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Vol. 9, No. 11

Welcome to Ute Country



**"As we express our gratitude,
we must never forget that
the highest appreciation
is not to utter words,
but to live by them. "**

— John Fitzgerald Kennedy

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Chipeta Rising Celebration!

PEEK INSIDE...



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Fall Concert Venue



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Boulder takes a ride down Ute Pass



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Silent, but deadly



On Deck

This month's cover photo was taken at the Chipeta Rising Celebration in Salida on October 8, 2017. His name is Samuel Tamehorse Gallegos; he is a traditional dancer and also a teacher. Samuel spent some time with us after the ceremony on Sunday showing us various parts of his dress, from the bear claws on his necklace to the eagle he holds in one hand and the feathered fan in the other. See full story on page 16.

We have a fabulous November issue for you, sharing many stories of inspiration, stories of leaders, stories of stars, and articles that can help you be the master of all you choose to create.

We welcome back Olga Daich's *Reiki Heaven and Earth* this month. Jessica Kerr intends to return in December, perhaps with a different approach.

Thank you to our readers, our writers, our sales representatives, and our business ambassadors; without you, none of this is possible. We are grateful you are willing to share your gifts!

Do you have any fun photos of indoor or outdoor critters? Please consider sending them to us via email: utecountrynews-pap@gmail.com or send via postal service to *Ute Country News*, POB 753 Divide, CO 80814. We're always looking for new pics!

Do you have a comment, find a typo, or just want to tell us what you think of our publication? We love to hear from you. Please feel free to call 719-686-7393, email: utecountrynewspaper@gmail.com or send via postal service to *Ute Country News*, 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.



Publishers:
High Pine Design
Jeff & Kathy Hansen
POB 753
Divide, CO 80814
719-686-7393
www.UteCountryNews.com
Utecountrynewspaper@gmail.com

Sales:
Feel free to call 719-686-7393 so we can find the sales representative in your area to best serve your needs.
Barbara Berger 719-244-3969
Flip Boettcher 719-429-3361
Linda Karlin 719-748-3449
Terrance Packard 719-322-4317
Bill Sinclair 719-351-0549

Writers:
Karen Anderson, Janet Bennett, Barbara Berger, Flip Boettcher, Renee Caldwell, Coalition for the Upper South Plate, Ron Cook, Olga Daich, Danielle Dellinger, Michelle Dukette, Maren Fuller, Caleb Green, Kathy Hansen, Mari Marques-Worden, David Martinek, Barbara Pickholz-Weiner, Urban Turzi, Steven Wade Veatch

Contributors:
AARF, Sherri Albertson, Ark Valley Humane Society, Renee Bunting, Eric Chatt N.D., Katy Conlin, Cripple Creek Park N Rec, Patricia Thorne Gilbert, Ken & Judi Hesselberg, Licia Iverson, Madeline Jacobs, Trudie Layton, Charlotte Long, Deborah Maresca, Hillevi Peterson-Hirsch, Kim Plutt, SLV Animal Welfare Society, Sandi Sumner, TCRAS, Ute Pass Historical Society, Colleen Urffier

Critter Corner:
Submit photos to:
utecountrynewspaper@gmail.com
or PO Box 753, Divide, CO 80814

Publishers Emeritis:
Carmon & Beverly Stiles

Cover Photo: Jeff Hansen

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First Class subscriptions are available for \$36 for 13 issues.



The Thymekeeper Holiday spice delight

by Mari Marques-Worden

What do clove, nutmeg, cinnamon and cardamom all have in common besides making your house smell awesome during the holiday season? They are all from plants that originate from all over the world. Our lives would be radically different if it weren't for the discovery of spices. Even a common condiment found in almost every kitchen, black pepper, has a rich history with a story to tell. A trip back in time tells us herbs and spices were used all over the world from before recorded history and for a lot more than fancying up our food.

Spices and herbs, which, are the same thing to an herbalist, were considered rare and precious in ancient and medieval times. At one point spices like nutmeg were considered more valuable than gold. In fact, some speculate that the gold that was presented to the baby Jesus could actually have been the wonder spice, turmeric.

The spice trade

Per Wikipedia: *The spice trade refers to the trade between historical civilizations in Asia, Northeast Africa and Europe. Early writings and stone age carvings of neolithic age obtained indicates that India's southwest coastal port Muziris, in Kerala, had established itself as a major spice trade center from as early as 3,000 BC, which marked the beginning of the spice trade.*

Spices were such a hot commodity that merchants and traders became vastly wealthy and colonial empires were built. The spice trade was a big deal. It played a dramatic role in the development of Western civilization and modern life would not be what it is today had it not occurred.

A brief explanation of the timeline of the spice trade is shown here:

- 3000 BC-200 BC Arabs traded spices and herbs among early civilizations
- 200 BC-1200 The Romans control the trade.
- 1200-1500 Europeans explore passages to the East Indies.
- 15th-17th century-Wars for control of the spice trade break out.
- 16th-18th century-English exploration begins.
- 17th-20th century-Americans enter the spice trade.

(<http://www.spiceadvice.com/history/index.html>)

Although spice traders desperately tried to protect their sources, eventually word got out and other traders and explorers set out to find India's garden of spices. European royalty, tired of paying exorbitant prices for spices, sent out explorers like Christopher Columbus and Vasco de Gama in search of India. Suffice to say navigational skills were not one of Columbus' virtues and this is how the Indigenous people of this country got the name Indians. Vasco de Gama did however, find India and that is when the link between Europe and Asia was established. During this period black pepper, originating in Kerala accounted for 70% of the spice trade and was considered a luxury item in medieval Europe. As the story goes, while Vasco de Gama had his eye on the prize, it was only upon his return to Spain that Columbus realized that not only had he not found the West Indies, but the peppers he had stocked his ship with were



The spice cinnamon on your coffee or coco is sure to put a smile on your face.

worthless chili peppers and not the highly sought after black peppercorns. (history.com/news/hungry-history/off-the-spice-rack-the-story-of-pepper)

Versatility

Used in everything from perfumes and incense to preservatives, spices permeated nearly every aspect of life and death in the ancient world. The Egyptians used spices to preserve their mummies and it doesn't stop there, Hippocrates who is considered the father of medicine and credited with healing many people, wrote about spices and their medicinal value.

Spices were such a hot commodity that merchants and traders became vastly wealthy and colonial empires were built.

Thanks to Vasco de Gama and other explorers, today, we are able to celebrate holidays with a variety of spices. Many people spice their turkeys with sage and thyme, two spices that originated in the Mediterranean. One of my favorite things to do during the holiday season is to use mulling spices that come from all over the world. Mulling spices are great for winter months and a must for the holidays! This centuries old tradition originated in Europe. Mulling is the process of infusing juices, wines, cider, brandy or rum with spices and fruit flavors. Spices that are loaded with nutritional and medicinal benefits.

Let's look at a few of those benefits.

What clove, nutmeg, cinnamon and cardamom have in common besides aromatics is they are all anti-oxidant, rich in vitamins and minerals and all aid in digestion just to name three. Other benefits include:

Clove

Anesthetic, warming, carminative (anti-flatulent), increases enzyme secretions facilitating digestion. Contains a good amount of minerals like potassium, manganese, iron, selenium and magnesium. It is also a good source of Vitamin K, Vitamins B6 & B1, Vitamin C and riboflavin.

Nutmeg

Aphrodisiac, anti-inflammatory, aids with nausea, gastritis and indigestion. Mineral rich, nutmeg should be used in moderation as too much can cause uncomfortable side effects up to and including hallucination. Safe to use in small quantities and truthfully, you need no more than a small quantity at any given time. A massage using the oil of nutmeg diluted in a carrier oil can be used to reduce muscular pain and rheumatic joint pain.

Cinnamon

Balances blood sugar, anti-parasitic, anti-inflammatory, balances cholesterol and triglycerides, anti-biotic, anti-viral, anti-fungal, a natural food preservative. Two teaspoons of cinnamon contain 52 grams of calcium and 22 grams of potassium as well as manganese, magnesium and iron.

(<http://www.whfoods.com/genpage.php?dbid=68&tname=foodspice#nutritionalprofile>)

Cardamom

Combats nausea, acidity, bloating, gas, heartburn, loss of appetite and constipation. Diuretic, anti-depressant, used for infection in the mouth and throat. Lowers blood pressure and prevents blood clots. Antibiotic, anti-fungal, anti-viral, anti-inflammatory, anti-spasmodic (helps get rid of hiccups!) and aphrodisiac. Although not proven by science, the Ayurvedic tradition swears by cardamom tea as a means to fight depression. A single serving of cardamom provides your entire daily manganese requirements, as well as 9% and 20% of the daily iron needs for women and men, respectively. (<https://www.livestrong.com/article/338907-health-benefits-of-cardamom/>)

Who knew spices had all those positive attributes? The ancient civilizations did. Who needs a pharmacy when you can turn to the spices in your kitchen! The holidays are a great time to start spicing up your life if you haven't already. As you can see the herbs mentioned above have a lot in common and all have a warming quality to them so their perfect for use during the winter months.

A word to the wise

Always trying to save you money, I like to keep it on the up and up. Take it from me, avoid the spice aisle at the grocery store at all costs unless for personal entertainment which is why I peruse this aisle occasionally. The prices are outrageous and a side by side comparison with what you can grow proves without a shadow of a doubt, home grown spices/herbs are far superior. There is no way to determine when the herbs in the grocery store were harvested and how long they've been sitting on the shelf. They should have good color and be identifiable by smell. Even if you are a person who feels you can't grow or don't have the means to do so, I'll just bet you know someone who does and they'll probably have plenty to share. Although some herbs won't grow at high altitude in our climate, we are lucky to have resources like mountainroseherbs.com, Starwest Botanicals and The Thymekeeper for all your culinary spice needs.

Mari's deluxe mulling spice blend includes: Nutmeg, cardamom pods, cinnamon, orange and lemon peel, ginger, cloves, allspice berries, star anise, black peppercorns and can be found at Mountain Naturals in Woodland Park.

Mari Marques-Worden 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 719-748-3388. Mari is available for private consultation.

12 Encores What do they want from me?

by Patricia Thorne Gilbert

Watching from the wings every night, I was mesmerized, "My God how did this magnetic person get to this place and time." Before the show opened in San Francisco, the whole town was waiting to see her fall on her face. Forty years a star and trying to make a comeback, "singing of all things". Where does that kind of guts come from?

I had only heard about her, but here she was right up there on the stage rehearsing for tonight's show. She had me in the palm of her hand. Foghorn, aged grandma — the press wrote about this star. How dare you, you ignorant twits? You just wait. The crowds outside, the sold-out tickets for months, how dare you?

Opening night she had insisted that we, the tall dancers, were not to flank her shoulder to shoulder. "Put the tall ones on

the ends of the line before we do the tiller (step, kick, etc.)" She got her wish.

"Send for the drummer in Texas, he's the only one that can keep up with me. My whole act depends on him." He was sent for, picked up at the airport and raring to go. He played under our conductor, Burt Bacharach.

Opening night, she got her demands. You could feel the tension back stage. "Get out of her way. She's blind as a bat." So, I did. I felt her soft, small, but powerful body fly by me. After her opening act, she changed her famous see

through dress, not vulgar but gorgeous, with her belly of swan cape that she drug off the stage; her dresser quickly got her into her tucks and she paralleled

around to the other side to make her entrance. One lone spotlight on her as she straddled that chair — "Set 'em up Joe, I've got a little story you ought to know." Silence from the audience, not a sound. She finished to applause that shook the theatre.

The dancers did their serious comedy on *Cinderella*. Again, brought the house down. There is nothing like a real live audience. The magical night of nights brought overflowing tears of appreciation for the love that goes through a performer and their audience.

A press conference was held the following day. All were invited. The same reporters that ridiculed this leg-



Marlene Dietrich, star of stage and screen.

end, were cut down with an invisible sword, chopping away little by little with elegance from a star. A star that proved that she was a *star*, with every meaning of that word. Presents of perfume from Nieman Marcus were on our dressing tables. This woman is class. I'll tell the world, Marlene Dietrich, *You* are my hero. Thanks for the memories! Salute to my heroine.

This is a true story. Patricia began her dancing career at age 16 performing with Gene Kelly in Singing in the Rain, retired from dancing at age 33 after performing with the likes of Jack Benny, Milton Berle, and Gypsy Rose Lee. Patricia had gone back to college at the age of 50. She wrote this for her college writing class. The goal of the assignment was to write about someone famous; the name the subject could only be revealed in the last paragraph. Patricia is now 83 and lives in Divide, Colorado. We thank Patricia for sharing her memories of being on stage with Marlene Dietrich!

Lighter Side of Christmas Kicks off holiday season

Jingle in the Jungle will honor Grand Marshals Lions International District Governor for 6SE Rick Calhoun and local optometrist Dr. Thomas Cummings as the 29th Annual Lighter Side of Christmas parade scheduled for Saturday, December 2 at 6 p.m. in downtown Woodland Park.

The parade theme this year celebrates the 50th Anniversary of the original *Jungle Book* Movie and the 100th Anniversary of the Lions Club. *The Jungle Book* is a 1967 American animated musical comedy film produced by Walt Disney Productions. Inspired by Rudyard Kipling's book of the same name, it is the 19th Disney animated feature film. Directed by Wolfgang Reitherman, it was the last film to be

produced by Walt Disney who died during its production. The plot follows Mowgli, a feral child raised in the Indian jungle by wolves, as his friends Bagheera the panther and Baloo the bear try to convince him to leave the jungle before the evil tiger Shere Khan arrives.

The Jungle Book was released on October 18, 1967, to positive reception, with acclaim for its soundtrack, featuring five songs by the Sherman Brothers and one by Gilkyson "The Bare Necessities." The film grossed over \$23.8 million worldwide in its first release and as much again from two re-releases.

Friday, November 17 kicks off the Lighter Side of Christmas Holiday Treasure Hunt. LSOC Gold Sponsors will have

clues each week for those treasure hunters searching for the hidden fossil. The prize is a holiday basket valued at over \$1,000 with gifts provided by local businesses.

Other events include the annual Coloring Contest, sponsored this year by the Teen Center, Gingerbread House Contest with a deadline of December 1 for entries at the Rampart Range Woodland Park Library and the Crazy Hat Contest sponsored by Williams Log Cabin Furniture held the night of the parade. Parade applications are now available on the website. Information on these and other holiday events are available at www.lightersideofchristmas.com and updates at www.facebook.com/LighterSideofChristmasParade.



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Featured Non-Profit: Holiday Home Tour

A holiday tradition and more for 19 years

by Barbara Berger

This wonderful tour of festively decorated holiday homes has served as a fundraiser for the Teller County community since 1999. Initially proceeds were dedicated to providing enhancements to the Dickson Auditorium. After completion of this project, the event was generously gifted to Pikes Peak Regional Medical Center Foundation to help fund hospital campus projects.

In 2011, the Foundation reached out to partner with other local service organizations, with the intention of expanding this delightful event, while benefiting a much broader audience across this region. Since its inception, the Tour has raised over \$162,000 for Teller County non-profits!

In 2012, Tweeds Fine Furnishings became the official Underwriter for the Tour. The adopted mission statement is to raise funds for the Greater Teller County nonprofit organizations that foster art, culture, human services, environmental stewardship or sports and recreation. Revenues will be generated by producing an impressive, high quality tour event that positively showcases the Greater Teller County area and its talents, creativity and community commitment.

To accomplish this mission, each year the Holiday Home Tour Selection Committee

reviews applications and selects up to three non-profits to share the proceeds after all expenses are covered and 10% is put aside as seed money for the following year. None of this money goes for salaries because everyone is a non-paid volunteer. Once the beneficiaries are selected, the Steering Committee begins to solicit funds and in-kind support from area businesses.

Tweeds Holiday Home Tour Committee is a group of dedicated community volunteers. Karolyn Smith has worked on the tour since its inception. Many others have participated almost as long. Fourteen non-profit organizations have benefited from Tour proceeds including Teller Senior Coalition, Woodland Aquatic Project, Woodland Park Arts Alliance, Ute Pass Historical Society, Ute Pass Symphony Guild and others.

This year the Tour Committee is featuring six venues including the historic Outlook Lodge in Green Mountain Falls, Cathedral Ridge Center in Woodland Park and four outstanding individual homes. The 2017 proceeds will go to CHOICES, Friends of Mueller State Park and Woodland Park Senior Citizens Club. As a Bonus Venue, Mueller State Park will be showcasing their delightful log cabins. Additional information on Tweeds Holiday Home Tour can be found at www.wphht.org.

Wanted: Stories of Guffey School

by Flip Boettcher



The caption says Guffey school built 1915. Does anyone know where the first Guffey school was built? According to Charles Alfred Dell, the first Guffey school house was built in 1895.

Several years later, perhaps 1915 when this photo was taken, an addition was built to the existing building. In 1918 a joint school district was formed. A new school building site was purchased and a new school house was built at the present site. The Dell's were early pioneers and homesteaders in the Guffey area. (from Guffey 100 Years of Memories).

Special, exciting events are brewing at the Guffey Community Charter School. 2018 marks 100 years of the school at its present site. Originally, the town school was built in 1895. The townsite of Guffey was platted in 1896. In 1918, when a joint school district was formed between Park County and Fremont County, a new school site was found, its present location, and a new building built. As part of the 100-year school celebration,

Guffey School Principal Martine Walker is looking for people who have stories of the Guffey School and who would be willing to share them with the community. The plans are still in the making, but maybe a monthly community potluck featuring the stories. It would depend a lot on the number of responses Walker receives, she said.

For more information contact Walker at: mwalker@guffeyschool.org.

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Swingmasters Jazz Band

Fall concert venue

Bill Callen's Pikes Peak New Horizons Band

After numerous years performing concerts at the Strickland Chapel on the Nazarene Bible College Campus, Bill Callen's Pikes Peak New Horizons Band has moved to a new home. With the closing of the Nazarene Bible College campus, the band moved to the Awakening Church, 3445 Oro Blanco, 80917. The Awakening Church is a block north of the intersection of Oro Blanco and South Carefree Circle.

The concert on Saturday, November 18th is FREE — and is open to the public. Seating is limited and all available seating is often filled — so come early.

The concert, beginning at 2 p.m. will be in the Awakening Church sanctuary. The Gold Concert Band, 49 members strong, is first to perform. After a short intermission, the select Swingmasters Jazz Band will be stage center.

Bill Callen, Director, and Mark Israel, Associate Director will conduct the bands. Bill has a background in music education and taught for 25 years a Holmes Middle School. Mark was a trumpet soloist for 25 years with the U. S. Air Force Academy Band and the Falconaires.

A sampling of the music the Gold Concert Band will perform includes *Intros* and *Celebration* a work with dramatic, broad contrasting rhythms, *The Red Covered Bridge* a lyrical composition inspired by a red covered bridge in Princeton, Illinois, *A Tribute to Gershwin* celebrating one of the great names in popular songwriting by presenting

11 selections in quick succession, and *Viper* a daring musical interpretation of the flight of the jet fighter, the F-16V Fighting Falcon.

The Swingmasters Jazz Band will play big band favorites to include *St. Louis Blues*, *Misty*, *A Ballad for Basie* and several others.

