a restless sea more than it does a gentle eastern plain. The suture that binds mountain and valley is the forest. Tall ponderosa pines and squat squaw currant stand together as the ground gathers itself and begins to ascend.

Cold November wind whistled past us as we sped North through winding roads. It gathered on the windows, on the hood, and all around. No sound spilled from the radio — it was completely silent in the cab of the old, gray Comanche. The three of us sat shoulder to shoulder, Mom's gentle hands on the steering wheel guided us toward our destination with confidence. I watched out the windshield, unsure of what I was looking for, and Mike restlessly peered out of the passenger window, scanning the land.

With a jolt, the Comanche's tires ran upon the dirt road that connected to the paved county road. Washboards lurched us back and forth into each other's shoulders. Sitting up, Mike eagerly looked out the left of the windshield. The bumping and jumping of the old truck slowed down, and we turned left and stopped by the barbed wire fence.

The small, dirt parking lot was empty. At the back of the lot was a large wooden deck, studded with three or four gigantic sets of aluminum binoculars. Beyond the binoculars, golden grasses stood starkly against the deep green of the trees. The heat from the cab rushed out into the cold as we opened our doors and stepped onto the moist dirt of the parking lot. Small pieces of gravel crunched beneath my winter boots. I pulled my gloves on and slipped up my hood. The air was close and cold. Wintery mountain air has a way of being both close and open, free and confining. At the same time it's crushing you, it is light and freedom-giving. Mountain air is the perfect mixture of freedom and security.

The trees moved. The deep red of the bark swirled slowly. Undefined shapes mixed with the low clouds and mist, creating a ghost. Squaw currants dotted the landscape. Suddenly, the silence was seared by a ghostly screech. Deep and grating it began, then quickly ascended into a high pitch that lasted all of three seconds and stopped as suddenly as it began. Three staccato notes followed it. The close winter air that had been split crashed back together and the land became as silent as a ghost.

My brother had become obsessed with all creatures that walk on cloven hooves and carry weapons of bone on their heads. He would ride horned bulls in the summertime and in autumn he would draw deep into the mountains and hunt deer and elk. The time that wasn't absorbed in rodeo or hunting was spent scouting — watching, listening, and admiring the beasts. Before he could legally drive, he would beg our parents to drive him to scouting spots. I always wanted to go along. There is something about standing in the cold and watching beautiful beasts...

When it's about to snow, elk emerge from their hiding places high in the mountains and loiter at the edge of a valley. When the clouds sink and hide the peaks in their folds, the elk come down, too. That's when Mike would ask for us to go out, and that's when we would grab our warm outtings, jump in the truck, and head north to Heckendorf.

There is comfort and solace and peace in the quietness a little snow storm brings. The land hushes itself. The biting cold of the winter wind even pauses in respect to the snow; it always gets warmer when the clouds are low and white flecks drift from the gray skies.

Mist swirled at the feet of the elk. Looking through a pair of binoculars, one could see that the collective "ghost" was actually a herd of ghosts; tall, sleek, brown ghosts that blended with the grass and ponderosas. Ghosts that walked on polished hooves and carried branches of ivory above their heads. Ghosts that shook the rocks and branches with their voices.

Like some ancient, forgotten monster, the bull released a final deafening bellow. It began low, then crescendoed into a haunting shriek as we all stood still. The silence crashed back down on us, settling into our bones, equally deafening. Stillness reigned, and the only clue of our breathing was the air that rose from our mouths. In the distance, frosted air also lifted from the nostrils of the ghosts in the trees.

Adopt Me by Teller County Regional Animal Shelter

Angel

Hi. My name is Angel. I am looking for my forever home. I came in to TCRAS due to my owner needed more medical care. I know my house manners. I am a quiet girl with wishes to lay in the sunshine. If you would like to have a pretty girl to welcome you home, please come and meet me! I'm at TCRAS, located at 308 Weaverville Road in Divide. To learn more about me and others seeking their forever homes call 719-686-7707.



Climate Change Medieval climate supports agriculture revolution

by Steven Wade Veatch and Cheryl Bibeau

The 21st century has some of the hottest temperatures on record, but there was another period that was just as warm or warmer. The Medieval Warm Period (approximately 900–1300 AD), refers to the time when temperatures in Europe and nearby regions of the North Atlantic are thought to have been similar to, or in some places exceeded, temperatures of the late 20th century. Researchers believe changes in the circulation of the Atlantic Ocean brought warmer waters to the North Atlantic and neighboring regions, causing warming temperatures. The Medieval Warm Period was followed by the Little Ice Age (approximately 1300-1850), a period of cooling that brought colder winters and advancing glaciers to parts of Europe and North America that lasted well into the 19th century.

Scientists have evidence of this unusual warming period through indirect estimates of temperatures based on climate indicators that include tree rings, Greenland ice cores, ocean sediments, and in certain regions, written evidence of crop yields. There are even recorded dates when leaves come out and when flowers bloom in the spring. Records show that Norse people colonized ice free areas of Greenland because of the unusually warm weather. In England, grapes were grown several hundred kilometers north beyond their current growth range.

The resulting climate change supported innovations in agricultural technologies and practice that triggered a revolution in agriculture, improving conditions for medieval society during the 11th and 12th centuries. These changes in the agricultural sector were significant milestones in human civilization.

Violence and threats from Viking, Muslim, and Magyar raids during the previous 200 years led many peasants to leave their home farms, which were widely separated and clustered near the homes of warlords who provided more consistent protection. By the middle of the 11th century, the invasions from the south, east, and north had either slowed or stopped, but the shift to communal living, with its villages and towns, remained. Collective farming developed as small farmers moved into small communities where they shared labor, skills, and resources. These collective farms resulted in villages that ranged in size from a handful of

individuals to as many as 2,000 people. The land these villages were built on belonged to the king and were administered by warlords, but the peasants, most of whom had become serfs, performed agricultural work.

This collective farming utilized a three-field crop rotation system where one-third of the fields remained fallow, and the other two fields were planted. Crop rotation was a major innovation and provided an essential control on soil exhaustion. Changes in agricultural practice included the sowing of seeds: spring crops (barley, oats, and beans) were sown in April; winter crops (wheat and rye) were planted in the fall.

Another important innovation was a switch from using oxen to using horses in farming. Horses could pull heavier plows and made farming more efficient. The utilization of horses stimulated the invention of the padded collar and horseshoes, which gave horses better traction as they pulled plows. The construction of the heavy-wheeled plow was an innovation that made a long, deep furrow that cut the wet soils, an essential addition to the paucity of agricultural technologies. Waterwheels and windmills were significant changes that

utilized rotating grindstones that ground grain into flour.

These new technologies and practices in agricultural production, in conjunction with an anomalously warm climate, brought a dramatic increase in crop yields and a considerable increase in northern Europe's food production. The cumulative effect of these agricultural innovations and the clement climate created annual food surpluses that directly improved the lives of medieval peasants by giving them a higher level of health, better, safer living conditions, and even a bit of free time to attend religious or village festivals. Because of the revolution in agriculture and the increased food supply, populations grew. Many people settled in towns or cities. It would be in these cities that a new era began, the Renaissance.



Illustration from a French text showing the three pillars of Medieval society from left to right: those who pray (clergy), those who fight (the knights), and those who work (peasants). A peasant, clearly holding a shovel for farm work, is the third figure on the right. From the 13th century text *Li Livres dou Santé*, part of the British Library collection. This image is considered in the public domain.

PIKES PEAK FAMILY MEDICINE

Pikes Peak Family Medicine Welcomes Joseph Kezeor, MD

Pikes Peak Family Medicine is happy to announce the addition of Joseph Kezeor, MD to its team of healthcare providers. He brings with him strong pediatric, adult and geriatric primary care backgrounds and experience. He looks forward to offering patients the same high quality care and continuity of care which has helped make Pikes Peak Family Medicine one of the top healthcare providers in the area.

Pikes Peak Family Medicine has thorough family practice and health and wellness care for the entire family. With less wait time and extended hours, the practice offers a variety of services from general family care to physicals and immunizations. Their goal is to get you in, out and feeling better fast.

Accepting New Patients

Joseph Kezeor, MD

Dr. Kezeor attended Medical School at the University of Nebraska Medical Center in Omaha, NE, where he also completed his Family Medicine Residency Program and his Family Medicine Fellowship in August 2007.

Dr. Kezeor comes to Pikes Peak Family Medicine from University of Colorado Health in Ft. Collins, CO. Prior to that position, he was a family medicine physician in North Platte, NE. Dr. Kezeor and his family have relocated to Woodland Park.




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Joseph Kezeor, MD



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Friday, December 2nd

4:00pm-7:00pm

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Sunday, November 13th

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Fall waterfowl hunting

by Jeff Tacey
photo by Jeff Tacey

Fall is showing up slowly, but surely and one of my favorite hunting times is here; duck and goose hunting. Early teal season kicked it off back in September. Regular duck season started in Teller and Park counties on October 1st. Duck and goose season has various opening and closing days on the Western Slope, Northeast and Southeast Colorado. Colorado is in the Central and Pacific Flyways so check the 2016 Colorado waterfowl guide for all rules and regulations. Now a good early season spot is Tarryall Reservoir for ducks. Try decoys at the inlet. Another good spot is Clear Creek Reservoir; the inlet area is also good here. Once the mountain water starts to freeze up, move out east along the South Platte River or Arkansas River. Another good duck hunting area is Tamarack SWA on the South Platte River. You're almost to Nebraska here. There are a lot of state wildlife areas (SWA) and state parks to hunt if you don't have access to private land.

A good place for goose hunting is Barr Lake State Park. Hunting is on Wednesdays and Saturdays out of pit blinds, blinds must be reserved.

John Martin Reservoir SWA on the Arkansas River is a great spot for duck and goose hunting; it's a big reservoir with lots of areas to try. Now that Queens SWA has some water after recent dry years,



Jason Havens was happy to bag these teal.

the waterfowl have returned here. If you can, go on the internet and support Delta Waterfowl and Ducks Unlimited.

Heartland Boutique

by Flip Boettcher
photo by Flip Boettcher

Open just a month and a half, Heartland Boutique, the newest shop in Florence is an upscale woman's boutique located at 128 East Main Street, next to the Cove Day Spa. It is owned by Elsie Ore and is the only women's clothing shop in Florence. Elsie is hoping "To provide beautiful, affordable women's clothing," she said, and plans on keeping new product coming in every week. Six years ago, when Elsie and her husband started Heartland Antiques, located in the 100 block on West Main Street, one of the rooms was devoted to women's clothing. "It is now time to expand," Elsie said.

The boutique features tights, skirts, purses, hats, blouses, belts, boots, candles, jewelry and many gift items. Heartland Boutique and Heartland Antiques are open Tuesday through Saturday 10 a.m. to 5 p.m. and Sunday noon to 5 p.m. They are closed Monday. Call 719-784-7620 for more information.



Heartland Boutique from left to right: Elsie Ore, owner, Kathy Madonna, and Kathy Hensen.

Donation to WPSD

Dr. Jed Bowman, Superintendent of Schools, receives a \$194 check from Kathy Dickens of AmeriGas. John Geerdes, Park Manager at Mueller State Park, made this donation possible by sending all of the park's propane receipts to WPSD as part of the AmeriGas School Days initiative. School Days is a reimbursement program that turns propane receipts into cash for education by earning \$.02 for every gallon purchased. Contact sschubloom@wpsdk12.org for more information on how to contribute to this program.



CENTER OF THE KNOWN UNIVERSE

DIVIDE CHAMBER OF COMMERCE

Spotlight on the Divide Chamber

Each month we feature our new and renewing members of the Divide Chamber of Commerce. Please consider joining Divide Chamber and you can see your name listed here in the future - www.dividechamber.org.

Divide Chamber is seeking silent auction items and craft vendors for their Christmas in Divide Craft Fair on Nov 12 at Summit Elementary School in Divide. To offer an item for the silent auction call Bunny at 719-686-7605. To reserve booth space contact Joe at Ancestral Arts 719-687-2278 or email: ancestralarts@juno.com.



Reiki Heaven and Earth

Healing past life with Reiki

by Olga Daich

I would like to share with you what I have been learning from my own personal experiences as a human being, as a health care professional, as an eager seeker of the scientific explanation to the spiritual world. I am a Reiki master. You may never have heard about Reiki before; allow me to tell you a little about it.

Reiki is a spiritual healing practice, used to bring balance to your physical and energetic body as well as to your spiritual well-being; Reiki has been categorized as a bio-field therapy by the NCCAM (The National Institute of Health Center for Complementary and Alternative Medicine). Reiki is not a religion or a cult, there are no known medical contraindications, and it is a non-manipulative approach (no touch involved).

I have been having spiritual experiences since I was a child. Reiki held the answer to many of my spiritual questions, however I also wanted the scientific point of view of Reiki. I found the bridge that connects the spiritual and scientific world in quantum physics. It has been a wonderful experience and I would like to share my experiences and knowledge with people in need, and those who are looking for help.

I believe human beings are having spiritual struggles and somehow we have become lost in the physical world. I do believe there is hope for us; I do believe we are spiritual beings having a human experience.

I will be sharing some of my Reiki experiences through this column to give you a better idea about how Reiki can work at different levels. I must warn you; my "Heaven and Earth" Reiki goes beyond the conventional Reiki. Reiki is a prayer for me; it is getting in contact with my spiritual guides and angels; it is asking to the inner being lying down on the table for permission to make a connection with him/her to start a healing process. Each history I share is a true story, but I will change the names to protect privacy.

Healing past life with Reiki

I started working at a chiropractic office. The doctor in charge asked me to do Reiki for some of his patients. I was always given the basic patient information; however, I only read the report after doing the first Reiki session for the patient. The reason for that is I didn't want any previous patient information in my mind that may influence the Reiki session. Since I practice hands off Reiki the patient will always be safe of any physical harm.

A young woman who I will call Carol came to the Reiki room for the first time.

As always, I asked my spiritual guides for support and asked my inner being for permission to work and to give guidance through the session. As a tool I use my pendulum to get the answers that I will need before starting a session. My first step was to ask for the level of energy in her body, which was close to zero. Then I started checking the chakra's energy levels, nearly all her chakras were closed and the ones that were open had a very low level of energy. We went through the Reiki session which took additional time, but I was not surprised by the results of the energetic evaluation.

Once her chakras were open and the level of her body energy went up, I asked my

guides if she needs to come back for a second session. The answer was yes, so I asked her if she was willing to come back next week; she immediately agrees.

After she left, I read the clinical report: Patient has been suffering from severe fibromyalgia for many years. There was more information, but as I said, I do not focus on what the reports says. It is clear to me that a physical illness is a consequence of an emotional or spiritual struggle or possibly even coming from the footprint of a past life.

When she came for her second session, she told me she was feeling a little better, that was good, but not enough as I later found out. Her level of energy was a little lower than at the end of the first session, but not as low as the beginning of that first session.

This second session was easier, it went more smoothly, so I thought, *I guess now she is going to be ok.* I thought that I was done with her reiki session but, I was wrong; the real healing had not yet been accomplished.

As a rule, I always ask my guides if the



patient needs to come back for another Reiki session, so I asked them and the answer was yes. I wasn't feeling right about that because I didn't want the patient to think that I just trying to keep them coming back for a session if they really didn't need to. I apologized to Carol and told her I was not sure what the reason was, but the spiritual guides told me that she still needs to come go back for another session. She didn't hesitate, she was feeling better and she didn't mind coming back, which was a relief for me!

What happened in this third session was an amazing experience. Carol came feeling better, looking better; I witnessed how the shadows of the low energy around her energetic field were fading.

I started this third session, my hands moved fast from one chakra to the next. I was working on the seventh chakra and that is when I heard the command, *Go to her feet, set your hands around her ankles.* So I did it. My hands started to move around each ankle without physical contact and after a few minutes of doing this I got this vision: I saw her standing up, dressed in an old and dirty dress, she looked very sick, sad and dark, then I saw the shackles around her ankles and I saw them break away.



In that moment I understood I was witnessing Carol's past life when she was a slave.

The vision faded. Then I asked my guides if I was done with the Reiki Session, the answer was yes.

After I thanked the angels and spiritual guides I asked Carol to take three deep breaths and slowly open her eyes and I asked her, "How do you feel?" Her answer was, "It is strange but I have a feeling of freedom".

I asked her if she had ever had pain in her ankles, she told me that she has been suffering of bad pain in both ankles for years. Carol described the pain as a sharp glass sticking her ankles. None of the doctors she saw were able to help the pain and they never found a medical explanation for that pain.

This was the moment when I decided to

tell Carol about the vision that I had during the Reiki.


While the first and second session was done to get in balance her energetic and physical body, the third session was done to heal a past life.

Carol's physical pain in her ankles was the result of the energetic memory of a painful past life, the memory of her ankles being shackled for many years. The memory was carried over from one life to the next through the *morphogenetic field*.

Carol sent me a note, "Olga, I wanted to give you an update. Remember the pain in my ankles that I described as shards of glass? It had been there for years. Ever since our last session in June, I haven't experienced that pain any more. Thanks for removing my 'Shackles'".

I believe in past life. I believe we can hold memories from a past life either in our physical, emotional or energetic body. Carol was a confirmation of this "truth" for me.

If you have any questions or want to contact me about Reiki or an appointment you can reach me by email: olgacely@hotmail.com, please write REIKI as a subject in your email. Namaste.



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How do you decide?

A vote for education is a vote for our future

by Kathy Hansen

There are many ways to make a decision: Eeny-meeny-miney-moe; flipping a coin; listing pros on one side of a page and cons on the other. Then there are ways to consider the impact of our choices. Some situations call for immediate reaction, while other decisions require deeper contemplation. You may ask, 'How will the effect of this decision be important in a year, in 10 years, or 100 years'? The Native American people thought ahead seven generations to consider the impact of their choices. Singer Geddy Lee of the rock band Rush, reminds us if we choose not to decide we still have made a choice.

It is true; part of being a responsible adult means that we will make decisions every day that will impact ourselves, our communities, and soon we will make decisions at the voting booth that will impact our country's future. Even if you choose not to decide, you will still have made a choice. Will it be a responsible one?

One decision three quarters of Coloradans will have is the opportunity to decide how important education is to our children, society, and our country's future as about 134 districts will have mill levies on the ballot this year. In most cases the mill levy equates to less than \$50 per

year. Did you know that Colorado ranks 42nd of the 50 states in per pupil spending?

There was a time that the USA was hands down, no question, a world leader in many respects, including education. That hasn't been true for at least *three decades*. The World Top 20 Project is a collaboration of six international organizations that rate 200 countries each quarter to identify the top 20 educational systems. The scale includes five levels: 1) Early childhood enrollment, 2) Elementary math, science, and reading scores, 3) Middle school math, science, and reading scores, 4) High school graduation rate, and 5) College graduation rates. Do you know that the USA did not even rank in the top 20 in the third quarter of 2015? Is the nominal cost of the mill levy worth our future?

According to the Hamilton Project, education is considered the 'great equalizer' offering the prospect of equal opportunity, allowing for a thriving middle class, and is correlated with higher income, whether individuals will marry (and stay married), as well as increased longevity. Ask yourself if earning a living, enjoying relationships, and living a long life are important for not only your children but the children who will be-



CCV Band and Choir won First Place in their divisions and the Esprit de Corps Award
Back, L to R: Richie Duncan, Nathan Ryding, Cain O'Shea, Bobby Comeau, Aaron Comeau
Middle, L to R: Annie Durham (Accompanist), Gianna Warrino, Sophie Warrino, Donovan Hocking, Alex Best, Brendan Ward, Tracie Crippen, Emily Heida, Dave Dunkin (Music Director)
Front, L to R: Kaylin Goldberg, Hanna Snare, Chloe Richards, Hannah Estes, Keara Colard, Hailey Estes, Cassie Castillo, Angel Edwards

come your care-givers as you get older. Does it really matter if the person checking out your groceries can accurately count back your change? How much it matters will depend not only on how much you can afford to lose, but for how many more generations to come?

Understanding how education impacts the economy is important. Many individuals with a higher education have seen modest salary increases in the past few decades, yet individuals who did not graduate from high school likely saw their incomes fall since 1970. The Hamilton Project points out, "The result is that the United States is losing its long-held competitive edge: once the home of the world's best educated workforce, America has been surpassed by more than a dozen countries in the past thirty years. In part as a consequence, many U.S. families have lower incomes today than their counterparts did several decades ago."



Superintendent Les Lindauer, and Ms. Annie Durham

We need to ask ourselves, is it still important for the USA to hold a competitive edge? How much longer are we willing to complacently accept we are literally being outsmarted by South Korea, Japan, and Russia? See World Top 20 Project sidebar.

A good education is more than learning math, science, reading, and the arts (those are just the basics). It is also learning how to gather which facts are pertinent, and manipulating the information at hand in a logical way so the knowledge can be applied in a reasonable and effective manner. It becomes a skill that will last a lifetime.

Quality education comes from quality teachers. Did you know that a 'bad' teacher can have a lifelong negative impact on a child? One of the most detrimental effects is to turn the child away from learning.

A quality teacher has a way of nurturing that innate quest for knowledge within each of us, and then shows us how to fuel the fire for ourselves. Ultimately, a quality teacher teaches us how exciting it can be to discover facts, uncover how facts are related, and to recognize how to draw logical conclusions as well as to embrace the titillating feeling that emerges from the process. This lifelong love for learning is priceless for each individual as well as the communities and countries they live in and will ultimately serve.

The problem, especially for Colorado seems to stem from TABOR and the passing of Amendment 23, rather the failure to adhere to Amendment 23 through 2011, which resulted in the hypothetical construct referred to as the 'Negative Factor'. The net result was a denial of \$5.1 billion in funding for Colorado schools. This complex situation is kind of like having had so many medical bills in one year that the expenses qualify as a tax deduction; the good news and bad news are the same. The serious injury when it comes to funding education is the heightened difficulty in finding quality teachers.

continued on next page

According to 2016's *Best & Worst States for Teachers* by Richie Bernardo, "...about a fifth of all newly minted public school teachers leave their positions before the end of their first year — nearly half of them never last more than five." This is only one factor that leads to the attrition rate for teachers. Bernardo states clearly, "In fact, education jobs are some of the lowest-paying occupations that require a bachelor's degree, and their salaries consistently fail to keep up with inflation." Other reasons for abandoning the profession include feeling overwhelmed, ineffective, and unsupported. Did you know that small rural districts of 1,000 students or less are paid at the bottom 10 percent from state funds? Evidently, the economic law of supply and demand does not apply to teachers unless the community values quality teachers.

What really makes a school successful?

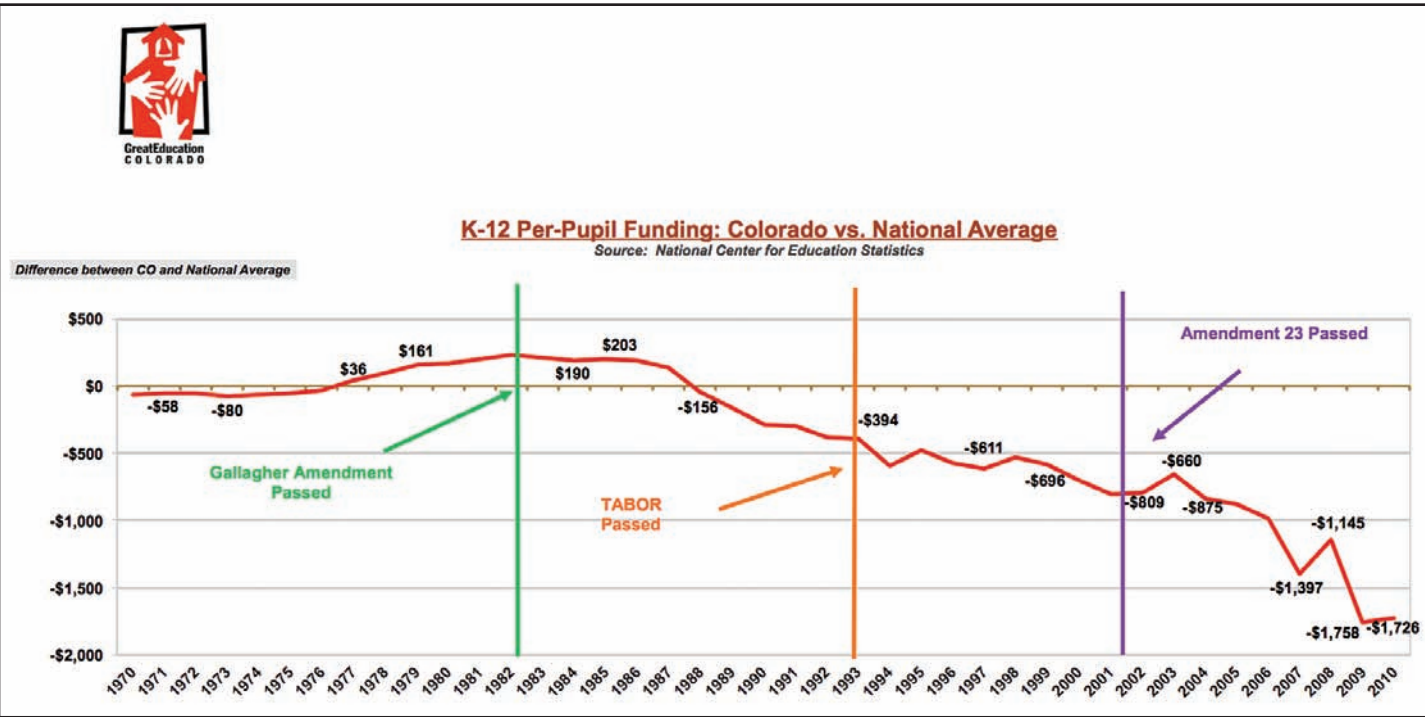
The Five Factor Theory resulted from a 2008 study netting the following:

- Quality leadership.
- High expectations of students and teachers.
- On-going screenings of student performance and development.
- The existence of goals and direction, including communicating these to the community.
- The extent to which the school is secure and organized. Respect is a quality that is promoted and is a fundamental aspect of a safe school.

We recently met with Superintendent Les Lindauer, and Ms. Annie Durham, both of Cripple Creek-Victor School District RE-1 to discuss the plight of school districts in Colorado and what can be done. Mr. Lindauer has kept his pencil sharpened as he struggles with an approximately \$550,000 budget cut. This is due primarily to a reduction in the property taxes that support the school, given a minor drop in the price of gold as the Cripple Creek & Victor Newmont Gold Mine is the largest property tax payer of the district.

Mr. Lindauer found a way to work with reserves and to refinance construction bonds to lower rates, saving nearly \$2 million while shortening the payoff by about two years. He refused an increase in his own salary because he could not give a raise to the teachers as they had to cap expenditures (85 percent of expenditures are salaries).

Mr. Lindauer believes the three main pillars that lead to successful schools are community support, quality teachers, and reasonable funding. He shared the reality: If a district has strong community support it almost always has a higher achieving school. Property values go up when the school is stronger. Property values support schools through taxes so monies are available to retain quality teachers. Rural schools often have additional challenges with community support because commute times are often



longer considering the need to travel to larger cities for employment. When funding and community support are lacking, the focus turns to quality teachers.

One way Mr. Lindauer has chosen to support teachers is through instructional coaches who provide appropriate standards, scope and sequence in learning, as well as quality lesson plans, and classroom management. One instructional coach can work with the 50 teachers, staff, and paraprofessionals.

Another way Mr. Lindauer supports both students and teachers is through vocational offerings. Three main programs in progress are design manufacturing, geometry construction (see related article on page 6), and the family and consumer science program. Design manufacturing is the general engineering art of designing products in such a way that they are easy to manufacture. Did you know that almost every job in design manufacturing will stay in the U.S.? The Family and Consumer Science program focuses on life skills such as healthy cooking, healthy living and budgeting/spending strategies. These challenging hands-on programs offer applicable content with malleable results and encourage a lifelong love for learning.

Ms. Durham has witnessed three major changes since Mr. Lindauer came to RE-1 in 2014. First, he retained quality teachers and staff; was able to provide a 2 percent pay raise; and set the tone for the culture. She notices the students make better eye contact, greet each other and teachers respectfully and in general are well-behaved. Perhaps these changes have occurred based on the expectations set by Mr. Lindauer and also the teachers.

Ms. Durham came to RE-1 a few years ago as piano accompanist to the choir. She had been playing since the age of five and had begun her career in music at 15, eventually becoming orchestral director for the Cabaret Dinner Theater at Mesa State College. Ms. Durham brought the same expectations she held as a professional musician and as orchestral director to the CC-V Pioneers

Band and Choir.

Both CCV Pioneers Band and Choir expressed interest in attending the 2016 Music in the Park Festival. The festival offers two options: either perform at Elitch's and receive a participation award then play at the park for the day or engage in the judged competition in your division then play for the day. Last year the choice was to participate in the competitive aspect of the festival. The students reached the proverbial bar to the extent that both band and choir won First Place in their divisions of the competition. Going above and beyond, they also won the Esprit de Corps Award (this award is given to the school that shows the best citizenship, most class, respect, and pride while at the competition). Evidently it is true; when you have high expectations, performance improves.

The Hamilton Project reminds us "Being taught by a better teacher for just one year can increase a student's lifetime earnings and probability of attending college, as well as reduce her probability of teenage birth."

We asked about the monies that come in from cannabis sales. Those are earmarked for the Building Excellent Schools Today or BEST program. The monies can only be used for construction of new schools or AODA/health care education. Did you know the average cost per square foot to construct a new school is \$142.94? Three recent new construction school projects in Colorado range between \$13.5 million to \$52.7 million. The last figure we saw on monies from cannabis sales were \$40 million, maybe yielding one new school per year.

Since the primary task of the superintendent is to budget the cost of education and since the majority of school funding comes from property taxes, then it is imperative that Mr. Lindauer is aware that the price of gold is subject to international events, that the resource itself is limited, and that its value will fluctuate. Using long-term planning skills, Mr. Lindauer sees the mill levy as an opportunity to plan ahead, to find and retain quality teachers.

The real question is whether the voters in RE-1 or any of the 134 districts believe in education, the middle class, or the capacity to earn a living wage. Is a nominal mill levy enough to help the U.S. regain a competitive edge? Shall we willingly take a back seat to South Korea, Japan, and Russia because a \$50 increase in property tax is too high?

If you are still uncertain, see the Hamilton Project sidebar, then decide if you will flip a coin, think one year ahead, 10 years ahead, 100 years ahead or will you think of the seventh generation?

Resources and opportunities to learn more:
Colorado School Finance Project
Hamilton Project: A Dozen Economic Facts About K-12 Education
About K-12 Education
World Top 20 Project
www.takepart.com
www.wallethub.com
www.greateducation.org/statistics-faqs/
funding-faqs/amendment-23/
www.theeducadvocate.org/what-factors-make-a-school-effective/

The Hamilton Project

A Dozen Economic Facts About K-12 Education

1. Having less education can limit your earnings prospects.
2. Education benefits individuals and society in general.
3. More education increases your chance of being married and raising a child outside of poverty.
4. More education can even be the key to a longer, healthier life.
5. The United States is no longer a world leader in high school or college completion.
6. Stubborn racial differences in educational achievement remain among Americans.
7. Education lags behind other sectors in innovation investments.
8. Parents with more education are able to invest more in their children.
9. Better teachers matter, even more than you might think.
10. Some charter schools show dramatic improvements in student achievement and may provide lessons for the broader education community.
11. Small-scale interventions also present opportunities for raising student achievement.
12. More information and greater transparency in our education system could go a long way toward improving outcomes.

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World Top 20 Project 3rd Quarter 2016

Please note: the USA did not make this list in 2015.

1. South Korea	6. Singapore	11. USA	16. Norway
2. Japan	7. Netherlands	12. Germany	17. France
3. Russia	8. Israel	13. China	18. Italy
4. Canada	9. Denmark	14. Hong Kong	19. New Zealand
5. Finland	10. United Kingdom	15. Switzerland	20. Belgium

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Christmas in Divide 25th Anniversary

by David Martinek
photos by David Martinek

It is traditional. For a quarter of century, the Divide Chamber of Commerce has been sponsoring a craft fair around Veteran's Day as their major annual fund-raiser and to kick off the holiday season in Teller County. This year the 2016 Christmas in Divide Craft Fair will occur on Saturday, November 12, at the Summit Elementary School gymnasium. As before, the event will run from 9 a.m. to 2 p.m. and host a number of local crafters, a visit from Santa, a silent auction and some delightful entertainment (always a highlight). The fair provides an excellent opportunity for local residents to start their Christmas shopping early.

Mrs. Brenda (Baker) Goolsby, the school's music director, has arranged the entertainment agenda throughout the day, featuring performers from the children of Summit Elementary School, and other schools in the area, including the Summit Singers, the Summit Sky Skippers (a jump rope team), the Mountain Eire Irish Dancers, and Ann Brown's Strings Studio, as well as other entertainers. Mrs. Katie Rexford, the school principal, will serve as emcee.

Santa Claus will make a joyful entrance during the fair, welcoming one and all. The bearded, red-suited elf will sit for pictures with children and adults alike from 10 a.m. to 1 p.m. Photographer for Santa will be Jeff Hansen, from the *Ute Country News*.

The Divide Chamber is partnering again with the school's Parent/Teacher Organization (the "S.O.S. - Supporters of Summit") to provide refreshments for the fair goers. The chamber will offer a bake sale, donuts and coffee, for donations, while the S.O.S. plans to sell food and beverages for lunch

and throughout the day.