The Gold Concert Band features a variety of musical talent — all at least 40 years old: former music teachers, musicians, continuing their college or high school band experience; those who put their musical instrument away only to be rediscover it some years later; and, a few that had no previous musical experience whatsoever. The Swingmasters Jazz Band performs jazz and swing and

is comprised of 15 talented musicians.

The Band has a fall and spring semester; rehearsals are weekly every Tuesday and Thursday, 9:45-11:45 a.m. The Gold Band along with the Swingmasters Jazz Band performs in concert each November and April.

Are you interested in joining Bill Callen's Pikes Peak New Horizons Band? If so, contact Bill at 719-598-2373 or visit the band's web site at www.ppiom.org.

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.

Get your GED

by Katy Conlin

Did you know that those without a high school diploma have more:

- Governmental interference in their lives
- Substance abuse
- Stress-related illnesses
- Family disharmony

“more”: \$11,000! This is the average annual salary difference between those with a diploma and those without.

Classes are held on Mondays and Wednesdays:

- 8-11 a.m. Cripple Creek's Franklin Ferguson Memorial Library
- Noon-3 p.m. Divide's Community Partnership Office (free childcare)

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Aspen Valley Ranch Race

by Deborah Maresca



Aspen Valley Ranch really lived up to its name with the fall colors out in force for the race.

On October 7, 2017 Mountain Top Cycling Club hosted a mountain bike race at Aspen Valley Ranch. Sixty-seven participants enjoyed the warm fall day in the beautiful aspen trees.

Cyclist came from Wheat Ridge, Pueblo, Denver, Lakewood, Fort Collins and Westminster.

One of the highlights was the Strider Race, 18 kids from 2-5 raced on their balance bikes. They loved the trophies!

The other exciting moment was when we thought we lost a cyclist. It turned out he decided to not finish but didn't tell the officials. Search and Rescue did a fantastic job and we were thankful they were on site. Mountain Top Cycling Club was able to make a small donation to Search in Recuse in exchange for them volunteering.

The Little Chapel Food Pantry served a hot breakfast and provide the lunches for the volunteers. The food was fantastic and so appreciated.

Thanks to Dr. Wiley with Ute Pass Family Chiropractic for being the title sponsor and for all the sponsors that supported Mountain Top Cycling Club with donations so we could host this event.

You can see a complete list on our sponsorship tab on our website www.mountain-topcyclingclub.com.



Luke, Mr. Magistrelli, from Woodland Park, raced Clydesdale category and took first place. His two sons raced in the 6-9 age group. Isaac Magistrelli took second place in the 7-year-old category and Noan Magistrelli took second place in the 9-year-old category. A great day spent with dad out mountain biking. Such a beautiful place to ride at Aspen Valley Ranch, enjoying the fall aspens changing and it was such so nice to be in the last few warm days of Summer.



Merrick is 8-years-old, his dad Michael Mattix from the USAFA came to Aspen Valley Ranch so his son could compete in the 6-9 race category. Each youth raced against youths their age for a blue-ribbon medal.

Lion's Pride and the Halloween Carnival 2017

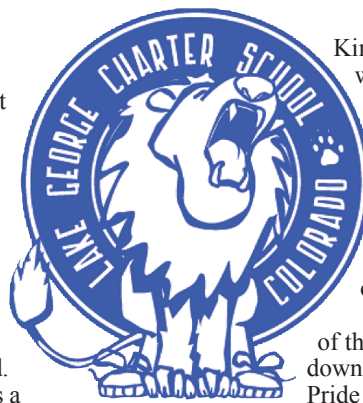
by Kim Plutt

Parents have always been the backbone of the Lake George Elementary School. It was the parents, along with the staff members, who started the Halloween Carnival in 1977. Diana Zaccagnini, Robin Diltz, Annette Quick and Dani Brokaw were instrumental in starting the carnival and raising money for the school.

In 1983, a PTO was formed. Since the school's mascot was a lion, and the parents were all very proud of the children, and a group of lions is called a pride, thus the name became the "Lion's Pride". A lot of new parents were joining in to help with the PTO. Among them were Shelly Achord, Pat Gilley, Julie Gilley and Kim Plutt. That year the Halloween Carnival really took off. Brookhart's donated lumber and booths were built in the gym for the games. A cake-walk was started and the Help-U-Club supplied all the cakes. Bingo was the "hot" new game with prizes that were donated from local businesses from Lake George to Woodland Park.

The carnival continued to grow throughout the years with parents like Sarena Brown and Amy Snare doing a lot of great artwork for the games and decorations. New games, haunted houses, and loads of food led to a fun family time.

As older kids graduated and new children enrolled, the Lion's Pride always had new parents willing to help. Donna Knudten and



Kim Packham took over and were instrumental in building many of the games, making them reusable year after year, instead of using hay bales to mark the games. It was a relief when the volunteers didn't have to cleanup all of the loose hay.

The set-up and tear-down of the carnival was now getting down to a science. The Lion's Pride started out by holding all of their supplies in a two-door file cabinet in the hall of the school, but soon had to purchase a shed to hold the games and supplies. In recent years, our newest additions have been bounce houses and slides. Carol Kohrs and Vivian Linville took the lead while their kids were in school at Lake George, and present day, the carnival is still run with parent volunteers, like Sarah Majors, Tammy Furhmann, Sue Davis and Julie Gilley's daughter-in-law, Julie Gilley.

As you walk about the Halloween Carnival today, you will still see many familiar faces from the earlier days. They are still volunteering or just enjoying themselves with their grandchildren now. With great support from the staff, parents, community members and businesses, the Lake George Halloween Carnival is the tremendous success it is today.

Thank you to everyone who donates, all the volunteers who help, and the people who come to support the school.



You should inspect your fireplace and/or wood-burning stove on a regular yearly basis.

Winter safety

by Coalition for the Upper South Platte



September and October were relatively mild and dry months in the watershed. For those of us who burn wood to heat our homes, perhaps we haven't had to burn as much as we often do this time of year. However, the colder weather is inevitable and so, here are some important tips to consider if you haven't already fully prepared.

Preventative maintenance

You should inspect your fireplace and/or wood-burning stove on a regular yearly basis. Make sure you don't run the risk of ash or creosote build-up — the most common causes of fireplace and wood-burning stove fire incidents.

Proper equipment, use and prevention

Be sure you have good screening (wire mesh or glass gate), in good shape to avoid sparks reaching the carpet, curtains, rugs, or your clothing. Always monitor your air vents. (Never have carpet installed directly in front of your fireplace or stove — the best flooring to install either brick or linoleum.

Start the fire properly

Don't use lighter fluid to start a fire — this could cause an explosion. Only use dry wood with a mixture of small and large pieces. Do not use charcoal — BBQ charcoal can emit harmful carbon dioxide.

Keep small children away

Children left unattended, even for a few seconds, can easily be burned or injured.

Safe wood to burn

Be sure you have good wood fuel that is well-seasoned and aged. Green or wet wood will produce smoke inside your home and lead to the build-up of creosote. If you can, try to mix hard wood (aspen) with softer woods (conifers).

Test your smoke detectors

Make sure you test your smoke detectors and if you don't have them already, consider installing carbon-monoxide detectors as well.

Storing firewood

Store wood in an area where it will not absorb a lot of moisture — a woodshed or garage are good places to keep your wood dry.

Candle light done right

Candlelight creates a warming ambiance that helps take the edge off long and dark winter months. Candles may be beautiful to look at, but they are also a major cause of home fires — and home fire deaths. A candle is an open flame and it can easily ignite anything that can burn.

- Blow out all candles when you leave a room or go to bed. Avoid using candles in rooms where people may fall asleep and they are left unattended.
- Keep candles at least 12 inches away from anything that can burn.
- Use sturdy candle holders that won't tip easily and put them on a sturdy, flat, uncluttered surface.
- Don't burn a candle all the way down — put it out before it gets too close to the holder.
- NEVER use a candle if oxygen is used in the home.
- Have flashlights and battery-powered lighting ready to use during a power outage — NOT CANDLES.
- Consider using flameless candles in your home.

Time to talk turkey

With a promise of a super moist bird, frying the Thanksgiving turkey has been gaining in popularity over the years. Not coincidentally, home cooking fire have increased alongside the trend. Please keep the following in mind if you chose to fry:

- Turkey fryers should NEVER be used indoors. They can tip over easily, spilling boiling oil across a large area. They should be placed on a flat, sturdy surface, with a well-established "3foot kid and pet free zone."
- DO NOT OVERFILL the cooking pot. Oil will spill over when the turkey is placed inside. Determine levels by first filling the pot with water, then placing the turkey in the pot. After you have tested pot, empty the water and FULLY DRY the pot before adding oil.
- Make sure your turkey is fully thawed and dried before cooking it. A partially thawed turkey will cause the oil to spatter. Check the temperature of the oil with a sturdy candy/deep fry thermometer frequently as the oil can rapidly overheat.
- The pot, lid, and handles of a turkey fryer can become dangerously hot and cause burn injuries. Use long cooking gloves to protect your hands and arms.
- Consider BRINING. This technique infuses flavor and tenderizes the bird — and keeps the burn in the oven and out of the fryer!

We hope you find this information of value and wish you and yours a happy holiday and a safe and warm winter season.



Home on the Grange Florissant Grange #420

by Renee Caldwell

Winter isn't officially here, but we have had our first snow. It didn't last long, but the first snow is always very pretty and the weather has certainly cooled off.

We just had our Halloween Party for the neighborhood children. We had pumpkin decorating, crafts, a potato hunt, candy and games. We were unable to create a maze this year as we had hoped because of some unforeseen circumstances, but the kids still had fun.

We are looking forward to our FREE Thanksgiving Dinner on Wednesday, November 22. We always have it the night before Thanksgiving so that everyone can spend the day with family or friends, and still get a good meal the night before. If you are in town, come join us for great food and good music.

We are planning a dinner concert in the near future. If you have attended any of our concerts you know we have brought in some excellent talent. So watch for an announcement for the next dinner concert and join us.

Check out our Facebook Page, Florissant Grange #420 (be sure to get the right page... we are not a medical center or social services center)...and like our page to keep up with what we are doing at our Grange Hall. Also visit our Website: www.florissantgrange420.org.

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Growing Ideas Letting go of summer

by Karen Anderson "The Plant Lady"



November greetings to community folk all throughout the land. Hopefully, by now our gardens are lovingly tucked in and bedded down for their winter months of 'plant hibernation' and rest. If we have planned well and were able, the outdoor chores have been successfully and timely accomplished. In the 'old days', I could always count on a big ol' snow storm on Halloween, so my goal to complete the wrapping up of my season has always been by Oct. 31st. The last few years have granted us some extra time, as the weather patterns keep changing. However, I always feel best when I can meet my personal and seasonal deadline in Paradise Gardens. There's freedom in that for me. I can take a big deep breath and turn my attention to the huge family of indoor plants which has been patiently, but anxiously awaiting Mom's return from the outdoor gardens. I am looking forward to spending more time with them, too. I love my houseplants!

"If we don't allow things to fall away, we wind up carrying an even heavier load"
— Neil Gumenick

As I put the last of the summer tools in the garden shed and take a good look around Paradise for any last-minute things to do before the snow sets in, I feel a great sense of fulfillment on a job pretty well done! Another beautiful mountain summer come and gone. Thank you very much!

In Chinese philosophy, autumn is the beginning of the Yin Cycle (shady side) and

ending of the Yang Cycle (sunny side). Our days get shorter as the light lasts less than 12 hours. We exchange our summer cottons for down coats, stocking caps and warm boots. Hopefully, if we are truly blessed, we nestle ourselves into warm, cozy and loving homes for the winter season. It is time to fill the house with the delightful and comforting aromas of cinnamon and pumpkin spice along with some hearty soups and apple cider. We cherish this special time together with our family, friends and beloved pets.

Fall is the time for reflection and introspection. We have harvested the bounties of our hard work and gratitude is abundant. It is a time to turn toward personal and purposeful goals and projects. Autumn is the season for 'letting go'. Letting go of old regrets. Letting go of any built-up negativity that needs to be released for a happier and healthier life. Letting go of habits that no longer serve us. Letting go of grudges and resentments that burden our souls. Letting go of the summer season may be difficult for some, but we can learn from nature itself. Leaves fall from the trees effortlessly, trusting the cycles of life and we can do the same.

As the holidays rapidly approach, Mike and I wish to extend our warmest and sincerest wishes for a safe and joyous season to you all. Try to keep it simple! Focus on what is important to you and your loved ones. Please be kind to each other and take it easy!

On a personal note, I will be taking a break from writing this December and will plan to return in January 2018. Thanks for your interest in the *Growing Ideas* column and for your community support. As always, peace, love and God Bless *Everyone* — no exceptions! You are welcome to call me at 719-748-3521 or pop me an E-mail at plantlady@peaks1@gmail.com regarding any inquiries.

Where is Zack this month?

by Barbara Berger

Zack is a certified Therapy dog and the mascot for the Pet Food Pantry for Teller County. As their mascot, he is dedicated and determined to help families keep their pets at home when they fall on hard economic times.

On November 4th from 10-2 p.m., he will be at City Market, 777 Gold Hill Pl S, collecting donations and food for his feline and canine friends in exchange for homemade dog biscuits and/or catnip toys.

Please stop by and give him a hug for his hard work! Thank you for your support.

For more information, go to www.PetFoodPantryTC.com.



One Nation Walking Together An unsung hero

by Urban Turzi



Armando "Chief" Trujillo courtesy of the Trujillo family

Pueblo, Colorado, is well-documented as the "Home of Heroes" for its numerous Medal of Honor winners who bravely served in the Armed Forces of our country. But other residents of "The Steel City" also bravely served in the Armed Forces. November is Native American Heritage Month. One lesser known fact about our Native brothers and sisters: on a per capita basis, more Native people serve in the US military than any other group in our country. This is their country, and they have the warrior spirit. Also, with Veteran's Day occurring this month, I think it is fitting to recall the tale of a warrior from Pueblo, Colorado.



He answered to the name of "Chief". Born at the Taos Pueblo in New Mexico on February 15, 1917, to an Indian mother and Mexican father, Armando Trujillo wasn't

bestowed the name "Chief" formally by his tribe. But, like the stereotypical leader of any Native community, he looked after his people by taking care of their needs, both on a material and spiritual basis. Although Armando "Chief" Trujillo wasn't an actual chief, he was addressed as such as an honorary title for his selfless actions and phenomenal service ... and he took great pride in being called "Chief".

During World War II, Trujillo served as an automatic weapons gunner. During his time in the Philippines, he was among the 76,000 American and Filipino soldiers captured by the Japanese Imperial Army and forcibly made to walk 66 miles in 110+ degree tortuous jungle heat and humidity. It is recorded that between 500-600 American



Family Archives of the Trujillo Family

GI's died on Bataan due to the harsh treatment they were subjected to by the Japanese. The Bataan Death March was characterized by its severe physical abuse and wanton killings of American and Filipino soldiers. It is estimated that between 5000-18,000 Filipinos died as a result of the Death March.

As both a survivor of the Bataan Death March and subsequently being a Prisoner of War (POW) for 42 months, Armando endured the worst of conditions. Louis Leroux, who survived the Bataan Death March and then imprisonment with Trujillo, has written: "They [POW's] were starved (given only one fish head and four ounces of rice per day) and of how Trujillo was severely beaten with a wooden club on the head, nose, and back for picking a pepper from the prison garden and hiding it in his trousers. Trujillo was paralyzed for quite a while." Leroux also wrote that "The POW's were only allowed to relieve themselves at designated times. If you soiled yourself because you couldn't 'hold it', that was cause for more brutal beatings. At one point the POW's were sent to Japan to work in various Japanese manufacturing plants as free labor."



Bataan Death March illustrations from <https://images.search> "Bataan Death March"

Trujillo told *The Pueblo Chieftain* newspaper on Memorial Day, 1989: "I escaped death. The Death March was as inhumane as they tell you." After nearly four years as a POW, Trujillo was left permanently disabled as a result of the brutality he suffered. Trujillo's military honors included the Bataan Medal, three Purple Heart Medals, and the Bronze Star. He also received a letter signed by President Truman thanking him for his admirable service.

Upon his return to Colorado from the war, he was employed at the Pueblo Army Depot. "Chief" was also civic minded. He sought state and federal Congressional support for favorable legislation for disabled veterans. He reached out to his Congressmen imploring them to enact legislation relating to the violation of human rights of POW's, and demanding justice for war crimes committed by the Japanese.

It is difficult to calculate the pain, fear, terror, and loneliness Trujillo suffered both during and after his 42 months as a POW. A remarkable man, "Chief" Trujillo left a legacy for the contributions he made as a patriot, warrior, family man, concerned citizen, and Colorado hero.

He went on his final journey on March 8, 1995. Thank you, "Chief", for your service.

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**Teacher Feature:
Michelle Studwell**

Submitted school year 2016-2017

Submitted by: Sandy Struble,
parent/teacher

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School: Gateway Elementary and Columbine Elementary,
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This Teacher Feature was sponsored by the *Ute Country News*. If you are interested in sponsoring a Teacher Feature, contact us at utecountrynewspaper@gmail.com or call 719-686-7393.

Nominate a teacher or para-educator. Each month at least one teacher will be featured in the *Ute Country News*. The teacher will receive a \$50 cash prize and an additional cash prize of \$50 will go to the school that nominated the teacher.

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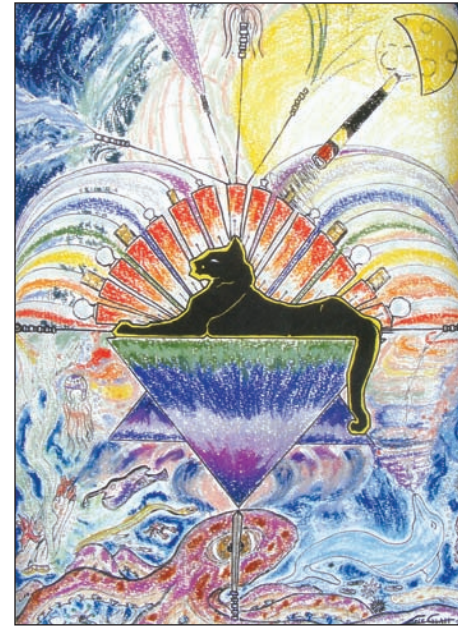
by Eric Chatt, N.D.

artwork by Eric Chatt N.D. "Wise Cat"

What is a keystone species? A keystone species is one group of related organisms (plant, animal, fungus, etc.) that helps maintain and support conditions promoting biodiversity. Their actions influence the infrastructure of the ecosystem in large proportional ways. Beavers, *Castor canadensis*, are great examples of keystone species with the dams acting as filters for water, sculpting wetlands, and aiding in the propagation of another keystone species the aspen tree, *Populus tremuloides*. There are dramatic effects on the ecosystem when keystone species are eliminated.

Give thanks to our keystone species, they help hold up life on the planet! Better yet be a keystone! Saint Francis of Assisi, known for helping the poor and promoting stewardship of our natural environment is one teacher to think about during this all Saints day, and *Castor canadensis* is one large rodent to thank on this Thanksgiving.