In addition, a fairly extensive silent auction will be presented in the school's foyer, featuring quality items donated by local merchants and the fair's participating vendors. The proceeds from the fair and the silent auction help to fund the chamber's continued presence in the community, as well as support its numerous projects, such as the "Welcome to Divide" sign last year,



One of the entertainment groups is always the Summit Singers, shown here performing in the 2015 Christmas in Divide.

and the continuing renovation of the Midland Depot at Divide. The depot is owned by the Midland Days at Divide organization, and the renovation is sponsored by the Teller Historic and Environmental Coalition, both non-profit partners of the chamber.

Crafters interested in participating in the 2016 Christmas in Divide Craft Fair may still register for the event, although space is limited. A registration form is available on the Divide Chamber of Commerce website (www.dividechamber.org) or may be obtained from Shipping Plus or Ancestral Arts in Divide.

Fees are as follows: For vendors bringing their own tables, a six-foot space is \$35 while an eight-foot space is \$45 (chamber



Appearing when "Here Comes Santa Claus" is sung by the Summit Singers, the jolly elf welcomes everyone and sits for photos during the fair from 10 a.m. to 1 p.m.

members receive a \$10 discount). If the chamber provides a vendor's table, there is an extra \$10 fee. Also, those vendors desiring electricity at their booth will be charged an additional \$5 (the availability of electricity is limited to certain locations around the periphery of the gymnasium (first come, first served).

For more information about the 2016 Christmas in Divide Craft Fair, or to register as a vendor, go to the chamber website or contact Joe Kain at the Ancestral Arts Trading Post and Gift Shop at 11115 U.S. Highway 24 in Divide 719-6872278.



During the 2015 Christmas in Divide craft fair, the school's foyer was filled with mountain furniture and the hallways with a host of silent auction items, a scene to be repeated again this year.



Day Trippin With Karen Travels in the Arkansas River Valley

by Karen Earley
photo by Karen Earley

Are you tired of driving down the hill to "get out, do something, have fun," especially when you've commuted five days a week to the 'Springs? Then don't. Go the other way! Start Day Trippin' with Karen, in the Arkansas River Valley.

Sample some of the best places to do coffees and breakfast, combine it with fun activities like biking, hiking, fishing or strolling along the Riverwalk. Do some shopping, antiquing, gallery tours, and check out the poetry readings, book signings or live music. Take time for a latte or lunch, an ice cream, or wine tasting in a second hand store. Visit museums, wineries, breweries. Soak in hot springs, watch a parade or learn about the old tunnels and local ghosts. Have I piqued your interest yet? Then join me on a day trip to Salida.

The City of Salida's history goes back to 1880's with the railroads, mining and ranching. It is on the National Registry of Historic places and renowned as "Downtown Salida has the finest collection of historically significant buildings in the state."

First stop is Café Dawn located downtown at 203 W. 1st Street. It sits in a great sunny corner location. Dawn Heigle and, her husband, Phillip have owned the place for eight years and created quite a coffee paradise. With plenty of seating both inside and on the front patio, it's conducive to families, laptops and making new friends. You'll notice the fun art.

They feature Allegro's Organic and Fair Trade Espresso, Coffee and Tea, which includes a Guatemalan Sumatra medium/dark blend and a Mexican light roast choice for espressos. They make their own bagels which can be served up as a bagel, cheese, egg sandwich or you can try another favorite, their green chili biscuit. Gluten free options are also available.

Café Dawn is open from 6 a.m. to 6 p.m. daily. Happy Hour is Monday through Friday from 4 p.m. to 6 p.m. and Colorado wines and beers are \$1 off. They host a "Poetry Reading Night", coordinated by Barbara Ford, every third Sunday starting at 6:30 p.m. with a 6:15 p.m. sign-up for open mic. The place can even be rented for special events after 6 p.m. Call 719-539-5105.

Absolute Bikes is true to its name. They have a bike for absolutely everybody and they have absolutely every bike! The shop is located at 330 West Sackett Avenue, just about as close as you can get to the Riverwalk and the start of many trails.

After learning about the plethora of bikes; Townies, Cruisers, Fat Tires, Hybrids, Hardtails, Electras, Pivot Mach's, Enduro Experts, etc., we checked out the maps and apps, as well as gear that help you manage your bike rides. They've got it all! Moreover, they rent bikes and offer guided trips, have friendly service and a mechanic on duty all the time.

We went on a fabulous, easy ride on the Monarch Spur. It was a perfect day for a ride with fall colors and beautiful weather. The most important thing I want readers to know

is that if you live where you think it's too hilly or even too dangerous to ride, come to Salida and rediscover bike riding. The in-town trails are virtually flat, with incredible scenery and some of these bikes may even make you think you're an avid biker!

Shawn and the team at Absolute Bikes are amazing. That's why they've won so many awards nationally and locally including the *Mountain Mail's* "Best of Salida Bike Shop" 2012 - 2016. Call 1-719-539-9295 with questions and you can go online to absolutebikes.com. Hours are 10 a.m. to 6 p.m., Monday through Sunday.

Kaleidoscope Toys, 116 F Street, is a menagerie of fun, even for mom and dad. They have toys for all ages and you're sure to find the most unique items, which is what I'm always looking for, plus, tantalizing affordable items for stocking stuffers. If you've played with it, it's here. Children's books, Lego, puzzles, travel toys, baby gifts, fun jewelry, puppets, novelties, arts and crafts, educational toys and games. They make it so easy to shop locally!

The place is actually conducive to Christmas shopping with your kids because they have a kid friendly train set that affords the perfect diversion. If you can't make up your mind, or if you'd like to shop early, shop online at www.kaltoys.com. Wow! This is an incredible website.



Absolute Bikes has a bike for absolutely everybody and they have absolutely every bike!

Donna and Stephanie can answer any inquiries at 719-530-0533. Hours are 10 a.m. to 6 p.m., Monday through Saturday, and noon to 5 p.m., Sunday.

The Book Haven, 135 F Street, is the quintessential independent book shop, with new and used books, and where the book finds you, literally! One might say it jumps right off the shelf. Owner, Lisa Marvel, can attest to that.

Being touted as "a place to gather, to browse, to explore, to reach out, to find great literature and good reads!" says it in a nutshell. I did find the layout easy for browsing and for finding exact topics. The card display is fun along with the classy gifts and journals. The "new" reads are inviting, relevant and remind you why you love a good book store. Lisa pays homage to the classic authors, too. Whether in paperback or hard-



Café Dawn is a great place to get your day started.

cover, new and used, they are affordable! You'll appreciate the local and Colorado history, Colorado guides and off-the-wall topics which make book-hunting fun.

The Book Haven sponsors book signings/events with regionally and nationally known authors quarterly, and will be celebrating "Dies Librorum/Day of Books" on Saturday, December 10, from noon until 8 p.m. Ten authors will be there for a meet and greet, offering 15 percent off their books. Mark your calendar. There will refreshments and appetizers. Shop hours are 10 a.m. to 6 p.m., Monday through Saturday, and 11 a.m. to 5 p.m., Sunday. For more info contact Lisa at 719-539-9629 or go online, www.thebookhavenonline.com. Book reviews online, too!

Moonlight Pizza and Brewpub 242 F Street, is an ideal last stop for this day trip. Voted "Best Pizza in Salida", they're good at it, they've been doing it for over 20 years. Just check out the menu featuring Fancy Schmancy Pizza, Hot Sammies on fresh baked bread, Moonzones, Wings, Fresh Salads and more, even build your own. Sit wherever you like, at the tasting bar, inside (which has been expanded) or out on the patio. The music sets the mood. They brew their own and you can ask for a tour. Let's talk beer: MoonLite Cream Ale, Amber Ale, Pale Ale, Brown Ale, Pumpkin Ale, Whiskey Barrel-Aged Pumpkin, India Pale Ale, Double IPA (9%) and Porter. Craft sodas: Root Beer, Vanilla Cream Soda, LimeAde and Spicy Ginger Beer. Cocktails and wines from Vito Salida are also available.

They have daily lunch specials and Moonlight Mondays whereby 10 percent of the proceeds are donated to community organizations. Check out the Monday happenings on their events page online at moonlight-pizza.com. Heather is right there to share the history, give recommendations and make sure you are happy with your pizza. There's a lot going on, ask her about it. Opens each day at 11 a.m. Happy hour is from 4 p.m. to 6 p.m. (daily) and all day Tuesday! They have delivery and Take & Bake, too. 719-539-4277.

Many thanks to the Salida Business Alliance, who's mission is about working together for a united approach in enhancing Salida's business districts to strengthen our community and our economy.

If you are interested in being featured in a day trip with Karen, email her at coloeareys@gmail.com

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Return

by Danielle Dellinger

Spell, Time Warp, and Past last appeared in September's 2016 issue, on pages 18 & 19, "Time Warp."

Time Warp stared at her father, Past. "I'm dead? I can't be," she said, looking around at the bleak white-ness that surrounded them. "You are," Past answered, a sadness in his eyes. "I don't know if this can be undone."

"Here has to be a way," Ti said, starting to pace.

Past caught her by the shoulder to stop her. "If there is, it's dangerous and a Hail Mary, at best."

She shook her head, frowning. "This will not be how I die. This won't be my story, my ending."

Past let go of her shoulder and stepped back, looking up as if he expected to see a trap door above them that would let them out.

"Wait, if I'm dead, what're you doing here?" she asked, watching him suspiciously.

"I thought maybe if I arrived at the right time, I'd be able to help you. But now that I'm here, I'm not so sure there is a way out."

Ti sighed heavily, turning her back to him. "This is all my fault. If I had just embraced my powers and let them grow, I wouldn't be in this mess."

"It's not your fault, Ti. This was your destiny. This is what your mother was trying to save you from. I see that now. I took too long to believe her."

She looked over her shoulder at him. "I need a do-over with her. I told her to just leave, to forget about what he was doing to me. I should've listened."

Past shook his head. "You would've left when you were ready and had the means to. None of this is your fault. I promise."

"Well, that's good to know, but now what? How do I get out of this?"

Past went to her and took her hands firmly in his. "We work together. We try until something works out."

Spell screamed and screamed when she saw the bloody body of her daughter lying like a discarded doll on the floor. She ran over, stopping Avery, the man who was supposed to love Time Warp, from further kicking her daughter's unmoving body. Avery didn't take kindly to that, and shoved Spell into the nearest wall, watching her slide to the floor as the wind got knocked out of her.

"You turned her against me!" he growled, stalking toward her, his fists balled and ready to be used.

Spell shook her head, slightly raising it to look at him. "I didn't," she wheezed.

"Don't you lie to me, you filthy piece of trash. Look at what you've done!" He grabbed a handful of her hair, pulling her head back so she was forced to look at her dead daughter. "This is your fault," he snarled. "You're responsible for her death." He then forcefully let her go and strode away.

Spell let the tears flow once he was gone. Why had no one listened to her? She tried to tell them this would happen. She crawled over to her daughter, sobbing when she saw her bloody face. She laid her head on Time Warp's chest, letting her tears fall onto the blood and her clothes.

She felt sick with guilt. A mother should protect their child, and because she hadn't done that she had failed her daughter. A whimper escaped her, and she clutched Time Warp's shoulder in her hand.

"I'm so sorry," she whispered. "I'm so sorry."

Time Warp stared at the ground, concentrating hard on the power buried deep within her. She had to coax it out, like trying to breathe life into a flame. Her hands began to vibrate and then shake. She felt Past tense in front of her. He was trying to channel his power into her so it would mix with her power in order to return her to the living world. "It's not coming," she eventually

grumbled, pulling her hands out of his and stepping back.

"Ti, it was! Didn't you feel it? You have to give it more of a chance. If you create a wormhole, I can use my power to send you back to a minute before you died because then you'll have fully recognized your powers and will be able to stop the attack."

"You're very optimistic about this working."

"I have to be. It has to work. I . . . I can't lose my daughter . . ."

Their eyes met, and Ti felt her walls crumble as she saw her father tear up. Suddenly she was back to being that little girl sitting with her father and asking where her mom was. Now, she was asking him where her own self was.

"It has to work," he whispered, quickly wiping his eyes.

She moved closer and took his hands again. "It will. It has to," she muttered.

This time she closed her eyes, going into her mind and searching everywhere she could for her power. Soon she was searching her body, and then her soul. When she reached the heart of her soul, she felt a faint pulsing, and she could hear what sounded like two heartbeats beating just off of each other. She gasped as she drew closer to the power, which coursed through her once she was near it. She mentally extended a hand out toward it, and a jolt suddenly went through her entire body. Her knees buckled and she dropped to the ground. A moment later her body was violently convulsing. She couldn't hear her father calling out to her; she could barely feel him grabbing her to keep her in one spot.

Bodies aren't supposed to vibrate, especially if they're dead. Spell lifted her head, looking at her daughter's disfigured face. She didn't see any indication of life, so why was her body vibrating? If she lowered her head just right, it looked like heat waves were glimmering over Time Warp's body, but she knew they weren't heat waves. So what was going on? The thought then struck her that someone was using their power. She didn't know who or why, but what looked like heat waves were a good indication of someone doing something magical.

At that moment she heard footsteps coming down the hall, and she looked up to see a maid coming into view. The maid's jaw dropped when she saw the scene before her.

"Let me help!" she exclaimed, hurrying over.

"Miss, stay back. Now is not the time to try and move her. Just let me take care of it. I promise I can," she added when she saw the maid's skeptical expression. "Just trust me when I say that this is beyond your realm of understanding."

The maid frowned, then backed up. "Now I do remember him saying to leave you to this."

"Him who?" Spell asked.

"The master, Avery, ma'am."

Spell rolled her eyes. "Of course. What a coward." She waved her hand to dismiss the maid, who quickly went back the way she'd come. Once she was gone, spell moved up beside Time Warp's head.

"You can do it, sweetheart," she whispered. "Just let go and let the power flow. Come back to me."

Time travel is a fantasy that has always eluded humans. But perhaps if a wormhole were discovered, that would open doors to travelling into the future. The mere existence of wormholes was suggested by Albert Einstein in 1935. It's theorized that certain wormholes could allow time travel in either direction if one mouth of the wormhole was sped up to near-light speed and then reversed back to its original position, while the other mouth of the wormhole remained stationary. The stationary mouth would age slower than the moving mouth. You need a certain way

with time to go back in it.

Time Warp felt like her head was spinning, like she'd just tried out time travel for the first time but something nearly got left behind or jumbled up in the process. She groaned and opened her eyes, her body feeling exhausted.

"You almost had it!" Past exclaimed breathlessly. "That was the scariest thing I'd ever seen, though."

"I think I can do it now," she panted, sitting up and holding her head. It felt like the whole inside of her body was on fire. But she could feel her power now. The flame had been lit and wasn't going to die out so easily. She got to her feet and shut her eyes, diving back within herself to shove her hand into the flame.

What happened next was something extraordinary. The bleak white around them melted away like dripping paint. Her body began to pulse and vibrate together, the two heartbeats becoming one strong one. She grabbed her father's hands, and she felt his powers bleed into hers. They mixed together like chocolate syrup and milk, swirling together in a simple dance. Then the next moment there was an explosion, knocking down the stagnant world around them.

Time Warp's life flashed before her eyes, everything leading up to that minute before Avery landed the final blow that violently and ruthlessly expelled the life from her. She felt the moment her power stirred, and she latched onto it. A blood red rage flooded

through her, and she sent Avery flying into a wall with a fiery hand. She got to her feet, her disfigured and bloody face making it hard for her to see her target. She marched toward him, her hand outstretched like she was holding the dial of a safe. She twitched her hand a few clicks to the right, and the wall behind Avery shimmered and waved like paint being rocked in its can. A black hole then appeared behind him.

He struggled to get free from the hole's gravitational pull, yelling awful things at her.

She glared at him, standing a few feet away. "This is for all the women you've ever hurt! This is for every man and woman out there who has ever been a victim of domestic violence! This is for betterment of society." She opened her hand and thrust it forward, palm out. He shot into the hole at the speed of light.

After the wall had returned to normal, she staggered back. That was when she heard her mother calling for her. She looked up to see her running toward her, yelling that she was so very sorry. They embraced, doing their best to comfort each other while also regaining their composure.

"What now?" Time Warp asked as she stepped back.

"We get out of here."

"And go where?"

"To the second path of your destiny. I saw you meet a woman in the future and you'll have the strongest baby ever."

Time Warp frowned. "This sounds like it's going to benefit you in some way. So you really haven't changed, huh?"

"Ti, please just trust me. This woman will make you so happy. She'll make up for this whole mess."

"So did you know for sure I was going to escape Avery? You could've saved yourself a lot of trouble if you had."

She shook her head. "Even the future isn't set in stone. Anything can happen. It doesn't always go according to plan. How did you do that, by the way?"

"Father. He was there in the afterlife, or whatever it was, to help me."

"That was the craziest thing I've ever seen, Spell," Past suddenly said, stepping out of the shadows. "She lit up like a phoenix."

Spell looked from Past to Time Warp. "Your powers are limitless, then."