Many Thanks from Beaver Ponds Environmental Education Center, your keystone species in Park County education.



In this picture the Jaguar, a keystone species especially well known in the jungles of South America and Central America, sits perched precariously above an oceanic food chain. Some of the oceanic keystone species include sulfur-fixing hydrothermal vent worms, a dolphin, small crustaceans (i.e. krill), and others. With the vast connections between organisms in nature it is tough to know the keystone effect of a species until it is removed from the ecosystem.

**Granite boulder takes a ride
down Ute Pass**

by Steven Wade Veatch

photo by Steven Veatch

With the suddenness of a rattlesnake's strike, an enormous boulder of Pikes Peak Granite moved down one of the steep slopes of the lower part of Ute Pass, Colorado. As this rock — larger than a yellow school bus — traveled down the hill, as it flattened the bushes growing in front of it, and left a trail of scraped ground behind it.

This giant rock, perched on a slope in Ute Pass along US Highway 24 — between Manitou Springs and Green Mountain Falls — moved downslope from the pull of gravity in a type of erosion called *mass wasting*. When gravity pulls, combined with the water of winter snow melt or rain that alters ground conditions, rocks can move downhill — the steeper the slope, the faster the rocks and boulders move.

During a recent summer, thunderstorms poured rain on the pass. The slope, where this boulder rested, was saturated with water, making the ground a muddy, slippery mess. As the rain soaked into the soil, it filled pore spaces which pushed apart individual grains in the soil — decreasing the resistance of the boulder to movement. Additionally, some of the grass was washed away by rivulets and rills running downslope, also adding to the conditions that mobilized the boulder.

One night when it was quiet, except for the rasp of a cricket and the passing of an occasional car on the highway, the force of gravity became greater than the resistance of the ground holding the immense boulder in place. Catching



Gravity's relentless force pulled this huge boulder down the hill to its resting place near US Highway 24 between mile marker 295 and 296. This is a geohazard. A once moving boulder left a trail behind it and pushed up loose gravel in front of it as it slid down the slope of Ute Pass.

the sleeping birds in the pine trees off guard, the giant rock yielded to the endless pull of gravity and slid down the slope — a geological event that starts within the blink of an eye.

This rapid movement of rocks are geohazards that develop over time and locally impact Ute Pass and Manitou Springs. Ute Pass and Manitou Springs are in the path of sliding and falling rocks. Work is ongoing to mitigate some of these hazards. Travelers going through Ute Pass not only have to watch other drivers, but must look out for moving boulders.

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**Green's Fitness Go To**
Exercise frequency and metabolism

by Caleb Green

As we get closer to the holiday season, the food gets delicious but very fattening. It's also a season full of stress where family comes to visit, friends have to be entertained and quite often exercise goes by the wayside as there are tasks higher on our list of priorities. It often can leave one questioning how often does one really need to exercise in order to stay in shape and how can one "rev up" their metabolism so they don't gain the holiday five to 15 pounds.

Short answer is that nothing changes. You still have to eat right which includes balanced, proportioned meals that reflect a desire for a healthy body as well as exercise frequently.

Long answer is a little bit more complex. Exercise frequency must be viewed from a different standpoint than is traditional. Usually it's viewed as *the more I do the less I'll weigh*, which has some truth. The difference is that exercise is an adaptive response to our environment. For instance, someone who sits at a desk all day is going to have a different level of exercise being right for them than someone who digs ditches for a living. Looking at it as a case by case is the only true way to determine how much is enough.

The human body is truly a remarkable machine. It's adapted for survival and in that spirit goes for the path of least resistance more than anything. This means that as you begin exercising and continue, you create a stress response on the body which, in turn, begins streamlining internal processes to be more efficient at the task it's going through. For example, if you were to start an exercise program that dictated 60 minutes of strength training, followed by 30 minutes of cardio three days a week, at first it could be very effective. As time goes on it becomes less effective due to the fact that you get stronger and more conditioned from the cardio. After a couple months of this routine it will no longer be effective and you can even see fat gain. To help avoid this "plateau" as it's commonly referred to, one must always be changing their routine every couple months so as to keep the stress response high. This

doesn't have to be a drastic change. Merely adding in new varieties of exercises or focusing on increasing weight or speed in cardio can elicit the stress response desired.

The whole idea is to pay attention to what your body is telling you, but not overly so. For instance, being tired is not an excuse to not meet your exercise goals, but being exhausted is. You have to be honest with yourself because your body wants to go to the path of least resistance and that drive can make it hard to go to the gym even if you're just a little tired.

**Just remember to
listen to your body
and pay attention
when it's exhausted
so you don't set
yourself back on
your fitness goals by
overdoing it.**

For most people, exercise frequency depends highly on their activity level outside of the gym. If you're sedentary then starting off with any exercise three to four times a week would be enough. If moderately active, exercise of greater intensity three to five times a week is probably adequate. If highly active, moderate intensity four to six times a week is probably enough. This is highly subjective to each case and factors to consider are how long activity at what level has been going on, what muscles tend to be used, and recovery strategies. All that being said, the higher the activity level is, the higher metabolism tends to be.

Metabolism is a word that's thrown around a lot but can be hard to understand sometimes as there are tons of "get skinny quick" pills and plans out there that all claim to rev the metabolism up to "unprec-

edented" levels. Most of these claims are backed by studies that are unreliable to say the least and almost all of these claims use caffeine in huge doses in one form or another to attempt to raise metabolic rate.

So, what is metabolism exactly? For the purposes of exercise, it can be defined as the rate at which calories are burned for the production of energy. It can be impacted in a large variety of ways. Essentially the more energy it takes to keep you going, the higher your metabolism will be. That being said, more is not always more as far as exercise frequency goes. Just remember that your body wants to adapt to the path of least resistance and can survive a plethora of different lifestyles.

You have to make sure that you get adequate rest and diet to be able to affect your metabolism. Providing that these factors are met, one can raise metabolic rate by moving more, increasing heart rate, eating often, and getting sufficient rest. Make sure that you don't buy into "magic" weight loss pills that promise to boost metabolism and help you lose weight because they're almost always caffeine dependent. Caffeine can contribute to weight loss as it increases heart rate and artificially stimulates the nervous system, helping with low energy but it is not a fix-all in the weight loss world.

There is a lot more that can go into this topic as individual people tend to need different things. Just remember to listen to your body and pay attention when it's exhausted so you don't set yourself back on your fitness goals by overdoing it. Always make sure to get adequate rest, including active recovery, and to figure your metabolic rate by hunger level. Typically, a good way to gauge metabolism fluctuations is by hunger level and frequency. The higher for both, the higher the metabolic rate tends to be.

Any questions that any readers have can reach me directly at cgreen.cchs@gmail.com. Next month's article will focus on exercise program design as well as a further explanation of tricks for each body type to accelerate results. As always, thanks for reading!

**Driven by a Passion**
To love the book, yet appreciate the movie

by Ron Cook

Welcome back!! I hope you enjoyed our introductory foray into the potential exploration of language! This topic is as wide-open as the many versions and types of language, so we'll pick one subject each time and then try to stay focused. I enjoy finding out something about the authors I read. This time perhaps I'll tell you a little about who I am. Maybe we'll wander off into our first subject as well. Maybe the relationship between books and movies might be fun? Find out what those two goats were talking about (see October 2017 issue *Ute Country News*).

I claim the male gender a bit advanced along the spectrum of age; mature yet not quite geriatric; just short of 10 in dog years. In life I have been somewhat of a gypsy. Michigan was home as a child into early adulthood. Vietnam drafted me into the service, but thankfully, not to Vietnam. Junior and senior years of high school were spent in the seminary studying to become a Catholic priest. I thoroughly enjoyed the seminary experience, yet yielded to the lay life. This was during the Vatican II years featuring the Santa Claus Pope, John the XXIII. Great stories took place within those cloistered seminary walls. We'll talk about that during the main course... Let's leave off there for now and move on to the subject at hand... books and movies.

Some writers like to lay out an organized path, and then follow it. I prefer to take the idea at hand and go with that; the path less traveled? Didn't Yogi Berra say, "If you see a fork in the road...take it!" Perhaps you'll find a spoon later!

Maybe another time it may occur that we should go back to the origins of language, but today books' relationships with movies barks at my front door!

I grew up during some of the Golden Age of movies. The 1950's and 60's powerfully enlarged the scope of movie-going. Color came into movies during the 1930's with films like the *Wizard of Oz* and others. The *Wizard* was adopted from the rights of a book by Frank Baum. It took several years to get fund-

ing, and several more to make the film. *Oz* did not really take off until the late 1940's when it was re-released. Television gave it much more exposure. I remember seeing this film every Thanksgiving, starting in 1956, on television for many years of my childhood. Of course, you had to have a color television to get the full impact. The film resembles the book, but like most films, cannot contain the vast number of details of the book. *Oz* was a great film, but lost in the awards the year it was released to *Gone with the Wind*, also based on a book.

I don't remember many memorable books during my school years save Hemingway's *Old Man and the Sea*, and Elliot's *Silas Marner*. While in the seminary current books from the secular world flew around like wildfire! *Catcher in the Rye*, and all of Ian Fleming's *007* books were the most popular. During the two mandatory study halls each day we would diligently hide a novel in a larger text book making it much easier to stay awake. More great films based on books came out during my high school years. Who can forget *Doctor Zhivago*, *The Sound of Music*, *My Fair Lady*, and *Camelot* among others? What happened later found books written based on movies! I'm not sure I get that one...

How often have you said, "I'm sure glad I read the book before I saw the movie." Books have so much more detail than film could ever contain. Films would run six or eight hours or so if they faithfully followed the book. Dan Brown's *Da Vinci Code* would have been lost on me without the book's details I already knew! I go to movies to see the artistry. I go to see what others (professional artists in their fields) can do to bring to life the words from the written page. I always stay until all the end credits have run. So many skills/peoples are needed to create the magic of the cinema. It is amazing to realize that one author of a book gave so many film production people and actors jobs! I respect and admire that. My brother is a professional photographer by trade and skill. I can't do what he does, but I sure enjoy seeing what he sees!

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Guffey Clean-Up Day

by Flip Boettcher
photos by Flip Boettcher

What started as a complaint about roadside trash and trash in general on Guffey Shares (the electronic grapevine for Guffey-area residents) evolved into a community roadside Clean-Up Day on September 30th. About 35 volunteers donned bright orange reflective vests, grabbed orange trash bags and headed out about 9 a.m. on Saturday morning to gather trash alongside County Road 102 through Guffey, from Colorado State Highway 9 to CR 59. This was after a community pancake breakfast hosted by the Southern Park County Fire Protection District (SPCFPD) auxiliary.

The Clean-Up Day was a community-wide effort. The event was sponsored by Rural Coloradans for a Brighter Future (RCFBF), a group that formed earlier this year in Guffey. Friends of the Guffey

Library and the Guffey Community Association provided light refreshments for the participants. The Park County Road and Bridge Department mowed the grass along the roadsides, provided signs for the event along the road, and trash disposal.

SPCFPD helped with traffic control and protection for the volunteers on Saturday as well as on Thursday for the Guffey Community Charter School students. The school kicked off the Clean-Up event by picking up trash between Colorado Highway 9 and Guffey for about an hour Thursday afternoon.

All the restaurants in Guffey — The Freshwater Bar & Grill, The Bull Moose Restaurant & Bar, The Rolling Thunder Cloud Café, and The Bakery at Strictly Guffey — donated discount coupons for food for the volunteers. Dana Peters, owner of The Bakery, said she donated coupons for a free cookie and for \$1 off a sandwich. The other establishments gave similar types of discount coupons.

Property owners along CR 102 were encouraged to pick up their part of the road and leave the orange trash bags for pick-up on the 30th. A big thank you goes to the Rocky Mountain Wildlife Foundation and the Nighthawk Ranch for cleaning up their very long stretches of the road.

Besides the volunteers picking up trash, there were the volunteers collecting the orange trash bags along CR 102 and taking them to the community center for sorting. The volunteers sorted the trash into recyclable and non-recyclable items and disposed of them.

According to Chris Peterson, at the October meeting of the GCCS board of directors, 600 pounds of trash were taken to the dump. That does not include the recyclables, he added.

Event coordinator Louise Peterson was very pleased with



The Guffey Community Charter School kids heading out to pick up trash along County Road 102 toward Colorado Highway 9.

the turnout, she said, and was thinking about making it a semi-annual event; spring and fall. Everything worked out just great, she added.

From a Guffey Shares email the following day from Peterson, "What a wonderful community we live in, thank you to everyone who supported this event and the large numbers of volunteers who showed up to pick up trash and recyclables and sort and divvy up our finds...Alcohol cans and bottles were by far the biggest culprits, having been tossed out of cars along that stretch. It was heartwarming to see all our diverse community members come together, putting aside our political differences and working together to make Guffey a better place."

The vision statement from the RCBBF website www.rcbbf.org says: "We are ranchers and scientists and artists and educators and carpenters and accountants. We are economically conservative, centrist, and liberal. We believe in a God, in gods, in no gods at all. We are men and women. We are gay and straight. We are young and we are old. We are rich and we are poor. We are

native born and we are immigrants. We are as diverse a group of Americans as you will ever find in one place. And we are united. We are united in our belief that value can't always be measured in dollars. We are united in our belief that science and reason are how we understand reality. We are united in our belief that the value of the Earth isn't measured in what we can extract from it. We are united in our belief that most people are good and that our lives have value. We are united in our belief that every person must have an equal voice in how our society operates. We are united in our belief that a person's ultimate measure is whether they have left the world a better place."

RCBBF is "Participating in crafting the future we want, preserving the civil liberties we hold dear, and maintaining the vision of the founders of the nation. We believe that a healthy citizenry is an active citizenry. The most important thing you can do as an American is vote. If you're not registered, or you want to change your party affiliation, address, or other information, you can easily register online," states the website.

One Dog at a Time Silent, but deadly

by Janet Bennett

Silent but deadly, or maybe just deadly, dog farts are no joking matter. Serious flatulence can make life with your dog downright difficult. Not only is it embarrassing when guests are around, but a gassy dog can make simple things like cuddling on the couch feel like petting a biohazard. Before you reach for the gas mask, take a moment to do a little research about the possible causes of doggy gas.

Dogs pass gas for many of the same reasons that we do. A change in diet, a goodie that doesn't agree with them, and gastrointestinal illness can all lead to imbalances in the microflora in your dog's stomach and small intestines. These organisms are responsible for the excess gas and subsequent farts that are making you and your dog miserable.

Diet is one of the leading causes of flatulence. Certain food groups, such as indigestible carbohydrates, lead to gas, and foods or treats that have a high meat content can create foul smelling gas. Dogs with food allergies are particularly prone to flatulence. Switching to a highly digestible diet or novel protein diet could help but it's not a guarantee. Your best bet is to make an appointment with your veterinarian. Sudden dietary changes can also cause gas. Dogs have an unpleasant habit of getting into things they are not supposed to such as trash, spoiled food and manure from other animals. These dietary indiscretions can cause GI upset, which is a cause of gas, and they can also contain fermentable substrates which also lead to gas. Table scraps pose numerous risks, from stinky, high-content meat products and GI upset to lactose intolerance. It's best to limit or eliminate table scraps. In addition to causing flatulence, table scraps are a source of unnecessary calories.

It is widely believed that aerophagia, or increased swallowing of air, can lead to gas in dogs. Greedy eaters that wolf down their food, and brachycephalic breeds (dogs with



squished in faces) are at an increased risk of swallowing more air than normal, which can lead to gas.

Stinky dog farts can also have a more serious cause.

Dog farts can be gross but there are things you can do about it.

Any GI disorder that leads to malabsorption of nutrients in your dog's intestines can lead to increased gas production and odor. Histocytic ulcerative colitis and inflammatory bowel disease can cause increased dog farts. Parasites, parvovirus, tumors, exocrine pancreatic insufficiency, enteritis and an overgrowth of bacteria can also cause excessive flatulence in dogs. If your dog is very gassy, check to see if he is showing any other symptoms of GI upset such as painful abdomen, loss of appetite, diarrhea, vomiting or any other change in behavior or activity levels.

Dog farts can be gross but there are things you can do about it. Your veterinarian should

perform a physical exam to look for other signs of illness. Additional testing such as bloodwork may be recommended.

Keep in mind that food allergies are tricky to diagnose so be patient with your dog and your veterinarian. Sometimes

the cure is as simple as cutting out table scraps, stopping access to the kitty litter box or keeping your

dog out of the trash.

Treating flatulence is dependent on the cause. A change in diet can sometimes help. Your dog might also benefit from a diet that has a probiotic effect. These diets promote a healthy environment for beneficial microflora, which reduces gas. Dogs that swallow air should be encouraged to eat more slowly. Try to reduce any stresses around feeding time, or feed smaller, more frequent meals. Exercise can also help with flatulence and it's good for you and your dog so grab and leash and start walking.

If all else fails, there is always medications that can treat the flatulence and reduce the odor. Some gas is normal but if you are concerned about excessive gas your dog might have, keep a tally of how often your dog farts and how badly it smells. Using this "diary", your veterinarian can help you determine if your dog's farts are normal or a possible symptom of an underlying condition.

This information is brought to you by Wings and Warriors, a non-profit organization located in Florissant, CO. It is our mission to provide highly trained service dogs to those in need, all at no charge to the recipient. Donations, sponsors or volunteers are always needed. See website <http://www.wings-and-warriors.org/>

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Chipeta Rising Celebration!

by Licia Iverson and Kathy Hansen
photos by Jeff Hansen



O. Roland McCook Sr., Chipeta's great-great-grandson, and Ute Tribal Council leader.

Chief Ouray and his second wife, Chipeta have been two of Colorado's historical figures who inspire us to cooperate and live respectfully among ourselves and with nature. They fought for fairness, equal rights, and were peacemakers.

Mountains were named after them. Or were they?

It all began when Wayne Iverson read a letter to the editor in the October 2013 issue of *Colorado Central Magazine*, written by Craig Nielson, expressing that Chipeta Mountain is not visible from Salida. Craig was responding to a previously published article and photo. The peak which is visible from town, that many thought was Chipeta Mountain, was indeed an unnamed peak which stands at 13,472 ft.

In this letter, Craig shared his experience of climbing to the top of the unnamed peak, where he was able, "to see the much lower Chipeta at 12,850 ft. far below to the south-west and out of site from the valley, hidden by 13,472." This didn't seem possible to Wayne, but Craig is a friend and a reliable source. He relegated it to the back of his mind.



The luncheon was a great way to start the day's celebrations

About two years later, Wayne saw a printed section of Jeff Burch's poster called *View Looking West From Salida* which included Mount Ouray, Chipeta Mountain and Pahlone Peak. It indeed indicated that the highest point on the massive was Unnamed Point 13,472 and that Chipeta Mountain was "out of site over here." This did not seem right and the issue migrated to the front of Wayne's mind.

Wayne began to investigate and was told by the USGS Board on Geographic Names (BGN) that there was probably a good reason for the original (1950s) placement of the name, but then no one could find it in their records.