Time Warp smirked. "It

eyebrow and down near the corner of her eye. Each day when she looked in the mirror and saw that scar, she would curse the bastard who gave it to her. They'd travelled down to the south after the incident with Avery, settling in New Orleans. Time Warp had wanted to start anew in a place she'd never been to before. Her mother had used the horned dove to will them down to New Orleans, and that resulted in Drainer showing up on their doorstep and demanding the return of the horned dove. In true fashion, Spell had fled, not ready to face the consequences of her actions yet. Meanwhile, Past had wandered off, literally wandered off down the road and hadn't returned. Ti smiled when she thought of her quirky parents. It definitely explained where some of her uniqueness had come from.

"Excuse me, but I think you dropped this," came a smooth, sweet voice from behind her.

She turned around and saw a woman with the darkest skin she'd ever seen. Her thick hair was smooth and she wore

a plain cotton dress of a light green color.

Her

as their fingers brushed. She looked at the paper and saw it was the address for the market she'd been heading to. "Th-thank you," she stammered, raising her eyes to the woman's amber ones. Something flashed in them, and it made Time Warp's heart falter.

The woman smiled and turned to walk away.

"What's your name?" Time Warp called after her.

The woman stopped and turned back to face her, a gentle smirk on her face.

"It's Bender, but everyone calls me Be for short."

"Be," Time Warp repeated, the name already sounding familiar on her tongue as if she'd been saying it for years.

"And yours?"

"Uh, it's a strange one. Time Warp. But I go by Ti."

"A lovely name for a lovely woman," Be replied, subtly winking.

This woman was breathtaking, and Ti was captivated by her. She felt like this was meant to happen, that this was all going according to plan. She chewed on the inside of her lip as she debated on what to do. She had to act, but she didn't know how. All she knew was that she needed this woman in her life.

"Well, see you later, Ti," Be said with a smile and a wave.

"Uh, j-just a minute," Ti stammered. "Would you like to go to the market with me?"

To be continued . . .

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Class of 2017



Woodland Park High School Seniors recently spent time picking up trash around town. Students broke into advisory groups and walked sections of Woodland Park equipped with plastic gloves and trash bags. Thanks for taking care of your community Class of 2017!

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Seniors Helping Seniors

by Kathy Hansen
photo by Jeff Hansen

Suzanne McGregor remembers the phone call that changed her life. She was calling her parents to find out how her dad was doing after the stent surgery that was scheduled for that morning and was surprised to hear her mom say, "Oh, we canceled that." When Suzanne asked why her mom replied, "Because I broke my wrist and can't drive the car."

Needless to say, Suzanne's head began spinning. How can she help resolve the medical concerns for each of her parents from several states away? If only there was someone they could trust in the area to give her parents the transportation they needed, help out with some of the laundry, and just check on them. As the list grew, Suzanne knew she was onto something and before she knew it she and her husband, Otis, became the new owners of a Seniors Helping Seniors franchise serving Teller and El Paso Counties.

Seniors Helping Seniors is a service that matches seniors who need services with people (most often seniors themselves) willing to provide such services. Their Mission Statement is: "To provide our seniors with the ability to choose an independent lifestyle in their own homes, for as long as possible, with the dignity and respect they deserve."

Staying in your own home often means accepting assistance from a stranger, which can be scary, at least until trust can be built. There are many retired people who enjoy feeling needed, get a sense of satisfaction in having an obligation to tend to, and often can benefit from a little extra income. Suzanne went on to explain she's found there is a difference between older workers and younger workers. Older workers tend to be more reliable, will call if they can't make it (usually only inclement weather), and rarely call in sick. Older workers tend to think further ahead and give adequate notice when they need time off for vacations and appointment. Another factor that comes into play is we tend to trust strangers who are more like us. Most people trust their own generation more than those that came after. According to research from Northwestern University released a year ago, "... a growing body of research shows that some things actually get better as we age". "Our new findings show that trust increases as people get older and, moreover, that people who trust more are also more likely to experience increases in happiness over time." The findings, which came from 200,000 subjects from 83 countries, held steady for over 30 years, suggesting this association is not restricted to certain generations. Perhaps the ability to trust more readily as we age is a built-in coping mechanism, inviting us to be able to make new relationships as we age.

Suzanne smiled ear to ear when she said the best part is how frequently a friendship develops that tends to deepen over time. Given client services also progress overtime, what develops is a trusted triangle of relationships for client and service provider, for extended family and the service provider, which can often enhance the relationship between client and extended family. It seems everyone wins!

Suzanne has certainly enjoyed everyone she's met and looks forward each day to providing the very personalized service she does. She has to get to know each applicant for receiving services as she does each applicant for providing services. In many ways, Suzanne is a match-maker. She is also there to personally introduce each service provider to the family receiving services. This above and beyond personalized service gives assurance the workers are who they say they are, which can be comforting for family, as the process often begins with a family member inquiring about services for a parent.

Safety begins before the introductions because safety is important, especially given Suzanne has held a Colorado Non-Medical Class B license since 2014 and fully intends to assure standards are high. Suzanne screens her potential employees via Colorado Background checks, DORA, Federal Motor Vehicle checks, and Sexual Offender checklists. That's not all; Suzanne also has met the family seeking services prior to introduction to the provider. In that way, the provider has assurance the client is legitimate; another win-win.

Suzanne has found the employees tend to find her. They are often 50-years or older. Many are retired nurses who want to continue to serve the community. Others are empty-nesters happy to provide transportation or help with grocery shopping. Yet others may be retired military who enjoy being outside helping with yard work or light home maintenance projects.

One benefit of the services provided by Seniors Helping Seniors is when it comes to transporting to doctor appointments. More often than not, the driver is already a trusted service provider, who may even attend the appointment with the client, especially to be a second set of ears and eyes. Doctors have an average of 6- to 10-minutes with a patient, and the conversation typically moves very quickly; in and out before you know it. Taking in a lot of information with little time to review can make recalling that information difficult, especially for the

Services available via Seniors Helping Seniors:

- Companionship
- Personal grooming and dressing
- Transportation/Dr. Appointments
- Mobility assistance
- Alzheimer's/Dementia care
- Overnight stays (24 hour care)
- Respite care
- Meal preparation
- Light housekeeping/laundry
- Shopping/games/reading
- Yard work/home maintenance



Suzanne enjoys matching clients with service providers.

person the news is about. It can be helpful to have another set of ears in the exam room to help remember or even write down pertinent information. In some cases, the service provider may even communicate doctor visit results with the family of the client. The extent to which information is shared will depend on confidentiality agreements.

Interfacing with family can be important on many levels, especially when there is a lot of distance between family and the client. Suppose a family member has been noticing the client's memory is beginning to show signs of being less reliable and there are concerns for remembering medication schedules. While the service provide cannot touch the medicine or dispense

medicine, they certainly can keep an eye on med-minder containers, to assure the appropriate boxes for the appropriate day of the week match the calendar, and make the appropriate contacts when it looks like a few days were missed. Given how frequently people overdose on medications, an extra set of eyes can be a huge reassurance for family and client alike.

Services provided by Seniors Helping Seniors are in the side bar. To learn more about obtaining or providing services contact Suzanne via phone 719-629-7725, via email: shs@pikespeakseniorcare.com or via website: www.seniorshelpingseniors.com/coloradosprings

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Just The Facts Sleeping at high altitude

by James W. Hagadorn, Ph.D.

Which is worse? Flying a redeye, imbibing too much, or sleeping in the mountains?

Surprisingly, it's a tossup. That's because the "thin" air that characterizes Rocky Mountain towns has long-term health impacts on our sleep, hearts, brains and blood. These include effects we don't typically hear about.

At high altitudes, air pressure decreases, making less oxygen available to us. When we first arrive or return to high elevations, whether after a vacation at grandpa's house in Wisconsin, or on a weekend trip to A-Basin, our bodies immediately begin compensating for the "thinner" air. Our hearts beat faster and our blood pressure increases, as we labor to maintain adequate oxygen delivery to tissues. Eventually, our blood becomes more syrup-like as our bodies work to increase our blood's concentration of oxygen-grabbing red blood cells. Sometimes we don't acclimate well to these changes, like when we come up to elevation too quickly. Symptoms such as nausea and headaches result — often combining as acute altitude sickness, or even worse, leading to swelling of the lungs or brain.

Fortunately, most of our body's systems, such as our blood chemistry and red blood cell counts, adjust within a matter of weeks to months.

But the critical things that don't revert to normal are our breathing and our sleep.

At elevations above 7,500 feet (think: Buena Vista at 7,965), nearly everyone breathes faster and deeper. This behavior helps us get enough oxygen to satisfy our body's needs. It also speeds up the rate at which we get rid of carbon dioxide, or CO₂, a natural waste product of metabolism that builds up in our blood. The more CO₂ in our blood, the more acidic it becomes.

This is where it gets interesting because the main way our body determines how to breathe while we're sleeping is by sensing how acidic our blood is.

Elevation wreaks havoc on this process.

When our night-time blood becomes too acidic from CO₂ buildup, our lungs are signaled to breathe more to expel this waste gas. But at high elevation, we get rid of CO₂ more readily than at low elevation, leaving us with lower overall CO₂ levels while we're at rest. The situation is exacerbated while we're in our most restful condition — sleep. While in this state, our "breathe" sensor isn't triggered as much as usual, because our blood isn't very acidic. As a result, our lungs are signaled to stop breathing for up to 15 seconds at a time. This causes oxygen levels to drop in our blood, brains, and other tissues. That is, until our body recognizes the situation, and lurches back into rapid, deep breathing — a cycle called periodic breathing.

Three physiological changes result from this high-stakes chain reaction. None of them go away, although mountain-dwellers become desensitized to them over time.

First, periodic breathing interrupts our sleep and lowers our sleep efficiency. It reduces the amount of time we spend in slow wave sleep; a sleep that's crucial for our bodies' restorative activities, memory processing, and hormonal regulation. Over time, the toll of this diminished sleep quality could be significant, yet most people who experience periodic breathing don't even know they're doing it.

Second, organs like our brains and hearts regularly experience reduced oxygen levels while we're sleeping at high elevations. This oxygen stress inhibits their function, temporarily exacerbates acute altitude sickness, and can lead to long-term complications.

The third change is unrelated to periodic breathing, but can still be discon-



certing. At higher elevations we urinate more because our kidneys sense our low blood acidity levels, and they respond by increasing their rate of excretion of a low-acidity compound called bicarbonate. Urination is how we rid our bodies of this bicarbonate. The temporary thickening of blood that occurs upon first arrival in the mountains is also caused, in part, by increased urination. That's why dehydration is such a big issue for short-term mountain visitors.

Are there solutions?

For short-term acute altitude sickness, the best bet is to descend to low altitudes or to avoid it by ascending to elevation gradually, while staying hydrated. To mitigate long-term altitude effects, some mountain denizens are sleeping with an oxygen concentrator. In severe cases, a doctor may prescribe acetazolamide; it tricks our body to breathe more by increasing the acidity of our blood. This ups our oxygen levels.

Sleep scientists are working in the lab and the field to find remedies. A key target might be studying the 100 million or so native peoples who've evolved over the millennia to live at high elevations in the Andes, Tibet, and Nepal.

James Hagadorn, Ph.D., is a scientist at the Denver Museum of Nature & Science.

Suggestions and comments welcome at jwhagadorn@dmns.org



Native Plants of the Ute Country Kinnikinnick *Arctostaphylos uva-ursi*

by Mary Menz
photos by Mary Menz

In the summer, this plant is often overlooked, dwarfed by much taller and showier wildflowers. But without snow on the ground in late fall and winter, the evergreen leaves and red berries of the Kinnikinnick take center stage.

Kinnikinnick, or bearberry as it's also known, loves the open ground of the conifer forest. Its low-growing, thick mats of bright foliage provide a colorful focal point amid the browns and grays of the summer plants' decay.

It is a member of the heath family (*Ericaceae*) and is common in the western US and Canada. Other varieties are abundant in coastal areas and in the south. That said, it's a circumpolar plant — one that grows around the world in the northern hemisphere and in some higher altitudes of the southern continents. This family is comprised of mostly shrubs like azaleas, rhododendrons, and mountain laurels, but also includes cranberries, huckleberries, and blueberries.



The red berries of the Kinnikinnick are enjoyed by many animals in Ute Country.



The delicate flowers of the Kinnikinnick plant are short-lived, giving way to green berries that turn red when ripe.

Why bearberry?

The name Bearberry comes from the Greek *arctos* for bear and *staphyle* for grape. In other parts of the country, it's known as Bear Grapes, Chipmunk's Apples, and Pinemat Manzanita. In Latin, *uva* is grapes and *ursus* is bear. Bears do eat the ripe berries, but small mammals, ungulates, and birds do, too. The grouse of the Ute Country are especially fond of the Bearberry.

Indigenous people long used the Bearberry plant medicinally. For example, the Algonquin people used the dried leaves of Kinnikinnick, mixed with bark and other leaves, as a substitute for tobacco. In fact, the Algonquins gave the name Kinnikinnick to this plant. The dried leaves can also be used to make a tea, apparently used as a

laxative and as kidney and bladder support.

Like many native plants, Kinnikinnick has many uses. In Scandinavia, the tannins found in the stems are used to color and soften hides in the leather process. The fruit, though mealy, can also be used to create jams and jellies, though there aren't always many to gather after the animals get to them.

Kinnikinnick in the landscape

Kinnikinnick is a great plant for erosion control. This plant thrives in sunny, dry, rocky areas with poor soil making it the perfect plant for sloped areas in the Ute Country. It's readily found in many nurseries. Not only are

the leathery, evergreen leaves attractive in the garden, but the tiny, pink urn-shaped flowers are beautiful in their own right. If you were to look inside them with a hand lens, you'd see little horns on the ends of the anthers. They are short-lived, however, before they quickly produce green berries, which then turn bright red when ripe.

Mary Menz is a naturalist and Colorado Native Plant Master who lives in Ute Country. She loves to search for — and find — native plants. You can reach her at snowberryblossom@gmail.com.

Hands-on fire safety



Northeast Teller County Fire Department and El Paso-Teller County 9-1-1 recently hosted a fire safety program for students at Columbine Elementary School. A smoke trailer is used to teach kids how to es-



cape when smoke is visible in their home. From staged kitchen dangers to an electrical fire in the bedroom, students have an opportunity to role play realistic scenes, complete with climbing out a window to safety.

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Discover the unique history of Fairplay

A Brief History of Fairplay

by Linda Bjorklund

Explore Fairplay from the beginning with local historian Linda Bjorklund as she traces the town's story through Spanish settlers, early American government, Union-Confederate tensions and modern developments.

E-book available through Barnes & Noble and Amazon. Hardcopy is available at both the Museum and the Ranger Station in Fairplay.

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One Nation Walking Together

Shelley Morningsong and Fabian Fontenelle perform Nov. 5

by Kelsey Comfort

Native American Artist of the Year 2016 winner Shelley Morningsong will perform in concert on Saturday Nov. 5, 2016 with Fabian Fontenelle at First Christian Church of Colorado Springs located at 16 E. Platte Ave.



The concert is presented by One Nation Walking Together (ONWT) and First Christian Church of Colorado Springs. Tickets are \$15. Doors open at 6:30 p.m., performance begins at 7 p.m.

Singer, songwriter Morningsong (N. Cheyenne/Dutch) has received two Native American Music Awards, among other awards and accolades. She first met her husband and musical partner Fontenelle (Zuni/Omaha) in 2002, when Morningsong auditioned for the musical, "Music from a Painted Cave" written by Robert Mirabal. The pair toured together and began to date. Both come from musical backgrounds.

Morningsong grew up in the Los Angeles-Hollywood area where she was raised by a family who all played musical instruments. Her mother and grandmother played piano and gave piano lessons. Morningsong began to play guitar and sing at nine years old.

Morningsong has participated in bands, choirs and theater throughout her life. At 19, she was the lead singer of a country-rock band called Hearts of the West. The group toured and opened for Charlie Daniels and Juice Newton.

Being raised by her mother and grandmother in Los Angeles, along with her roots (her father is Northern Cheyenne from Lamedeer, Montana) Morningsong said in an email interview that this has allowed her music to have a good balance of traditional and contemporary sounds.

Fontenelle and his family from Zuni Pueblo, New Mexico, used to travel together across the country and throughout Europe to present their Southwest traditional dancing and singing.

Morningsong writes some songs with traditional rhythms so that Fontenelle can come out and dance while she sings during their performances. She said: "This is really meaningful to me because I'm so proud of



Shelley Morningsong and Fabian Fontenelle.

Fabian. He's a very traditional Native American man." During their shows, the couple takes turns presenting traditional music and

dancing along with contemporary music that Morningsong loves to write and sing.

Morningsong said she finds inspiration for her music in her surroundings, by people and her life's struggles and victories. She said she is always observant of what's happening around her in the world and nature. This allows her to find inspiration from many people and places.

Of her music, Morningsong said, "It is always my heart's deepest wish that my music will bring hope and encouragement to others...I try to write my songs so that the lyrics are meaningful and contain positive messages."

"What I love about music is that [it] can take you to other places in your mind and spirit. It can soothe your soul when you need comfort and it can bring joy to a broken heart. Music can give you energy when you're feeling tired. Music can take you back to other times in your life and recall memories...music can inspire me and give me hope," Morningsong said.

When it comes to challenges with her music, Morningsong said although creating music seems to come easily for her most of the time, her biggest challenge is obtaining opportunities to share her music and the message that goes with it.

Morningsong said: "It's very important to me and I feel driven to help to make a difference in this world through the music and dance that my husband Fabian and I share. We want to share our culture, [to provide] education on Native issues and also show people how important it is to find peace and respect towards one another."

For more information on the concert, call 719-329-0251 or email office@onenationnwt.org.

TSC receives award

Named Small Transit System of the Year

Teller County transit providers received a huge boost in recognition for a job well done at the annual transportation conference hosted by the Colorado Association of Transit Agencies (CASTA), last September. The Teller Senior Coalition received the award for "Small Transit System of the Year" in recognition of programmatic and funding changes resulting in a more than a 50 percent increase in service.

Additionally, Teller Senior Coalition recently received a CDOT grant funded wheelchair accessible van and is coordinating service with Cripple Creek Transit and Silver Key in Colorado Springs to link Victor with Colorado Springs.

City of Cripple Creek Transit received the "Innovation in Transit" award for their bright red, solar powered bus shelters that resemble the trolley that circulates on Bennet Avenue. The awards come on the heels of the Colorado Department of Transportation's first Statewide Transit Plan, which identified Teller County as having the lowest per capita transit funding in the state.

Christmas tree permits available in South Park District

The Pike National Forest — South Park Ranger District — will sell districtwide Christmas tree cutting permits in Fairplay and Lake George on several dates beginning Nov. 25 and continuing through Dec. 23. Permits can also be requested by mail to South Park Ranger District, Attn: Christmas tree Permit, P O Box 219, Fairplay CO 80440.

Tree Cutting Details:

Fairplay (320 U.S. Hwy 285) Walk-in sales start Nov. 25 and continue through Dec. 23. Monday through Friday 8 a.m. to 4:30 p.m. Saturday 9 a.m. to 2 p.m. Nov. 26, Dec. 3, Dec. 10, Dec. 17 Sunday 9 a.m. to 2 p.m. Nov. 27 and Dec. 4. The office is closed on Thanksgiving Day.

Lake George (at the Lake George Fire Department, 8951 County Road 90) Walk-in sales on five days, dates and hours shown below. Friday 8 a.m. to 4 p.m. Nov. 25 and Dec. 2 Saturday 9 a.m. to 2 p.m. Nov. 26 and Dec. 3 Sunday 9 a.m. to 2 p.m. Nov. 27

Mail-in requests will be processed and mailed on Nov. 18.

Cutting is district wide, refer to map handed out with permits for excluded areas.

Forest roads are not plowed. Four-wheel drive and chains may be needed in some areas.

South Park Ranger District does not run out of permits. Once the permit is purchased, trees can be cut any day from Thanksgiving Day through Christmas Eve. District Ranger Josh Voorhis encourages tree cutting in the South Park Ranger District. He said, "It's a relaxing family tradition for many who drive a little further to the South Park Ranger District to find the perfect Christmas tree. We're away from the crowds, we offer a district-wide permit, and cutting is allowed Thanksgiving through Christmas Eve."

Shop for gifts at the South Park Ranger District during the holiday sale (Nov. 25 – Dec. 10) for 15 percent off most items including local-interest books, stuffed toys, and apparel. Visit the District's 2016 Christmas Tree Program page at: <http://www.fs.usda.gov/goto/psicc/sopk> or, call the office at 719-836-2031 for more information.

CSHF approves \$118,350 in grants

The Colorado Springs Health Foundation Board of Trustees recently approved a total of \$118,350 in grants to four health-related collaborative efforts in El Paso and/or Teller County:

- Center for Healthy Living and Wellness at Mt. Carmel Center of Excellence, a collaborative with Regis University and UCSC (\$11,350)
- PACE Community Integration and Expansion Collaborative (\$20,000)
- Penrose-St. Francis Neighborhood Nurse Centers Collaborative (\$37,000)
- Woodland Aquatic Project (\$50,000)

These collaborative efforts address one or more of the Foundation's funding focus areas: Access to care for those in greatest need; workforce shortage of primary care

and/or psychiatric providers; suicide prevention; school-based efforts to improve child/family healthy eating and/or active living.

"Collaboration is one of our Foundation's values. We developed our recent Fostering Collaboration grant opportunity as a way to further this value by supporting existing collaborative efforts whose work aligns with our funding focus areas," said BJ Scott, board chair.

"Solving complex health concerns often requires diverse perspectives, expertise and ideas. Collaborative work is an important way to engage a multidisciplinary approach toward improving our community's most pressing health issues," noted Carl Davis, executive director.

Colorado Springs Health Foundation has awarded more than \$2.6M in grants during 2016, its first year of grant-making.

Salida Soup 18

Let's give thanks!

Sellars Project Space's 18th installment of their popular Salida Soup event will bring 10 past winners together to vie for diners' donations, to further enhance their community programs.

SPS' Mark Monroe says "November's Soup is going to be all about giving thanks - thanks to those who have made a difference in our community. Ten past Soup winners will be asked to attend to give the diner's an update on the status of their projects and share stories about them. The diners will then vote for their favorite programs using their \$5 donations instead of a ballot. Each program takes home whatever amount ends up in their pot, and the program with the most also wins the High Country Bank gift of \$250! Be sure to attend this one!"

The 10 past winners that have been asked to attend are: School of NIN, Veteran's Expeditions, Salida Schools Arts Council, The

Tenderfoot Times, Raft Guide Dinners, A Little Help, Salidascope, Stage Left Theater Company, Fast Forward to Literacy, and Sage Generation Home Share Program.

Salida Soup 18 is Thursday, November 17, at the Salida SteamPlant Ballroom. Doors open at 6 p.m., dinner starts at approximately 6:30 p.m., with presentations starting at 7 p.m. Volunteers to help clean up afterwards are always appreciated.

Sellars Project Space is a multi-disciplined partnership focused on using a variety of strategies to strengthen communities. Their Marketing Services, Community Programs, and Event Coordination facilitate and enhance their efforts while forging long-lasting partnerships.

For more information on Sellars Project Space call 719-221-9893.

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Witnessing Standing Rock

by Diana Crow-Wheel
photos by Diana Crow-Wheel

An oil pipeline running through North Dakota, South Dakota, Iowa, and Illinois for non-domestic sale is compromising the Missouri River watershed. April 1, 2016 a group of indigenous people formed camp Sacred Stone at Cannonball, ND, to fight the proposed Black Snake. The camp has grown into a domestic and international fight to stop DAPL, Dakota Access Pipeline.

The Standing Rock tribe and Cheyenne River reservation are at the forefront of the battle. A battle to keep our water clean, a battle to protect sacred grounds, a battle to honor the 1851 Fort Laramie Treaty between the original landowners of this country and the United States government, and yet a bigger battle, against the fossil fuel industry that is contaminating our land and water.

This is a simple stance and yet complicated by Morton County police militarization at peaceful protest, civil rights and First Amendment rights have been broken. Journalists have been arrested, such as Amy

Goodwin, from *Democracy Now*. Celebrities have been arrested, such as Shalene Woodley, actress in *Divergent* and *Edward Snowden*. This is the largest gathering of indigenous people in over 100 years. They are stepping up for their rights and for our water.

Currently eminent domain has been declared at the Sacred Ground camp which lies in the pathway of the pipeline, just miles from the Missouri River. The Justice department has asked Energy Transfer Partner to stop the drilling. They are determined and pay fines; they have the money. Remember this oil is being sold abroad.

I stayed at the Oceti Sakowin camp for eight days. We camped by the Missouri. It was an experience that has left me daunted.

It is a peaceful community; no weapons, drugs or alcohol. There were tipis, yurts, army tents. Ceremonies to bless the water took place among prayerful gatherings, Mayan Ceremonies, art tents, food tents, media tents, and a medic tent. The Cherokee Nation donated semis of wood to be used as the camp's only source of fuel for heat. Dogs and children ran and played all over a peaceful camp. It was a community of people united, not divided. Together, we experienced the elements: Cold winds, changing weather, beautiful sunrises, and a full moon.

Each day held a mix of activities including a meeting with Dennis Banks (founder of American Indian Movement), direct action trainings, and meeting lots of people. I had the privilege to meet elders. I was behind Johnny Depp while standing in a dinner line and saw A. Martinez (of Longmire). There were women who flew in from Germany, Israel and Puerto Rico to support the cause. The people remained dedicated to their cause, drumming, singing, working hard day up to day down alongside a multitude of volunteers. This was a peaceful protest in a cooperative community bound by the common belief in the environment's right to clean, unpolluted water.

In contrast, helicopters, airplanes, and even drones continued flying over the peaceful camp. Reverend Jessie Jackson and actor, Mark



Ruffalo are there. As of October 26, 2016, the National Guard declared that the camp, Sacred Ground (ground zero, in the way of the pipeline) must be moved. The military is blocking roads and setting up camps.

For further information and to learn what you can do to contribute, www.OcetiSakowin.org FaceBook: Myron Dewey for update infor-

mation and Indigenous Environmental Network. See related story on page 7.

An updated supply list is available at www.sacredstonecamps.org/SupplyList/. Donations can also be dropped off at ONWT, 3150 N. Nevada Ave., in Colorado Springs. ONWT is open Tuesday through Friday, 9 a.m. to 3 p.m.

Sandborn Western Camp is a thrilling experience

by Sophia Guiliani, 7th grader

Guffey Community Charter School student Troy Dabney just returned from a summer at Sandborn Western Camps. Last year he was awarded a generous scholarship through the Cheley Foundation to attend Sandborn.

"Sandborn was an exciting experience that could not have been done without this scholarship," remarked Troy. This camp is located near Florissant Fossil Beds. There are two camps, one for the girls and one for the boys. The girl's camp is called High Trails.

The boy's camp is called Big Spring. According to Troy, he spent the last month of his summer learning about new things he did not know before. There are plenty of fun games and trips you can do while you are at Sandborn. Some of the activities include football, hiking, biking, and even the competition called gymkhana. Gymkhana is a horseback competition of barrels, keyhole, and pole bending where you compete against other campers. Sandborn Camp also has trips where you can go out for five days at a time. These trips include horseback riding, backpacking, and hiking fourteeners. Troy summited Buffalo Peaks for



his long trip. Every Sunday both camps have their own Vespers service where they sing songs and watch a magnificent sunset.

This year our school principal and teachers have chosen Havannah VanEgmond to represent our school. She has applied for and has accepted a scholarship to attend Sandborn Western Camps next summer. Havannah said, "I can't wait to go to Sandborn because I will meet so many new people and do new activities." Our school thinks this is a great opportunity for both Troy and Havannah. We all hope that next year they will both have an amazing experience at Sandborn.

The Blue Frog

by Flip Boettcher
photo by Flip Boettcher

Florence's newest working artist's studio and gallery, The Blue Frog, is located one story upstairs in the middle of the 100 block of West Main Street, almost across the street from Heartland Antiques.

This is a working studio. Resident artist and owner Ed Penner has a great spot to paint, perched above Main Street as he is. The gallery also features other artists as well. Plan on visiting the studio where the metal cat at the door welcomes you upstairs under the blue frog.

Ed Penner in front of the entrance to The Blue Frog, his artist studio and gallery.



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American Legion Post 1980 hosts Veteran's Day BBQ

photo by Larry Ingram

American Legion Post 1980 of Woodland Park is again presenting their Veteran's Day celebration for all Veterans, active duty, National Guard, reservists and their families. In this day and time when we have been at war for the last 12 years, Veterans and their contributions to protecting our American Democratic Republic should be recognized. The American Legion, a fellowship of wartime veterans, takes pride in performing

services and support for all veterans. On Veterans Day, a special day for all veterans, Post 1980 is proud to provide a celebration and recognition for the veterans in our community and their families. We provide an old-time, free Bar-B-Q with all the fixings at the Ute Pass Cultural Center at 5 p.m. on Veteran's Day. In addition, the winners of the Veterans Day raffle are announced; first prize being \$400.

Medicinal Plant workshop offered

Beaver Ponds Environmental Education Center located at 2234 Busch Run Road on Sacramento Creek near Fairplay is offering a Medicinal Plant workshop on November 19 from 1 p.m. to 4 p.m. For \$25 adult participants will learn to identify a variety of native alpine plants and herbs in their backyard!

"We're looking forward to teaching folks how to harness native alpine plants and herbs for medicinal properties and ethical harvesting. We'll start by introducing how these plants were used in Native American culture, as well as some fun facts related to field survival skills," explains Krissy Barrett, Program Coordinator for Beaver Ponds. "Then we'll learn the process of being your own at-home herbalist from identification of herbs to making your own tinctures and balms from these herbs. All participants will make and take home several healing balms. This comes in time for the holidays and could make a great gift." Beaver Ponds staff will facilitate the workshop. Space is extremely limited so please sign-up early by contacting Kristin



calendula

Barrett at kbarrett@beaverponds.org or call 719-838-0143.

The mission of Beaver Ponds Environmental Education Center is to provide environmental education that gives individuals of all ages the tools and knowledge they need to become better stewards of the earth. For more information about Beaver Ponds please visit www.beaverponds.org

Ready to make a difference? CASA 411

CASA offers a volunteer opportunity like no other. As appointed representatives of the court, CASA Volunteers are empowered to make a lifelong difference in the lives of abused and neglected children. Find out how you can become a CASA Volunteer and lift up a child's life. Join us Thursday, November 10, from noon to 1 p.m. for our 4-1-1 hour at the CASA office, 701 S. Cascade Ave., in Colorado Springs. Please RSVP to Kelly 719-447-9898, ext. 1033 or visit our website, www.casapr.org.

BLM seeks public input Browns Canyon National Monument hosts listening session in BV on Nov. 15

The Bureau of Land Management and U.S. Forest Service, in cooperation with Colorado Parks and Wildlife invite you to share your views about Browns Canyon National Monument at an upcoming listening session. The two-hour listening session is designed to increase understanding of how people interact with the monument, what is meaningful about it and the role it plays in the way people live, work and play.

"The input you provide will help us garner a better understanding of the monument as part of the larger landscape in this area, as well as the communities it serves," said Melissa Garcia, Browns Canyon National Monument Manager. "Hearing from the public will also assist in developing a lasting framework for understanding land use and making resource management decisions at the monument."

Members of the public are encouraged to show up at the beginning of the meeting Nov. 15 in Buena Vista, at the Buena Vista School District Boardroom, 113 North Ct., 6 p.m.

Learn more about the Browns Canyon National Monument planning efforts at: <http://www.browncanyonplan.org/>

For centuries, the granite cliffs, colorful rock outcroppings and stunning mountain vistas of Browns Canyon National Monument have attracted visitors from around the world. The area's unusual geology and roughly 3,000-foot range in elevation support a diversity of life. The Bureau of Land Management and the U.S. Forest Service jointly manage the monument. Colorado Parks and Wildlife, through the Arkansas Headwaters Recreation Area, manages river-based recreation on the Arkansas River through Browns Canyon.

Rising through the ranks PSB&T appoints new VP

by Kathy Hansen
photo by Jeff Hansen

The American Dream is alive and well in Woodland Park, Colorado as Park State Bank & Trust promotes Marcie Zurek to Vice President Trust Officer after serving as Vice President Cashier, Chief Operations Officer for a decade.

Marcie took her first step on the corporate ladder when she was a senior at Woodland Park High School through their co-op program. She worked as a bookkeeper at the bank in the afternoons earning academic credits and a wage. This part-time position became full-time. Before she knew it, Marcie was climbing the rungs in the departments of IT, Proof, Bookkeeping, Cashier, and quite frankly, she had to stop and think of all the positions she's held in her 28 year history with the bank when we interviewed her October 14, 2016.



Marcie enjoys living the dream.

Auditors and examiners look to Park State Bank & Trust Department as an example as to how to do it right.

N Tony Perry, President of PSB&T

Tony Perry, President of PSB&T said, "It was hard to lose my right-hand, but it was the most logical choice for the bank. Marcie was the only internal candidate that made sense because the Trust Department is about listening, following through, and there is no room for error. It is all about attention to detail; everything needs to be done properly and intelligently. There is not much margin of error on the Trust [Department] side."

Marcie needed to further her education at the University of Colorado, Graduate School of Banking. She continued to work at the PSB&T while completing her education,

occasionally needing to go on campus and complete various projects. She was excited to do so. After treading the waters during the wave of banking scrutiny from about 2007 through 2015, she felt she had worthy first-hand experience at understanding banking regulations. She is confident she will uphold the standards set by her predecessor.

It seems it is the Trust Department that sets the standard for how well the bank is run. Mr. Perry stated, "Auditors and examiners look to Park State Bank's Trust Department as an example as to how to do it right."