Wayne did his own extensive research, which took about a year. In that process, Wayne learned about the magnificent person Chipeta was. The more he learned, the more motivated he was to assure a person who could have accomplished all that she did, be recognized. She was a peaceful person who had a way of understanding situations, people, and knew how to reach amicable agreements. He could see no reason the taller, unnamed peak closer to Ouray should remain unnamed while the lower peak would bear

her name. (To learn more about this inspiring woman visit www.chipetamountain.com/)

Wayne pursued his goal. The formal application requesting the name change was submitted to the USGS BGN on October 10, 2016 and on May 10, 2017, the renaming was official and effective immediately. The taller peak is now Chipeta Mountain.

Wayne and Licia Iverson, Craig Nielson, the Sellars Project Space and Colorado Thirteneers joined forces and created the *Chipeta Rising Celebration* held Oct 8 and 9, 2017; no coincidence that Oct 9 was Indigenous People's Day. Sunday's events began with a luncheon at Salida's Community Center.

O. Roland McCook Sr., Chipeta's great-great-grandson, and Ute Tribal Council set the tone by beginning with a prayer of thanks to Great Spirit. Thanks were given for the mountains, and all the mountains bring us. Thanks were given for the creatures great and small that live in these mountains and streams. Thanks were given to the land and all of its bounty. Thanks were given for a beautiful day, and an opportunity to come together in celebration to honor Chipeta, as we celebrate the name change of the mountain that now bears her name.

The luncheon offered a variety of soups, salads, stuffed squash, and a variety of deserts. The food was as nutritious as it was delicious! Special thanks to Licia Iverson and the team of people who coordinated such a tasty feast!

Following the delicious luncheon was the Unity Walk from Alpine Park to the SteamPlant Event Center. The people who gathered for the walk chatted amongst themselves as we waited for the Police Escort. It was an opportunity to meet each other and learn a bit about each other. Among the approximately 200 walkers were many relatives of Chipeta, many mountain climbers, and many folks from the area simply happy to share in the experience of a Unity Walk, where we unite as a group while we take responsibility for our own steps toward change.

The SteamPlant had a stage and seating set-up outdoors next to the Arkansas River. This gave the opportunity for bicyclists, joggers, dog-walkers, and any other passerby to stop and listen. A number of speakers took the stage and shared why the Chipeta Rising Celebration is important; we need to acknowledge the American Holocaust, increase our awareness of Native Americans, and to honor Chipeta as an amazing, peacemaking woman.

Art Goodtimes spoke of how this is a time for healing and education. He said we need to recognize there are gaps between who we are today and those who came before us. We need to understand our history and acknowledge mistakes that have been made in the past so we do not re-create them for our future. He encouraged us to consider the first step in reconciliation is an apology, which was carefully formulated and presented to the tribe.



Some of the marchers were direct descendents of Chipeta.

The apology was accepted! The next step is restitution. Art was proud to state in 1998 San Miguel County was the first in Colorado to stop celebrating Columbus Day; they now celebrate Indigenous People's Day.

O. Roland McCook Sr., then took the stage. He shared how his ancestors had migrated throughout the land freely for tens of thousands of years. Then the white man came and began to claim the land. Through various treaties from about 1863 onward (not all had agreement from Native Americans) they were forced onto unfamiliar, barren lands.

What started as 4.5 million acres of reservation has dwindled down to only 1.2 million acres, mostly due to the white man deciding greed for gold meant more than upholding their integrity or word. The white man stole their land.

The Utes lost their mountains, the rivers, and the medicinal plants which were their food, way of life and connection to the planet. Needless to say, this created a deep need to focus on the preservation of natural resources, a lack of trust, and an unfamiliar need to be wary that not everyone will keep their promise.

Strong tribal leaders were needed to unite the tribe and refocus, calling upon the wisdom of their elders, like Chipeta and Chief Ouray as guiding forces.

Roland shared a bit about the reconciliation that recently happened in Telluride. The process of accepting the apology and being willing to move forth with mutual respect is moving for both parties. Roland said, "Talk to us. Acknowledge us. But we want something back from you; we want to hear from you."

It was amazing to listen to Roland; how

their dance, making a commitment to study as needed about the dance, as well as having a part in creating their dress. It is an honor to dance.

We learned the jingles of the jingle dress originally came from the top of tobacco tins which were bent into a cone shape. We learned the grass dance originates from east of the Mississippi, when tribes would crouch down in the tall grasses hiding from the white man.

What I remember most about the fancy dance aside from how vibrant and beautiful the dress was and how light the dancer was on her feet, is that she and her husband had taken their marriage vows the day before! The crowd cheered and applauded. No wonder she was light on her feet!

After each dancer gave us an example of their style of dance and dress, Roland shared the circle dance can include anyone who wants to participate. The drummers gave their starting beats, then the donned dancers started the circle dance as one by one, folks in the audience joined in. Instead of joining from a single line, people from the audience came up in droves, from various directions as those in the circle opened their hand to welcome the participants from the audience. It is likely the circle dance ended when it did due to space limitations. One count yielded upwards of 300 in attendance. However, there was another opportunity for everyone to dance together as a closing of the speeches and cultural ceremonies.

A closing reception took place at the SteamPlant, followed by the play *Multitudes*, an original play written by Valerie and Kim Nuzzo.

On Monday, Oct 9, 2017, the Peak Dedication Ceremony took place. However, due to



The circle dance started small (left), but soon grew to include most of the audience (right).

willing, how trusting, and how encouraging he was! It was inspiring to know hurts of the past can be healed and that there is hope for a shared, brighter future. There is willingness to learn more about each other, our land, and how we can protect our resources.

Roland clearly acknowledged we speak different languages and seem to interpret things differently. He gave Manitou Springs as an example. "Do you know how Manitou got its name?" he asked.

He continued, saying a group of settlers from Colorado Springs ventured their way west and met a band of Utes. The settlers were looking around in amazement, and asked the Utes what they called this place. The Utes, not knowing the language, cried out to them (spelled phonetically) "Men-E-tu! Men-E-tu!" It means, "Go back! Go back!"

The crowd responded with a roar of laughter!

Several other speakers including Tony Small, and Ernest House, Jr., shared how much work goes in behind the scenes in preparation for the five minutes allowed before various governmental entities when seeking to institute a change. Native Americans are still fighting for their rights, land, and clean water. They come together at Powwows, Sun Dances and other celebrations in the form of dance as a way to share their inspiration.

Roland presented a variety of dancers, including traditional (both male and female), grass-dancer, jingle-dress, and fancy-dancer. The drummers gave a starting beat and the dancers began. Each dancer chooses the type of dance to engage in and to accept the rituals around

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Cover photo is of Samuel Tamehorse Gallegos. He is Mescalero Apache, Southern Cheyenne. He is a teacher.

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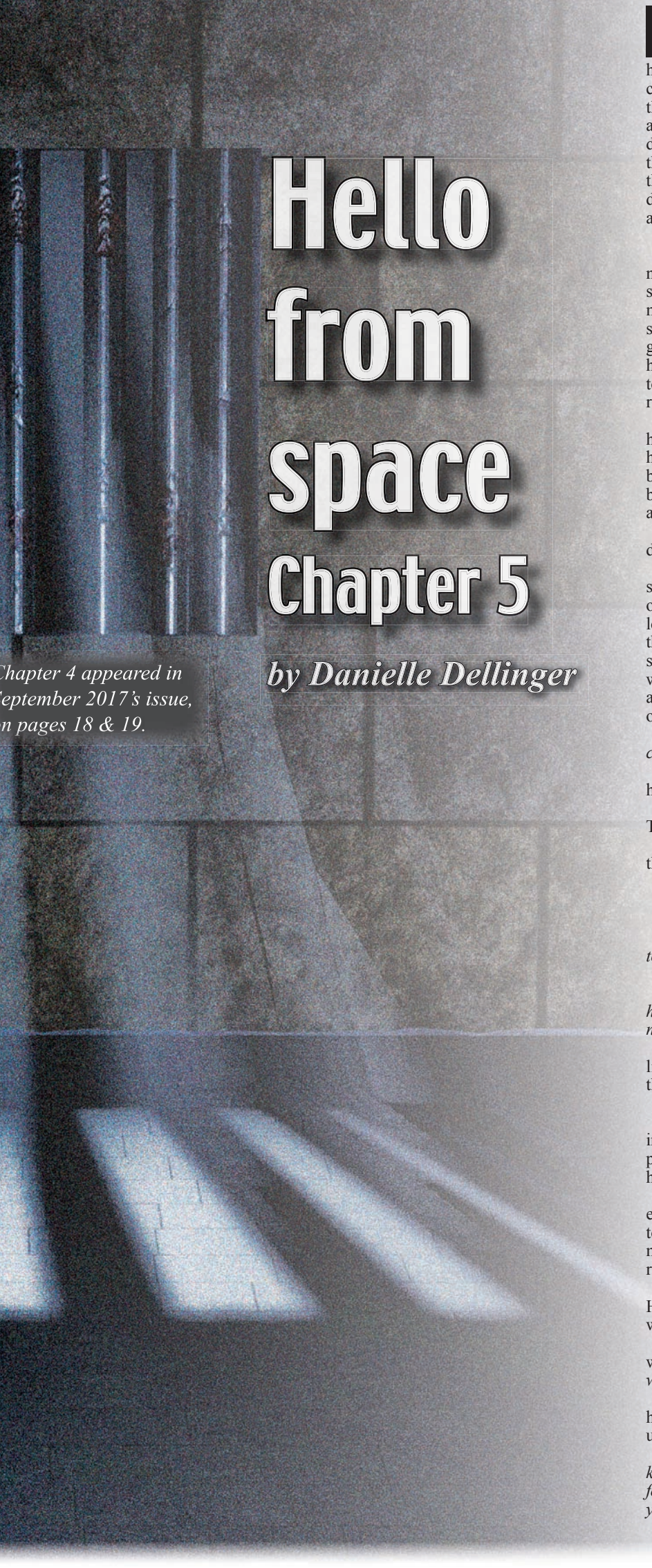
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Hello from space

Chapter 5

by Danielle Dellinger

Chapter 4 appeared in September 2017's issue, on pages 18 & 19.

It had been 70 years and four months since her spaceship crashed near Roswell, New Mexico. She had been subsequently captured and held hostage in a facility at Area 51. She'd heard her captors talking about how the public had been told there wasn't enough evidence to support the idea of an alien ship crashing. She'd listened while a nurse drawing her blood discussed the statement made by the military: that there had not been a UFO crash, that it had only been a weather balloon. Supposed debris from the weather balloon had been shown at a press conference.

Yet, there she was. Right in front of them. Her cell was as big as a broom closet. She had no bed, or any other source of comfort. Each day she bit the tip of her finger until it bled so she could mark another tally on the wall. Her tallies had started out big, but once she'd realized that she was going to be there for a very long time, her tallies had become smaller and smaller. At first, her captors had mocked her for them, but then they merely rolled their eyes at her.

She remembered the surgeon sneering down at her from behind his surgical mask as they strapped her down and cut into her without anesthesia. Her body was riddled with scars. Her skin color used to be grey, but was now purple from all the scarring and improper healing.

Even so, she bit her finger in the same spot each day to make another tally.

Now, 70 years and four months later, she was surprised to see two unfamiliar men standing outside of her cell. They wore no uniforms or badges. They looked young, full of life, and warm. She could tell they still had their humanity. However, she noted that something was different about one of them. There was an otherworldly air about him. The albino skin and blonde hair looked unnatural, out of place. The other man seemed nervous, about to crack.

Helix, I think we should leave. We're going to get caught.

She blinked, surprised at hearing the voice in her head.

"This won't take long. Just don't panic, okay? The heart is reportedly close by."

What heart, she wondered. She locked eyes with them, and for a moment, it was quiet.

"There," Helix said.

There, what?

"It's her. The heart is hers."

Are you sure? She's still alive. What're you going to do with her?

Helix looked to Marik. "Rescue her, of course."

Marik raised his eyebrows. How? That keypad has either a billion different combinations, or we need the correct badge to swipe.

"I didn't realize you were going to have such little faith in me, Marik," Helix said, stepping up to the keypad.

It's not that I don't have faith, it's just —

"It's just that I already got the door open," Helix interrupted, looking at Marik and smirking. He then pulled the door open and looked to the alien. "We're here to help you. Promise."

The grey alien watched him. She didn't trust him, especially not after he mentioned her heart with a tone that implied ulterior motives. She looked to the man who spoke with his thoughts, and watched him ring his hands anxiously as he looked around.

"Marik, tell her that we're not going to hurt her," Helix said, glancing back at him. "We came a long way to rescue her."

Marik focused his attention on them, locking eyes with the alien. We really are here to help. We don't want to hurt you.

The alien put her hand over her heart, dropping her gaze as she did so. She then lifted her eyes back up to Marik.

I know what he said frightened you. He doesn't know for sure that your heart is the one. It's just a feeling. But I can assure you that he just wants to study your heart, if yours is in fact the one. Nothing more.

She shook her head, and pointedly looked down

at a handful of scars on her arm and torso.

Ah, Marik said. I get it. He moved up beside Helix and tapped his shoulder, and then gestured at her torso. She's scared you'll do that to her.

Helix's eyes widened. "Goodness, no! I would never do that to you," he said, kneeling in front of her but keeping space between them. "If your heart is the one I've been seeking, I just want to run a few, painless tests. Your heart could be the key to many medical breakthroughs. You could help so many." He tried not to glance back at Marik as he spoke. He still hadn't told him that the heart could potentially cure his muteness, along with other conditions that ailed people.

She didn't move for what felt like a long time, but then she shook her head sadly and sat down on the floor, turning her back to them and revealing even more scars that looked oddly like burn scars.

Marik chewed on his lip, his anxiety at its maximum level. He just wanted out of there.

Helix inhaled deeply, kneeling down behind her. "May I have your hand?" he asked her.

It took a moment, but she turned back around and slowly extended her hand to him. He held it warmly in his own hand. He closed his eyes and began to show her images of who he really was. He knew that she could handle seeing his true form because she wasn't human.

Even though her face didn't show emotion, Marik could tell that whatever she was seeing was amazing her.

After a minute, Helix let go of her hand. "Well?" She lowered her eyes and studied her hand.

"Do you believe me? Do you trust us?" She didn't move.

Helix got to his feet and was about to leave when she also stood up.

"Is that a yes?" Helix asked.

She nodded and cautiously made her way past the men and out of her cell.

How do we get out of here?

"Same way we got in, Marik."

Is your device strong enough to handle the three of us? It struggled with only me and you.

"Remember what I said about having faith in me, Marik?" Helix said, leading the way down a corridor.

Marik rolled his eyes, following while making sure their new friend kept up. It was easy to see how terrified she was to even be out of her cell.

As they rounded a corner, they smacked into a small group of soldiers gathered in the hall. For a moment, everyone froze with surprise. But then one of the soldiers realized who was with the two men, and all hell broke loose.

Guns were drawn. Orders were shouted at Marik and Helix, and into radios. The alien ducked out of the way of the many hands reaching to grab her.

"Marik, take her and run!" Helix shouted, shoving them both away.

Not without you!

"Trust me! Please!"

Marik grabbed the alien's hand, and together they took off running while Helix stepped in front of the guns to protect them. Helix held his hands up in the air.

"I can assure you we can handle this peacefully," he said, calmly.

"A thief doesn't get to tell us how to react," snapped the soldier closest to Helix.

"We weren't stealing. Rescuing isn't stealing."

"Shut up! On your knees, hands behind your head!"

Helix did as he was ordered, casually glancing over his shoulder to make sure that Marik and the alien were gone. He didn't see anyone, so he assumed they were safe. The soldiers swarmed around him, and one pushed him down onto his stomach. He shut his eyes,

debating on how to handle the situation. He struggled against them as they worked to put his hands behind his back.

"Stop resisting. We will tame you!"

One.

Helix knew it was a risk. "Stop resisting!"

Two.

But it might be the only way out. "You will be tased!"

Three.

He let the mask slip away. He let his body morph into its natural form. He heard the gasps and shouts of disbelief.

"What's happening? What is that?"

The chaotic atmosphere changed into a fearful one. When his transformation was complete, he got to his feet and faced down the soldiers, showing them just how powerful a peaceful being could be. Unfortunately, the humans couldn't handle gazing upon his divine form and mythic beauty. He saw the telltale signs of their brains shutting down as blood began to slide out of their noses. That was when they all collapsed. He looked at the bodies all around him, and realized that he wasn't as peaceful of a being as he thought he was. Just by being himself, he'd killed eight humans. He tilted his head back to gaze at the ceiling, struggling with what had just happened. One thing he knew for sure was he couldn't let Marik see him. He shut his eyes, willing himself to put the mask back on.

He did it just in time. Marik came running back around a corner, shouting his name. Helix turned to him.

"What're you doing back here?" he asked.

They took her back! They got her! Marik stopped when he noticed the bodies surrounding Helix. What did you do . . . ?

Helix swallowed and looked down at the soldier closest to him. "What I had to," he replied solemnly.

Marik stepped closer, taking Helix's hand. Let's get out of here. He started to tug him down a corridor.

However, Helix resisted. "We can't leave her. She needs help."

Helix, we're not prepared to take on the Air Force. She's a lost cause. There's nothing more we can do.

"Excuse me? I didn't think you were a lost cause when you were trapped in that locker," snapped Helix, yanking his hand away from Marik.

Marik sighed in frustration, gazing up at the ceiling as if he were asking it to give him strength.

"Look, if you really want to leave, I'll send you back. But I'm going to stay and break her out of here. No creature deserves to be treated like she has."

He pulled a small pod out of his pocket and tossed it onto the ground at Marik's feet. "Step onto the edge of it with your toes when you're ready."

He walked away.

Marik let him go. He was at war with himself. He knew the right thing to do would be to rescue the alien, but his anxiety about being arrested and hurt by the soldiers was crippling him. He inhaled deeply, looking down the corridor where Helix had gone. He thought back to how they'd gotten inside.

After he'd put his hand on the tree and felt her pulse, Marik felt his life had changed. He no longer felt trapped, and that was what led him to agree to take Helix to Area 51. He felt he needed to repay Helix big time for helping him find his voice. Luckily, Helix was willing to wait until Marik had a significant break from school so they could make the trip without him missing school.

While they were driving down the desolate, desert road, Marik remembered just how insane this was. He felt like at any moment an

RPG was going to come flying over a hill and blow them sky high. After parking in a secluded spot and hiking as close to the perimeter as they dared, together they took in the scope of Area 51. It gave off such a foreboding feeling that Marik was certain even the rattlesnakes would attack them for getting too close to the fence. Marik had been about to give up on the whole mission when Helix brought out the device that could teleport them in.

"It's usually meant for one person, but I think we'll be okay using it together. I only have one more for when we're ready to get out."

Oh good, a limited amount of resources.

"It'll be fine, Marik. Really. Have some faith."

Marik snapped out of his thoughts when he heard footsteps coming toward him. He picked up the device and took off running after Helix, doing his best to stuff down his anxiety. As he ran, he could hear yelling, which only spurred him on more. He thought he could faintly hear Helix over all of the shouting. How was Helix able to stay so calm in a situation like this? For the life of him, Marik could not figure it out. He envied him for it.

He stopped just outside of the room where all the commotion was, and pressed his back into the wall.

"Stealing is a crime!" shouted an older soldier.

"Like I've already said before, I'm not stealing, I'm rescuing. Big difference there. Besides, shame on you for thinking that this being is your property. You should all be ashamed for what you've done to her."

"Down on your knees, hands behind your head! You will not be asked again!"

"Go ahead and shoot me!" Helix finally shouted back.

Marik's heart dropped, panic rising in his throat. What was Helix thinking? His palms grew sweaty, and he struggled to remain calm as he debated on how to diffuse the situation.

There was a pause after Helix's shout, the statement having stunned everyone.

"Do you have a death wish, kid?" the older soldier asked.

"What do you care? Just do it! Shoot me!"

Now that the situation had changed, the older soldier took on a different tone. "No one is going to shoot anyone, you hear me? No one. We're going to end this peacefully. You will be arrested, and she will be returned to her cell."

"No, things will not go back to how they were."

"That's the only option there is. You can't come in here and demand things go your way."

"How dumb are you?"

Even from out in the hall, Marik could feel the tension rise.

For a moment there was silence. "On your knees, hands behind your head," spoke the older soldier with forced calmness.

"No."

"Tase him."

"No!" Marik shouted, bursting out from around the corner. His eyes grew wide as he saw Helix rapidly change into something else. Something that wasn't human, and he wasn't even sure if it was alien. The aura that radiated out from Helix sucked out all the oxygen in the room.

Helix froze when he saw Marik standing there.

To be continued . . .

Debut novel Dating the Grim Reaper is available for purchase online only in print and digital formats at Barnes & Noble, Amazon, Google Play, and iBooks. Brief summary: Two college guys start dating. One guy is a murderer, and the other turns out to be the grim reaper. It's full of Greek mythology and romance.

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Guffey Steampunk Society

by Flip Boettcher
photos by Flip Boettcher

The Guffey Steampunk Society is steaming ahead, so to speak. The GSS started forming about a year ago, with the first meeting in October, 2016. Since then, the group has become an LLC corporation and elected officers; they now have 53 members; and have sponsored three events — two Vagabond Flea Markets and the first Guffey Steampunk Festival.

The Steampunk festival, an all-day affair, was held on Saturday, October 7, 2017 in Guffey. According to event organizer and GSS president Lawrence Epps, 17 vendors were signed up for the event, but only eight vendors actually came and set up a booth. There was no charge for a booth if the vendor donated an item for the silent auction.

The booths were set up around Guffey, at the Bull Moose Restaurant and Bar, the Rolling Thunder Cloud Café, and The Bakery at Strictly Guffey. Various booths included kids Steampunk, face painting, Steampunk animal creatures, metal sculptures, knives, crystals and jewelry, as well as all kinds of Steampunk clothing and accessories. The event also featured a shotgun wedding, music, food, a silent auction, a prize for the best Steampunk costume, a Steampunk ball in the evening, and a "Find the Pumpkins" game. One had to find the seven named pumpkins hidden at seven vendors' booths, put the seven names on their entry sheet, no cost, and then turn that sheet in to the Bull Moose for a chance to win the prize, according to Mary Curtis, manager of the Bull Moose.

The prize for winning the "Find the Pumpkins" game was a Steampunk nerf gun and the prize for the best Steampunk costume was a bottle of Guffey Steampunk Society fest wine with the Guffey Steampunk Society logo, according to Epps.

One Steampunk vendor from Colorado Springs, Lee Jacobs, had some of his hand-made, very interesting Steampunk creatures at his booth. The challenge for him, Jacobs said, is to re-use and re-cycle as many items as he can, making something different and artistic. One creature Jacobs called a "tortie-pine" a combination of a tortoise and a porcupine. The tortie-pine is made from an old inverted stainless-steel bowl, like a tortoise shell, with screws drilled through from inside the dome sticking up outside



Steampunk artist Lee Jacobs of Colorado Springs displays his steampunk creatures at Guffey's 1st Steampunk Society's Festival.



Guffey Steampunk Society president holding up audience cue cards during the shotgun wedding at the first Guffey steampunk festival.

like porcupine quills.

To Epps Steampunk is "the most famous new trend that you've probably never heard of. Steampunk is a reinterpretation of history through a science fiction and fantasy lens focusing during the Victorian Era, approximately 1840-1910, combining social practices of the era with re-imagined technology and an emphasis on steam power."

Steampunk is a blending of Victorian ethics and modern technology powered by steam or spring power. There is no electricity. According to the Catastrophe Orchestra and Arts Collective (NYC), Steampunk is "a re-envisioning of the past with the hypertechnological perceptions of the present...Colonizing the past so we can dream the future."

Steampunk can also incorporate post-apocalyptic, fantasy, horror, military, and alternative history themes. Steampunk heroes are Jules Verne, H.G. Wells and Mary Shelley, authors of 19th century scientific romances.

Check out the Society's Facebook page, facebook.com/Guffey Steampunk Society, for meeting announcements. Their meetings are held at the Bull Moose Restaurant and open to the public. To become a member, just go to the Facebook page and press the join button, according to an email from Epps.

HealthCARE for All Doctor's perspective

by Madi Jacobs, M.D.

I was a family physician in Fremont County for 28 years. When my patients began ending up in Intensive Care on ventilators because they could not afford their asthma medications and dying from metastatic colon cancer because they could not afford colonoscopies, I finally threw up my hands and decided my time would be better spent working on universal health care.

In addition, the cost of a private rural practice became untenable. Providers in this country spend \$84,000 a year just to interact with insurance companies, and spend hours trying to convince insurance companies and pharmaceutical companies of their patients' needs. Then, we spend weeks and months trying to get reimbursement for care. If I were a family physician in Canada, I would have my private practice and spend my time taking care of patients. It would take 13 seconds to submit a bill, with money in my bank account within two weeks. In addition, I would not be trying to stay on increasingly narrow insurance panels; patients in a universal health care system can see ANY provider or go to ANY facility in the country.

As a human, I too, am a patient. At 61, I paid almost \$800 a month with \$7150 out of pocket this year, and we are promised yet another 30% increase this year. Since I live in a rural county, my rates went up 30% last year, whereas if I'd lived up the road in Colorado Springs, it would have "only" gone up 10%.

My most recent experience with this company's refusal to even allow me to pay towards my deductible occurred a month or so ago. I had a hemorrhage in my eye. One reason I chose this company was that they would let me see my eye doctor of many years. However, they said she was "out of network" for medical; in other words, I could only see her for my yearly eye exam. Well, then, why am I paying \$800 a month for MEDICAL insurance? It all makes sense when you remember that their goal is to collect premiums and avoid paying out any benefits. They are thieves, whose only concern is their profit.

Healthcare is a human necessity. We live in human bodies that will age, get sick and injured. That is reality. People are only temporarily healthy. Healthcare is not the same as buying a flat screen TV. It is not a commodity. People do not choose to get cancer. They do not say, "Oh, I think I'll have a heart attack today. Where can I get the cheapest one?" and get online for the best deal.

The Declaration of Independence guarantees Life, Liberty and the Pursuit of Happiness. Health care is analogous to clean air, clean water and safe food. The primary function of government is protection: defense, police, firefighters, access to water, food and breathable air. Without these basic requirements, freedom is taken away. If people live in fear of losing their access to health care, they are not free. If they lose their home and all their assets due to crushing medical debt, they are not free. If they lose their job due



to illness, and so their health insurance, they are not free.

Contrary to what politicians, insurance companies and Big Pharma tell you, the solution to health care is NOT access to insurance, but access to health care. Just as Congress threw taxpayer money at banks and Wall Street during the Great Recession, the solution is not throwing taxpayer money at insurance companies and Big Pharma. In fact, that solution is insane: they are giving our hard-earned dollars to the people who caused the problem in the first place.

The really sad thing is that most of the world has figured out how to provide health care to all their people. They have realized that this is the cheapest and most effective way to keep their people healthy, happy and productive. They have made the moral decision that this is the right thing to do. They pay less than half per capita per year what the US spends on health care and ALL their people are covered from cradle to grave. They pay 1/3-1/2 the cost of the same drugs. A child can be treated for cancer without losing the roof over his head. A young mother doesn't have to choose between feeding her kids, paying rent or dealing with insurance and pharmaceutical bills as she faces death from breast cancer. People in other countries are shocked that Americans face these impossible situations when faced with the inevitable event of injury and illness.

The solutions are staring us in the face. We don't need to re-invent the wheel. In fact, two bills are sitting in Congress as we speak, HR 676 in the House, and Improved Medicare for All in the Senate. It is our representatives, with their warped greed for money from Big Pharma and the health insurance industry that are ignoring these solutions. These industries pay millions yearly for lobbyists. It is up to *We the People* to insist that our representatives take our needs into consideration over the greed of these industries. They are there to serve *We the People*, not the billionaires who pad their checking accounts.

Stand up and demand justice. Write letters to the editors. Write, call your representatives at all levels of government. Tell them the stories of the injustices you are dealing with. The tide is turning. You can help.

Madeleine Jacobs, M.D. is a resident of Florence, Colorado.

Veteran's Day Concert At Guffey Community Charter School



Guffey Community Charter School choir will once again host a special Veteran's Day Concert on Thursday, November 9 at 2:30 p.m. in the multi-purpose room. Community members, veterans and their families are welcome as we say "Thank You" for military service. The Guffey School choir will perform a collection of patriotic songs and poems under the direction of middle school teacher and Blue Star Mother, Hillevi Peterson-Hirsch. This year we will be presenting a few "student favorites" from previous years and a few songs from history that also recall the families on the home front.

We hope that our community will join us for this time and allow us to honor all those who have served and those who continue to defend our country.

A light reception will follow.

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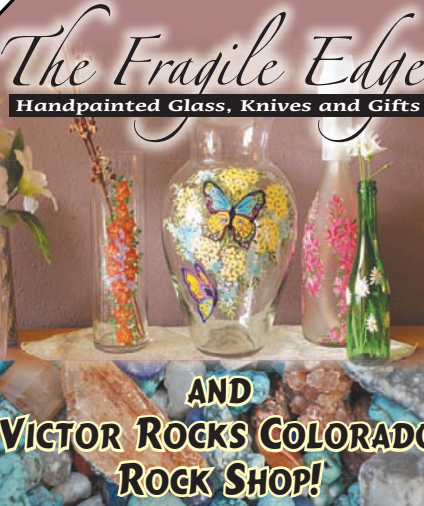
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Reiki Heaven and Earth A human being's spiritual path

by Olga Daich

I would like to remind the lector that Reiki is NOT a religion, or a dogma. Reiki is a spiritual healing, and an opportunity to work with human energy fields, named biofields (according to the National Center for Complementary and Integrative Medicine). During almost 30 years of working as a Physical Therapist I learned a lot from my patients. They taught me about perseverance, compassion, kindness and patience. However, it has been during my Reiki practice where the word "spirituality" got a different and profound sense. Different concepts that I had in my heart came alive through my Reiki clients. Concepts like oneness, spiritual entanglement, distant healing, energy vibration, reincarnation, and so on were explained to me through some of the Reiki sessions. Reiki has allowed me to go deeply under my client's skin, reaching them in a profound way.

My intentions of sharing these experiences are far from trying to change the lector's beliefs. I am honored by each of you who takes the time to read my column. I will feel blessed if through the reading of this column you can find peace, hope or strength to deal with your physical, mental, emotional or spiritual struggles.

A mom of three kids requested a Reiki session for each of them. I had met her before, maybe four or five years ago when I did a Reiki session for her second son. That Reiki session was very interesting but I will write about it in another article.

I will describe the Reiki session for her oldest son, he is 18 years old. I will call him Matthew.

Matthew's mom told me that she was a little worried about the way Matthew was seeing the world. For him the world was an ugly place to live. He didn't understand the bad things that happened around the world because of the human actions. For him the world seems to be a dark place that he didn't understand.

Matthew's mom wants to be sure that everything was ok with his oldest son who she describes as a sweet boy.

This is what happened during the Reiki session.

I asked him to lay down on his mom's bed. He has a nervous smile on his face. His mom was sitting in a chair next to her bed. I explained to him what Reiki was and what to expect on a normal Reiki session. I asked him to close his eyes and try to focus on his heart beat, his breathing or the relaxing music that was playing.

I started the prayer; I asked for guidance and permission to do the Reiki session.

In a normal session of Reiki, once I am allowed to do the Reiki session, my first question is: what is the level of energy? The answer to this first question will prepare me to take the second step which will be testing the chakras (centers of energy). In a normal Reiki session, I can find levels of energy that can go from the range of 0% to 100%. The average of my customers level of energy will be under the middle low range. It is not with frequency that I find high levels of energy.

The answer to Matthew's level of energy was a beautiful more than 100%. That answer makes me smile and made me shift the second question from levels of chakras energy to level of spiritual evolution.

Again, the answer was more than 100%! This finding was very unusual. It seems that I was in front of a very special human being.



I proceeded to check his chakras, all of them were opened. This was even more unusual to find in a regular Reiki session.

I remember placing my hands close to his hands. Even without touching his hands he surely had one of the most wonderful warm energy coming from a client's hands that I can recall.

Usually after doing the chakras testing, open the ones that are closed and balance the energy, I move to the crown chakra. This chakra (7th) and the heart chakra (4th), are the ones that bring information about different realms, some examples are contacting relatives who passed away or information about past lives.

I moved my hands close to his crown chakra. The vision came vividly: I saw him in what looks like an old castle, I knew it was in one of the northern countries of Europe, the information was confusing. It may have been England or Scotland. The castle was built of rocks, located on a mountain hill. The castle was facing a cold sea. He was standing up in front of what looked like a castle window, it was night time. Matthew was staring at the sea.

He was a monk. His deep connection with God, his spirituality was so embedded on this place that even with the "unreal" limitation of time and space I could feel it! At this point I did understand where his spirituality was coming from.

I finished the Reiki session. I asked him to take three deep breaths and open his eyes when he felt ready.

I waited for a few minutes but it seems that he either didn't hear me or he was not ready to open his eyes.

I gave him more time. It was taking a little longer so I decided to call him again. He opened his eyes with a smile on his face. I asked him how he felt, he said "I am ok". I asked him if he felt something. I was expecting to hear something about "a warm feeling in his hands".

He got a shy smile on his face. I knew he wanted to share something but he was shy about it.

I encouraged him, "You can say whatever is in your heart, whatever is in your mind, do not stop yourself."

He said, "I don't know, this is strange but I saw a mountain and the sea."

I couldn't stop myself from saying, "Oh my God, this is so beautiful."

Of course, this was the moment when I decided to share what I saw during the Reiki session with him and his mom.

I explained to them how his level of spir-

ituality was coming from a past life where he was a monk. He was living on this mountain, close to the sea, where he spent time staring at the sea through his room window. In that life time he was living his spirituality far away from the world.

The way Matthew was feeling about the world made sense to me. How could it be possible for him to understand human behavior or feel comfortable about that, when what he brought in his soul from a past life was the memory of a monk's life?

I personally, had the opportunity of spending some days in a monastery at Merida's mountains, back in Venezuela. I witness what a Monk's life looks like. What amazing spiritual beings they are. Their life of contemplation and prayer, their strong connection with God is something that you can feel and breathe when you are around them. I used to think "It must be easy for them to have that life of contemplation far away from the world where the struggle of the human behavior can't touch them." Now I know it is not easier, but it is different. In my opinion, there are different ways of living a spiritual path; each of them has unique challenges.

I understood why Matthew was having these feelings about the world. I understood why he complained to his mom about how bad human beings are and how ugly the world is.

During the conversation with Matthew's mom she told me something that surprised me even more.

Matthew completed high school and he filled a couple of applications for college where he wants to study psychology, sociology and astronomy.

Now, we can put the dots together. Matthew's soul is trying to understand human behavior. Both, psychology and sociology are careers that will allow him to understand human and social behaviors. I guess that is the way that Matthew can still have a spiritual life in "this life time". I guess also, he didn't have the component of the experience of living a spiritual life and dealing with our human struggles at the same time.

Why astronomy? In my mind, I have a few ideas why he would be interested in the study of astronomy. However, let's guess one more time. Matthew was spending time in his past life meditating while he was staring at the sea but also looking at the sky.

I hope this recent history has for the lector the awe that it left with me. Do we not have a beautiful spiritual path to go through?

May God bless each of one of our spiritual paths. Namaste.

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Seeds saved and swapped

by Trudie Layton

The Gardeners with Altitude Garden Club had a great turn out for our seed swap at Aspen Valley Ranch. We shared stories of gardening triumphs and fails and the challenges of living with various creatures who enjoy our gardens as much as we do. We displayed a copy of the new book published by National Garden Clubs *The Saved Seed*. It is a beautifully illustrated early reader book written by a garden club member to educate elementary children about the

life cycle of seed plants. It fits wonderfully with the goals of the Rampart Seed Library and the Gardeners with Altitude Garden Club purchased two books to be donated to the Woodland Park and Florissant branches of the library. Copies are available on the NGC website www.nationalgardenclubs.org or through a garden club member for only \$10. Our goal is to have a copy reach every library and elementary school in Colorado. We are getting our craft hands on for our

November 11th meeting to be held at Aspen Valley Ranch, 10 a.m. Gardeners will be making garden art out of recycled items such as wine bottles, plates, cups, vases or whatever you decide to put on your art piece! You would need to bring your own supplies including silicone to keep it all together, a glue gun if the art will stay inside. Please RSVP to altitudegardeners@gmail.com if you would like to join us. Save the date for mountain gardening

this spring. February 24th and March 10th we will be bringing Penn Parmenter to us! Seed saving, seed starting and mountain gardening. How can you go wrong? Details will be available soon on our website. www.altitudegardeners.weebly.com

JA presents Our Nation to Columbine Elementary

by Sherri Albertson

JA Our Nation introduces fifth-grade students to the intersection of work readiness and upper elementary grades social studies learning objectives. Through hands-on classroom activities, the program provides students with practical information about the nation's free market system and how it serves as an economic engine for businesses and careers. The curriculum also introduces the need for entrepreneurial and innovative thinking to meet the requirements of high-growth, high-demand careers and the concept of globalization in business.



Junior Achievement volunteer, Sally Rampe, leads a discussion with students on STEM skills needed to support high-demand jobs and the different types of business resources.



Students play the Junior Achievement 'Get and Keep A Job' board game to learn about the soft skills employers are looking for in the work world.



Sergeant Tony Matarazzo, Teller County Sheriff's Office, teaches students about career clusters by examining career groupings and the skills necessary for a variety of careers.



The Summit Singers entertain their parents and shoppers at the 2016 Christmas In Divide Craft Fair.

Christmas in Divide

by David Martinek
photos by Davide Martinek

Sleigh bells and children, singing and dancing, vendors and shopping, pictures with Santa — these are all the sights and sounds we see and hear around the Christmas holiday season. They are the same activities that happen each year at the annual Christmas In Divide Craft Fair, sponsored by the Divide Chamber of Commerce. Several years ago, one local newspaper called Christmas In Divide the signature event that marked the start of the Christmas season in Teller County. Maybe so; and why not?