Marcie is excited to meet with clients interested in services and products offered by PSB&T. Services include: Personal Trust Administration, Investment Management, Financial Planning, Estate Planning and Administration, and Power of Attorney. Investment products can include: Mutual funds, stocks, bonds, IRAs/Roth IRAs, and 401Ks.

To set an appointment with Marcie call 719-687-9234 or visit in person at 710 Hwy 24, Woodland Park, CO.

Thank you, Marcie, for showing us hard work, education, and dedication to quality can make a difference!

News from Woodland Park School District

Visit from Russia

Columbine Elementary School recently welcomed visitors from Smolensk, Russia. The delegation, which included 14 visitors, is sponsored by the mayor's office in Colorado Springs and the Sister Cities International Program. Columbine Principal Ms. Veronica Wolken, who was born in the Soviet Union (Donetsk region, Ukraine), briefed the group about the school and American education. Columbine 5th graders then had an opportunity to ask questions of the delegation. Questions included: "How old were you when you learned English?" "What kind of candy do you eat in Russia?" "What kind of animals live in Russia?"

Art Award

Skylar Hibbard, 4th grader at Columbine Elementary, won the Kid's Art Competition offered by Echo Pages, the telephone book distributed throughout our community. Rich Hess, distribution manager for Echo Pages, presented Skylar with an award for his art of an Eagle as well as a sketch book and pencils for future creations. Along with the award, Ms. Emily Woerner, art teacher at Columbine, was presented a \$500 check to be used in her art department. Skylar's winning art will also appear in Woodland Park's new phone book. Pictured from left: Ms. Woerner, Skylar, and Rich Hess.

Red Ribbon Week

Woodland Park Middle School celebrated National Red Ribbon Week (Oct. 25-28) with the national theme YOLO (You Only Live Once), Be Drug Free! Activities included dressing in RED day; decorating the school with drug free posters; school-wide discussions and videos; quotes of the day such as "I'm too smart to start" and "Life can take you higher than drugs." Pictured are students signing a huge school-wide pledge poster.




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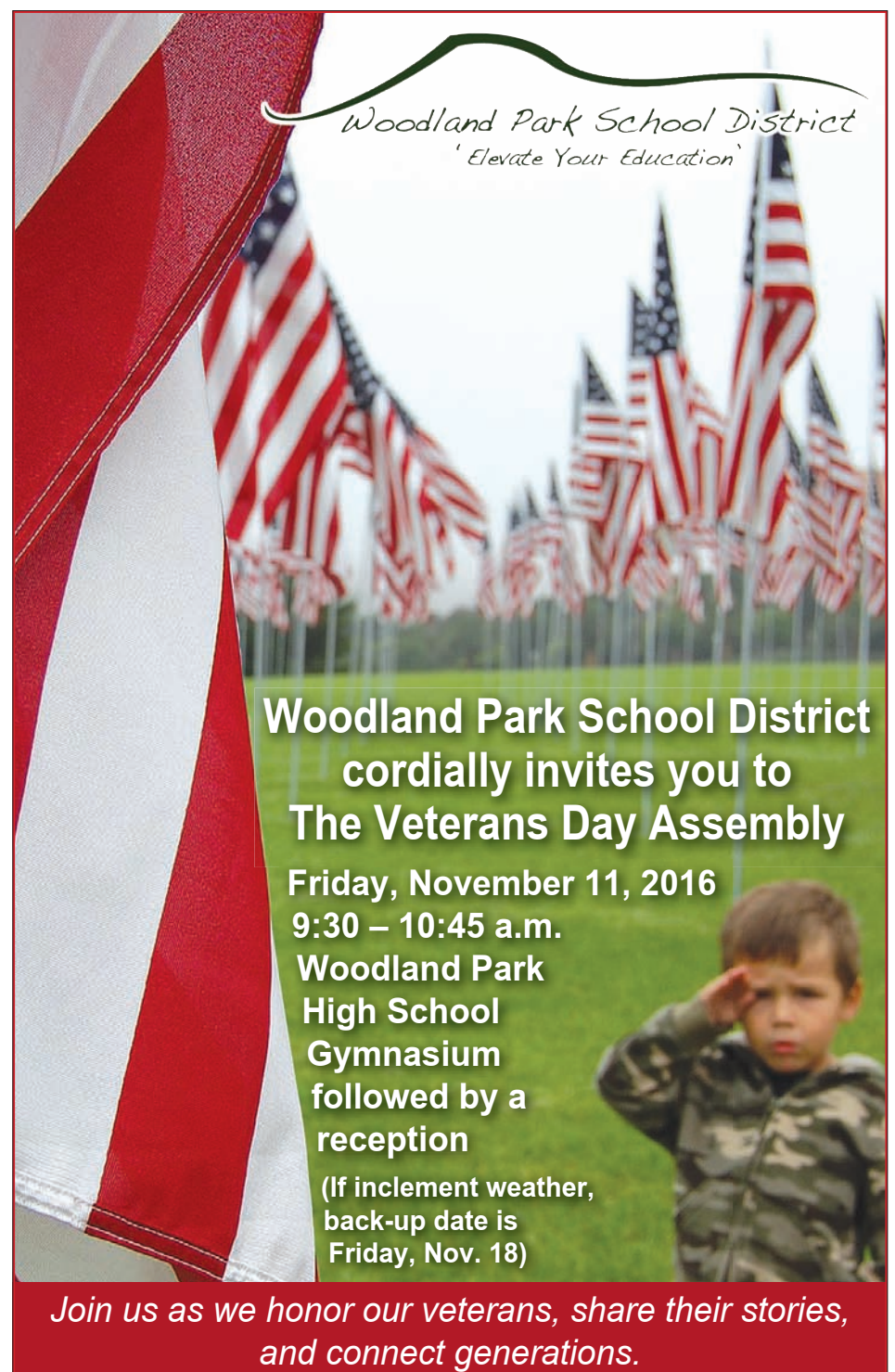


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Woodland Park School District
'Elevate Your Education'

Woodland Park School District cordially invites you to The Veterans Day Assembly

Friday, November 11, 2016
9:30 - 10:45 a.m.
Woodland Park High School Gymnasium followed by a reception

(If inclement weather, back-up date is Friday, Nov. 18)

Join us as we honor our veterans, share their stories, and connect generations.

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WOODLAND PARK Highway 24 & Chester 687-6682 SOUTH NEVADA S. Nevada 2 Blocks S. of I-25 ... 473-7089
POWERS CENTER Powers & Palmer Park 550-1840 AUSTIN BLUFFS Austin Bluffs & Barnes 599-4555
WOODMEN RD Woodmen & Rangewood 268-9988 FOUNTAIN/WIDEFIELD N. of Walmart on Camden 392-4203
FILLMORE Fillmore & Prospect 520-0722 MONUMENT Safeway Center 488-2299

THE TEAM YOU TRUST™

Kuddlez for Kidz

Students donate stuffed animals to HRRMC pediatric patients

On Oct. 13, 2016, students from the Moffat High School Key Club of Moffat, CO donated new stuffed animals to Heart of the Rockies Regional Medical Center for pediatric patients. The students collected the toys from their community through Kuddlez for Kidz, a program which provides hospitalized children with stuffed animals and other comforting items.

Kuddlez for Kidz was founded by a Denver teen named Rylie who was diagnosed at age 7 with a disease that required many hospital visits. She found that having a stuffed animal made the tough appointments a little easier.



Front (L to R): Students Nico Anzelc, Matthew Potter, Joedelee Rigdon, Cheyenne Hunter; Back (L to R): Med/Surg Manager Nika Starr, Emergency Department Manager Jodi Townsend, HRRMC Foundation Director Kimla Robinson, Key Club Coordinator Patte Smith.

Inspection passed

National Commander of American Legion visits Victor-Cripple Creek Post

by Steven Wade Veatch
photo by S.W. Veatch

Charles "Charlie" Schmidt, the current American Legion National Commander, along with his touring party, visited the Victor-Cripple Creek Post 171 of the American Legion on September 15, 2016. The members of the local post met Schmidt with enthusiasm at the Harold Hern Veterans Hall on Carr Avenue in Cripple Creek. Tom Litherland, Post 171 Commander, introduced Schmidt to post members attending the meeting. Schmidt addressed the group regarding the history of the American Legion, the mission of the Legion, the importance of service to veterans, support of youth programs, promotion of Americanism, and advocacy for a strong national defense. Schmidt said, "We must go back to our legacy of taking care of our buddies, from rehabilitation of the disabled veteran to the care of the dependents of those veterans who have answered the final call."

After the meeting everyone took to the field to see the post's work in the community. Schmidt and post members visited the Andrew Smith house rehabilitation project in Cripple Creek. After lunch, the group visited the Mt. Pisgah Cemetery where they toured the Memorial Wall and inspected the new American Legion burial plots. The group next stopped at Cripple Creek's City Park to view all of the memorials there



Charlie Schmidt, National Commander of the American Legion, addresses members of the Victor-Cripple Creek Post 171 of the American Legion.

honoring the fallen and missing. Cripple Creek's wandering donkeys joined the group near Bennett Avenue, ending the National Commander's visit in the gold camp's characteristic style.

BLM plans prescribed burns at Deer Haven and Trail Gulch

The Bureau of Land Management is preparing to conduct two prescribed burns at Deer Haven and Trail Gulch this fall.

Deer Haven is located 15 miles northwest of Cañon City, south of High Park Road, and west of County Road 69 in northern Fremont County. Approximately 107 acres of BLM land will be treated to reduce accumulated hazardous fuel and improve wildlife habitat. Targeted fuels include ponderosa pine, Gambel oak, decadent grasses and other ground fuel that has accumulated since previous treatments.

Trail Gulch is located 15 miles northwest of Cañon City between Shelf Road and High Park Road in northern Fremont County. Approximately 35 acres of BLM land will be treated to reduce accumulated hazardous fuel and improve wildlife habitat. Targeted fuels include ponderosa pine, Gambel oak, juniper and residual slash from previous thinning treatments.

The projects are intended to reduce conifer encroachment in grass meadows while improving forage for wildlife and domestic livestock. Prescribed burns also help mimic various stages of plant succession, which is critical to the health of

fire-adapted ecosystems.

Smoke from the prescribed burns will be visible throughout the day for each burn, mostly during the warmest part of the day. With cooler temperatures in the evening, smoke may linger and accumulate in low lying areas.

According to the Colorado Air Pollution Control Division, "Prescribed fire smoke may affect your health. For more information see https://www.colorado.gov/pacific.cdph/wood-smoke-and-health."

For additional information, contact Ty Webb (719) 269-8560 at the BLM Royal Gorge Field Office in Cañon City.

The BLM manages more than 245 million acres of public land, the most of any Federal agency. This land, known as the National System of Public Lands, is primarily located in 12 Western states, including Alaska. The BLM also administers 700 million acres of sub-surface mineral estate throughout the nation. The BLM's mission is to sustain the health, diversity, and productivity of America's public lands for the use and enjoyment of present and future generations. In Fiscal Year 2015, the BLM generated \$4.1 billion in receipts from activities occurring on public lands.

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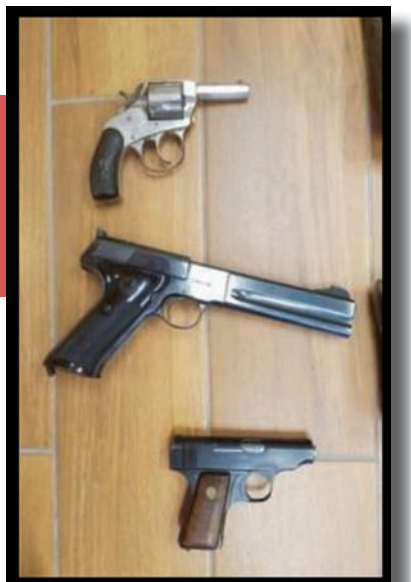
NOVEMBER AUCTION CALENDAR



**Saturday,
November 5th**

**The Estate of
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This Auction Features over 500 Model Airplanes, Trains & Classic Automobiles. There will also be a selection of over 20 Fire arms from Jim s private gun collection. And let s not forget the 3 shops packed with Wood Working Tools, Shop Equipment, Hand tools, Toolboxes, Shelving, Accessories and more. There will be 2 rings under our big top tents with heating. Exhibition will be on Friday Nov 4th from 12-5. www.highcountryauctions.com for full listing and picture.

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Friday November 18th @ 12noon

372 N Ridge Rd., Bailey, Colorado

Built in 1979 this home has 4 bedrooms and 2 baths. 896sq ft. It sits on just under an acre with 360 degree views. Property is sold AS-IS with no guaranty. Winning bidder must bring \$5000 cash or cerified funds day of sale to be placed in escrow until closing.

Contact Roger or Dustin for more info or to schedule a showing. www.highcountryauctions.com 719-395-8897

★★★★★ **Saturday, November 19th 10am** ★★★★★

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The accommodations for the horses include a 12 x 24 corral for each site, indoor stalls in the barn for shelter and use of the round pen

Mueller State Park Horse camping made convenient

Equestrian Campsites are still open at Mueller State Park this fall until the snow arrives to stay. The brand new campsites that opened this summer have been very popular with equestrians! This new opportunity offers a peaceful camping experience in close proximity with your horses. With expanded trails this year, Mueller offers over 30 miles of trails through rolling meadows, forested canyons, and the mountain beauty that is Mueller State Park!

These campsites make horse camping convenient. The two campsites, located at the Livery, offer electricity, a tent pad and RV space, picnic table and fire ring. The accommodations for the horses include a 12 x 24 corral for each site, indoor stalls in the barn for shelter and use of the round pen. Equestrians must bring their own water now, since the water was shut off for the winter during the week of October 16th. The campsites will remain open until significant snow falls and remains on the ground. You can enjoy the peace, quiet and beautiful view of Pike's Peak, tucked in and away from the main campground.

"All the comments from the horse folks this summer have been very positive" says Linda Groat, Program Coordinator at Mueller. "The sites have everything you need to have a great trip in this beautiful setting!" Equestrian campsites can be reserved by calling 1-800-678-2267. You can see the availability online, but they must be reserved by phone. Please bring your own weed free feed, water and buckets. Please call the park for more information 719-687-2366.

November programs

Mueller State Park is looking forward to winter and the holiday season! Mueller is still a great place to hike all year round. Once the snow arrives, lots of folks come

out for snowshoeing, skiing and sledding! Highlights of November's programs include a wolf program and a Turkey Day Kids' program before Thanksgiving Day.

- 5 Hike: Outlook Ridge.** Meet at 10 a.m. at the Outlook Ridge Trailhead. Hike along Outlook Ridge to three overlooks to see the beautiful mountain views to the west. Join Naturalist Karleen on this 2.5 mile hike.
- 12 Hike: Elk Meadow Trail.** Meet at 9 a.m. at the Elk Meadow Trailhead. Join Naturalist Bob on this 2-mile hike to explore climate zones and the trees of Mueller. Elk Meadow trail goes through evergreen and aspen forests and has great views of Pike's Peak!
- 12 Touch Table: Igneous Rocks** from 1 p.m. to 3 p.m. at the Visitor Center. Learn all about igneous rocks from Naturalist Bob. Discover how they are formed what they are made of. Drop in anytime!
- 13 Hike: School Pond Trail.** Meet at 1 p.m. at School Pond Trailhead. Enjoy peace and quiet on this trail to School Pond, a 2 mile loop through gentle hills and forests. Led by Naturalist Rose.
- 19 Auditorium: Wolves - Fact and Fiction** at 3 p.m. at the Visitor Center. Naturalist Ellen spent some time in Yellowstone National Park learning about wolves! Hear the truth about these misunderstood animals. Learn about their lifestyle, pack behavior and role as an apex predator. See a special live guest after the program!
- 22 Turkey Day for Kids!** Meet at 10 a.m. at the Visitor Center. Get ready for Thanksgiving by coming to Kid's Turkey Day! Learn about wild turkeys while playing games and making turkey crafts! No school today, so bring your friends!
- 24 Thanksgiving Day.** The Visitor Center will be closed today. Enjoy the outdoors — the park is open.



These campsites make horse camping convenient. The two campsites, located at the Livery, offer electricity, a tent pad and RV space, picnic table and fire ring.

Adopt Me

by Ark-Valley Humane Society

Petey

Petey is a one year old male American Bulldog mix who is so lovable and smart. He loves learning new tricks and getting his belly scratched! Petey has been with us for a few months now and though we love getting to play and spend time with him, we REALLY want him to find a home that he so deserves. If you would like to adopt this handsome fella? He will provide you with many laughs and snuggles! Visit Petey at 701 Gregg Drive in Buena Vista or call us at 719-395-2737.



~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 719-686-7393 or email us at utecountrynewspaper@gmail.com.

BUENA VISTA

19 BV Hope is participating in the Xi Mu Christmas Fair. We will have items for sale that were made by rescued human trafficking victims: Beautiful jewelry, quilts, purses, and more from the U COUNT organization. All of the money made will go directly back to these victims to help them recover and sustain themselves and their families. Go to ucountcampaign.org or for more information about the fair itself contact Lora Mascarena at blmascarena@gmail.com.