The 2017 Christmas In Divide Craft Fair is scheduled to occur on Saturday, November 11th (the actual Veteran's Day), at the Summit Elementary School gymnasium, located at 490 Meadow Park Drive in Divide. The fair will run from 9-3 p.m. Ample parking is available.

Local crafters will be displaying their art and talent while the Summit Singers, Dana's Dance Troup and the Woodland Park Cloggers, among others, entertain one and all, managed by the Summit Elementary music department. Santa will welcome boys and girls of all ages beginning at 10 a.m. until 1 p.m. A picture with Santa can be had for the asking, and a small donation.

The Chamber will again present a silent auction and host a coffee and bake sale table, while the Supporters of Summit will also be serving food.

The annual Christmas In Divide Craft Fair is a fund-raiser for the Divide Chamber of Commerce, helping the chamber to support local businesses as well as the



Santa welcomes the vendors at the 2016 Fair. Santa enters each year with a "Ho, Ho, Ho!" as the Summit Singers sing Here Comes Santa Claus.

projects they sponsor throughout the year. But it is also a celebration; a time for the community to come together and begin to forge that holiday spirit. All in all, the Christmas In Divide Craft Fair will be excellent opportunity for parents and locals to begin their Christmas shopping by purchasing some of the fine wares presented by the vendors. Everyone is invited!

Little Chapel Food Pantry Thanksgiving notice

by Ken and Judi Hesselberg

The Food Pantry distributions in November and December will be the 1st and 3rd Mondays NOT the 2nd and 4th as usual. We will be giving away a full turkey dinner to every family that comes to the pantry on Monday, November 20, IN ADDITION TO the regular food boxes.

Turkey donations would be greatly appreciated — call 719-322-7610 to find out when to bring your turkey donations by the Pantry.

Cash donations are always greatly needed and appreciated for the holidays! Last year at Thanksgiving we distributed 60,000 pounds



of food to approximately 1,000 individuals. We anticipate the same or more this year!

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Samantha

This is Samantha. Pure bred German Shepherd, chipped, spayed, vaccinated. She is 5 1/2 years old, beautiful, lovable, wonderful with babies. We have had her for one year. She will jump a 6 foot fence if left alone. She would be best as an only dog. She would probably love a home in the country. To learn more about Samantha please call 719-587-(WOOF) 9663.



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Life-Enhancing Journeys I need you to be okay with me; or do I?

by Barbara Pickholz-Weiner

Growing into a strong, confident, capable person takes time.

When you allow yourself to think about it, every one of us started out completely dependent upon the grownup(s) who cared for us. We were born with certain unconscious instincts and reflexes we used to influence or manipulate our caretaker to give us what we needed in order to survive. Before we learned to talk and express our needs verbally, we figured out that when we cried, our guardian might respond to our pitiful pleas for attention: "Change my diaper... I'm hungry... I'm tired" are some of the basic needs we depended upon others to perform. Without our ability to sway others into attending to our needs, we would have died.

Hopefully, we had parents who did what they could to understand what was required when we cried and who did their best to accommodate our needs. Because our manipulation worked so well, we may have figured out (unconsciously) that we could get our grownup to attend to us whenever we needed something. Hence, this was the beginning of us learning how to manipulate others.

As an infant, this was a brilliant method to insure our survival. As babies, we had no ability to earn a living, drive a car, find shelter, or cook and feed ourselves; therefore, we were compelled to depend upon those around us who could provide these necessities for our comfort and survival. But, as we grew up and became more capable of doing things for ourselves, our dependence upon others became lessened. Or did it? For the most part, it is accurate that we became more proficient at caring for our physical needs, however, how well did we learn to take care of our emotional and social needs?

What prompts you to make the choices you select? Much of what we choose is based on our values and beliefs. Yet we also choose based on needs (of which we tend to be unaware) that may have never been met. There are spaces inside of each of us which feel empty although we have minimal awareness of their existence or even how to satisfy them. All we know is that "I feel used

up... worn out... got nothing left to give..." This is an indication that we are missing something inside. Because we are now considered adults, we've learned that crying to get our needs met no longer works (most of the time). Looking for comfort and approval from others will generally end in disappointment, yet without awareness, we set others up to fill those gaps for us.

Here is an example of how this process can look:

I have a friend, Laurie, who is the greatest caretaker I know. All of her friends know to come to her when they need help. They know they can count on her and she will always say "yes" because disappointing anyone is her worst nightmare. Helping out others always seems to be her priority. Consequently, others ask for her assistance regularly, and she's unwilling to say "no". "I don't want to let them down..." she would say when I commented that she looked exhausted. What she was really saying was that she has no idea how to feel good about herself unless someone tells her how special she is or invaluable her help has been to them. So, she is depending upon others to reassure her of her value and then she feels fulfilled.

On one occasion, she agreed to pick her friend up from DIA, the airport in Denver, two hours from her home. She arrived a bit late as she encountered traffic. Instead of her friend expressing gratitude, she complained about her delay. "Do you know that she didn't even say 'thank you'... all she did was give me grief for being late... see if I ever do anything for her again..." my friend declared! What she was quietly saying inside her head was "poor me..." I'm so nice and look at what she's doing to me..." My friend frequently felt unappreciated. "...look at all I do for others... I sure wish my friends would be more considerate on my time and my willingness to help..." she repeatedly would grumble. When asked why she continued to give so much of herself to others, she simply stated she was "loving too much..."

Is there really such a concept? Generally, love brings joy and positive feelings, not

depression and resentment.

The only conclusion that I helped Laurie recognize was that what she was doing was not out of love but out of fear; that her motivation was to keep people from getting angry with her then withdrawing their love. "That is what I learned growing up... if I didn't do just what my mother wanted she would ignore me until I complied... my father would scare me by yelling when he didn't get what he wanted..." Laurie realized. Because of these patterns she faced growing up, Laurie learned to give to others reluctantly out of fear of losing their love as well as always saying "yes" out of fear of others' anger if she said "no". Laurie would give of herself to get love and prevent herself from being abandoned. She couldn't stand for anyone to be angry with her so she felt compelled to say "yes" regardless of what was asked of her. That sounds very much like the role of a victim or a martyr; a rather unappealing characteristic.

You offer assistance because your values tell you it is the right thing to do rather than because you need to feel important.

This is how the pattern works: You're feeling uncomfortable and you want to feel better. How to do that for yourself has you stumped. No one ever taught you how and you have yet to learn that for yourself. So, you do favors for others in an attempt to have them tell you how wonderful you are and that they could never have gotten by without you. Another way to feel competent and worthy is by others seeing you in the fancy car you drive, the amount of money you have, the big house you live in, your talented kids, etc. Because others admire you for your accomplishments, you feel much better about yourself. Another risky method to feel good is to help others out so you become their hero/savior. Usually, the person you assisted will express gratitude to you for your help. Now you feel jubilant and recharged. But for how long does that "fix" last? When you think about it, you have to repeat the process again and again and again until you become totally depleted. You have nothing left. That's when the anger and resentment rears its ugly head; "I'll never help out that ungrateful woman

again..." generally is the next thought. So, you've gone from being dependent upon others to feel good about yourself to being against them and what you experience is rage. This persistent habit is what is known as the cycle of codependency; you're bouncing back and forth between doing for others or being against them.

The way out of the codependency trap takes effort and it's worth it. To halt bouncing back and forth between being for others or against others (dependency or counter-dependency), it must begin with becoming acquainted with yourself. Start by asking yourself questions such as 'who am I?' 'what do I want, dream, of, value, enjoy, am enthusiastic about, etc.?' This enables you to free yourself from the dysfunctional pattern and begin to define yourself rather than having other people determine who they want you to be. (See article "Who Am I?" in August 2017 issue of *Ute Country News*). Avoid responding to questions with "I don't know" or "I don't care" Always respond with something even if it's "Let me think about it and I'll get back to you" The more you practice checking in with yourself, the easier it becomes. Developing the ability to know your point of view then permits you to share yourself with others. No more need to manipulate, coerce or control others because you're giving yourself all the support, praise and nurturing you require. You now can help others (as you did before) however, now your motive is authentic rather than manipulative. You offer assistance because your values tell you it is the right thing to do rather than because you need to feel important. We have no control over others behavior or words, therefore, knowing ourselves, and sharing ourselves allows us to feel whole and complete rather than needy and at the whim of others. This is about taking charge of your life so each of us has the ultimate choice in how we live.

Here is a conversation you might find yourself having quietly inside when you become comfortable with yourself: "I will continue to be a kind, helpful and generous person because that's who I am. Tell me you love me or hate me, it's okay. I no longer need your approval to feel validated. If you thank me, great. If you don't, I still am pleased with myself because I'm living within what my values recognizes as doing the right thing. I am now just fine with myself."

Barbara Pickholz-Weiner, RN, BSN, CACIII, MAC, EMDR II, has been the director of *Journeys Counseling Center, Inc.* and has provided healing opportunities for people since 1982. You may contact her at 719-510-1268.

Clock Tower Condos complete!

On Saturday, November 4, 2017, Habitat for Humanity homeowners, community members, volunteers, staff, and supporters will get together to celebrate completion of the Clock Tower Condominiums! The project could not have been possible without the generous contributions of more than 600 volunteers contributing more than 15,000 hours, hundreds of thousands of dollars of donated materials, grant dollars, and the tremendous support of the Teller County community. The celebration will take place at 222 N. Laurel Street, from 11-1 p.m. There will be tours of two of the units from 11-noon, and lunch on the Cultural Center Pavilion from 12-1 p.m. Originally built as teacher housing, the Clock Tower Condos (formerly called the Lofthouse Motel) stood vacant for years, attracting squatters, drug dealer, vandals, and bored teenagers. As part of Habitat for Humanity International's annual Home Builders' Blitz in 2016, Habitat for Humanity of Teller County was given the opportunity to renovate the building, simultaneously eliminating an eyesore and building more affordable housing units. In the past few weeks, the reality of the project started to hit home with all the future homeowners. "As the finishing touches are installed — floors, cabinets, appliances, etc., future homeowners can really visualize what the units will look like when they're complete," Susan Cummings, Homebuyer Services Coordinator.



The Clock Tower Condos will be home to nine affordable housing units. Through partnership with the Woodland Park Community Church, two of the units will be used for their transitional housing program. The other seven units will be permanent housing for families and individuals in our community. As the need for affordable housing grows, the Clock Tower Condos is the first step in expanding the number of affordable housing units available.

Habitat for Humanity of Teller County is a local affiliate of Habitat for Humanity International (HFHI). Founded in 1976, HFHI is an ecumenical organization dedicated to building a world where everyone has a decent place to live. As an affiliate of HFHI, Habitat for Humanity of Teller County builds in partnership with future homeowners, volunteers, and donors. Habitat homeowners spend 300-400 hours building their own home, attend financial education classes, and pay an affordable mortgage.



Seeds to Sprouts Terrific toddlers

by Maren J. Fuller, MSM, CPM, RM

Real information on everything from conception to age two

Did you know that kids are considered toddlers from 14 months old until they have their 3rd birthday? Basically, from the time your kiddo can walk (toddle) around until they are old enough to enter preschool, you are in the toddler stage. Toddlers are amazing, interesting, creative, frustrating, stubborn, unreasonable creatures that can test the limits of even the most patient parent. If you have a child or grandchild in this stage or have ever spent any time around one, you know exactly what I'm talking about. Toddlers can be specific and exacting in their requests and perceived needs. Cheese cut in triangles, not squares, toast that is buttered exactly to the edge on all sides... and then cut in triangles... AND squares. Then they refuse to eat it anyway.

Be consistent!

It can be exhausting to try to keep up with toddlers' demands, their needs, their frustrations, and their routines. But this is one of the most powerful strategies you have. Toddlers thrive on predictability. Set routines for when they wake up, when they eat breakfast, when they have play time or go to the babysitter's house, simple but specific routines for bedtime, mealtime, bathtime, etc. will help tremendously with keeping your kiddo engaged and keeping the tantrums at bay.

You also need to be consistent in your discipline strategy and use strategies that have the chance of truly being effective for the child's age. Are you and your partner on the same page? Is your childcare provider on board too? Does grandma sabotage your discipline strategy every time she takes the kids for a night? Read up on some great discipline strategies that will help you feel more in control, eliminate the need for yelling and spanking, and get everyone on board for helping provide consistency for your little one. Then discuss it with everyone involved. Choose what works best for your family and stick to it! Here are some ideas:

- **Dr. Sears — 8 Tips for Toddler Discipline:** <https://www.askdrsears.com/topics/parenting/discipline-behavior/8-tools-toddler-discipline>
- **Dr. Sears — 25 Ways to Talk So Kids Will Listen:** <https://www.askdrsears.com/topics/parenting/discipline-behavior/25-ways-talk-so-children-will-listen>
- **On Spanking:** <http://www.ahaparenting.com/parenting-tools/positive-discipline/should-I-spank-my-child>

Did you know that discipline can mean more than just thinking of the right way to punish your child for "bad" behavior? It can also mean keeping an eye out for potential disruptions and avoiding them. Does your child get upset every time you interrupt her playing in order to put her in the bath? Does he get upset when you take away the salt shaker for the 100th time at the dinner table? Does she throw her food on the floor when she's finished with a snack? Some of these can be attention-seeking behaviors and some are a sign that your kiddo needs more warning about activity changes before they happen.

Look ahead

Sometimes, during this age and stage you may need to just alter your routine a bit to head off tantrums before they come.

Consider using the salt shaker in the kitchen, away from the table. Try sitting with her during snack time and chatting. You'll see when she's starting to pay less attention to her food and can potentially clear the plate before she has a chance to throw it. Also, if you are engaged with your child and she can see you're paying attention and spending time with her, she may have no need to try to get your attention by throwing food. Of course, kids this age make messes so don't imagine you can avoid every spilled cup of milk, splattered bowl of applesauce, or giant splash of bathwater — you'll just drive yourself crazy. As your kiddo ages, you can even try to involve them in the clean-up and save yourself a little of the time and energy.

Lots of kids thrive on an early warning system. While they don't understand time measurements well until later, you can use words like "We still have lots of time to play but then we will need to clean up the toys and head home." Then, "Now we only have a short time to play with our friends." Finally, "We can build one more tower with the blocks and then we will clean them up into the tubs and go out to the car to go home." When you do this, your child doesn't feel blindsided by suddenly needing to stop doing something they want to do. It can be hard to remember and keep consistent but this is very important. If you say you're going to leave after the next tower, be sure to do so! If you get talking with another parent in the library and end up spending another 20 minutes in the library, your kiddo will be confused and more likely to act out when you say it's time to go.

Weird eating habits

Especially during this stage, your kid's eating habits will be weird. Whether you're the parent who plans three perfectly portioned meals with three additional healthy snacks for the day, or one who just wants the kid to get enough calories to grow, you know how hard it is to get toddlers to eat what/when/how we think they should or need to. Remember that offering a variety of healthy options is the best way to get them to eat it. If you offer carrot sticks and cookies, don't be surprised when they always eat the cookies. If you feed them dessert before dinner, you're done for. Of course, even with all the healthy options in the world, your kiddo still might eat only bread for 3 days and then switch to consuming what seems like a whole carton of eggs for the next few days. Kids eat when they're hungry and have inconsistent and sometimes unexplainable habits for how they choose what to eat. Don't worry, you can still raise a little one who loves a variety of foods — just



Toddlers are amazing, interesting, creative, frustrating, stubborn, unreasonable creatures that can test the limits of even the most patient parent.

don't try to make it all happen tomorrow.

Exercise, exercise, exercise!

Toddlers are also intense, barreling balls of energy. Make a point to get them out of the house and using some of it up for a few hours every day. Toddlers need to run, jump, swim, roll around, dive, climb, and dance every day. If it seems like your kiddo is going crazy — get them outside or involved in some kinds of physical activity. With my own little one, I think we only survived toddlerhood by purchasing a netting-enclosed, toddler-sized trampoline. At age 4 we can still tell her to go "Jump it out!" when the energy and activity level get a little intense. Something like this can still work well even in the wintertime when playing outside, going to the park, and other activities are harder to accomplish. If your kiddo gets enough physical activity, they will eat better, sleep better, listen better, and be healthier in the long run — this is good for everyone involved!

At the end of the day, remember to give yourself some grace and know that parenting a toddler is hard work. You will definitely have days when you yelled too much, when you realize that your kid hasn't eaten a vegetable in a week, or when you play hide and seek just so you can have an excuse to hide from your own child for two minutes. Call another parent, take a quick shower, eat some chocolate, or put your kiddo in a stroller and go for a walk yourself. At the end of the day, know that you are trying your best and there are resources out there to help if you need it.

For more info:

- 16 Tips for Surviving the Toddler Years: <http://www.scarymommy.com/surviving-the-toddler-years/>
- Why I'm a Fan of Time-In: <http://www.parenting.com/toddler/behavior/why-im-fan-time>
- For local support and resources for young kids in Teller and Eastern Park Counties, visit Community Partnership — In Divide, CO — 719-686-0705 — www.cpteller.org

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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Forever thankful

by Sandi Sumner

My life began in early 1942. Three months later I was adopted by a couple who had no other children. My father Ted, was tall and handsome, with blue eyes, and it's fair to say he never met a stranger. He came from a large family who migrated to Montana with from Saskatchewan, Canada. He would sing, "You Are My Sunshine" while riding in his truck with me.

My adoptive mother Irene was nothing like her husband of six years. Somber, judgmental, critical; she didn't make friends easily. However, she was loved by her parents very much. They made their living in the newspaper business and moved to Wyoming from Oklahoma then on to Northern California. All total they owned eight small town newspapers. My mother worked as a linotype operator, which is all computerized now.

My grandmother's friendly personality made her a natural at selling advertising. She also wrote many of the articles for their newspapers. While in Wyoming she participated in the Women's Suffrage Movement in 1919 for women to be able to vote. In Northern California, she helped to save the Redwoods.

Her name was Lillian Little and I titled her Nammar as a toddler. While growing up my friends called her Nammar too, like the time on their small farm east of Gilroy, California when my girlfriend and I snuck upstairs to play. But I decided it would be more fun to climb out the window and sit on the roof. I might have been eight but I wasn't afraid. My friend Gail, ran downstairs and told Nammar I was on the roof.

Nammar walked around the trellis, wiping her wet hands on her apron, looked up at me and calmly said, "Sanny please go inside now." No threats, no spanking, nothing more was said after I went back inside. So many memories are flooding my mind and touching my heart as I share the memory of Nammar.

Half of the two-car garage was dedicated to me having friends over to play house. We covered ourselves in sheer drapes, put on old hats, acted out silly but dramatic plays that would never have made it on Broadway. But we had fun. One day, Nammar took me with her to Gilroy, a short three-mile drive and when we came home she discovered one of

my dolls on the front bumper that made the roundtrip with us. We just laughed.

The highlight of spending three months every summer with my grandparents, was the month-long camping trip Nammar and I made to Sunset Beach, south of Santa Cruz. It was a state park with about 20 spaces. We set up our square tent together, and placed a metal frame and thin mattress in half the space, snuggling up together at bedtime. Every morning without exception, I raced off to collect shells. The salty air, warm sun, gushy wet sand between my toes, and priceless treasures I found gave me a lifelong love for seashells. Nammar would walk to the top of a sand dune and wave to let me know breakfast was ready. I had to run fast to get to our campsite, usually from at least a mile on the beach.

In a small metal box provided at the campsites, she made delicious cinnamon rolls, bacon and eggs, all kinds of great food. She made friends with the couple camping beside us so they made sure to request the same two camp sites for years.

At home, she let me help make cookies to bake in her wood stove. Nothing tastes better right out of the oven than a chocolate chip cookie. I recall churning cream in a large glass jar with a handle, sitting on a kitchen chair, until it turned to butter. Nammar knew how to keep me out of mischief. Other times I entertained myself, playing a game of Jacks, a popular child's game in the 1940s.

My grandparents were fortunate to have one of the first televisions on the market, a black and white image, three channels, a half-hour news program, the national anthem at midnight and the screen went dark. I was the remote; running across the room to turn the knob to one of three channels.

It makes me laugh now, but Nammar's two favorite shows were pianist Liberace, and blond-haired Gorgeous George, a wrestler. Since I was beginning to play the piano, I was happy to watch Liberace's fingers fly across the keyboard. I imagined myself an opera singer someday or a movie actress. As for the famous wrestler, I recall turning to a coloring book for entertainment.

On other days I helped Nammar pit apricots and peaches for canning. I watched her



Nammar in 1947.

sterilize the bottles and loved the smell of the nectar she cooked up for canning.

She instilled in me a love for knitting, sitting opposite from me because I am left-handed. It seems easy and natural for her to teach me to knit. However, I could never get the hang of crocheting. My first knitted project as a young mother myself was a pink wool sleeveless dress. I took a knitting class and we had a choice of a project. Other students knitted scarfs, potholders and hats.

Nammar taught me how to make puzzles. How patient, loving, giving, nurturing my adopted grandmother was to me. Remembering our time together now, I feel she was my mother, full of love, able to share and give, encourage, not criticize. One of a kind, never to be forgotten.

Fortunately, in high school, Nammar moved into a house across the street from us. I have her rocking chair where she sat and listened to me pour out my heart, shed some tears, while she was quiet, rolling her hands over and over the end of the chair arms. I had it recovered years ago and insisted they leave the worn woodwork untouched. (She died 4 months shy of 100.)

Nammar, I love you, miss you forever, and thank you with all my heart for giving me a roadmap to achievement and happiness.

Living Memories Watercolor paintings

Living Memories – Watercolor Paintings will showcase wonderful paintings created by members of our Colorado Springs community with memory loss. After people with dementia have lost the ability to use words, they are often still able to express thoughts and emotions and to share beloved memories through painting. Many of the artists have no previous painting experience, but as you will see, they discover an innate

ability to create beautiful images about who they were and even more importantly...who they continue to be! Their paintings speak volumes to families, friends, caregivers and our community.

The Alzheimer's Association Memories in the Making (MIM) is a national creative art expression program conducted in residential and day care facilities for individuals with Alzheimer's disease or other related dementias. MIM trained staff and volunteers facilitate the painting process in small groups and journal the memories awakened, thus preserving the images and stories for generations to come!

Joy Armstrong the Curator of Modern and Contemporary Art from the Colorado Springs Fine Arts Center at Colorado College selected the paintings from over 300 submissions. Joy states, "Memories in the Making gives participants an opportunity to continue to share through the power of

visual art by putting these alternately powerful, funny, and nostalgic memories on paper. We are fortunate to learn, laugh, and love with these paintings and their creators."

Paintings will be for sale for the duration of the show. Please join us for the Opening Reception on Sunday, November 5 from 2-4 p.m. The Colorado Springs Children's Choral will be performing during the reception. Refreshments will be served.



The Alzheimer's Association Memories in the Making Art Exhibit runs Nov 5-28, 2017 at the Pikes Peak Each Branch Library Gallery at 5550 N. Union in Colorado Springs, Colorado.

Proceeds from sales go to the Alzheimer's Association to aid in finding a cure for dementia, education and caregiver support. Call 719-266-8773 for information about volunteering for MIM or adding the MIM program to your residential dementia care community.



2017 Mueller Hiking Challenge

by Barbara Berger

On Tuesday September 19, 2017, 24 people starting hiking the 37 Trails. The goal was to hike 60+ miles in four weeks. On Saturday October 14, 10 hikers received their certificates and prizes.

Organized and led by Volunteer Naturalist Nancy Remmler, she said that her favorite thing about this Challenge series is having the chance to meet and spend time with so many amazing, interesting people and sharing the experience and satisfaction of having accomplished such a challenging goal."

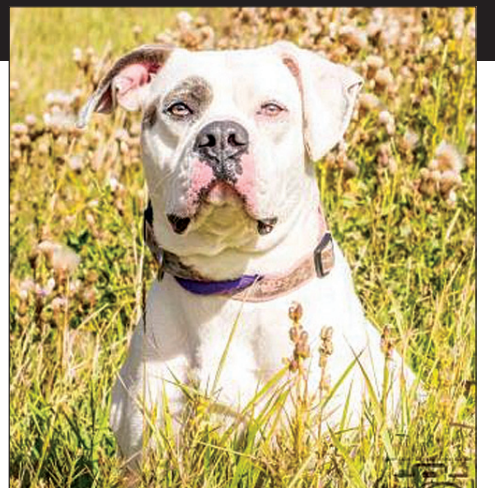
Comments from the hikers were:

"It was fun and a great way to make new friends."
"Enjoyed watching the Aspens change from day to day."
"Sense of accomplishment."
"Learned about the park and all of the trails."
"Just getting out in nature."
"Love the park especially the Rock Canyon trail."

Adopt Me by TCRAS

Stella

Hi. My name is Stella. I am a pretty girl with lots of energy. I like hiking and long walks. If you have another dog you would like me to meet, I would appreciate a slower introduction. I would really like some training to help me be the dog I want to be. I will sit right here at TCRAS waiting for you, at 308 Weaverville Road in Divide. If you're not sure where Weaverville Road is, give a call; the kind folks here can answer any questions you might have 719-686-7707.



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~OUT AND ABOUT~

Check out these activities going on right here in this area. If you know of an activity we should include, please call us at 719-686-7393 or email us at utecountrynewspaper@gmail.com.

BUENA VISTA



A crowd gathers as Beth Ritchie of BV Hope shared the stories of three people who managed to escape human trafficking, prior to the Walk for Freedom Oct 14, 2017. Each t-shirt given to walkers had the names Amy, Ivan, or Eve on the sleeve, a reminder of the real-life stories we just heard



About 100 people participated in this year's Walk for Freedom.



As walkers returned to the park, volunteers thanked the walkers on behalf of Eve, Ivan, or Amy, placing a "FREE" sticker over the name (inset). It was a powerful debriefing from a very intense experience.

BV HOPE
11 An Estate sale 10-4 p.m., 10% will go to BVHOPE at Congregational United Church of Christ, 217 Crossman. For more information email Clau-dette@selphandassociates.com
18 The Xi Mu Rocky Mountain Christmas Fair 9-3 p.m. at the McGinnis Middle School Gym, 549 S. Railroad St. We will have a booth with hand-made items from human trafficking survivors. We partner with UCOUNT (ucountcampaign.org) to get and sell the items and all the proceeds go back to the survivor who made them.
19 The Knights of Columbus will be serving a breakfast at St. Rose of Lima Catholic Church, 118 S. Gunnison Ave. For a suggested donation of \$6 you can eat like a King or Queen and the proceeds after costs go to BVHOPE. For more information about the Christmas Fair or Knights of Columbus email debkuenen@hotmail.com

BRECKENRIDGE

BRECKENRIDGE SOUTH BRANCH LIBRARY

4 High Altitude Baking 11-12:30 p.m. Have you always had trouble with baking at 9,600 ft? Join us for this FREE workshop from the Muffin Lady and learn how you too can bake successfully at high altitude. Randi Levin is the author of the *Baking at High Altitude* cookbook and will make sure all your questions are answered. Samples provided!

11 Card Making with the Fairplay Craft Group 1-3 p.m. Are you in the mood to get crafty and make some gorgeous homemade greeting cards? Come by the Hopeful! Discovery Rooms to make a variety of cards with Deb Austill and her group of crafty ladies. We'll provide the supplies and refreshments; feel free to bring any of your own projects.

7, 14, 21, 28 Tech Help 4 p.m. in Puzzle Room. Need a little extra technology help? Our drop-in sessions are perfect for learning about Facebook, setting up an email account or downloading an eBook. Bring your own laptop, tablet or device or use one of ours. You may register in advance by calling 970-453-3544.

30 Classic Film Series: *Rebel Without a Cause* 5:15 p.m.

Teen programs

15 Teen Thanksgiving Dinner 5-7:30 p.m. Teens in grades 6-12 can join their friends for a full Thanksgiving dinner of delicious and healthy vegetarian foods! All food is provided for free. All you need to do is register by Nov 13 by 5 p.m. by calling 970-453-3547 or emailing rosemary.neel@summitcountynv.co.gov. Please include any allergies you may have when registering.
1, 8, 29 Teen Advisory Board 6 p.m. Come to our TAB Meeting in the Puzzle Room, develop your leadership skills, and earn community service hours by helping create the library you want to see.

Children

1, 7, 8, 14 Storytime 11-noon.
1, 2, 8, 9 After School Club 4:15-5 p.m. is open to all 1-5 graders. Each week we have a different activity including arts and crafts, Legos, science experiments, art, games and more! Please register by calling 970-453-3544 or stop by the front desk.

BUENA VISTA

3 American Legion BINGO 7-9 p.m. every Friday night.

14, 21, 28 Free Yoga & Meditation 3:30-5 p.m. BV Community Center.

4 The 91st Annual Bazaar 9-3 p.m. Congregational United Church of Christ. Lunch at 11 a.m. Raffle items "Block Party" group pieced quilt and American Doll bed with doll. Enjoy many other discoveries: candy, collectibles, crafts, books, baked goods, treasures.

12 Alpine Orchestra Concert 3 p.m. Clearview Community Church. The theme is Mostly Mozart. Mozart favorites top the bill for the fall concerts: *Overture to the Magic Flute* and the *Bassoon Concerto*, among others. Orchestra member, Michele White will perform on the bassoon. She has performed with many orchestras throughout the US, including New York City. Also, for variety, the orchestra will perform the *Hansel and Gretel* Prelude by Humperdinck and Romeo and Juliet by Tchaikowsky. And there may be a surprise as well. Orchestra conduc-

tor is Beth Steele. Visit our website at alpineorchestra.org or Alpine Orchestra Facebook page. Concerts are free but donations are accepted and greatly appreciated.

14 Celtic & Old Time Music Jam 6:30-8:30 p.m. All abilities are welcome on the second Tuesday each month! Bring your instrument(s) and a tune to share. Free with donations appreciated. Call Carole Barnes for more info 719-395-6704.

18 Rocky Mountain Christmas Fair 9-3 p.m. McGinnis Middle School Gym. Over 45 vendors! Special guest appearance from Santa.

18 The Next Step 7-9 p.m. A social opportunity for young adults 18-30. It's dancing with friends, some of whom you don't know yet! No dance experience needed. Come as you are. Dances are American, English, Scottish, Greek and Israeli. Dance forms include trios, lines, reels circles, squares and others. All dances are taught with clear instruction by an experience dance leader so you'll find the dances easy to learn! Everyone dances with everyone. Come join the fun and snack, only \$3 per person. Call Randy with questions 719-395-6704.

25 Buena Vista Main Street is hosting Small Business Saturday. The event is a holiday shopping tradition that encourages residents and visitors alike to get out and support small businesses in our community the day after Black Friday. Buena Vista Main Street successfully coordinated the event in 2016, and is going to have even more businesses throughout Buena Vista involved this holiday season. To celebrate the event, businesses in town will be having a variety of discounts and promotions to be publicized before the event. BV Main Street will share the promotions on our social media, compile a flyer for shoppers with all the discounts happening around town, and spread the word throughout the month of November. We will also distribute #shopsmall promotional materials (tote bags, flyers, balloons, etc.) from AMEX prior to the event. On Nov 25th, BV Main Street will also host a "Welcome Station" at Rise Optimal Living (301 E. Main St.) to provide information to shoppers as well as free cider, coffee, and snacks.

26 VFW All-You-Can-Eat Breakfast 9-noon. The Buena Vista VFW at 27318 CR 314 offers a delicious all-you-can-eat breakfast on the last Sunday of each month from 10-1 p.m. Eggs, hashbrowns, pancakes, coffee and occasional special items including biscuits and gravy on some mornings Call 719-395-2929 for more information.

26 VFW All-You-Can-Eat Breakfast 9-noon. The Buena Vista VFW at 27318 CR 314 offers a delicious all-you-can-eat breakfast on the last Sunday of each month from 10-1 p.m. Eggs, hashbrowns, pancakes, coffee and occasional special items including biscuits and gravy on some mornings Call 719-395-2929 for more information.

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6, 13, 20, 27 Divine Feminism Through Art 9-10 a.m.
6 WildStone Ceramics Mug Demo 7-8 p.m.
11 Mountain Tribe Pop-Up Shop 1-5 p.m.
16 Small Business: Thriving in an Amazon World 4:30-6:30 p.m.
18 Gypsy Green Design: Linocuts for Holiday Cards 1-5 p.m.
25 Small Business Saturday Watershed Member Pop-Up Shop
Save the date: Dec 2 for Buena Vista Christmas Opening. For details now visit: <https://www.buenavista-colorado.org/events-christmas-opening-events> or office@BuenaVistaColorado.org

CAÑON CITY

CAÑON CITY LIBRARY

1, 8, 15, 22, 29 Wacky Wednesday and Lego Club at 4 p.m.
4 Book and Bake Sale 10-4 p.m. by our Library Foundation, with a

selection of rare and vintage books for sale.

4 Halloween Short Story contest for all ages, 1-100. Send us your scary short story 1000-7500 words. Deadline is Nov 4 at 5 p.m. Everyone can enter. Get your story published!

6, 13, 20, 27 Story Times 10:30 a.m. BOOK Babies on the Knoes 0-24 months.

7, 9, 14, 16, 21, 23, 28, 30 Story Times pre-school 10:30 a.m.

13 Free Legal Clinic 2-3 p.m. at Cañon City Library 516 Macon Ave. Walk-ins welcome.

18 Holiday Spending 2 p.m. workshop from Common Cents for Colorado; manage holiday spending without breaking the bank.

20 Growing readers "What Every Parent Should Know" 6 p.m. presented by Adam Gonzales. Refreshments will be provided and registration is required for this event. Register online at www.cepl.lib.co.us or call 719-269-9020, or email aagonzales@canoncity.org Cañon City Library is located at 516 Macon Ave.

NAMI

Through-Dec 20 Family-to-Family is an evidence-based, education program for family members and friends of people living with mental illness taught by teachers who have also lived with these experiences. Meets 6-8 p.m. on Wednesdays. Registration required, location provided with registration. Register at www.namisutheast.org or call 719-15-4975 or email namisutheastco@gmail.com. Classes are free and open to the public.

CHIPETA PARK

11, 12 The 14th Annual Chipita Park Association's Arts & Crafts Fair will be held at Marcroft Hall, 9105 the Chipita Park Rd. Saturday 9-4 p.m., and Sunday 10-3 p.m. Offering one-of-a-kind arts and crafts including Aspen wood carvings, hand-turned Aspen wood crafts, quilts, and much more. Enjoy lunch, baked goods, and raffles! For more information call 719-684-9237 or normak82wr@aol.com

COLORADO SPRINGS

10 Ken Valles presents "Navajo Code Talkers (1942-today) at 11 a.m. Slides, videos and displays. At Old Colorado City Historical Society. Free for members; \$5 for visitors. Contact Roberta Hardy 719-641-4955 for more information.

CRIPPLE CREEK

ASPEN MINE CENTER

1, 8, 15, 22, 29 The Aspen Mine Center is sponsoring a Cocaine Anonymous group at 7 p.m. This group helps persons who are addicted to any and all mind-altering substances.

1, 8, 15, 29 AMC Community Lunches are held each Wednesday 11:30-1 p.m. The Mission of these lunches is to provide affordable, delicious and nutritious home style meals in a positive environment that fosters health, fun, community, social engagement and education. All community members are welcome; particularly seniors, persons with disabilities, volunteers, low income individuals and families. Meals are provided on a donation basis.

1, 15 ATTUNE: Support group for male victims of Domestic Violence 4-5 p.m.
3, 10, 17, 24 A Willow Bends 3-5 p.m.
4 Cup of Christmas Tea 11:30-1:30 p.m., cost is \$15 per person.

Individual reservation, host a table of your own or help host others. Please contact Kathi Pilcher at 719-659-3599 with questions.

7, 21 TBI. Group participation meetings regarding Traumatic Brain 10-11:30 a.m.

8 Colorado Legal Services 1:30-3 p.m. The Colorado Legal Services is a non-profit organization that assists persons with low income and seniors who need meaningful access to high quality civil legal services in the state of Colorado.

14 All Vets, All Wars. Group participation for all vets, of all wars 10-11:30 a.m.

16 OIB Group. This a support group for individuals with blindness or other sight issues and meets 10-11 a.m. in the Dining Room on the 2nd floor. For more information, contact Kathleen at 719-471-8181 X103 or Jeanette at 719-471-8181 X126.

17-Dec 24 We are recruiting volunteer bell ringers for the annual Teller County Salvation Army Kettle Campaign. To sign up or for more information, please visit or contact Ted, Michelle or Rebecca at 719-689-3584.

22 The Aspen Mine Center's 11th Annual Community Thanksgiving Dinner from 11:30-3 p.m. There is a need for volunteers to assist in this dinner, to help with food prep (baking turkeys), decorations, table set-up, kitchen and dining room tear down and clean-up and whatever else might be your special and particular skills. If you can help in this meal, please contact Ted Borden at 719-689-3584 X-101.

24 Teller County Emergency Food Distribution Program (Commodities) will be held 9-2 p.m. Please bring photo ID and proof of Teller County residency.

24 Cross Disability Meetings for persons with disabilities 10-11:30 a.m.

29 Mobile Mammography is coming to Cripple Creek 9-3 p.m. at the "Bus Barn" (551 North B Street). Call to schedule your mammogram: Teller County Public Health 719-687-6416. Most insurances accepted — including Medicaid — screenings are also available for uninsured or underinsured through Women's Wellness Connection and Susan G Komen, Southeastern Colorado. Please bring a valid photo ID at time of appointment.

30 The Colorado Division of Vocational Rehabilitation holds an orientation for individuals who need to acquire new job skills because of a disability. This Teller County Outreach meets the last Thursday of the month 1-2 p.m.

• Health Navigator Program Mondays through Thursdays: The Medicaid Health Navigator will provide pertinent information to individuals and families who are seeking access to affordable and quality health care. Our Navigator, Joy Regan, is available Monday through Thursday 8-5 p.m. All events held in the 2nd floor conference room unless otherwise specified. For more information call 716-689-3584.