20 The Knights of Columbus are having a fundraising breakfast for HOPE. It is from 7:30 a.m. to 11 a.m. at the St. Rose of Lima Catholic Church at 118 S. Gunnison St. Call 719-395-8424. We will also have some of the U COUNT items there for sale as well.

COTTONWOOD HOT SPRING LODGE

Thursday evenings at 6 p.m., a Spiritual Networking Group meets at the Cottonwood Hot Springs Lodge in Buena Vista to discuss issues of common interest and participate in a group meditation with a positive outcome. There is no fee for the meeting and anyone with an interest is welcome to attend. For more information, call Cathy or Robin at 719-395-6434. If you would like to bring a snack to share with a few other people, it will be appreciated.

CA ON CITY

5, 19 Jewett's Liquor has tastings from 3 p.m. to 6 p.m. See ad on page 38.
11 Fremont County The Emergency Food Assistance Program. Distribution is at First United Methodist Church, 801 Main Street, 1:30 p.m. until gone. Call Erlin Trinkel 719-275-4191 X111 for more information.
18 Fremont County Commodity Supplemental Food Program. Distribution is the 3rd Fridays each month from 9 a.m. to noon at Loaves & Fishes, 241 Justice Center Rd. Call Traci Nelson for more information 719-275-0593.

CANON CITY LIBRARY

5 Common Cents for Colorado Holiday Spending. Sue Hitt will be sharing useful ideas for holiday spending without breaking the bank or your budget at noon. Lunch will be provided, please RSVP to the library 719-269-9020 if you are coming so we will know how many lunches to have available.
5 Linda Batlin performing as Doe Susie. She will be performing at 2 p.m. at the library, 516 Macon Ave. in Canon City. Dr. Susan Anderson or "Doe Susie" as she was called was the first woman doctor in Fraser, CO. She arrived there in 1907 and practiced medicine until 1956. The story tells of Doe Susie's life, of how she became a doctor and moved to the Fraser valley and set up her practice. It tells of her struggles, challenges and triumphs in treating the lumber-

jacks, ranchers and railroaders of the area over the many years. It also tells of the many changes she saw over the years, like the building of the Moffat Tunnel. When she first arrived the men scoffed at her because she was a woman doctor but after a while they would say "Call Doc Susie; she'll come if she has to walk!" <http://www.lindabatlin.com/>

On-going events

Monday B.O.O.K. (babies on our knees) is a story time and activity play for 0-24 months at 10:30 a.m.
Tuesday, Thursday at 10:30 a.m. is story time and craft for 2 and up.
Lego club every 2nd and 4th Wednesday at 3:15 p.m. to 4:15 p.m. Canon City Library is located at 516 Macon Avenue. Call 719-269-9020 for more information.

CHIPITA PARK

12 & 13 Chipita Park Association's 13th Annual Arts and Crafts Fair on Saturday, November 12 from 9 a.m. to 4 p.m., and Sunday, November 13 from 10 a.m. to 3 p.m. at Marcroft Hall, 9105 Chipita Park Road, Chipita Park Rd., CO. Admission is FREE. Come and browse one-of-a-kind arts and crafts including pottery, hand-turned aspen, woodcarving, jewelry, home-made marmalade, hand-braided rugs, a caricaturist, exit water, and much more. Enjoy lunch of Bob and Bernie's famous meatball sandwiches, soup, and dessert. There will be raffish with great prizes as well. Contact: Norma Wright, 684-9237 or email: norma82w@aol.com

COLORADO SPRINGS

5 Shelly Morning song and Fabian Fontenelle perform at First Christian Church. The doors open at 6:30 p.m. and the performance is at 7 p.m. located at 16 E Platte Ave. Tickets are \$15. See article on page 26 or call 719-329-0251 or email office@onenationwv.org for more information.
12 Orphan Trains in Colorado at Old Colorado City History Center at 11 a.m. Presenter Jane Milne gives us a look at the unique phenomenon called Orphan Trains bringing young parentless children out to live and work in the west. She speaks from the perspective of a real life Pueblo resident and his younger brother who arrived here via these trains. Light refreshments will be served. Seating is limited. Doors open at 10:30 a.m. Members attend free and non-members pay \$5.
Save the date
Old Colorado City Historical Society Holiday Tour 2016 is December 4, 2016 from noon to 5 p.m. OCHS is located at 1 South 24th Street, Colorado Springs, CO 80904.
14 Pikes Peak Posse of the Westerners presents *Contested Ground* by Steve Adelson. Little Bighorn Battle scholar at 6 p.m. at the Colorado Springs Masonic Center, located at

1150 Panorama Drive. Experience an in-depth and powerful explanation of the events leading up to and culminating at what would become known as the Battle of the Little Bighorn or more famously remembered as Custer's Last Stand. Steve is an avid historian and Little Bighorn Battle scholar who has presented to thousands of visitors as a seasonal park ranger at Little Bighorn Battlefield National Monument. His flagship presentation *Contested Ground* is a riveting one man reenactment of the epic battle. The documentary *Contested Ground. The story of the Battle of the Little Bighorn*, promises to be a blockbuster. Adelson is a retired educator and coach with 30 years in his profession. A book signing will be held after program. For more information call: 719-473-0330 ask for Bob DeWitt or email: posse@dewittenterprises.com
Program format is in a casual, catered dinner setting at a cost of \$17. Reservations should be received by Friday prior, at noon. Guests are welcome! Membership in the Pikes Peak Posse of the Westerners is open to all individuals with an interest in Western history.

COPPER MOUNTAIN

11 Welcome Home Weekend, Opening Day
12 Woodward Barn Bash
19 NASTAR Pacesetter with the US Ski Team. Call 888-219-2441 or CopperColorado.com for more information.

CRIPPLE CREEK

15 TBI. Group participation meetings regarding Traumatic Brain Injury on the 1st and 3rd Tuesday of each month. Meeting is hosted by The Independence Center. The meeting is held in the 2nd floor Conference Room from 10 a.m. to 11:30 a.m.
2, 9, 16, 30 Community Luncheon. The AMC hosts a Community Luncheon held each Wednesday between 11:30 a.m. and 1 p.m. All community members are welcome, particularly seniors, persons with disabilities, volunteers, low income individuals and families. Meals are provided on a donation basis.
5 The annual "Cup of Christmas Tea" will be held at the AMC for the 8th year on Saturday, November 5. The "Twelve Days Of Christmas Tea" will be from 11:30 a.m. to 1:30 p.m. Each seat is \$15. Reservations are required by Nov. 2, in order to set up enough spaces.
8 All Vets, All Wars. Group participation for all vets, of all wars on the 2nd Tuesday of each month from 10 a.m. to 11:30 a.m. Meeting is hosted by The Independence Center. The meeting is held in the 2nd floor conference room.
17 OIB Group. This a support group for individuals with blindness or



Bear photo from Cheyenne Mountain Zoo showing before and after applying Adobe Lightroom edits. Photo by Wade Waldrup

FAIRPLAY

5 Free Photo Workshop. The Greater South Park Area Camera Club is hosting a free Photo Workshop in Fairplay on Saturday November 5, from 9 a.m. to 11:30 a.m. "Easy ways to make your photos pop using Adobe Lightroom" A jump-start workshop covering the Basic Panel in the Develop module of Lightroom" with an optional lunch at the Brown Burro Cafe afterward. The event will be held at the Riverside Inn Hotel located at 249 US-285. Photographers of all ages and skill level are welcome. For more information visit the club Facebook page at www.facebook.com/GSPACC/ or send your RSVP to southparkcameraclub@gmail.com.

other sight issues. The group is hosted by the Independence Center and meets from 10 a.m. to 11 a.m. in the Dining Room on the 2nd floor Conference Room every third Thursday of the month.

18 Teller County Emergency Food Distribution Program (Community meals) will be held between 9 a.m. and 2 p.m. Please bring photo ID and proof of Teller County residency.
18 Cross Disability Meetings for persons with disabilities. The meeting is hosted by the Independence Center and is normally held the last Friday of each month from 10 a.m. to 11:30 a.m. However, this November the meeting will be held on the 3rd Friday of the month because the AMC will be closed the last Friday of the month in observance of Thanksgiving. The meeting is held in the 2nd floor Conference Room.
23 AMC's annual Thanksgiving Dinner will be held on Wednesday, November 23, from 11:30 a.m. to 3 p.m. We will be serving a traditional Thanksgiving meal of turkey, mashed potatoes and gravy, yams, vegetables and pumpkin pie. In the past, this meal has served over 300 members of our community and extra help is always needed. If you would like to spend some time with fellow members of the community helping to make this Thanksgiving Dinner a great success, please contact at the number below. For more information call 719-689-3584 x124.

Special note: The Tremendous Tree Decorating Contest at the AMC for the Gold Camp Christmas. Set-up trees Nov. 21 through Dec. 6. There is a \$500 prize for best "12 Days of Christmas" theme and \$500 prize for "Most Creative" theme. Winners announced after the Cripple Creek Parade on Saturday Dec. 10 at 1:15 p.m. Watch for posters or go online at visitsouthparkcreek.com. Call 719-689-3599.

Save the dates
Gold Camp Christmas Event in December 7, 8, 9, and 10th.

• Soup for the Soul and cookies contest Dec. 9, Victor Parade 6 p.m.
• Full day in Cripple Creek on Saturday Dec. 10.

BUTTE OPERA HOUSE

For those who love Cripple Creek history and the classic Dickens' Christmas Carol, this holiday season will be a perfect past, present, and future holiday experience. Returning for the holiday season at the Butte Theater will be an all-time regional favorite *A Cripple Creek Christmas Carol* produced by Thin Air Theatre Company with a combination of professional and community actors teaming up to present this timeless work. This show, which runs Nov. 25 through Dec. 18 and Dec. 21 through Dec. 31, is a great holiday outing for the entire family. Starring Mel Moser as Zachariah Gooch and Chris Ambriester as Bob Womack, this holiday plot is based on the classic tale — with a Cripple Creek twist that relies on Womack to rescue the Scrooge-like Gooch from his selfish ways. Womack, who in 1890 discovered the gold that made Cripple Creek famous, died in poverty. He is aided in his task of saving Gooch by several other figures from the historic gold camp including Winfield Scott Stratton and Mollie Kathleen. The show is followed by a traditional Old filled with holiday cheer and caroling. This production makes a perfect outing for the entire family. For more information and to make online reservations, visit ButteTheater.com. To make phone reservations, call 719-689-3247.

11 RDK's Veteran's Day BBQ and Open House. Visit us during lunch for free BBQ or anytime throughout the day. Call 719-687-2997 for more information.

12 Christmas in Divide. See article on page 18, ad on page 10.

12 Teller County Shooters' next membership meeting is on 10 a.m. to noon at the Pikes Peak Community Center in Divide. Call Jerry at 930-2823 re either event.

The Divide Planning Committee (DPC) invites you to sign up on the website below if you reside or work in the Divide Region of Teller County. The Divide Planning Committee is the voice of the Divide Regional Plan acting as a Review Agency for the Teller County Planning Commission, Teller County Planning Department, and the Teller County Board of County Commissioners. By signing up on this website you will receive notices for future meetings. See the DividePlanning.org website for information on this committee.

GED classes are offered Tuesday and Thursday mornings from 9 a.m. to noon. Please call Katy to register 719-686-0705.

DIVIDE

7 & 21 Little Chapel Food Pantry Distribution 4:30 p.m. to 6:30 p.m. For more info 719-322-7610 or email littlechapelfoodpantry@outlook.com. Our annual Thanksgiving giveaway is on Monday, November 21st, and we will be giving away a full turkey dinner with all the trimmings to every family, plus their regular food boxes. Since we expect a very large crowd, we will try to start early that day if we can get ready on time. We will be putting messages on the phone 719-322-7610 and the website www.littlechapelfoodpantry.org about this with updates on times.

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continued on page 36

Rampart library news

by Michelle Dukette

A reason to celebrate! In addition to honoring Veteran's Day and celebrating Thanksgiving in the month of November, the Rampart Library District is celebrating the 125th Anniversary of the City of Woodland Park and the 50th Birthday of the Woodland Park Library. Please join us at the Woodland Park Library on Saturday November 12th at 1 p.m. for a special music presentation from two wonderful musicians coming up Ute Pass from the Thomas MacLaren Charter School in Colorado Springs. At 2 p.m. we will have a performance by the talented Legendary Ladies, featuring unconventional women including Katharine Lee Bates, Helen Hunt Jackson, and other women of western history. Refreshments will be served.

A brief history of the Woodland Park Library

The Woodland Park Library first opened on January 15, 1966. Then known as the Woodland Memorial Library, it stood in a building that was once part of the old train station that had been relocated near Memorial Park. On Grand Opening Day the library held 500 books on its shelves and issued 61 library cards to citizens in the community. In 1967 the Ute Pass Masonic Lodge 188 donated the log cabin at 309 Pine; once the first schoolhouse of Woodland Park. In 2003, the library moved into its current 29,000 sq. ft. location at 218 East Midland Ave. The Woodland Park Library is proud to be such an essential resource of information and entertainment and the central meeting place for programs and activities in the community. Come on in and celebrate with us!

Fun Facts of 1966:

- Best Selling Fiction Novel: *Valley of the Dolls* by Jacqueline Susann
- Pulitzer Prize: Collected Stories of Katherine Anne Porter
- Nobel Prize for Literature: Shmuel Yosef Agnon (Israel) and Nelly Sachs (Sweden)
- Most Popular TV Show: Bonanza
- Number One Song of the Year: *I'm a Believer* by The Monkees
- Born in 1966- Adam Sandler and Janet Jackson
- Best Film: *The Sound of Music*

StoryTimes & Children's Programs

Denise Gard, with her trained Border Collies, Sienna and Joey, will present a special pre-Thanksgiving program on November 23 at 10:15 a.m. at the Woodland Park Public Library in place of story time that day. The District offers three regular StoryTimes a week, at Woodland Park with Miss Julie and Miss Beth on Wednesdays and Thursdays at 10 a.m. and at Florissant with Miss Leslie on Fridays at 10 a.m. Lego Club will be all day on Fridays in the Woodland Park Library Children's Craft Room. There will be a special "Art" Storytime on Friday, November 18 at 10 a.m. at the Florissant Branch. Special tiles can be purchased for \$5 for children to paint in the library during StoryTime to hang in the children's area.

Teen Programs at WPPL

Stop by the Teen Room in November and enter our Book Face photo contest.

Have you guessed the Book in the Jar? All correct answers will be entered into a drawing on December 6 for a prize. Teen Book Club will meet Tuesday, November 15 at 4 p.m. to discuss *Six of Crows* by Leigh Bardugo. Do you love Anime? We do too, and you are welcome to join us on November 9 at 3:30 p.m. for our next Anime Club. Applications are still being accepted for the 2016-2017 Teen Advisory Board. See Leslie in the Teen Room or email her at LeslieJ@RampartLibraryDistrict.org.

Adults

The next meeting of the Book Club will be on Tuesday, November 1, at 10:30 a.m. to discuss *American Pain* by John Temple. The District is still offering the Free Legal Self-Help Clinic on Friday, November 4, from 3:30 p.m. - 5 p.m. at both branches. Registration is required. Call the Woodland Park Public Library at 719-687-9281 x103 or the Florissant Public Library at 719- 748-3939 to schedule a time. November 8 is Election Day. Voting can take place at the Florissant Library from 7 a.m. to 7 p.m. and in Woodland Park from 10 a.m. to 7 p.m. Florissant Branch hosts the Adult Coloring Group on Wednesday, November 9 at 10:30 a.m. Everyone is welcome. No skills required. The library provides supplies. Everyone is welcome to enjoy *The Storied Life of A. J. Fikry* by Gabrielle Zevin on Wednesday, November 16 at 10:30 a.m. in Florissant. On Saturday November 19 come in and be entertained by the Woodland Park Community Singers.

Technology

If you are thinking about taking an SAT or PSAT in the spring or anytime soon the library has a database that could help you get ready for those important tests. Take a look at Learning Express on the website or ask for help at the reference desk to get logged into this database. <http://rampartlibrarydistrict.org>

Check It Out!

Now is the time to start putting your holiday music, movies and books on hold. Don't wait for the last minute if you want to be able to view or listen to your favorite Holiday DVDs or CDs. Last spring the library did a magazine survey to help determine what magazines are used the most and some that might not be used as much. As a result of the survey you suggested several magazines that prompted some new magazine purchases. Some of the new magazines subscriptions that you should soon be able to enjoy are: *Entertainment Weekly*, *Game Informer*, *Star Wars*, *Star Wars Insider*, *Transworld Snowboarding*, *Make: Technology on Your Time*, *Men's Health*, *Mountain Bike Action*, *Maximum PC*. We will no longer offer *Martha Stewart Living* and *Craft Ideas*.