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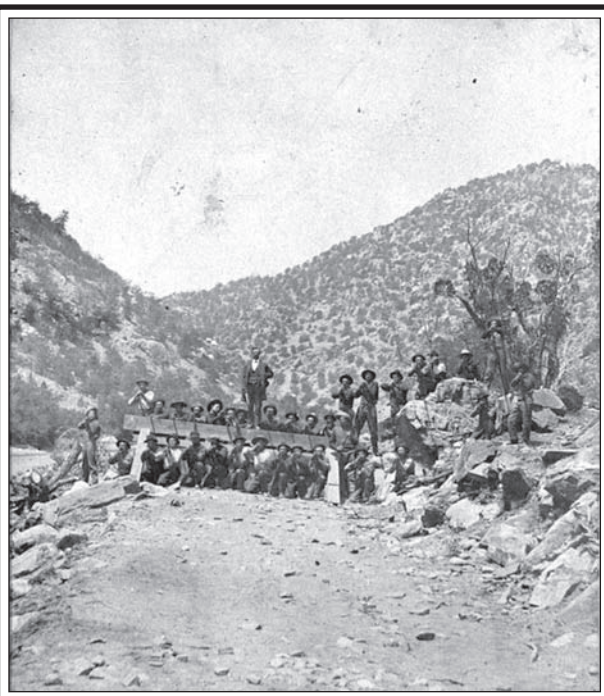
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~OUT AND ABOUT~



COLORADO SPRINGS

13 The Royal Gorge War: 137 Years of Misinformation and Misperceptions by Larry Green. Social time 6 p.m., dinner at 6:30 p.m. Larry Green will provide a general overview of the struggle between the Atchison Topeka & Santa Fe Railroad and the Denver & Rio Grande Railroad over Raton Pass and the Royal Gorge during the years 1878 through 1880. This program will also provide a forum to discuss the myths and fables of these historic events.

Larry was born in Colorado Springs and raised in Manitou Springs. He is a graduate of St. Mary's High School, Southern Colorado State College and Colorado College with an MA in Southwestern Studies. Mr. Green is the 2015 Recipient of the Historic Preservation Award by the Pueblo County Historical Society. Guests are welcome! Membership in the Pikes Peak Posse of the Westerners is open to all individuals with an interest in Western history. Additional information: Program format is in a casual, catered dinner setting at a cost of \$17, payable in advance. RSVP and PAY by Friday prior, noon: <https://squareup.com/store/pppw> Call Bob 719-473-0330 or email: posse@dewittenterprises.com for more information. The Colorado Springs Masonic Center is located at 1150 Panorama Dr.

GUFFEY

9 Veteran's Day Concert see page 21.

BULL MOOSE RESTAURANT

3 & 17 Karaoke

6 & 20 Win cash prizes playing BINGO.

10 Open Mic, hosted by Chuck & John 5-8 p.m.

25 Lissa Hanner with Chuck Binkowski and John Hall perform a dinner show. Call 719-689-4199 for reservations.

All shows 6-9 p.m. unless otherwise noted. For more information check our website at www.thebullmoosejazzclub.com facebook www.facebook.com/thebullmoosejazzclub or call 719-689-4199.

FRESHWATER BAR & GRILL

4 Fondra Cash (Johnny Cash's Niece) at 5:30-8:30 p.m.

11 Griffith & Scott Show 5-8 p.m.

18 Brian Grace & JC Triple 5-8 p.m.

FLORISSANT

LIBRARY Children

3 Special Storytime guest: Stitches the Scarecrow 10 a.m.

10, 17, 24 Storytime 10:10-45 a.m.

Join Miss Leslie for stories, songs, and fingerplays. Recommended for ages 3 and up.

Adults

1 Free Legal Clinic 3-4 p.m. Call 719-748-3939 to pre-register.

13 Who Picked This Book Club? 10:30 a.m. Board Room. This is a non-traditional, off-the-wall book club - the idea is to enjoy alternative books and activities. Many times you will not need to read anything ahead of time — just show up, bring a snack or your lunch, and have a good time. November: Children's Picture Books December: Book and Cookie Exchange

15 Bookworms Book Club 10:30-noon. Currently reading: *Fahrenheit 451* by Ray Bradbury. No meeting in December.

8 Adult coloring group 10:30-11:30 a.m. Coloring isn't just for kids!

Research shows that coloring de-stresses and lessens anxiety in adults, and can be especially beneficial to people with brain damage or dementia. And it's just plain fun! The library will have coloring sheets and supplies, or bring your own.

Closures:

• Rampart Library District will be closed on Saturday November 11th for Veteran's Day.

• Friends of the Guffey library begin to accept donations of goods and services for their annual Silent Auction.

6 Talking Threads 1 p.m.

11 Closed in honor of Veteran's Day

13 Patches & Pieces 11 a.m.

25 Holiday movie day noon, refreshments provided

27 Guffey Literary Society 1 p.m.

29 Veteran Outreach Program 11 a.m.

All events are open to the public and free of charge. Please call 719-689-9280 for more info or email Guffeylib@parkco.us or visit our website: <http://parkcountylibraries.org>

*Attend and receive a chance to win a \$100 gift card for groceries!

HARTSEL

8 It's About You 6-7:30 p.m. at Hartsel Community Center. Park County Public Health is asking residents to share their health concerns with us. Every five years we work to make Park County healthier, but we can only do that if we know what needs to be changed or improved. A meal will be provided alongside the chance to win a \$100 gift card for groceries!

JOHN C. FREMONT LIBRARY

1, 8, 15, 22, 29 Wool Gatherers 10 a.m.

6 Friends of the Library Meeting 5 p.m.

7, 21 Vegan Book Club 11:3 a.m.

8, 15, 22, 29 Story time 10:30 a.m.

9 Writer's Group 10 a.m.

16, 30 Teen Group at 3:45 p.m.

18 Family Movie: *Smurfs: The Lost Village* at 2:30 p.m.

THE Hartsel Fire Department

Pancake Breakfast held in October was a great success.

Thank you to all who helped with the breakfast, cooking, serving, and cleanup. A huge thank you to all who donated! The community of Hartsel is very grateful!

LAKE GEORGE

LAKE GEORGE CHARTER SCHOOL

3 Parent/Teacher Conferences, report cards.

5 Daylight Savings Time ends; turn your clocks behind 1 hour.

7 Picture Retakes

14 Charter Board Meeting 6 p.m., election 7-7:30 p.m.

20-23 Thanksgiving Holiday — No School.

27 Classes resume, Midterm.

SALIDA

1 Free Legal Clinic 2-3 p.m. at Salida Regional Library. Walk-ins are welcome.

continued on page 32

TATC's Artistic Director Chris Armbrister and musically directed by the Butte's one-man band, James Mabin, the show takes us back to the days of hard rock mining in the district. In the midst of a horrible mine collapse three miners are trapped below ground. Separated from their families above, the miners manage to find solace and hope in the face of tragedy by sharing stories of Christmas. *Angel of the Christmas Mine* will be followed by an all live Christmas Ollo full of singing, dancing and laughter guaranteed to fill you with Christmas spirit. For more information and to make online reservations, visit ButteTheater.com. To make phone reservations

~OUT AND ABOUT~

continued from page 31

- 2 Chaffee County's The Emergency Food Assistance Program & Commodity Supplemental Food Program distributions on the 1st Thursday of each month at Salda Community Center, 305 F Street, from 9:30 a.m. until 2 p.m. Call Elaine Allmann for more information 719-539-3351.
- 3 Get Dem Bones Checked 8:30-6 p.m. Salda Sport & Spine. Donate your unwanted Halloween Candy for a discounted Chiropractic Adjustment! Candy is donated to military services and 100% of the proceeds will be donated to the Salda Mountain Kids Child Care.
- 5, 12, 17 Artipate presents Free Drum Circle 5-7 p.m. in Artipate's Band Cave, 305 F St. Salda (under the Salda Community Center on the corner of third and F St.).
- 9 Each month on the second Thursday, the SCTFA presents the Creative Mixer. Artists working in all genres are encouraged to attend and meet like-minded people, to share influences and news, to soak up fresh ideas, and to be inspired by the energy that makes Salda a center of support and expression. Each mixer begins at 5:30 p.m. in the Paquette Gallery, in the lobby of The SteamPlant Theater (220 West Sackett Avenue) on the south bank of the dynamic Arkansas River, where we are treated to a visual feast of the current artwork on display in the Paquette Gallery. The exhibiting artist briefly talks about their work, their need to express, and their unique perspective.

11 Alpine Orchestra Concert 3 p.m. Clearview Community Church. The theme is Mostly Mozart. Mozart favorites top the bill for the fall concerts: *Overture to the Magic Flute* and the *Bassoon Concerto*, among others. Orchestra member, Michele White will perform on the bassoon. She has performed with many orchestras throughout the U.S., including New York City. Also, for variety, the orchestra will perform the *Hansel and Gretel Prelude* by Humperdinck and *Romeo and Juliet* by Tchaikovsky. And there may be a surprise as well. Orchestra conductor is Beth Steele. Visit our website at alpineorchestra.org or Alpine Orchestra Facebook page. Concerts are free but donations are accepted and greatly appreciated.

18 Salda Contra Dance 7-9 p.m. Poncha Springs Town Hall. Carol Fey is calling. Ivy Mountain String Band is playing. Live music and lively dancing! No partner or experience needed. Beginning lesson at 7 p.m. Music 7:30-9:30. Dessert potluck. \$7 (\$5 AVMA members). The dance is co-sponsored by Arkansas Valley Music and Dance, and the Country Dance and Song Society.

22 The First Last Waltz 7-9 p.m. SteamPlant. Salda musicians and performers will enact their own version of *The Last Waltz*. \$20.

24 Parade of Lights & Christmas Mountain 6-8 p.m. Welcome the holidays during Salda's Christmas Mountain Lighting and Parade of Lights held annually on the day after Thanksgiving. Riverside Park is officially transformed into Holi-

WOODLAND PARK

- 4 Zack at City Market 10-2 p.m. See page 8.
- 4 Clock Tower Condos celebration see page 26.

4 The 4th Annual Dayspring Dayfair will run from 9-3 p.m. at Dayspring Christian Fellowship, 1061 Rampart Range Rd., showcasing creative talents of local Christian artists and craftsmen.

5 Ute Pass Chamber Players present *The No More Daylight Savings Time* Concert music of Vivaldi, Delanoff, Holst, Rachmaninoff and more, featuring Guy Dutra-Silveira on oboe, Mary Lindsay on cello; Clark Wilson on bassoon; Vincent Lemoine on violin; Mary Anne Lemoine on viola; Dina Holingsworth on flute; Ann Brown on violin; Barbara Huff on cello; Carol Wilson on piano and harpsichord; and Barbara Riley-Cunningham on piano. The event is at 3 p.m. at High View Baptist Church 1151 Rampart Range Road. Tickets are \$15; students \$5 with valid school ID, and are available at the door.

10-11 Women Arise 2017 conference at Charis Bible College. Main speakers include Carrie Pickett and Audrey Mac. The focus is on marriage, children and faith. Visit <http://www.womenariseconference.com> for more information and to register.

11 Garden Art at Aspen Valley Ranch see page 24.

11 American Legion Post 1980 and VFW Post 6051 present Calling All Vets at 5 p.m. Ute Pass Cultural Center BBQ dinner and music.

17 Parkinson's Support Group at 10 a.m. at Mountain View United Methodist Church 1101 Rampart Range Road.

25 Holiday Mountain Arts Show and Sale 9-3 p.m. at the Ute Pass Cultural Center. Members of the Mountain Artists will be selling their art including watercolors, acrylics, oils, woodworking, metal work, jewelry, fairy houses, and more. The event is free with refreshments and \$10 in coupons given away every hour, that can be spent with any artist in the show. With the goal of promoting the arts in the community the Mountain Artists who just put on the 32nd Annual Arts Festival in August, also sponsor an annual Student Art Show at the Woodland Park Library, with \$1500 in cash prizes. The group also annually awards a scholarship or two to students who plan to major or minor in the visual arts.

DINOSAUR RESOURCE CENTER

4 Dinosaurs: A Concise Natural History Course 9:30-noon. Steven Veatch examines the life and times of dinosaurs; the types of dinosaurs; ecology, evolution, life habits, and ultimate extinction. Pre-registration is required, maximum of 14 students ages 12 to adult. Call Deb at 719-686-1820 x3488. Class fee is \$20 plus museum admission of \$11.50 per person. Students are required to bring a pen, notebook and clip board. See our website for more in-depth details.

11 Veteran's Day 9-5 p.m. Military personnel receive 1/2 off of regular admission with active or retired military I.D.

18 Turkey Tales 1:30-2:30 p.m. Join Denise Gard and her famous

day Park and Tenderfoot Hill ("S" Mountain) is lit up as Christmas Mountain.

Border Collies, Sienna and Joey, as they travel back in history and discover how one woman saved Thanksgiving in the story of "Thank you Sarah". Included with museum admission. Check our website for complete details <http://www.mdmc.com>. Dinosaur Resource Center is located at 201 S. Fairview St.

WOODLAND PARK LIBRARY

2 Special Storytime guest: Stitches the Scarecrow 10 a.m.

7, 14, 21, 28 Books and Babies Storytime 10-10:20 a.m. Join Miss Beth and enjoy songs, finger plays and stories with your baby! Recommended for kids age 2 and under with parents/caregivers.

1, 2, 8, 9, 15, 16, 22, 23, 29, 30 Storytime 10:05-10:45 a.m. Stories, songs and fingerplays with Miss Julie and Miss Beth! Craft offered after every regular story time - recommended for ages 3 and up!

3, 10, 17, 24 Lego Club, all day in Children's Craft Room.

Teen programs

8, 29 Anime Club 3:30-5 p.m. in the Teen Room. Do you love Anime? Not sure? Have no clue what it is? Then stop in and join us as we watch the first three episodes of an Anime. This first meeting, you will also have an opportunity to vote on upcoming titles for future Anime clubs.

Book clubs

1 Not So Young Adult Book Club 11 a.m. Teen Room. For adults who love to read Young Adult Fiction, this is the book club for you! Some read YA because they are quick, or fresh, or remind us what it's like to feel young and full of possibilities. No matter your reason, all of us agree the stories are what draw us in. Don't be shy, we'd love to have you join us!

7 WJ Library Book Club 10:30-noon, 3rd Floor Board Room. Currently reading: *The Rosie Project* by Graeme Simsion. December Book: *Lamb: The Gospel According to Biff, Christ's Childhood Pal* by Christopher Moore.

Adults

1 Free Legal Clinic 3-4 p.m. at Woodland Park Library. Call 719-687-9281 ext 103.

14 AARP Smart Driver Program 9:30-1:30 p.m. Cost: AARP members \$15 (must show card), Non-AARP members \$20. A refresher course for drivers 50+ who want to improve their driving skills and avoid traffic violations.

Computer classes

15 Computer Basics 10-11:30 a.m. Call Mary Ann 719-687-9281 x 102 or email maryann@rampartlibrary-district.org to register. Registration is required and a minimum of three people are required to hold a class.

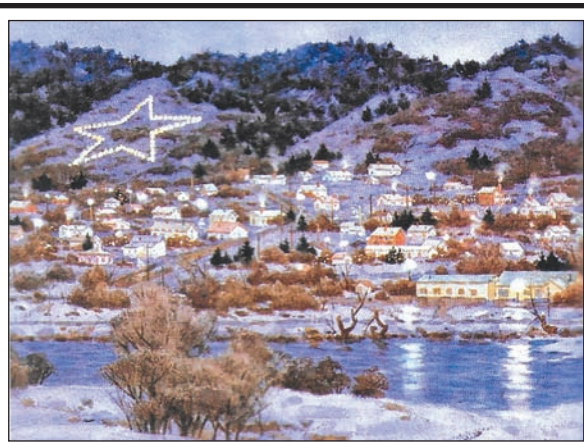
18 Better Bird Watching 1 p.m. Large meeting room.

Closures:

- Rampart Library District will be closed on Saturday November 11th for Veteran's Day.
- Rampart Library District will be closed on Thursday November 23rd and Friday November 24th for Thanksgiving.

SENIOR CENTER

4 Holiday Bazaar 9-3 p.m. Ready to get started on your Christmas shopping? Stop by the Senior



PALMER LAKE

16 The Star on Sundance Mountain, a presentation by Jim Sawatzki at 7 p.m. You are invited to the Palmer Lake Town Hall, 28 Valley Crescent Street, to hear the Tri-Lakes area's own documentary filmmaker Jim Sawatzki present "The Star on Sundance Mountain." His film features the giant 470-foot Palmer Lake Star, the world's largest illuminated star, seen for over 20 miles, shining on a ridge between Denver and Colorado Springs. It was built during the depths of the Great Depression by determined citizens wishing to spread a light of hope and goodwill during the Christmas Season and became an iconic symbol of inspiration for all. It was placed on the Colorado State Register of Historic Properties in 2013.

Jim will host his documentary film and answer questions after. The star will be lit shortly after Thanksgiving weekend, the 1st of January. Other times the Star is lit includes Memorial Day Weekend, the Fourth of July, and Veteran's Day. It was also lit to mark the return of the Iron hostages and to honor the 20 fallen Granite Mountain Hotshot fire fighters from Arizona. The Palmer Lake Volunteer Fire Department is the guardian of the Star.

Telly Award winning and Emmy Nominated producer/director Jim Sawatzki, a graduate of Michigan State University, has been documenting Front Range Colorado history since 1992. His work has been featured on regional PBS affiliates, local cable channels, and shown nationally on A&E's Biography channel. He is well-known by area residents for his tours of "The Glen" as well as the historic part of Palmer Lake. Visit www.palmerdividhistory.org for more information. This event is free and open to all. Light refreshments will be served after the presentation. For more information, visit our website at www.palmerdividhistory.org.

Center 9-3 p.m. You will be sure to find some great deals on local arts and crafts as well as home-made, edible goods. All proceeds support activities and programs of the Woodland Park Senior Citizens Club-Retired Not Expired.

18 Pancake Breakfast 8-11 a.m. Plan to start off your Thanksgiving celebrations with a fresh cooked, all you can eat, breakfast of fluffy pancakes, scrambled eggs, sausage, melon 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. The Senior Center is located at the SE corner of Pine St. and Lake Ave.

TEEN CENTER

1, 8, 15, 29 Snack Special: Ham & Cheese Quesadilla 50¢

3 New Member Orientation. If you're new to the Teen Center, come discover everything there is to do here! 3:30 p.m.

8 Book Club. If you love reading, consider joining our Book Club. We've been going for over a year! 4-5 p.m.

7 Teen Center will close at 5 p.m. for a private event

10 Lego Day: Come build your best creation!

• Woodland Country Lodge see entertainment list on page 4.

~UTE COUNTRY BUSINESS~

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Ute Pass Historical Society

2018 Pictorial Ute Pass Calendar

Woodland Park

Ute Pass Historical Society has the 2018 calendars on sale now at the Ute Pass Historical Society's Gift Shop. We also have some of the Green Mountain Falls calendars left. Available for \$12 plus tax, each. These calendars make wonderful gifts! The gift shop is located at 231 E. Henrietta Ave, open Wed-Sat 10-3 p.m. call 719-686-7512 for more information.

Ute Pass Historical Society

2018 Calendar
Green Mountain Falls Edition

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