Rampart Library District will be closed on Friday, November 11 for Veterans Day Remembrance Day. Rampart Library District will also be closed on Thursday, November 24 and Friday, November 25 for the Thanksgiving Holiday. The library will be open Saturday, November 26 at 10 a.m. to 2 p.m.

~OUT AND ABOUT~

continued from page 35

FLORENCE

FLORENCE PIONEER MUSEUM
The Florence Pioneer Museum and Research Center will be open, Friday, November 11, from 11 a.m. to 7 p.m. to honor the Florence Veterans and their families. We have an American flag display along with many uniforms, medals, and equipment from the World Wars. Coffee and tea will be served. Suggested admission/donations are \$3 per adult. All monies continue to go to the Building Fund to buy an HVAC system for the Museum. Come and be honored.

FLORISSANT

4 Sacred Earth Foundation. Moon Ceremony at 7 p.m. with Angaangaq Ang-akkorsuaq, shaman, healer, storyteller and carrier of the Ojibwa drum. He is an Eskimo-Kalaallit Elder from Greenland. Join us as we celebrate Grandmother Moon at The Sacred Earth Sanctuary located at 633 Valley Rd. Florissant, CO. Suggested donation is \$50 but everyone is welcome. Please RSVP pati@sacredearthfound.org 719-629-8055.

13 Mulling Spice Bags with the Thymekeeper from 1 p.m. to 3 p.m. See page 2.

FLORISSANT FOSSIL BEDS

4 Night Sky Programs. Join park staff and members of the Colorado Springs Astronomical Society to gaze at the dark skies above Florissant Fossil Beds in search of planets, galaxies, nebulas, and more. Meet at the Visitor Center from 6 p.m. to 8 p.m.

11 Veterans Day — Free Free Day in the Monument. Entrance fees are waived in honor of Veterans Day. All active duty military personnel and dependents can pick up their free annual pass to all national park areas and enjoy a hike or take part in the Junior Ranger program.

20 Native American Tips. Tipi. Teepee. No matter how it is spelled, the tipi is an icon of the Native American Indians. But not all Native Americans lived in tipis. The tipi was used by the nomadic tribes of the Great Plains and Rocky Mountains. It's simple yet sturdy construction kept the occupants warm in the winter and cool in the summer, it stood strong against strong winds, and was easy to put up and take down during a move.

Ed Held, a Native American and Pikes Peak Historical Society member, will be sharing his knowledge of this iconic structure at the November Chautauqua. Ed and his wife own a 28th tipi and he is the caretaker of the tipi which can be seen at the PPHS Museum. Ed is known as Tipi Man and also assists other organizations with their tipi set-ups. Ed will speak on the differences between the tipis used by various tribes, tipi etiquette as well as its construction.

The Pikes Peak Historical Society invites you to learn more about tipis at their monthly Chautauqua (free program), at 2 p.m. at the Florissant Library, located adjacent to the Florissant Community Park on 334 Circle Drive in Florissant. This program is presented as a public service of the Pikes Peak Historical Society. Admission is free and refreshments are served. No reservation is required but arrive early, seating is limited. For more information call 719-748-8259 or 719-748-3861.

FLORISSANT GRANGE

5 Pine Needle Basket Weaving class

Mountains, gold, and glaciers

Beaver Ponds Environmental Education Center located at 2234 Busch Run Road on Sacramento Creek near Fairplay is hosting a discussion called "Mountains, Gold, And Glaciers" on November 15th at 7 p.m. The event is free and open to the public. Professor Anderson will talk about the geologic history of gold deposits found in the South Park area due to glaciation. Many parts of South Park mountain area were under glaciers. Come and find out about the link between the glaciers and the gold still being discovered today. Professor Anderson is a Professor in the Department of Geological Sciences and INSTAAR (Institute of Arctic and Alpine Research) at CU - Boulder.

"If you have ever wondered why this area is so rich in minerals, Professor Anderson will provide a refreshing geological perspective in a non-dogmatic way," explains Krissy Barrett, Program Coordinator for Beaver Ponds. "He is a very engaging speaker who will get you excited to learn more about this gorgeous area many of us call home!"

On-going classes:

•Alano Meeting every Wednesday from 1:30 p.m. to 2:30 p.m. For more information contact 719-466-0431.

•Learn to play the piano or keyboard and to read music! Private lessons by experienced, credentialed teacher. All ages/levels. Openings are available Mondays and Wednesdays afternoons at the Florissant Grange Hall. Fee is 6 month introductory rate of \$12.00/lesson. Please call 719-748-8639 for information and scheduling.

•Let's Paint! Painting classes are by reservation only and can have from 3 to 10 people. Supplies, snacks, beverages, and instructor are provided. Cost is \$30 per person. Call 719-748-5004 for more information.

•Jam Night. Every Thursday all year the Grange Hall is open from 6 p.m. to 9 p.m. for the Jammers Music and Pot Luck. For more info or to sign up please call 719-748-5004

Pikes Peak Historical Society Museum is open Nov 5 and 6 from 1 p.m. to 4 p.m. After which families or groups can arrange a visit with only one- or two-day notice by calling 719-748-8259 or 719-748-3861.

THUNDERBIRD INN

Every Thursday night is open mic jam at 7 p.m.

GUFFEY

RESTAURANT & BAR

4, 11, & 18 Karaoke with JoAnn at 7 p.m.
11 Free Meal for all local Veterans served from 5 p.m. to 8 p.m.
12 Hawaiian Luau Feast with Karaoke Hosted by Piz & Pitbull Productions, Hula Dancing & Lesson 6 p.m. to 9 p.m.

19 Super Chuck, Stompin' George & John Juan 6 p.m. to 9 p.m. a Party for Everyone with a November Birthday
22 Guffey Steampunk Society Meeting 5 p.m. Everyone welcome to attend.
25 Lissa Hamner's Thanksgiving Dinner Show 6 p.m. to 9 p.m.

For more information check our website at www.thebulmooseinguffey.com or call 719-689-4199.

FRESHWATER BAR & GRILL
3 Closed at 5 p.m.
5 No Band due to Halloween the weekend before
12 River City Blues from 6 p.m. to 9 p.m.

19 SoulSmith Unlimited from 6 p.m. to 9 p.m.

24 Freshwater's Annual Thanksgiving Potluck at 2 p.m. Bring a dish to share. Everyone is welcome. We will be closed November 25 through Dec 1. Reopens Dec. 2.

LAKE GEORGE

13 Community Fellowship of Christians' Service Honoring Veterans. See page 7.

LAKE GEORGE LIBRARY

Story Times each Wednesday from 1:30 to 2 p.m.

PARK COUNTY

Park County Senior Coalition has a Grant for Park County Veterans of any age to help pay for housing, utilities, groceries and gas. For more information, please call 719-836-4295.

SALIDA

3 Chaffee County Emergency Food Assistance Program & Community Supplemental Food Program distributions are the first Thursday of each month at Salida Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Allernag for more information 719-539-3351.

3 Free Legal Clinic at Salida Regional Library from 3:30 p.m. to 5 p.m. A free legal clinic for parties who have no attorney, will be featured from 3:30 p.m. to 5 p.m. on the first Thursday of each month at the Salida Regional Library. By computer link, volunteer attorneys will answer questions, help fill out forms, and explain the process and procedure for all areas of civil litigation, including family law, property law, probate law, collections, appeals, landlord-tenant law, small claims, veterans issues, and civil protection orders. Walk-ins welcome! Next clinic December 1.

5 Sellars Project Space is pleased to present Borders, featuring the work of Mel Strawn, from 4 p.m. to 7 p.m. Local musician Megan Lombardo will perform. Mr. Strawn will be giving an artist's talk from 5 p.m. to 6 p.m. Patrons who have previously purchased work in the show will be able to collect their pieces at that time, as well. The show is at the Twitchell Building located at the corner of 1st & F Streets (enter on 1st, next to Sully's) in historic downtown Salida.

6 Louis Colaianna will perform a free concert at the Ute Pass Cultural Center featuring premier vocalist, Brittany Dymond. The performance is at 3 p.m., Colaianna, a master of classical piano and accomplished songwriter, most recently produced a very moving and inspiring song called "Special". The song tells a story of hope and recovery of how a stranger's kindness and compassion helped the song writer to get through some really

tough times. The words and melody for "Special" were written by Brittany Dymond. Dymond sings on the recording with piano accompaniment by Colaianna. "Special" is now available on iTunes, Amazon, Spotify, Napster and Rhapsody, among other music download sites. 100 percent of the proceeds from the song purchases will go to the Carson J. Spencer Foundation, a Denver nonprofit organization focused on suicide prevention.

12 Neighborhood Toy Store Day from 10 a.m. to 6 p.m. See www.kaltoys.com for details.

18 Heart of the Rockies Radio Group's 2nd Annual 80's Dance Party. See ad on page 24.

25 Parade of Lights. We welcome friends, family and neighbors to join us for the lighting of Christmas Mountain, and the Parade of Lights, Friday, Nov. 25, 2016. Enjoy Holiday Park, a forest of decorated Christmas Trees, lining the walk of Riverside Park in historic downtown Salida, the decorated trees are an enchanted look at Christmas. Holiday Park is lit nightly from 5 p.m. through out the Holiday season. Come explore our charming shops, art galleries and great places to eat and dining on Highway 50 and downtown Salida.

WOODLAND PARK

4 Annual Quilt Auction for Quilters Above the clouds. An evening of hors d'oeuvres, cash bar, and Colorado-made Quilts for sale. Quilt viewing begins at 6 p.m. and auction at 7 p.m. at the Ute Pass Cultural Center.

4, 5 CHOICES Rocky Mountain Christmas Boutique. See ad on page 34.

12 Farmer's Market. The WP Winter Market moves indoors, the second Saturday of every month from 9 a.m. to 1 p.m. through May 2017 at the Ute Pass Cultural Center at 210 E. Midland Ave. For more information see www.wpfarmers-market.com

13 Ute Pass Chamber Players present a musical compocopia! The music of Corelli, Granados, and more. Featuring Elisa Wicks, violin; Eric Wicks, harpsichord; Diana Hollingsworth, flute; Pam Chaddon, cello; and special guest, Colin McAllister, guitarist, conductor and historian. The show is at 3 p.m. at High View Baptist Church, 1151 Rampart Range Road. Tickets \$15, Students \$5 w/ID, available at the door or call 719-686-1798.

17-19 Woodland Park High School presents "The Boyfriend". See ad on page 34.

18 Parkinson's Support Group. The Woodland Park Parkinson Support Group will be meeting at the Pikes Peak Regional Hospital on November 18th at 10 a.m. in the conference room. The topic that will be discussed will be pain with Parkinson's.

19 Senior Center Pancake Breakfast at the Woodland Park Senior Center. Pine and Lake Streets, is from 8 a.m. to 11 a.m. Plan to start your Thanksgiving celebrations with a fresh cooked, all you can eat, breakfast of fluffy pancakes, scrambled eggs, sausage, fruit and the best biscuits and gravy around. We aim to get your "Gobbling" off to a great start! Your home town seniors will be flipping the pancakes and serving them up with juice and coffee or hot tea for only \$8. Kids 6 and under eat for \$2. This open to the public fundraising event helps to support the programs and activities of the Woodland Park Senior Center. We appreciated the support of each

one of you! Mark your calendars and plan to join us on the 3rd Saturday each month of the year.

21 Diabetes Support Group. Meets the third Monday of every month from 10 a.m. to 11 a.m. at Pikes Peak Regional Hospital. Open to all persons with diabetes and their family members. Call 719-686-5802 for more information.

26 Mountain Arts Holiday Show and Sale at the Ute Pass Cultural Center from 10 a.m. to 4 p.m. Free admission and refreshments. Members of the Mountain Artists will showcase acrylic, oil, and watercolor paintings, photography, wood working, jewelry, and more. There will be a drawing for a \$20 coupon every ½ hour which the winner can spend with any of the Mountain Artists. Call 719-502-5085 for more information.

UTE PASS HISTORICAL SOCIETY Historic pictorial 2017 calendar available now at the Ute Pass Historical Society Gift Shop, 231 E. Henrietta Avenue, Woodland Park. The calendars cost \$12 + tax, and sell out quickly. Gift Shop hours are 10 a.m. to 3 p.m., Wednesday through Saturday, year round. Remember, Patrons receive 10 percent off most items in the Gift Shop, including photo orders. Cash or check only, please. For more information, please call 719-686-7512 or check our website UtePassHistoricalSociety.org. Call the Ute Pass Historical Society at 719-686-7512 for further information.

CLOTHES CLOSET offers free clothes and food Mondays, Wednesdays, and Fridays from 1 p.m. to 4 p.m. Donations accepted. Call 719-687-2388 for more information.

BIBLE STUDY FELLOWSHIP
In-depth Non-denominational Bible Study. Please join us as we study the Book of John. FREE!

•Wed. at 6:30 p.m. to 8:30 p.m. at Woodland Park Community Church
•Thurs. at 10 a.m. to noon at High View Baptist Church. Contact: Tara Hendrickson for details at 303-949-8055 or zlfame@aol.com

DINOSAUR RESOURCE CENTER
5 Nature's Educators from 11:30 a.m. to 3 p.m. are included with museum admission.

11 Veterans Day 9 a.m. to 5 p.m. Military personnel receive 1/2 off of regular admission with active or retired military ID.

19 Gobble Up! From 1:30 p.m. to 2:30 p.m. Fun times with Puppeteer/storyteller Cathy Kelsay as she "struts her stuff" with Thanksgiving stories and songs. Included with museum admission. Call for pricing. Location: 201 S. Fairview St., Woodland Park, CO
Website: <http://www.mdmrc.com>

GED classes are offered Thursday evenings from 6 p.m. to 9 p.m. Please call Katy to register 719-686-0705.

TEEN CENTER

2, 9, 16, 23 & 30 Snack special: mashed potato bowl w/chicken \$1.

3 KWB Teen Appreciation BBQ at 3:30 p.m.

7, 14, 21 & 28 Happy hour from 4 p.m. to 5 p.m. Fruit Smoothies for \$1.

8 Mock Election Day for Teens: Please cast your vote and see if you pick the winners!

10 Redbox/Netflix Movie at 3:30 p.m.

11 Come build your best Lego creation!

15 Book Club. Find out what the new book will be from 4 p.m. to 5 p.m.

16 Adopt-A-Spot: Clean-up around Memorial Park at 3:30 p.m.

18 Decorate Christmas ornaments to hang at the Teen Center at 3:30 p.m.

21 TC Open noon to 6 p.m.

22 TC Open noon to 6 p.m.

23 TC Open noon to 5 p.m. Pie and hot cocoa Thanksgiving treat

24 & 25 TC CLOSED FOR THANKSGIVING HOLIDAY

29 TAB Meeting: If you're on the Board, plan on attending from 4 p.m. to 5 p.m.

30 Gingerbread House Making Party at 3:30 p.m.

Sign-up sheets for all activities are at the Teen Center. At the Teen Center we have lots going on every month. Besides what's on above, we have our Elevated Café offerings, movies, board games, card games, puzzles, Xbox 360 and PS4 game consoles, a pool table and a ping pong table! We are a safe, supervised place for teens to come and spend the afternoon.

•After school hours: 3 p.m. to 6 p.m.
•No school hours: noon to 6 p.m.
•Youth in Grades 6-12 are welcome!
•Teen Center is located at 220 W. South Ave. Call 719-687-3291 for more information.

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VICTOR

10 Fortune Club welcomes The Joker and Jester Comedy Tour. See ad on page 9.

26 Ute Trail Muzzle Loaders: shoot and meetings the last Saturday of each month at Victor. For information call 719-684-7780.

HISTORIC HEADFRAME LIGHTING

25 The giant headframes that are the remnants of 1890's gold mining days will again light up the night sky around Victor and Cripple Creek again this holiday season. These unique mining structures are one-of-a-kind remnants of the gold rush era. A self-guided driving tour map will be available at area businesses, as well as the Cripple Creek Heritage Center and online at VictorColorado.com. The lights will be best viewed after dark and will be in place Friday through Sunday nights through New Year's Day, weather/safety and volunteers permitting. This year the lights on the Cresson Headframe in Victor have been refurbished, and do not miss the Silver Bells on the Strong Mine in Victor. This holiday lighting tradition is 19 years old and is sponsored by Newmont Mining Company, on whose property most of the headframes are located. Volunteers from the communities staff the generators and line power connections each weekend. Other sponsors include an anonymous donor, Southern Teller County Focus Group, Cripple Creek Parks & Recreation, Two Mile High Mining Co., and Cripple Creek District Museum. Support also comes from Black Hills Energy crews who help refurbish the lamps on the ornaments and donate power installations. The Victor Lowell Thomas Museum and gift shop will be open weekends through December from 10-5 weather allowing. For the outdoors minded, the Victor Valley, Little Grouse, Independence Mill Site, Golden Circle, Gold Camp and Battle Mountain Trails are open to the public during days in the winter. Come prepared to hike, bike in mountain weather. If there is enough snow, the trails are open to cross country skiing and snowshoeing.

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• 48% Increase Since 2005

• We're in good hands with the local experts

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